

Cancer and obesity

Overweight and obesity are associated with cancer

Overweight and obesity are associated with at least 13 different types of cancer. These cancers make up 40% of all cancers diagnosed. About 2 in 3 occur in adults 50-74 years old. Most types of these cancers associated with overweight and obesity increased from 2005-2014. More than half of Americans don't know that overweight and obesity can increase their risk for cancer. Many things are associated with cancer, but avoiding tobacco use and keeping a healthy weight are among the most important things people can do to lower their risk of getting cancer. Some states and communities are providing support that can help people get to and keep a healthy weight.

Some states and communities are:

- Supporting comprehensive cancer control programs that focus on cancer prevention, education, screening, quality of care, and survivorship.
- Making it easier to choose healthy food options where people live, work, learn, and play.
- Building communities that make it safer and easier for people to be physically active.
- Partnering with business and civic leaders to make community changes that increase healthy eating and active living.

Want to learn more?

www.cdc.gov/vitalsigns/obesity-cancer

2 in 3

Two in three US adults weigh more than recommended.

13

Overweight and obesity are associated with at least 13 types of cancer.

630,000

More than 630,000 people in the U.S. are diagnosed with a cancer associated with overweight and obesity.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

Problem:

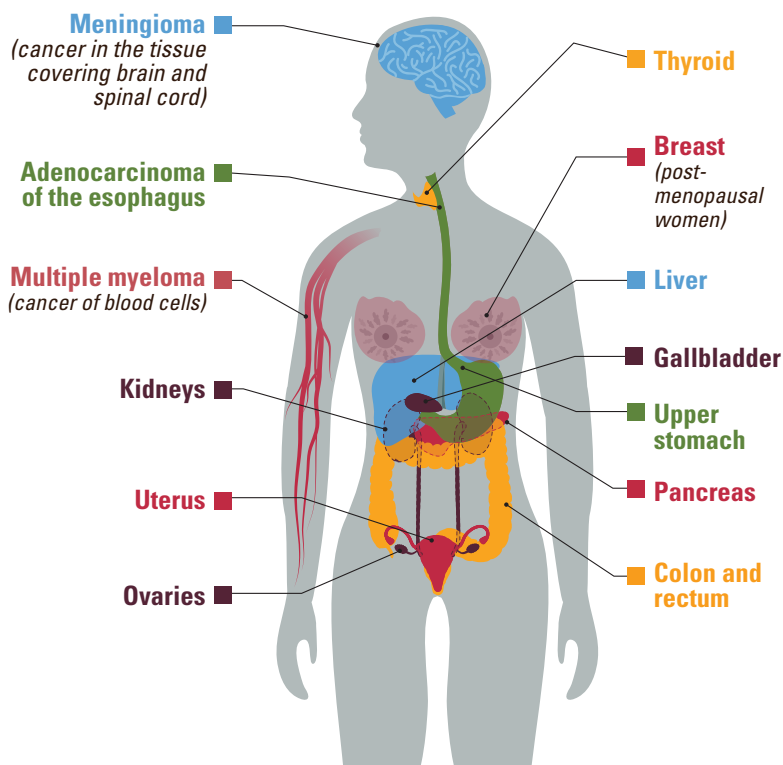
Obesity is a leading cancer risk factor.



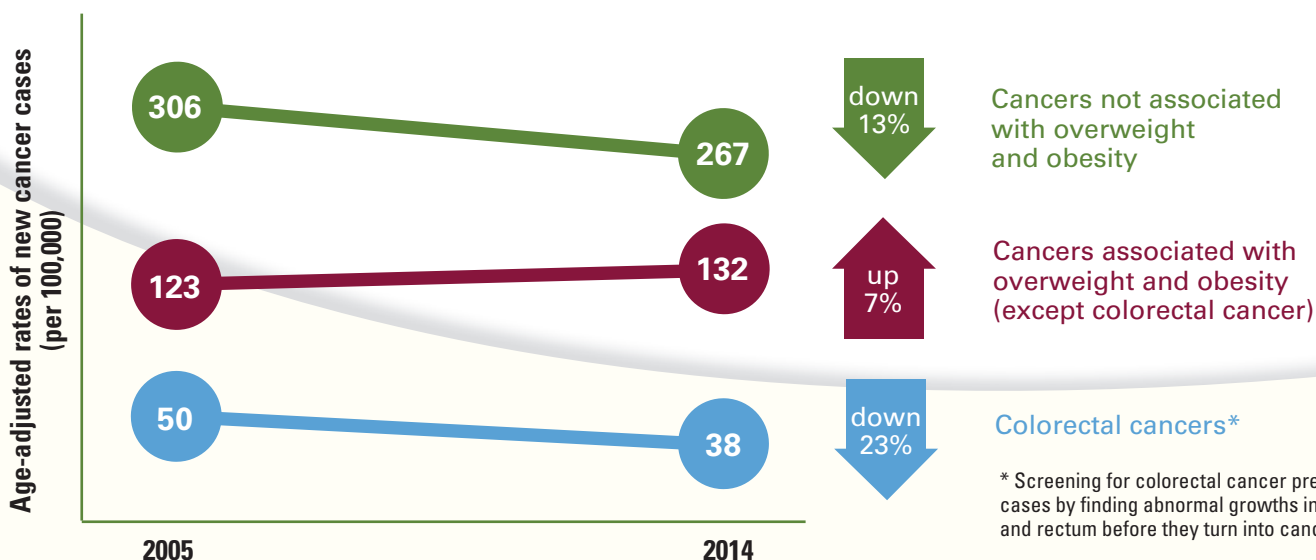
What's happening?

