Obesity & Cancer

Obesity is a leading risk factor for cancer

Being overweight or obese can increase a person's risk for at least 13 cancers

- Meningioma
- Thyroid Cancer
- Multiple Myeloma (plasma cells)
- Liver Cancer
- Stomach Cancer
- Kidney Cancer
- Colorectal Cancer
- Esophageal Cancer
- Post-Menopausal Breast Cancer
- Gallbladder Cancer
- Pancreatic Cancer
- Ovarian Cancer
- Endometrial Cancer

The rates of obesity-related cancers, increased by 7% in the U.S. between 2005 and 2014

66% Of people in Illinois are overweight or obese

27,808 Cancers were associated with obesity in Illinois in 2016

Females are almost twice as likely to be diagnosed with an obesity-related cancer

- 55% of all cancers diagnosed in women are obesity-related
- 24% of all cancers diagnosed in men are obesity-related

Reduce Your Risk

- MOVE MORE
  Only 22% of American adults participate in the recommended amount of aerobic and muscle strengthening exercises

- EAT SMART
  67% of American adults eat 1 or more fruits per day and 79% eat 1 or more vegetables per day

NOTE: All cancer incidence and mortality data are specific to Illinois residents. Five-year survival estimates reflect age standardized, relative survival. Methods are described in the ‘Cancer in North America: 2011-2015’ report, cited below. All presented rates are per 100,000 and are age-adjusted to the 2000 U.S. standard million population. Unless otherwise noted, displayed incidence and mortality rates have been calculated for the 2016 calendar year.