

# Modifiable Risk Factors for Cancer

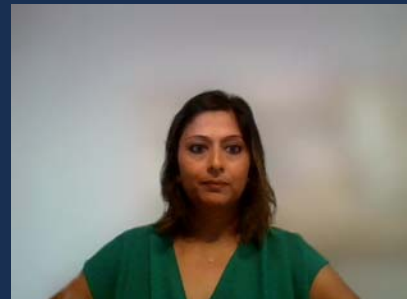


**Alpa V. Patel, PhD FACSM**

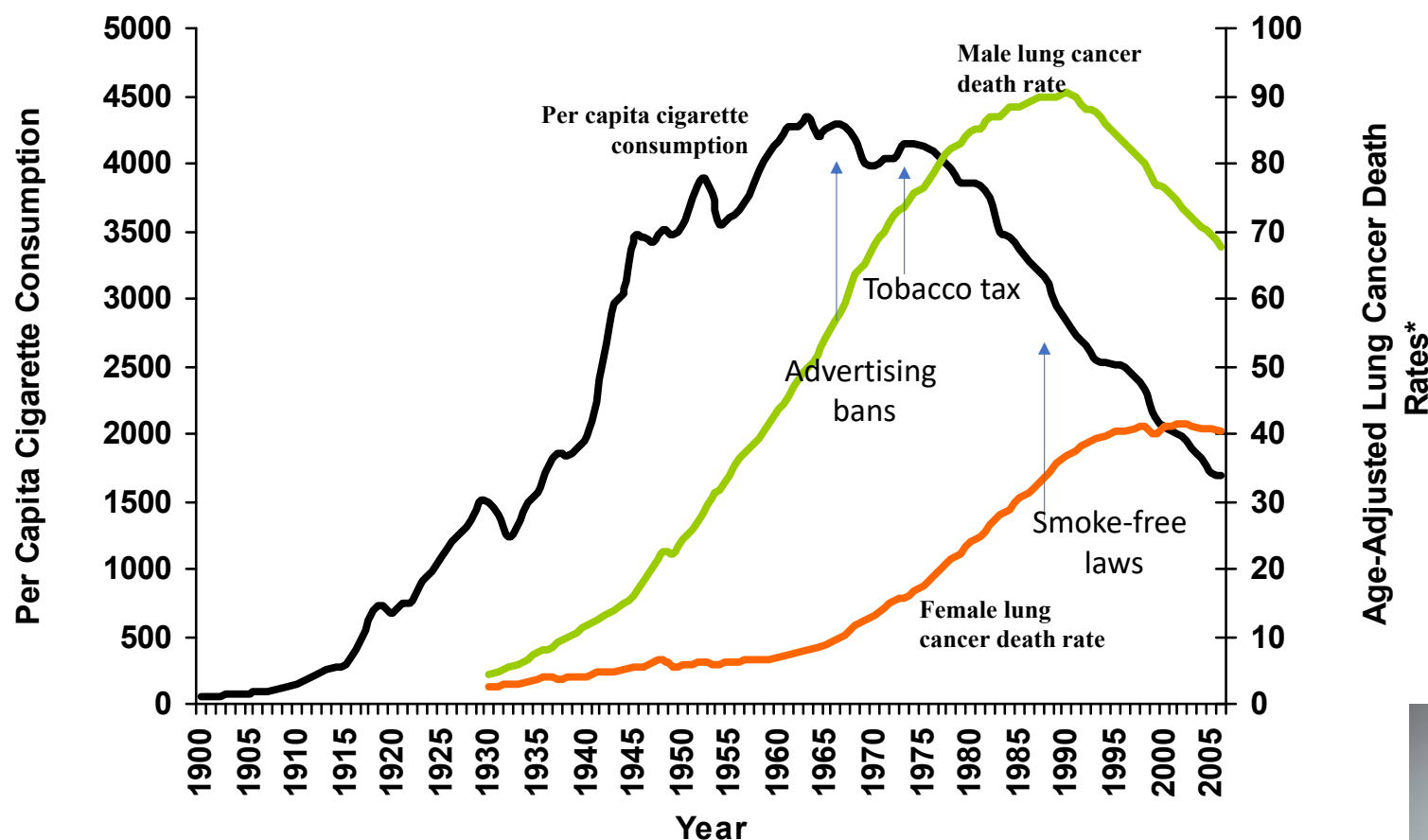
**Senior Vice President, Population Science**