- A higher proportion of Americans are overweight or have obesity than several decades ago. <http://bit.ly/2wVIN5E>
- Overweight and obesity can cause changes in the body that lead to cancer, such as increases in levels of certain hormones and inflammation.
- People who weigh more than recommended may increase their risk of some cancers.
- There are 13 types of cancer associated with overweight and obesity.
 - ▶ About 55% of all cancers diagnosed in women and 24% of those diagnosed in men.
 - ▶ About 2 in 3 of all cancers occur in adults ages 50 to 74.
 - ▶ New cancer cases are higher among blacks and whites compared to other race and ethnic groups.

13 cancers are associated with overweight and obesity



Most cancers associated with overweight and obesity increased while other cancers decreased from 2005-2014



* Screening for colorectal cancer prevents new cases by finding abnormal growths in the colon and rectum before they turn into cancer.

What are communities doing?

In schools and early childhood centers

- Encouraging walk-to-school and bike-to-school programs.
- Supporting quality physical education.
- Increasing healthy food options.



In homes

- Promoting breastfeeding.
- Encouraging families to participate in physical activities together.
- Encouraging families to limit screen time.

In the workplace

- Encouraging stairs.
- Encouraging walking clubs or walking meetings.
- Increasing healthy food options in vending machines and cafeterias.



The CDC's National Comprehensive Cancer Control Program supports comprehensive cancer control efforts, including environmental approaches that promote physical activity and healthy food options in communities.



For all their residents

- Increasing access to walking trails.
- Allowing the community to use school facilities outside of school hours for physical activity.
- Building roads that are safe for all types of transportation to share.
- Working with real estate developers to increase pedestrian-friendly developments.
- Increasing access to farmers' markets.
- Planting community gardens.
- Promoting community messaging about healthy eating, physical activity, and risks of obesity.

What Can Be Done?



The Federal government is

- Funding programs in states and communities to promote healthy eating and physical activity.
- Studying what works in communities to make it easier for people to be more physically active and have a healthier diet.
- Measuring trends in cancer, obesity, and related risk factors.
- Developing and promoting guidelines on the dietary patterns and amounts of physical activity Americans need for good health.

<http://bit.ly/2vFen14>, <http://bit.ly/2h4TWUJ>

Some states and communities are

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- Partnering with business and civic leaders to make community changes that increase healthy eating and active living.

1-800-CDC-INFO (232-4636)

TTY: 1-888-232-6348

www.cdc.gov

English - Accessible Version:

<https://www.cdc.gov/vitalsigns/obesity-cancer>

Centers for Disease Control and Prevention

1600 Clifton Road NE, Atlanta, GA 30329

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Healthcare providers can

- Measure patients' weight, height, and body mass index, and counsel them on keeping a healthy weight and its role in cancer prevention.
<http://bit.ly/2vQCzhR>
- Refer patients with obesity to intensive programs that include a variety of activities to help people manage their weight.
- Connect patients and families with community services to help them have easier access to healthy food and ways to be active.

Everyone can

- Eat a healthy diet by following the 2015-2020 Dietary Guidelines for Americans.
<http://bit.ly/2vFen14>
- Do at least 150 minutes of moderate intensity physical activity, such as brisk walking, every week.
<http://bit.ly/2h4TWUJ>
- Talk to their healthcare provider about losing weight or maintaining a healthy weight.
- Get involved in community efforts to improve options for healthier foods and physical activity.
- Lose weight, if they weigh more than recommended, to help reduce risk for some cancers and other chronic diseases.



