

The webinar ***Obesity & Cancer: Impact on Risk & Survivorship: What Comprehensive Cancer Coalitions Need to Know*** was aired on July 31, 2019. The webinar explored the clinical relationship between obesity and cancer, the data on the impact of obesity, and the best practice interventions for coalitions.

This document summarizes key takeaways and resources from the webinar, which is available at <https://youtu.be/NPZJFLik2U0>.

The *American Cancer Society Comprehensive Cancer Control (ACS CCC)* team hosted the webinar. The ACS CCC team seeks to build the capacity of grant recipients in the *Centers for Disease Control and Prevention National Comprehensive Cancer Control Program* to implement policy, systems, and environmental change approaches and evidence-based promising practices in cancer prevention, screening, diagnostic follow-up, and survivorship.

Presenters



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This program is supported through funding from the Centers for Disease Control and Prevention Cooperative Agreement #6NU58DP006450. The report's content is solely the responsibility of the authors and does not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

Excess body weight is associated with an increased risk of 13 cancers: esophageal, pancreatic, colorectal, post-menopausal breast, endometrial, kidney, liver, ovarian, stomach, thyroid, gallbladder, multiple myeloma, and meningioma.

National Health

About 120,304,767 Americans do not get the recommended daily amount of exercise; 95,752,773 do not get the recommended daily servings of fruit; 56,469,584 do not get the recommended daily servings of vegetables, and 125,043,394 drink too many sugar-sweetened beverages.

Cancer Survivors

More than 16.9 million Americans with a history of cancer were alive on January 1, 2019 (CA 2019). The CDC *Surveillance of Health Behaviors Among Survivors* data for Americans showed that 28% were obese, 32% reported no leisure-time activity, and 15% smoked.

Cancer survivors are at greater risk for recurrence and for developing secondary cancers because of treatment, unhealthy lifestyle behaviors, underlying genetics, and risk factors that contributed to the first cancer.

Maintain a Healthy Weight Throughout Life

- Be as lean as possible throughout life without being underweight.

- Avoid excess weight gain at all ages. If currently overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.
- Engage in regular physical activity and limit high-calorie foods and beverages as key strategies for maintaining a healthy weight.

What CCC Programs and Partners Can Do

In schools and childhood centers:

- Encourage walk-to-school and bike-to-school programs.
- Support quality physical education.
- Increase healthy food options.

In workplaces:

- Encourage using stairs.
- Encourage walking clubs.
- Encourage walking meetings.
- Increase healthy food options in vending machines and cafeterias.

In homes:

- Encourage families to limit screen time.
- Encourage families to participate in physical activities together.
- Promote breastfeeding.

In all communities:

- Increase access to walking trails.
- Increase access to farmers' markets.
- Plant community gardens.
- Promote community messaging about healthy eating, physical activity, and the risks of obesity.
- Allow the use of school facilities outside of school hours for physical activity.
- Build roads that can be safely shared by all types of transportation.
- Work with real estate developers to increase pedestrian-friendly developments.

Adapt Interventions

Consider adapting programs and interventions to suit your specific community and situation. For example, you might adapt interventions to the demographics and cultures of your survivors or fit the resources and timelines available to you.

Measure Your Effectiveness

To measure the effectiveness of your intervention, first identify the information that you want to collect. Available data

sources may include primary data collection from surveys and interviews, existing data sources from program documents and measurement data, and state or national data sets such as the Behavioral Risk Factor Surveillance System (BRFSS). Then decide how you will analyze and interpret the data.

Success Stories

Success stories included the use of treadmill desks with personal fitness tracker devices, city street initiatives that organize training and information sessions with community partners to create a city ordinance for six miles of bike lanes, and the reduction of sugar-sweetened beverages in the community.

Conclusion

Adherence to cancer prevention guidelines for obesity, diet, physical activity, and alcohol consumption is associated with a lower risk of death from cancer, cardiovascular disease, and all causes in non-smokers.

Online Resources

- American Cancer Society
<https://www.cancer.org>
- American Institute for Cancer Research (AICR) <https://www.aicr.org>
- ACS *Guidelines for Nutrition and Physical Activity*
<https://www.cancer.org/healthy/eat-healthy-get-active/acs-guidelines-nutrition-physical-activity-cancer-prevention/guidelines.html>
- *Centers for Disease Control and Prevention*. The CDC works with public, non-profit, and private partners to help U.S. cancer survivors.
https://www.cdc.gov/cancer/survivors/what_cdc_is_doing/

- *The Community Guide*
<https://www.thecommunityguide.org/>
- Success Stories
<https://www.cdc.gov/cancer/ncccp/state.htm>.
- National Cancer Institute *Research Tested Intervention Programs (RTIPS)*
<https://rtips.cancer.gov/rtips/index.do>
- *Cancer Prevention and Control Resource Network* (adaptation)
<https://cpcrn.org/pub/evidence-in-action/>

References

CA: A Cancer Journal for Clinicians, Cancer treatment and survivorship statistics, 2019.