**National Cancer Policy Forum**

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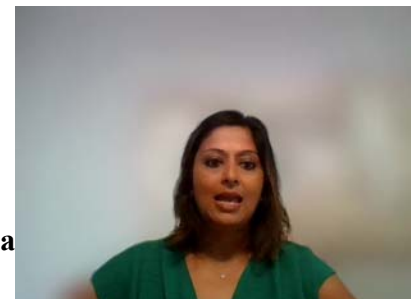
# Impact of cancer prevention: The example of tobacco control



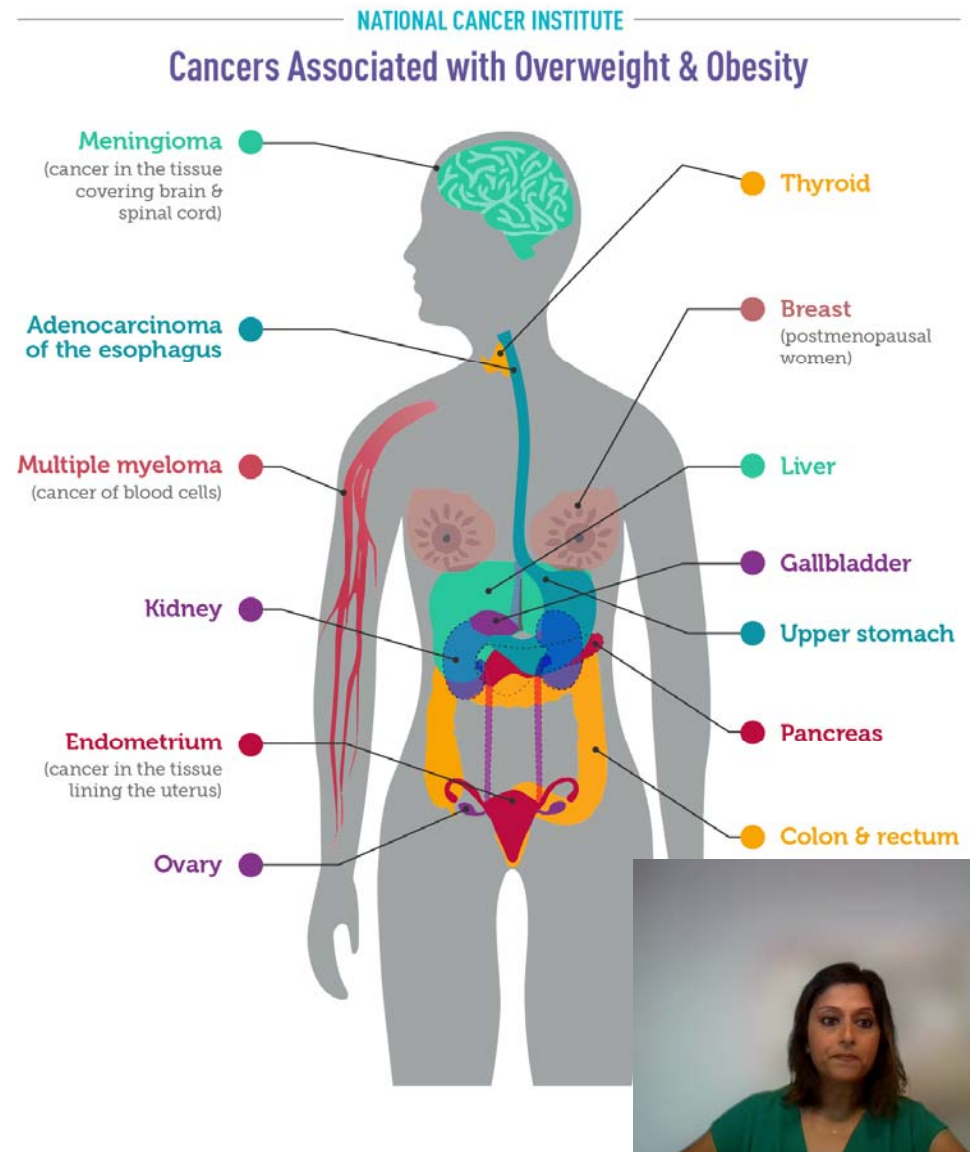
**Cigarette smoking continues to account for 19% of all cancers and nearly 29% of all cancer deaths.**

