

The link between

Obesity & Cancer

in Kentucky

Kentucky has the highest rate of cancer in the U.S., and we now know that the most important things you can do to prevent cancer (other than not smoking) are to be active and eat healthy.



In Kentucky, nearly 7 of every 10 adults and 4 of 10 children are overweight.



Visit www.aicr.org for more tips on getting to and staying at a healthy weight.

Being overweight or obese increases your risk for:

- Esophageal cancer
- Breast cancer
- Pancreatic cancer
- Kidney cancer
- Gallbladder cancer
- Ovarian cancer
- Endometrial cancer
- Colorectal cancer



Increases insulin
Alters hormone levels
Alters immune responses
Produces excess estrogen
Causes chronic inflammation

CANCER