Primary Prevention – Obesity

**WHAT YOU NEED TO KNOW ABOUT OBESITY AND CANCER**

**AFTER NOT SMOKING, BEING AT A HEALTHY WEIGHT IS THE MOST IMPORTANT THING YOU CAN DO TO PREVENT CANCER**

**HAVING OVERWEIGHT AND OBESITY INCREASES RISK FOR 12 CANCERS**

- Mouth, Pharynx and Larynx Cancer
- Liver Cancer
- Kidney Cancer
- Stomach Cancer
- Colorectal Cancer
- Advanced Prostate Cancer
- Esophageal Cancer
- Post-Menopausal Breast Cancer
- Gallbladder Cancer
- Pancreatic Cancer
- Ovarian Cancer
- Endometrial Cancer

**AND YET...**

7 in 10 Americans currently have overweight or obesity.

**AND...**

52%

**PROTECT YOURSELF!**

**MOVE MORE**

**EAT SMART**

For tips on getting to, and staying at a healthy weight, visit www.aicr.org

**HOW COULD BEING OVERWEIGHT CAUSE CANCER?**

1. Fat cells make extra hormones and growth factors
2. Hormones and growth factors tell cells in our body to divide more often
3. This increases the chance of cancer cells being produced...
4. ... which can then continue to divide and cause a tumour

**Self-reported Obesity Prevalence by US State and Territory, BRFSS, 2016.**

- <20%
- 20%–25%
- 25%–30%
- 30%–35%
- >35%
- Insufficient data

For more information, visit www.aicr.org
Trend: Obesity, Nebraska, United States, 2018 (Source: CDC, BRFSS)

Percentage of adults with a body mass index of 30.0 or higher based on reported height and weight (pre-2011 BRFSS methodology)

Percentage of adults with a body mass index of 30.0 or higher based on reported height and weight

**AGE**
- Obesity - Aged 18-44:
  - NE: 28.8%
  - U.S.: 26.7%
- Obesity - Aged 45-64:
  - NE: 39.1%
  - U.S.: 35.6%
- Obesity - Aged 65+:
  - NE: 31.8%
  - U.S.: 28.5%

**URBANICITY**
- Obesity - Rural:
  - NE: 34.6%
  - U.S.: 34.8%
- Obesity - Suburban:
  - NE: 32.2%
  - U.S.: 30.6%
- Obesity - Urban:
  - NE: 32.0%
  - U.S.: 30.3%

**INCOME**
- Obesity - Less Than $25,000:
  - NE: 38.8%
  - U.S.: 38.0%
- Obesity - $25-$49,999:
  - NE: 38.0%
  - U.S.: 34.2%
- Obesity - $50-$74,999:
  - NE: 37.4%
  - U.S.: 33.0%
- Obesity - $75,000 or More:
  - NE: 30.7%
  - U.S.: 27.2%

**EDUCATION**
- Obesity - Less than High School:
  - NE: 37.4%
  - U.S.: 37.4%
- Obesity - High School Grad:
  - NE: 37.3%
  - U.S.: 36.1%
- Obesity - Some College:
  - NE: 37.3%
  - U.S.: 34.8%
- Obesity - College Grad:
  - NE: 30.0%
  - U.S.: 23.3%

**RACE/ETHNICITY**
- Obesity - American Indian/Alaskan Native:
  - NE: 33.2%
  - U.S.: 38.7%
- Obesity - Black:
  - NE: 44.9%
  - U.S.: 39.0%
- Obesity - Hispanic:
  - NE: 34.6%
  - U.S.: 32.4%
- Obesity - Multiracial:
  - NE: 41.9%
  - U.S.: 32.8%
- Obesity - White:
  - NE: 32.2%
  - U.S.: 29.3%

**GENDER**
- Obesity - Female:
  - NE: 32.3%
  - U.S.: 30.0%
- Obesity - Male:
  - NE: 33.2%
  - U.S.: 30.2%