\*Age-adjusted to 2000 US standard population.

Source: National Center for Health Statistics, Centers for Disease Control and Prevention, 2009. Cigarette consumption: US Depta 1900-2007.



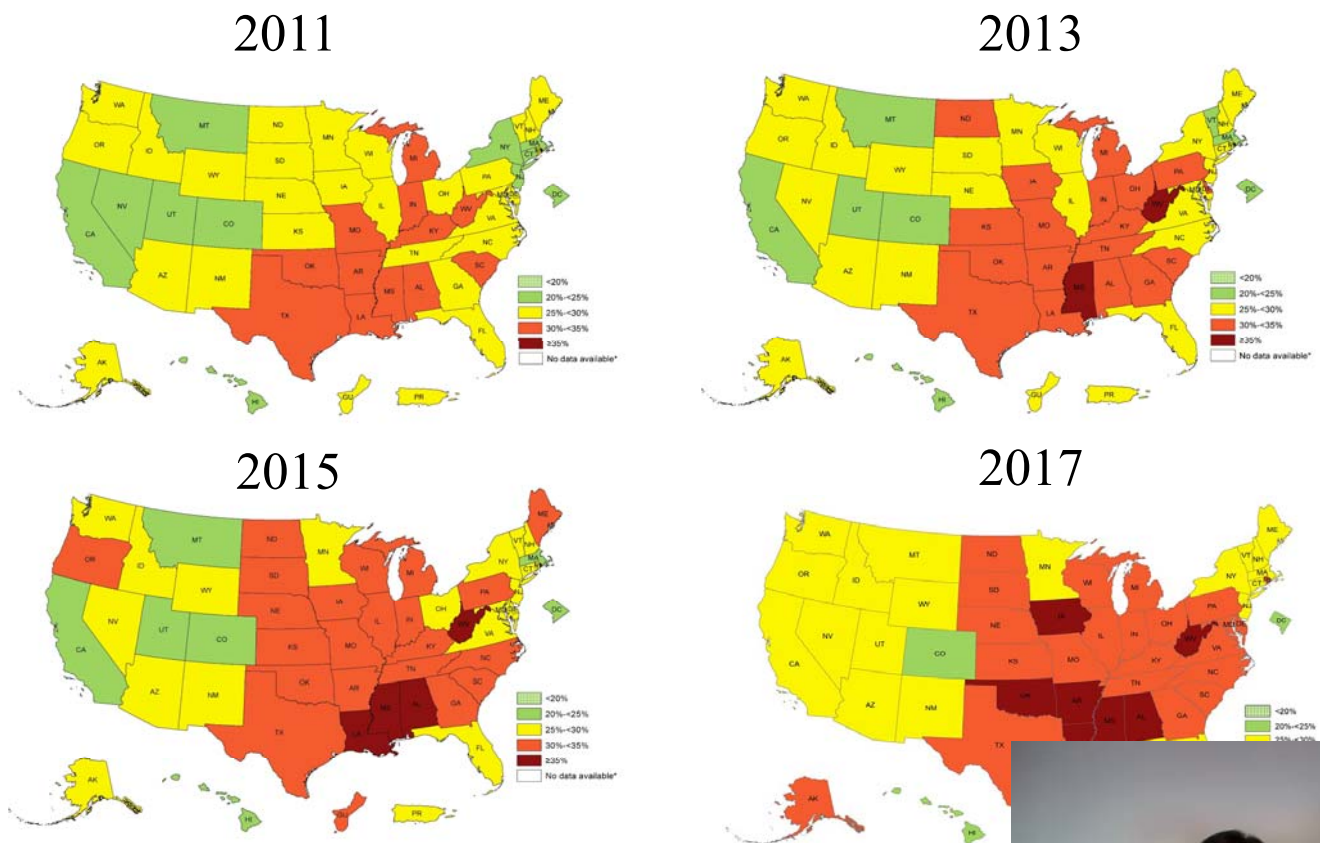
Excess body fatness is associated with 13 types of cancer and accounts for 7.8% of cancer cases (6.5% of cancer deaths)



