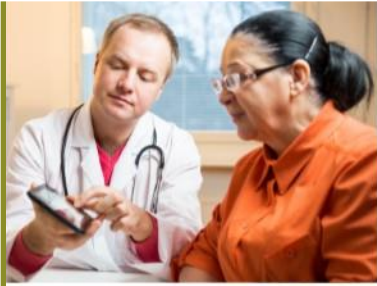


Caring for Cancer Survivors: Obesity and Wellness



2 IN 3 US ADULTS
WEIGH MORE THAN
RECOMMENDED.

**OVERWEIGHT
AND OBESITY ARE
ASSOCIATED WITH AT LEAST
13** TYPES OF CANCER.

ABOUT 30% OF
CANCER SURVIVORS
HAVE OBESITY.

WHAT WORKS?

THE COMMUNITY GUIDE RECOMMENDS:

Multicomponent interventions that use technology-supported coaching or counseling to help people lose weight and maintain weight loss.

Worksite programs to improve diet or physical activity and reduce weight among employees, such as behavioral counseling and easier access to healthy foods and drinks.

Why is it important to reduce obesity-related health risks?

Obesity, poor nutrition, and physical inactivity contribute to about 40% of cancer cases in the United States and can negatively affect cancer treatment and survival. Survivors with comorbid illnesses, including mental health concerns, may experience diminished quality of life and ability to make healthy behavior changes.

Survivors who keep a healthy weight and stay physically active can have:

- Better response to treatment and survival outcomes.
- Better mental and physical quality of life.
- Lower risk for having cancer recur or developing a new cancer.
- Lower risk for developing a comorbid illness such as diabetes or heart disease.

Health care providers can help survivors improve wellness.

- Talk with survivors about the role of risk behaviors in disease prevention and survivorship, such as smoking, alcohol misuse, and insufficient sleep.
- Counsel survivors on nutrition and physical activity recommendations.
- Help survivors get to and maintain a healthy weight by encouraging energy balance through increased physical activity, improved diet quality (such as fruits and vegetables), and limited intake of sugar-sweetened foods and beverages.
- Identify and address long-term and late effects of cancer and its treatment on survivors' physical and psychosocial well-being as part of recommended distress screening, when indicated.
- Provide coordinated care, behavioral counseling interventions, and referrals to behavioral counseling services, when indicated.
- Ensure that weight management, tobacco cessation, and behavioral counseling services are outlined as part of a survivorship care plan, when indicated.

For more information about CDC's Cancer Survivorship initiatives, visit www.cdc.gov/cancer/survivorship/.

Accessible version available at www.cdc.gov/cancer/survivorship/basic_info/health-care-pros/obesity-wellness.htm

National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control

