

Obesity, physical activity and cancer

There is a strong link between being overweight or obese & an **increased risk** of 9 cancers:

- ◆ Advanced prostate
- ◆ Ovarian
- ◆ Gallbladder
- ◆ Kidney
- ◆ Colorectal (bowel)
- ◆ Oesophageal*
- ◆ Postmenopausal breast
- ◆ Pancreatic
- ◆ Endometrial (womb)

1.6 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
- ◆ Colorectal (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%

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.

**Oesophageal adenocarcinoma only.*

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