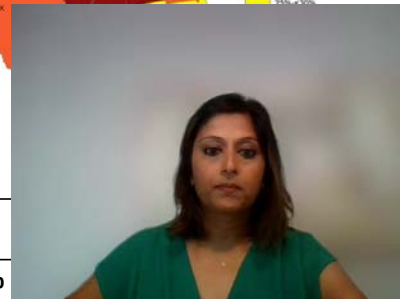
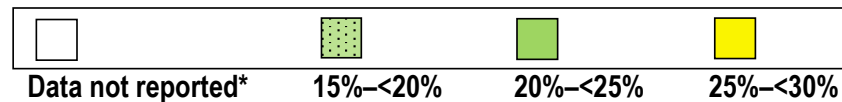
# The Obesity Epidemic



It is estimated that excess body fatness will surpass tobacco as the leading preventable cause of cancer by 2030.



Source: Behavioral Risk Factor Surveillance System, CDC



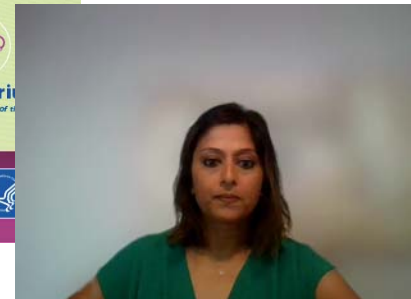
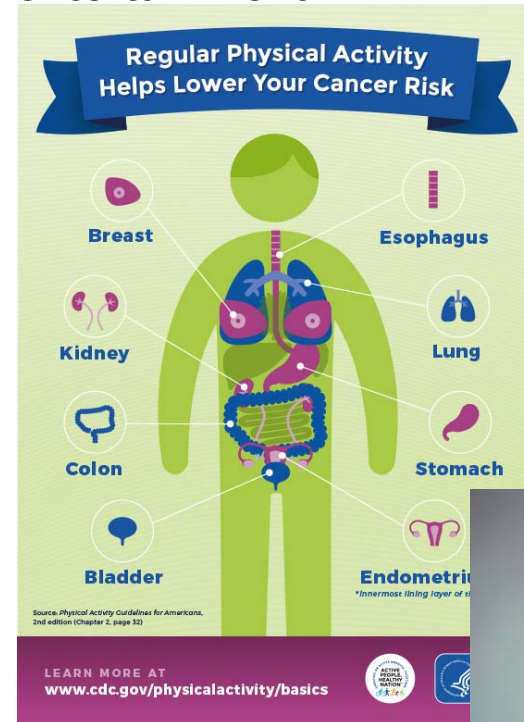
## Follow a healthy eating pattern:

- Eat a variety of vegetables – dark green, red and orange, fiber-rich legumes (beans and peas); fruits, especially whole fruits in a variety of colors; whole grains
- Limit red and processed meats, sugar-sweetened beverages, highly processed foods and refined grain products



