



# Kent Health Department

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## FACT SHEET

October 2017

[www.kentpublichealth.org](http://www.kentpublichealth.org)

### BY THE NUMBERS

## Cancer and Obesity

- 56% of Kent City adults were overweight or obese in 2015.  
~Source: **Portage County Community Health Assessment**

### Overweight and obesity are associated with cancer:

Overweight and obesity are associated with at least 13 different types of cancer. These cancers make up 40% of all cancers diagnosed. About 2 in 3 occur in adults 50-74 years old. Most types of these cancers associated with overweight and obesity increased from 2005-2014. More than half of Americans don't know that overweight and obesity can increase their risk for cancer. Many things are associated with cancer, but avoiding tobacco use and keeping a healthy weight are among the most important things people can do to lower their risk of getting cancer. Some states and communities are providing support that can help people get to and keep a healthy weight.

Want to learn more? [www.cdc.gov/vitalsigns/obesity-cancer](http://www.cdc.gov/vitalsigns/obesity-cancer)

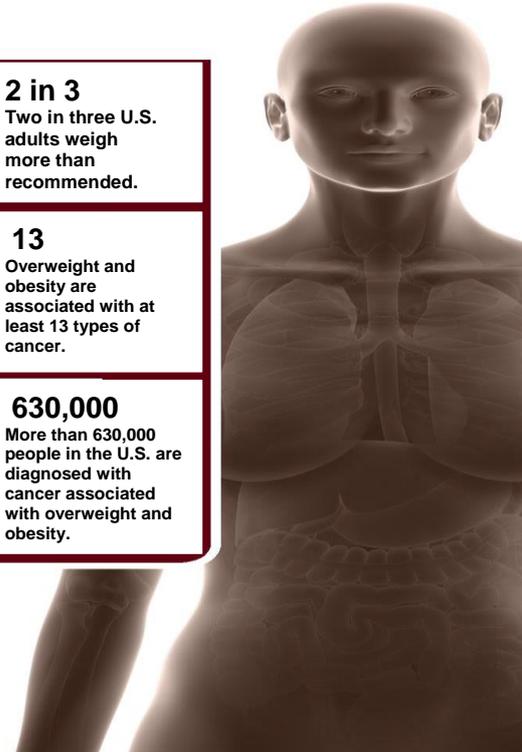


**Centers for Disease Control and Prevention**  
National Center for Chronic Disease Prevention and Health Promotion

**2 in 3**  
Two in three U.S. adults weigh more than recommended.

**13**  
Overweight and obesity are associated with at least 13 types of cancer.

**630,000**  
More than 630,000 people in the U.S. are diagnosed with cancer associated with overweight and obesity.



## PROBLEM

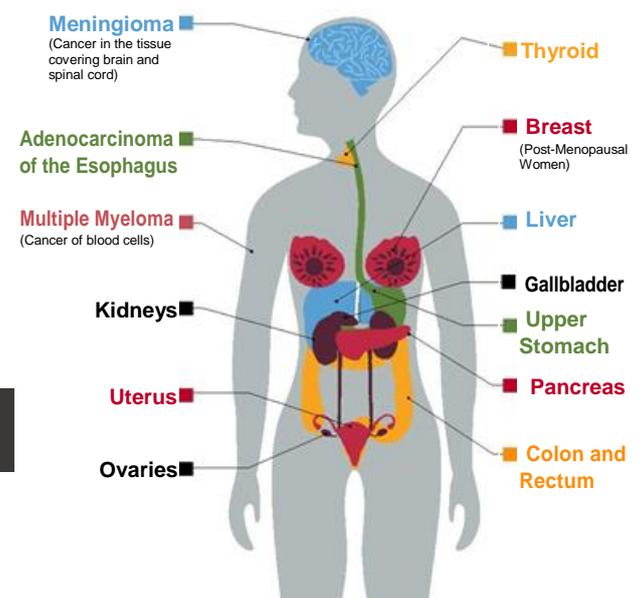
### Obesity is a leading cancer risk factor:

- A higher proportion of Americans are overweight or have obesity than several decades ago.
- Overweight and obesity can cause changes in the body that lead to cancer, such as increases in levels of certain hormones and inflammation.
- People who weigh more than recommended may increase their risk of some cancers.
- 13 types of cancer are associated with overweight and obesity.

- ⇐ About 55% of all cancers diagnosed in women and 24% of those diagnosed in men.
- ⇐ About 2 in 3 of all cancers occur in adults ages 50 to 74.
- ⇐ New cancer cases are higher among blacks and whites compared to other race and ethnic groups.

~Source: US Cancer Statistics.

### 13 cancers associated with overweight and obesity



## WHAT CAN BE DONE?

### Everyone can:

- Eat a healthy diet by following the 2015-2020 Dietary Guidelines for Americans. <https://health.gov/dietaryguidelines/2015/guidelines/>
- Do at least 150 minutes of moderate intensity physical activity, such as brisk walking, every week. <https://health.gov/paguidelines/guidelines/>
- Talk to their healthcare provider about losing weight or maintaining a healthy weight.
- Get involved in community efforts to improve options for healthier foods and physical activity. <http://www.kentparksandrec.com/>
- Lose weight, if they weigh more than recommended, minimizing risks for some cancers and other chronic diseases.

**Centers for Disease Control and Prevention**  
1-800-CDC-INFO (232-4636)  
TTY: 1-888-232-6348 [www.cdc.gov](http://www.cdc.gov)