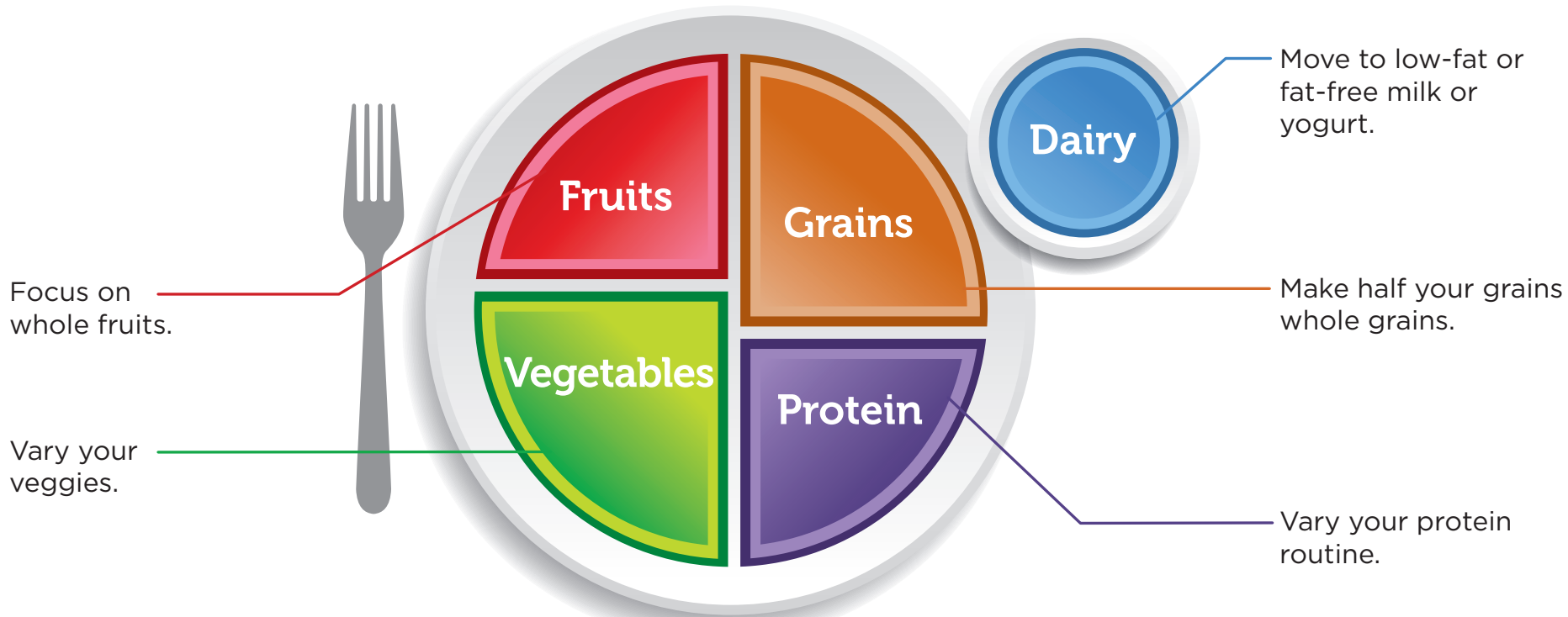
Body Mass Index (BMI) Chart

To determine your BMI, find the column closest to your weight in pounds/kilograms. Follow the column down until it crosses the row that closely approximates your height in feet and inches/meters and centimeters.

		Weight Lbs./Kg.																								
		Lbs.	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330
		Kgs.	45	50	54	59	63	68	73	77	82	86	91	95	100	104	109	113	117	122	126	131	135	140	145	149
Height	4'8" 1.46	22	25	26	29	31	34	36	38	40	43	45	47	49	52	54	56	58	60	63	65	67	69	72	74	
	4'9" 1.49	22	24	26	28	30	33	35	37	39	41	43	45	48	50	52	54	56	58	61	63	65	67	69	71	
	4'10" 1.47	21	23	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	56	58	61	63	65	67	69	
	4'11" 1.50	20	22	24	26	28	30	32	34	36	38	40	42	44	46	49	51	51	54	56	59	61	63	65	67	
	5'0" 1.52	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65	
	5'1" 1.55	19	21	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62	
	5'2" 1.57	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60	
	5'3" 1.60	18	19	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59	
	5'4" 1.63	17	19	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57	
	5'5" 1.65	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55	
	5'6" 1.68	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53	
	5'7" 1.70	16	17	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52	
	5'8" 1.73	15	17	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50	
	5'9" 1.75	15	16	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49	
	5'10" 1.78	14	16	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47	
	5'11" 1.80	14	15	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46	
	6'0" 1.83	14	15	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45	
	6'1" 1.85	13	15	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44	
6'2" 1.88	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42		
6'3" 1.91	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	32	34	35	36	38	39	40	41		
6'4" 1.93	12	13	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	34	35	37	38	39	40	41		
	Feet/inches	(BMI Less than 18.5) Underweight					(BMI 19 to 24.9) Healthy Weight					(BMI 25 to 29.9) Overweight					(BMI 30 to 39.9) Obese					(BMI Over 40) Extreme or High Risk Obesity				
	Meters																									

MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Choose **MyPlate.gov**



Limit

Limit the extras.

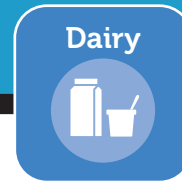
Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



MyWins

Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.



Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it’s whole grain? Check the ingredients list for the words “whole” or “whole grain.”

Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit SuperTracker.usda.gov for a personalized plan.

2 cups

1 cup counts as:

- 1 large banana
- 1 cup mandarin oranges
- ½ cup raisins
- 1 cup 100% grapefruit juice

2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 large bell pepper
- 1 cup baby carrots
- 1 cup green peas
- 1 cup mushrooms

6 ounces

1 ounce counts as:

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked grits

3 cups

1 cup counts as:

- 1 cup milk
- 1 cup yogurt
- 2 ounces processed cheese

5½ ounces

1 ounce counts as:

- 1 ounce tuna fish
- ¼ cup cooked beans
- 1 Tbsp peanut butter
- 1 egg

Water



Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

Activity

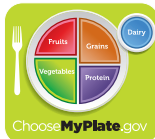


Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day

Adults ≥ 150 min/week



MyPlate, MyWins

Healthy Eating Solutions for Everyday Life
Choose MyPlate.gov/MyWins

Center for Nutrition Policy and Promotion
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New and Improved Nutrition Facts Label

The U.S. Food and Drug Administration has updated the Nutrition Facts label on packaged foods and beverages with a fresh design that will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits. Explore it today!

Size Up Servings

WHAT'S NEW: Servings per container and serving size are now in larger and/or bolder type. Serving sizes have also been updated to reflect what people eat and drink today. Additionally, there are new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

Serving size is based on the amount of food that is customarily eaten at one time and is not a recommendation of how much to eat. The nutrition information listed on the Nutrition Facts label is *usually based on one serving* of the food; however, some containers may also have information displayed per package.

- **When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.**

Servings per container shows the total number of servings in the entire food package or container.

- **One package of food may contain more than one serving.** Some containers may also have a label with two columns – one column listing the amount of calories and nutrients in one serving and the other column listing this information for the entire package.

Consider the Calories

WHAT'S NEW: Calories are now in larger and bolder type.

Calories refers to the total number of calories, or “energy,” supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food.

- As a general guide: **100 calories per serving of an individual food is considered a moderate amount, and 400 calories or more per serving of an individual food is considered high in calories.**
- To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses. **2,000 calories a day is used as a guide for general nutrition advice. Your calorie needs may be higher or lower** and vary depending on your age, sex, height, weight, and physical activity level. Check your calorie needs at www.ChooseMyPlate.gov/GetMyPlan.

Transitioning to the New Label

Manufacturers still have time to begin using the new and improved Nutrition Facts label, so you will see both label versions for a while. However, the new label is already starting to appear on products nationwide.

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

To learn more about the new Nutrition Facts label, visit: <http://go.usa.gov/xkHru>

Use % Daily Value as a Guide

WHAT'S NEW: The Daily Values for nutrients have been updated based on new scientific evidence. The Daily Values are reference amounts of nutrients to consume or not to exceed each day (for adults and children 4 year of age and older) and are used to calculate the % Daily Value.

% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet. Use the %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (*check to make sure the serving size is the same*).

- As a general guide:
5% DV or less of a nutrient per serving is considered low, and 20% DV or more of a nutrient per serving is considered high.

Choose Nutrients Wisely

WHAT'S NEW: The nutrients that are required on the label have been updated. **Added Sugars** is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. *Aim for less than 10% of your total daily calories from added sugars.* **Vitamin D and potassium** are also required on the label because many Americans do not get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today, but these nutrients can be voluntarily disclosed by manufacturers.

Use the label to choose products that are lower in nutrients you want to get less of and higher in nutrients you want to get more of.

