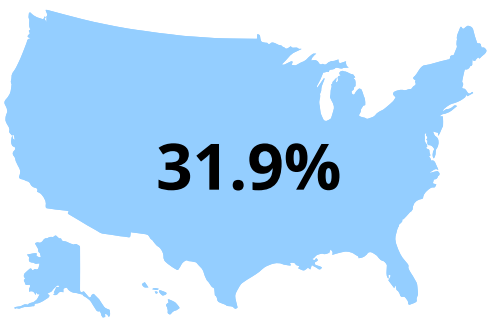
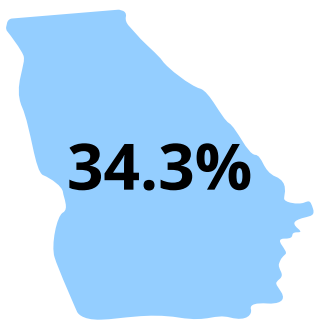
OBESITY AND CANCER

Roughly 1 out of 3 adults in the United States and Georgia are obese.[2]



Adults aged 18+ years in the **United States** (2020)



Adults aged 18+ years in **Georgia** (2020)

Obesity is a risk factor for **13 different cancers.**[1,3]

1. breast
2. colorectal
3. endometrial
4. esophageal adenocarcinoma
5. gallbladder
6. kidneys
7. liver
8. menigioma
9. multiple myeloma
10. ovarian
11. pancreatic
12. stomach
13. thyroid

Ways to maintain a healthy weight

Eat a variety of[4]:

- fruits and vegetables
- whole grains
- proteins (lean poultry, seafood, beans, nuts and seeds)
- low-fat or fat-free dairy

Be sure to drink water and limit sugary drinks.

Be active by engaging in[5]:

- at least 150 minutes per week of moderate-intensity physical activity AND/OR
- at least 75 minutes per week of vigorous-intensity physical activity AND
- 2 or more days of muscle strengthening activities

NOTE: Talk with your physician before starting any new fitness routine

For more information, visit: National Cancer Institute

REFERENCE

1.Centers for Disease Control and Prevention. Division of Cancer Prevention and Control. Obesity and Cancer [online]. [accessed May 12, 2022]. URL: https://www.cdc.gov/cancer/obesity/index.htm

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3. National Cancer Institute. Obesity Fact Sheet [online]. [accessed May 12, 2022]. URL: https://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/obesity-fact-sheet

4. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

5. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018. https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

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