There is a strong link between being overweight or obese & an **increased risk** of 11 cancers:
- Liver
- Advanced prostate
- Ovarian
- Gallbladder
- Kidney
- Colorectal (bowel)
- Oesophageal*
- Postmenopausal breast
- Pancreatic
- Endometrial (womb)
- Stomach (cardia)

There is a strong link between being physically active & a **decreased risk** of 3 cancers:
- Postmenopausal breast
- Colon (bowel)
- Endometrial (womb)

1.9 billion adults worldwide are overweight or obese. This exceeds the population of China.

Physical inactivity is the 4th leading cause of death worldwide.

Top 10 countries* with the highest % of overweight or obese adults:
- Mexico 71.3%
- United States 68.6%
- Chile 64.5%
- New Zealand 63.8%
- Australia 63.4%
- Israel 62.2%
- United Kingdom 61.9%
- Hungary 61.6%
- Ireland 61%
- Finland 59.2%
- Luxembourg 59.2%

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