## Move more and sit less:

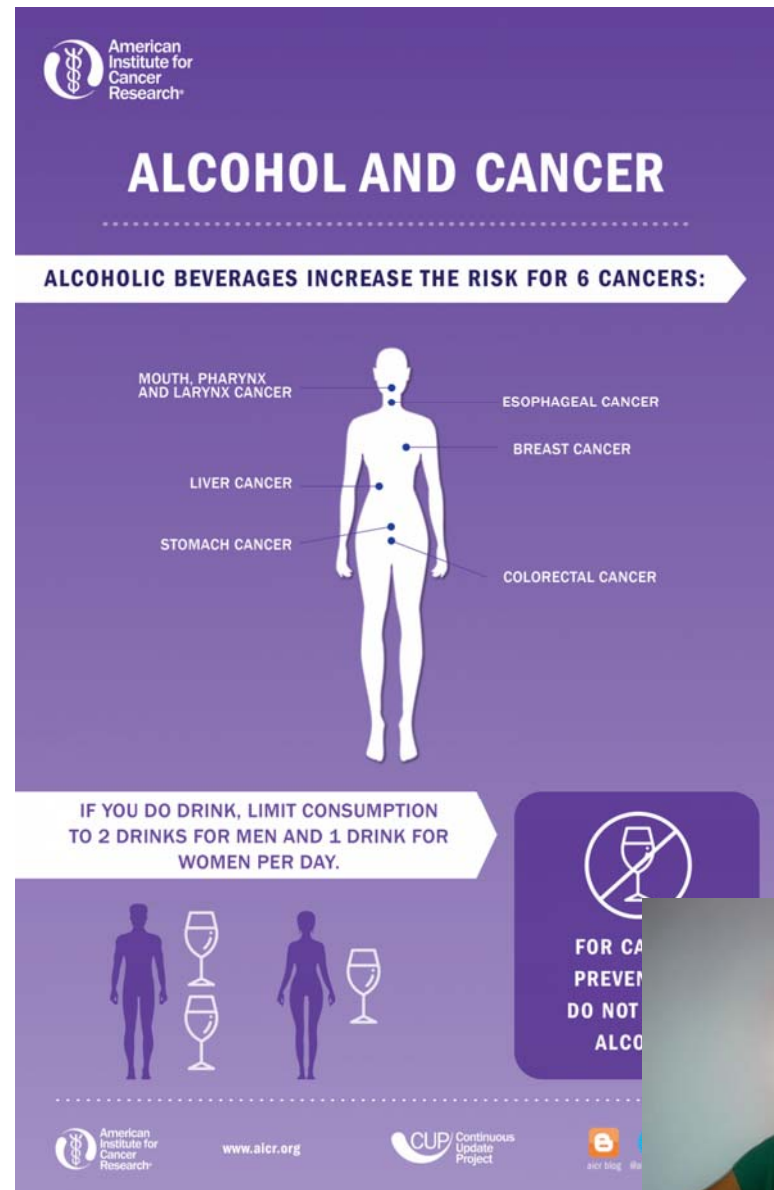
- 150-300 minutes of moderate or 75-150 minutes of vigorous intensity activity per week
- Limit time spent sedentary in activities such as screen-based entertainment



Source: American Cancer Society guideline for diet and physical activity for cancer prevention (2020)

Drinking alcohol is linked to 5.6% of cancer cases and 4% of cancer-related deaths.

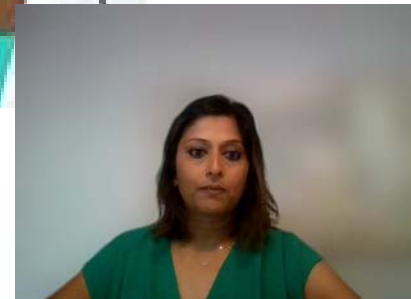
The American Cancer Society and American Institute for Cancer Research both recommend avoiding alcohol for cancer prevention.



