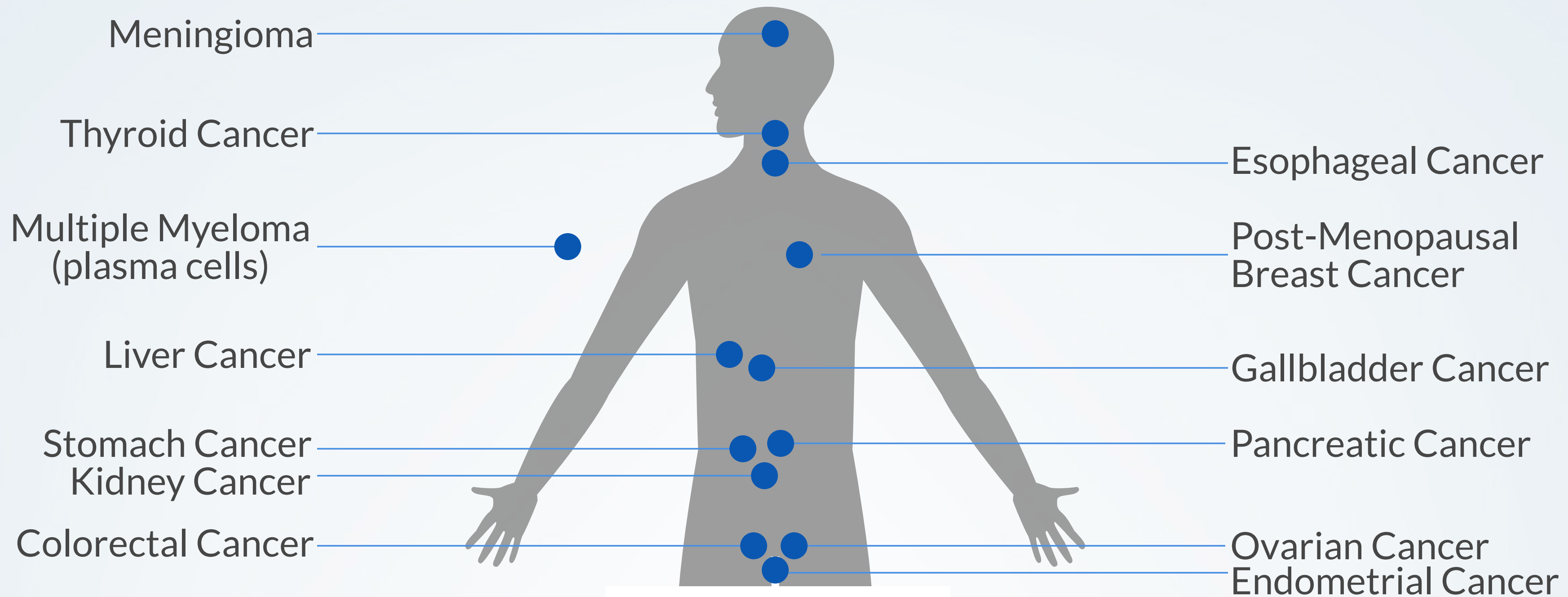


Obesity & Cancer

Obesity is a leading risk factor for cancer

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



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

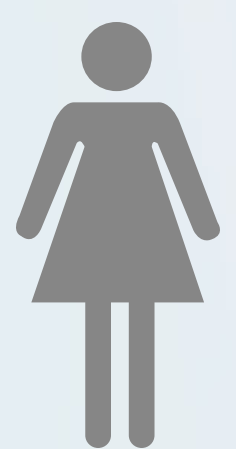
27,808

Cancers were associated with obesity in Illinois in 2016

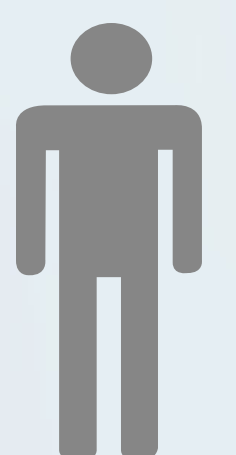
Obesity Associated Cancers Rates Among Races/Ethnicities



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.