

THE RELATIONSHIP BETWEEN BODY WEIGHT AND CANCER RISK IN ALASKA

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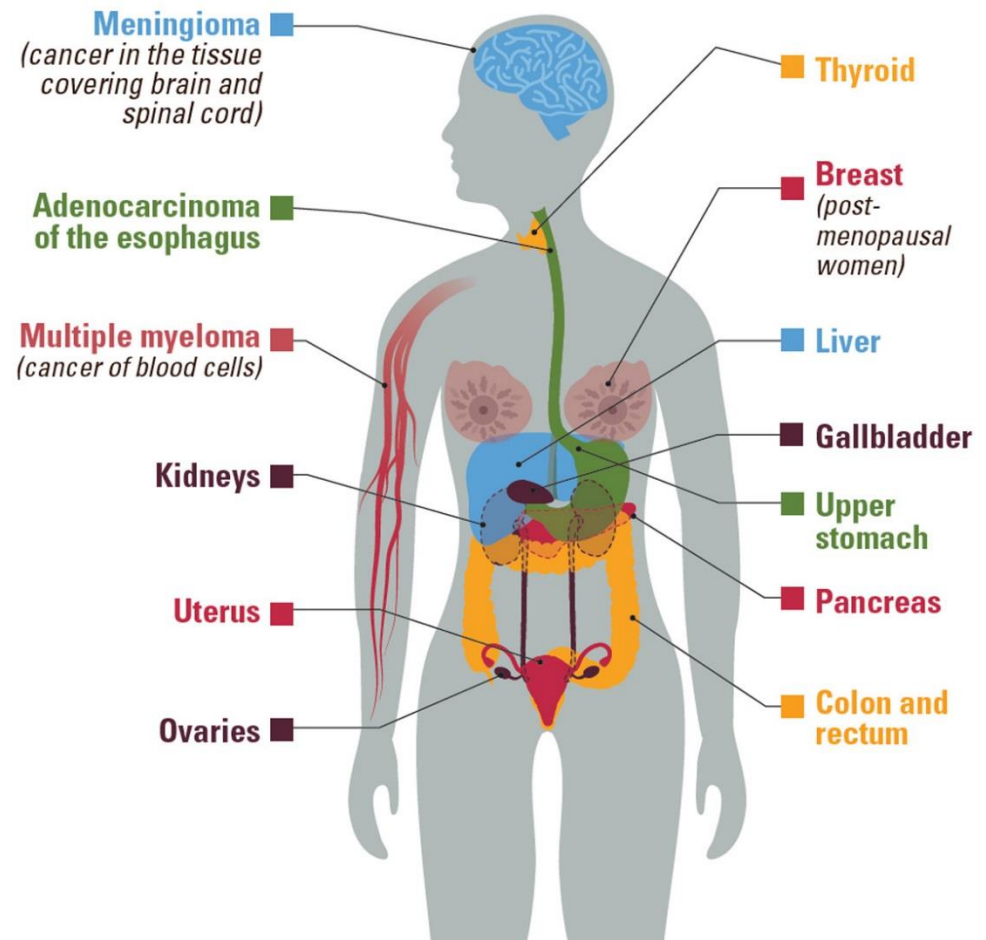
OUTLINE

- CDC and Alaska data
- Alaska Cancer Registry analysis
- Addressing overweight/obesity and cancer in Alaska with Alaska's CHA/Ps

CDC Factsheet (Oct. 2017)

13 cancers are associated with overweight and obesity

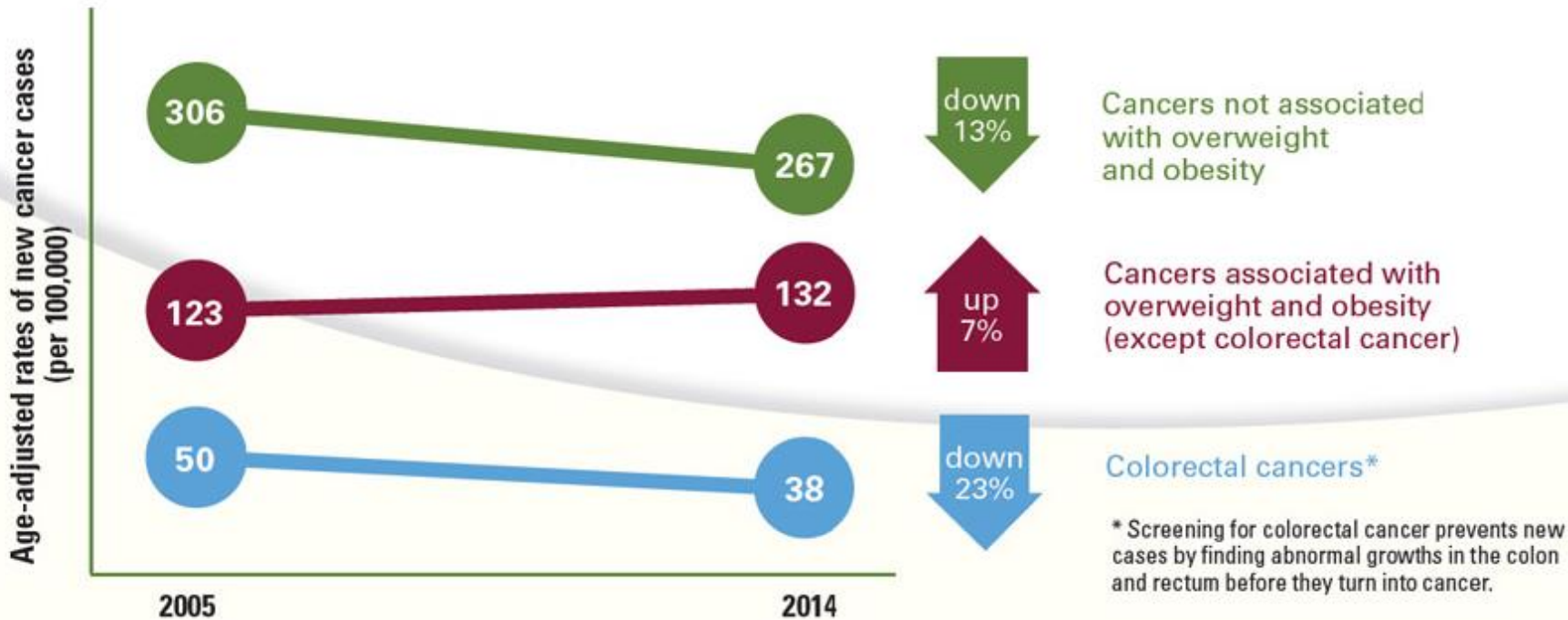
- At least 13 cancers associated with overweight/obesity
 - These make up 40% of diagnosed cancers
- More than half of Americans don't know that overweight/obesity can increase their risk for cancer



