

BODY WEIGHT & CANCER RISK

Small choices today. Better health tomorrow.

WHY THIS MATTERS

Research shows that excess body weight, poor nutrition, physical inactivity, and excess alcohol consumption may increase cancer risk.


ABOUT 1 IN 5
cancer cases are linked to these factors.

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EXCESS BODY WEIGHT IS ASSOCIATED WITH AT LEAST 13 TYPES OF CANCER.



HOW BODY WEIGHT MAY AFFECT HEALTH



INFLAMMATION

Can affect the body's immune system and inflammation.



HORMONES

Can change levels of certain hormones and proteins.



CELL GROWTH

Can influence factors that regulate cell growth.

FOCUS ON SMALL CHANGES



EAT MORE FRUITS AND VEGETABLES

Fill your plate with color and nutrients.



CHOOSE WHOLE GRAINS AND FIBER-RICH BEANS

Support your body with healthy, lasting energy.



CHOOSE LEAN PROTEIN MORE OFTEN

Fish, poultry, beans, and nuts are great options.



MOVE YOUR BODY REGULARLY

Find activities you enjoy and make them part of your routine.



LIMIT SEDENTARY TIME

Sit less throughout the day. Stand up, stretch, and move when you can.

REMEMBER

Small, sustainable habits can support your health over time.