- Nutrients to get less of: saturated fat, sodium, added sugars, and trans fat.** Most Americans exceed the recommended limits for these nutrients, and diets higher in these nutrients are associated with an increased risk of developing some health conditions, such as high blood pressure and cardiovascular disease. Compare and choose foods to **get less than 100% DV of these nutrients each day.** (Note: *Trans fat* has no %DV. Use the amount of grams for comparison and keep the intake of *trans fat* as low as possible)
- Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium.** Many Americans do not get the recommended amount of these nutrients, and diets higher in these nutrients can reduce the risk of developing some health conditions, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. Compare and choose foods to **get 100% DV of these nutrients on most days.**

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
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Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Bulgur Wheat, Sauce (Water, Half and Half [Milk, Cream], Parmesan Cheese [Pasteurized Skim Milk, Cultures, Salt, Enzymes], Cheddar Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Olive Oil, Butter, Sugar, Xanthan Gum, Spice), Lentils, Corn, Green Beans, Red Beans, Potatoes.
 Contains: Wheat, Milk

Check out the Ingredient List

Although the ingredient list is not part of the Nutrition Facts label, it is also a helpful tool. The Ingredient List shows each ingredient in a food by its **common or usual name**. Ingredients are listed in descending order by weight, so the ingredient that weighs the most is listed first, and the ingredient that weighs the least is listed last.




We Can! GO, SLOW, and WHOA Foods

Use this chart as a guide to help you and your family make smart food choices.

Post it on your refrigerator at home or take it with you to the store when you shop.

Refer to the *Estimated Calorie Requirements* to determine how much of these foods to eat to maintain energy balance.

- **GO Foods**—Eat almost anytime.
- **SLOW Foods**—Eat sometimes, or less often.
- **WHOA Foods**—Eat only once in a while or on special occasions.

Food Group	GO (Almost Anytime Foods)	SLOW (Sometimes Foods)	WHOA (Once in a While Foods)
			
Vegetables	Almost all fresh, frozen, and canned vegetables without added fat and sauces	All vegetables with added fat and sauces; oven-baked French fries; avocado	Fried potatoes, like French fries or hash browns; other deep-fried vegetables
Fruits	All fresh, frozen, canned in juice	100 percent fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
Breads and Cereals	Whole-grain breads, including pita bread; tortillas and whole-grain pasta; brown rice; hot and cold unsweetened whole-grain breakfast cereals	White refined flour bread, rice, and pasta. French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes	Croissants; muffins; doughnuts; sweet rolls; crackers made with <i>trans</i> fats; sweetened breakfast cereals
Milk and Milk Products	Fat-free or 1 percent low-fat milk; fat-free or low-fat yogurt; part-skim, reduced fat, and fat-free cheese; low-fat or fat-free cottage cheese	2 percent low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt
Meats, Poultry, Fish, Eggs, Beans, and Nuts	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes	Lean ground beef, broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat	Untrimmed beef and pork; regular ground beef; fried hamburgers; ribs; bacon; fried chicken, chicken nuggets; hot dogs, lunch meats, pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat
Sweets and Snacks*		Ice milk bars; frozen fruit juice bars; low-fat or fat-free frozen yogurt and ice cream; fig bars, ginger snaps, baked chips; low-fat microwave popcorn; pretzels	Cookies and cakes; pies; cheese cake; ice cream; chocolate; candy; chips; buttered microwave popcorn
Fats/Condiments	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream	Vegetable oil, olive oil, and oil-based salad dressing; soft margarine; low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream**	Butter, stick margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips
Beverages	Water, fat-free milk, or 1 percent low-fat milk; diet soda; unsweetened ice tea or diet iced tea and lemonade	2 percent low-fat milk; 100 percent fruit juice; sports drinks	Whole milk; regular soda; calorically sweetened iced teas and lemonade; fruit drinks with less than 100 percent fruit juice

*Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be limited so as not to exceed one's daily calorie requirements.

**Vegetable and olive oils contain no saturated or *trans* fats and can be consumed daily, but in limited portions, to meet daily calorie needs. (See Sample USDA Food Guide and DASH Eating Plan at the 2,000-calorie level handout)



MOVE
YOUR WAY

What's your move?

You know you need physical activity to stay healthy.
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active — and start feeling better today.

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.

Is it moderate or vigorous? Use the “talk test” to find out.

When you're being active, just try talking:

- If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**
- If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**

What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter who you are, where you live, on your own, or together. You can find a way that works for you.



And over time, physical activity can help you live a longer, healthier life.

- ✓ Lower your risk of diseases like type 2 diabetes and some cancers
- ✓ Control your blood pressure
- ✓ Stay at a healthy weight

So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.

health.gov/MoveYourWay/Activity-Planner

