

OBESITY, NUTRITION, AND PHYSICAL ACTIVITY & CANCER RISK

[IN ADULTS]

IN ADDITION TO INCREASING THE RISK FOR CANCER AND OTHER CHRONIC DISEASES, OVERWEIGHT AND OBESITY PLACE A HUGE FINANCIAL BURDEN ON THE HEALTH CARE SYSTEM IN THE UNITED STATES. OBESITY ALONE COSTS THE NATION

**\$147
BILLION**

IN DIRECT MEDICAL COSTS EACH YEAR.

FOR THE MAJORITY OF AMERICANS WHO DO NOT USE TOBACCO, THE GREATEST MODIFIABLE DETERMINANTS OF CANCER RISK ARE



WEIGHT CONTROL,



DIETARY CHOICES,



PHYSICAL ACTIVITY.



1 IN 3 CANCER DEATHS

ARE DUE TO FACTORS RELATING TO POOR NUTRITION AND PHYSICAL INACTIVITY, INCLUDING OVERWEIGHT AND OBESITY.

BEING **OVERWEIGHT** OR **OBES** IS LINKED TO A PERSON'S RISK OF GETTING AT LEAST

14 TYPES OF CANCER

BREAST | COLON | ENDOMETRIAL | ESOPHOGEAL
GALL BLADDER | KIDNEY | PANCREATIC | RECTUM



68.8%

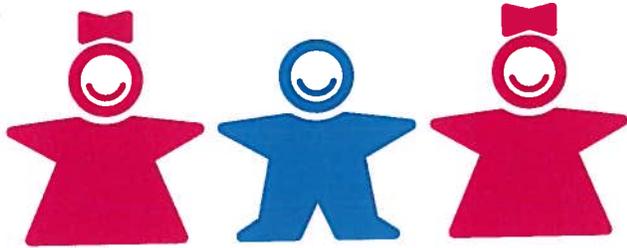
OF ADULTS IN THE UNITED STATES AGES 20 AND OLDER ARE OVERWEIGHT, INCLUDING 35.75% WHO ARE OBES.



1.800.227.2345 | acscan.org

OBESITY, NUTRITION, AND PHYSICAL ACTIVITY & CANCER RISK

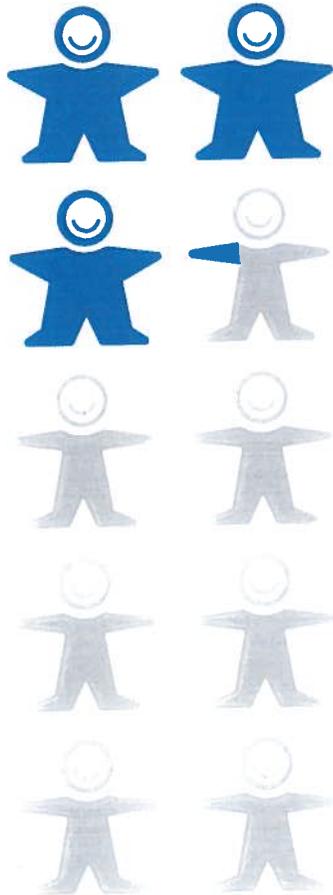
[IN KIDS]



CHILDHOOD OBESITY RATES HAVE MORE THAN **TRIPLED** IN THE PAST 4 DECADES.

CURRENTLY
31.8%

OF YOUTH AGES 2 TO 19 ARE OVERWEIGHT OR OBESE.

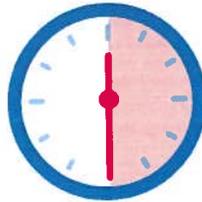


14% OF HIGH SCHOOL STUDENTS

DO NOT GET THE RECOMMENDED DAILY HOUR OF PHYSICAL ACTIVITY ON ANY DAY OF THE WEEK.

KINDERGARTEN – 5TH GRADE

30 MINUTES A DAY



The recommended minimum of physical education is 150 minutes per week or 30 minutes a day.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6TH – 12TH GRADE

45 MINUTES A DAY



The recommended minimum of physical education is 225 minutes per week or 45 minutes a day.



1.800.227.2345 | acscan.org