

Obesity, physical activity and cancer

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)

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

There is a strong link between being physically active & a **decreased risk** of 3 cancers:

- ◆ Postmenopausal breast
- ◆ Colon (bowel)
- ◆ Endometrial (womb)

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%