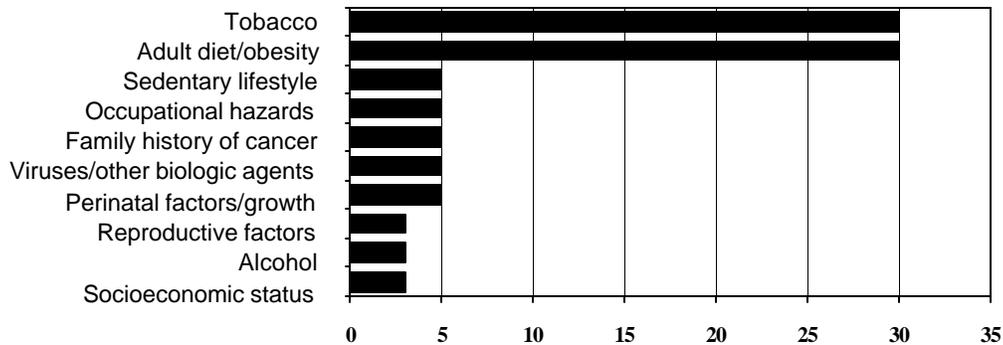


Nutrition, Physical Activity and Cancer

Research shows that for the majority of Americans who do not smoke, eating a healthful diet and being physically active are the most effective ways to prevent cancer. In fact, recent statistics show that 30 to 40 percent of all cancers may be prevented by changes in diet and physical activity.

Causes of Cancer

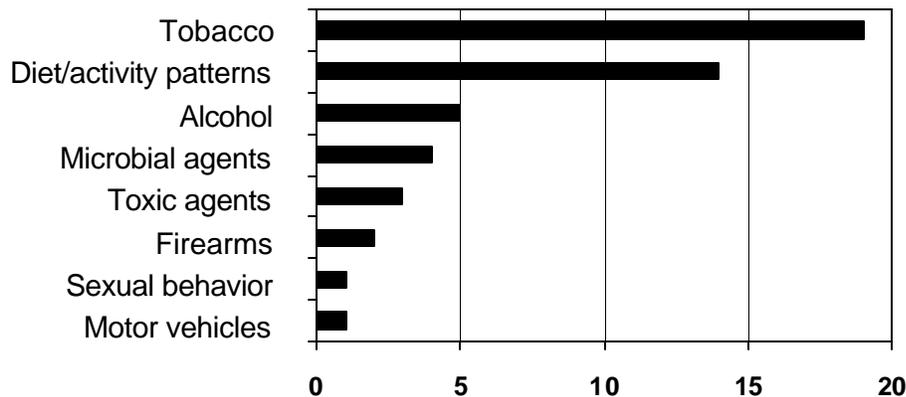
Dietary factors rank as high as tobacco use among established causes of cancer. Below are the estimated percentage of total cancer deaths attributable to established causes of cancer:



Source: Harvard Report on Cancer Prevention, CancerCauses and Control, November/December 1996

Nutrition, Physical Activity and Health

Diet and physical activity habits play a major role in our overall health, and are a leading cause of death in the United States. Below are the actual causes of death in the United States (1990).



Source: McGinnis & Foege, JAMA, November, 1993

How are Americans Doing?

Despite these eye-opening statistics, Americans are not getting the proper nutrition or physical activity that they need.

On average, Americans eat 3.88 servings of fruit and vegetables each day, with less than a quarter of Americans (24%) eating five or more servings. Shockingly, 36 percent eat fewer than three servings each day.¹

¹ Data Source: 2000 Behavioral Risk Factor Surveillance System (BRFSS), CDC

The statistics are equally dismal when it comes to physical activity - over a quarter of Americans (27%) report engaging in no physical activity.²

In light of these statistics, the percentage of overweight Americans has skyrocketed. A 2000 survey found that over half the U.S. adult population was overweight (55%) up from 45 percent in 1990. Twenty percent of Americans are considered obese. This obesity figure has nearly doubled since 1990, when 11.5 percent of the population registered as obese.³

Obesity in American children and adolescents has also increased and raises concern about future obesity and chronic disease rates – including cancer – in the future.

American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention

The American Cancer Society is committed to improving the ability of Americans to eat a healthful diet and to be active because of the potential impact of diet and activity on cancer risk. The Society publishes Nutrition and Physical Activity Guidelines to encourage lifestyle practices that may help prevent cancer, and to stimulate changes in communities that make it easier for people to make healthy choices.

ACS Recommendations for Individual Choices

1. Eat a variety of healthful foods, with an emphasis on plant sources.
 - Eat five or more servings of a variety of vegetables and fruits each day.
 - Choose whole grains in preference to processed (refined) grains and sugars.
 - Limit consumption of red meats, especially those high in fat and processed.
 - Choose foods that help maintain a healthful weight.
2. Adopt a physically active lifestyle.
 - Adults: engage in at least moderate activity for 30 minutes or more on 5 or more days a week; 45 minutes or more of moderate to vigorous activity on 5 or more days per week may further enhance reductions in the risk of breast and colon cancer.
 - Children and adolescents: engage in at least 60 minutes per day of moderate-to-vigorous physical activity at least 5 days per week.
3. Maintain a healthful weight throughout life.
 - Balance caloric intake with physical activity.
 - Lose weight if currently overweight or obese.
4. If you drink alcoholic beverages, limit consumption.

ACS Recommendation for Community Action

Public, private, and community organizations should work to create social and physical environments that support the adoption and maintenance of healthful nutrition and physical activity behaviors.

Community partners should work together to:

- Increase access to healthful foods in schools, worksites, and communities.
- Provide safe, enjoyable, and accessible environments for physical activity in schools, and for transportation and recreation in communities.

² 2000 BRFSS, CDC

³ 2000 BRFSS, CDC