<https://www.cdc.gov/vitalsigns/obesity-cancer/index.html>

CDC Factsheet

Most cancers associated with overweight and obesity increased while other cancers decreased from 2005-2014




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In Alaska

- About 1 in 5 deaths are caused by cancer
- About 2 in 3 adults are overweight or obese
- About 39% of diagnosed cancers in 2006-2013 were one of the 13 related to overweight/obesity

Obesity Facts: Overweight/Obesity & Cancer Risk



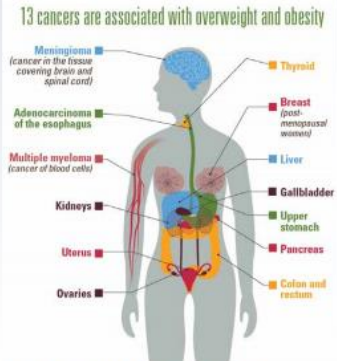
Overweight and obesity are associated with at least 13 types of cancer. **13**

Being overweight or obese is a risk factor for cancer.
The link between cancer and overweight/obesity is clear. Excess body weight is associated with an increased risk of at least 13 different cancers.¹
About 40% of all diagnosed cancers are linked to overweight/obesity.² However, less than a third of Americans realize that obesity increases cancer risk.³

Cancer is the leading cause of death in Alaska.
1 in 5 About 1 in every 5 deaths among Alaska adults is caused by cancer⁴
About 2 in 3 Alaska adults are overweight or obese⁵ **2 in 3**

Screen for cancer and maintain a healthy body weight.
Maintain a healthy body weight to reduce your risk of obesity-related cancer. Adults should receive regular screenings for colorectal, breast, and cervical cancer. Talk with your health care provider about appropriate cancer screenings and strategies to maintain a healthy body weight.

13 cancers are associated with overweight and obesity



Infographic from CDC Vital Signs - Cancer and Obesity.

Cancers Associated with Overweight/Obesity

Breast Cancer
Breast cancer is the most commonly diagnosed cancer among Alaska women.⁶ Postmenopausal women who are overweight or obese have a 20% to 40% increased risk of breast cancer.⁷

Colorectal Cancer
Colorectal cancer is the third leading cancer diagnosed in Alaska, with rates nearly three times higher among Alaska Native people than white and Asian/Pacific Islander Alaskans.⁶ People who are obese are about 30% more at risk of colorectal cancer.⁷

Kidney Cancer
Kidney cancer is the fifth leading cause of cancer in Alaska.⁶ People who are overweight or obese are at almost twice the risk of the most common form of kidney cancer.⁷


Pancreatic cancer
Pancreatic cancer was the fourth leading cause of cancer death in Alaska between 2006-2015.⁸ People who are overweight or obese are at about 1.5 times greater risk of pancreatic cancer.⁷

Liver cancer
Liver cancer caused an estimated 454 deaths in Alaska between 1996-2015.⁹ People who are overweight or obese have up to twice the risk of liver cancer.⁷

Esophageal cancer
Esophageal cancer caused an estimated 444 deaths in Alaska between 1996-2015.⁹ People who are overweight or obese are at about twice the risk of esophageal cancer.⁷

CHRONIC DISEASE PREVENTION
HEALTH PROMOTION

www.dhss.alaska.gov/dph/Chronic



In Alaska

- Breast cancer is the most commonly diagnosed cancer among Alaska women
- Colorectal cancer is the third leading cancer diagnosed in Alaska, with rates nearly three times higher among Alaska Native people as white and Asian/Pacific Islander Alaskans

Obesity Facts: Overweight/Obesity & Cancer Risk



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

Being overweight or obese is a risk factor for cancer.

The link between cancer and overweight/obesity is clear. Excess body weight is associated with an increased risk of at least 13 different cancers.¹

About 40% of all diagnosed cancers are linked to overweight/obesity.² However, less than a third of Americans realize that obesity increases cancer risk.³

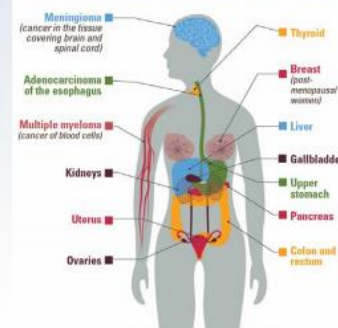
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Lack of Knowledge

Jan. 2018 survey of 750 Alaskans:

Do you believe that overweight and obesity has a significant effect on whether or not the average person develops cancer?

Response	%
Yes	61%
No	25%
Don't Know / Not sure	14%

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