World Cancer Research Fund International

Obesity, physical activity and cancer

Being overweight or obese **INCREASES THE RISK** of 11 cancers:

- Liver
- Advanced prostate
- Ovarian
- Gallbladder
- Kidney
- Bowel
- Oesophageal (adenocarcinoma)
- Postmenopausal breast
- Pancreatic
- Womb
- Stomach (cardia)

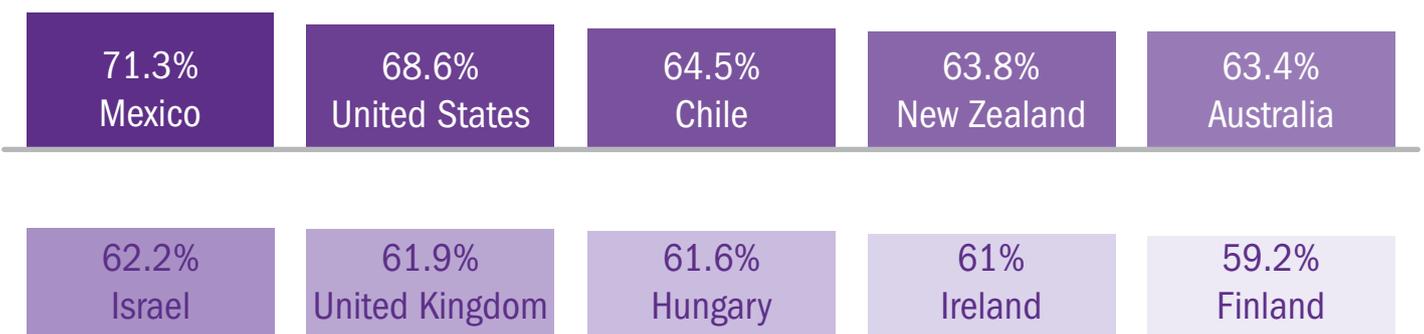**Physical inactivity** is the **4th** leading cause **of death worldwide.**

Physical activity (moderate and vigorous) **DECREASED THE RISK** of cancer of the

- Bowel (colon)
- Breast (post-menopause)
- Womb

Vigorous physical activity **DECREASED THE RISK** of cancer of the

- Breast (pre-menopause)

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

Top 10 countries* with the highest % of overweight or obese adults:

71.3% Mexico	68.6% United States	64.5% Chile	63.8% New Zealand	63.4% Australia
62.2% Israel	61.9% United Kingdom	61.6% Hungary	61% Ireland	59.2% Finland

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About World Cancer Research Fund International

World Cancer Research Fund International leads and unifies a network of cancer charities with a global reach, dedicated to the prevention of cancer through diet, weight and physical activity.

We fund high quality scientific research and apply it in practical ways to empower people all over the world to take steps to reduce their cancer risk.

Our Continuous Update Project (CUP) is the world's largest source of scientific research on cancer prevention and survivorship through diet, weight and physical activity. We analyse this research so you have access to the best cancer prevention advice in the world.

As the world's leading authority on cancer prevention research related to diet, weight and physical activity, we know that about a third of the most common cancers are preventable through a healthy diet, weight management, and physical activity.

We work collaboratively with organisations across the world to provide research and develop policies to reduce the number of preventable cases of cancer and other non-communicable diseases.

The statistics for 'Top 10 countries with the highest % of overweight or obese adults' are from OECD Health Statistics 2013 (2012 figures).

CANCER PREVENTION
Together We Can