# HPV vaccination is cancer prevention



- Human papilloma virus (HPV) can cause 6 different types of cancer (cervical, vulvar, vaginal, penile, anal, and throat)
- Nearly 35,000 men and women will be diagnosed with an HPV-related cancer annually
- The virus is so common (8 of 10 people will get HPV at some point) that the best way to prevent infection is vaccination
- HPV vaccination can prevent more than 90% of HPV-related cancers when given at the recommended ages (between ages 9-12 years)



Source: American Cancer Society Mission HPV Cancer Free ([www.cancer.org/hpv](http://www.cancer.org/hpv))

## 42% of Cancers Attributed to Modifiable Risk Factors

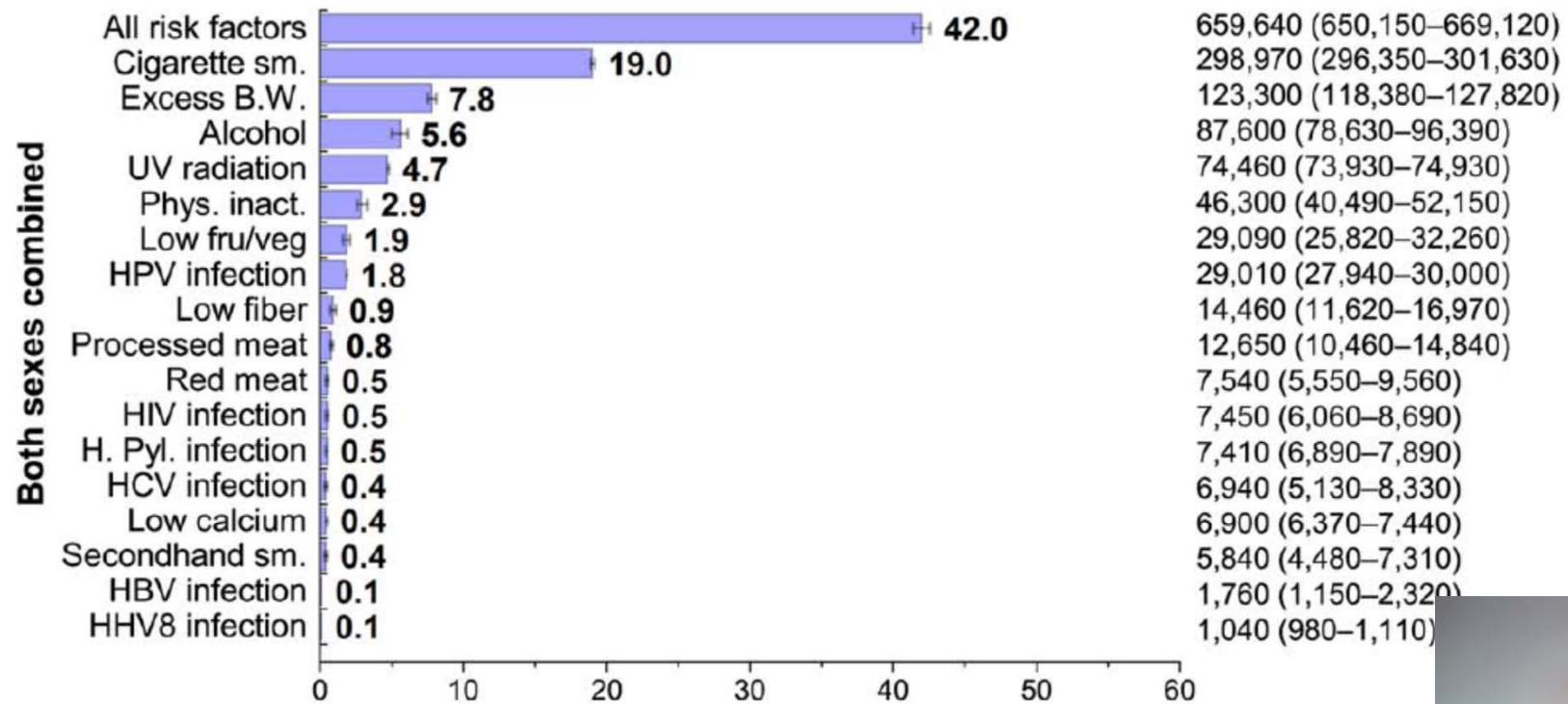


FIGURE 1. Estimated Proportion and Number of Incident Cancer Cases Attributable to Evaluated Risk Factors Aged 30 Years and Older in the United States in 2014, by Sex.



# Thank you

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