

### WEIGHT MANAGEMENT

Achieving and maintaining a healthy weight can lower the risk of cancer. According to the Centers for Disease Control and Prevention, approximately two-thirds of adults in the U.S. are characterized as overweight or obese, widely considered a public health epidemic. In a study published in the *New England Journal of Medicine*, overweight and obesity may account for 20 percent of all cancer deaths in U.S. women and 14 percent in U.S. men. That means 90,000 cancer deaths could be prevented each year if Americans could only maintain a normal, healthy body weight. According to the American Cancer Society, being overweight or obese is associated with increased risk for cancers at several sites: breast, colon, endometrium, adenocarcinoma of the esophagus, gallbladder, pancreas, and kidney. Efforts to establish healthful weight, physical activity habits, and patterns of weight gain should begin in childhood.

**Objective 1:** By 2014, decrease the percentage of adults in Indiana who are obese from 26 percent to 25 percent as measured by the Indiana Behavioral Risk Factor Surveillance System.

- Increase awareness of the cancer related risks of overweight and obesity
  - Educate the public about the link between cancer and overweight/obesity, poor nutrition and physical inactivity, particularly among ethnically and culturally diverse populations
  - Educate the public about the protective benefits of healthy nutrition and physical activity and weight management
  - Inform women about the cancer-related risks of weight gain and breast cancer
  - Provide education to cancer survivors about the link between diet and improved health
  - Provide education and programs to address cultural perceptions of obesity among special populations
  - Engage the public with appropriate health messages related to nutrition, physical activity, obesity, and cancer via the media

## SURVIVOR

### Kelly Motz

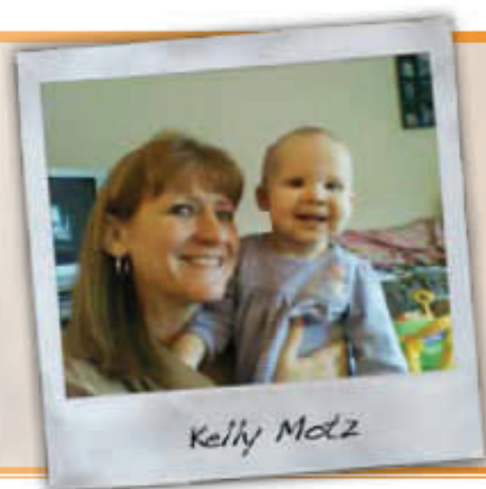
Ovarian Cancer

Age 49

Bedford, IN

IU Simon Cancer Center

Read Kelly's story at [www.indianacancer.org](http://www.indianacancer.org)



# PRIMARY PREVENTION

## CHAPTER TWO

- Increase demand for overweight and obesity prevention efforts including weight management, nutrition, and physical activity programs to reduce the risk of cancer
  - Advocate for standards of practice among healthcare providers to include routine BMI (body mass index) screening and weight management counseling during office visits
  - Encourage healthcare professionals and public and private community clinics to promote weight management to overweight and obese clients
  - Promote and advocate for coordination and collaboration between state and local public and private entities working on issues related to weight management and obesity
  - Advocate for and support an infrastructure within state government to support and promote healthy nutrition, physical activity, and weight management behaviors
  - Ensure that state government has dedicated staff responsible for oversight of improvements to support healthy living environments
- Increase access to programs for weight management to reduce the risk of cancer
  - Advocate for and provide evidence based behavioral interventions to improve dietary choices, physical activity behavior, and weight management
  - Form or build upon existing partnerships, coalitions, or advisory boards to address the availability of and access to healthy food and opportunities for physical activity
  - Form or build upon existing partnerships, coalitions, or advisory boards to provide community level weight management programs and resources
- Increase advocacy efforts and public support for initiatives, policies, and legislation that supports healthy eating, physical activity, and weight management to reduce the risk of cancer
  - Collaborate with the Indiana Healthy Weight Initiative to formulate statewide policies and strategies for weight management for children, youth, and adults
  - Encourage communities (including policy makers and leaders) and organizations to make nutrition, physical activity, and weight management issues a priority by providing incentives for the adoption of healthy lifestyle policies

# PRIMARY PREVENTION

## CHAPTER TWO

### WEIGHT MANAGEMENT (CONT)

- Promote and support state and local legislation and policies that create environments conducive to healthy eating, daily physical activity, and healthy weight
- Form or build upon existing partnerships, coalitions, or advisory boards to promote policies and action plans across multiple agencies and organizations in support of healthy communities

**Objective 2:** By 2014, decrease the percentage of high school students in Indiana who are obese from 14 percent to 13 percent as measured by the Youth Risk Behavior Surveillance – United States.

- Adopt standards of practice that include routine screening and counseling of BMI (body mass index) for youth
- Provide evidence based behavioral interventions to improve dietary choices, physical activity, and healthy weight management for youth
- Advocate for changes to policies, programs, and practices to make school environments more supportive of healthy eating, physical activity, and healthy weight management
- Collaborate with the Department of Education and other statewide partners to strengthen, implement, and enhance federally mandated local wellness policies for all school districts

