

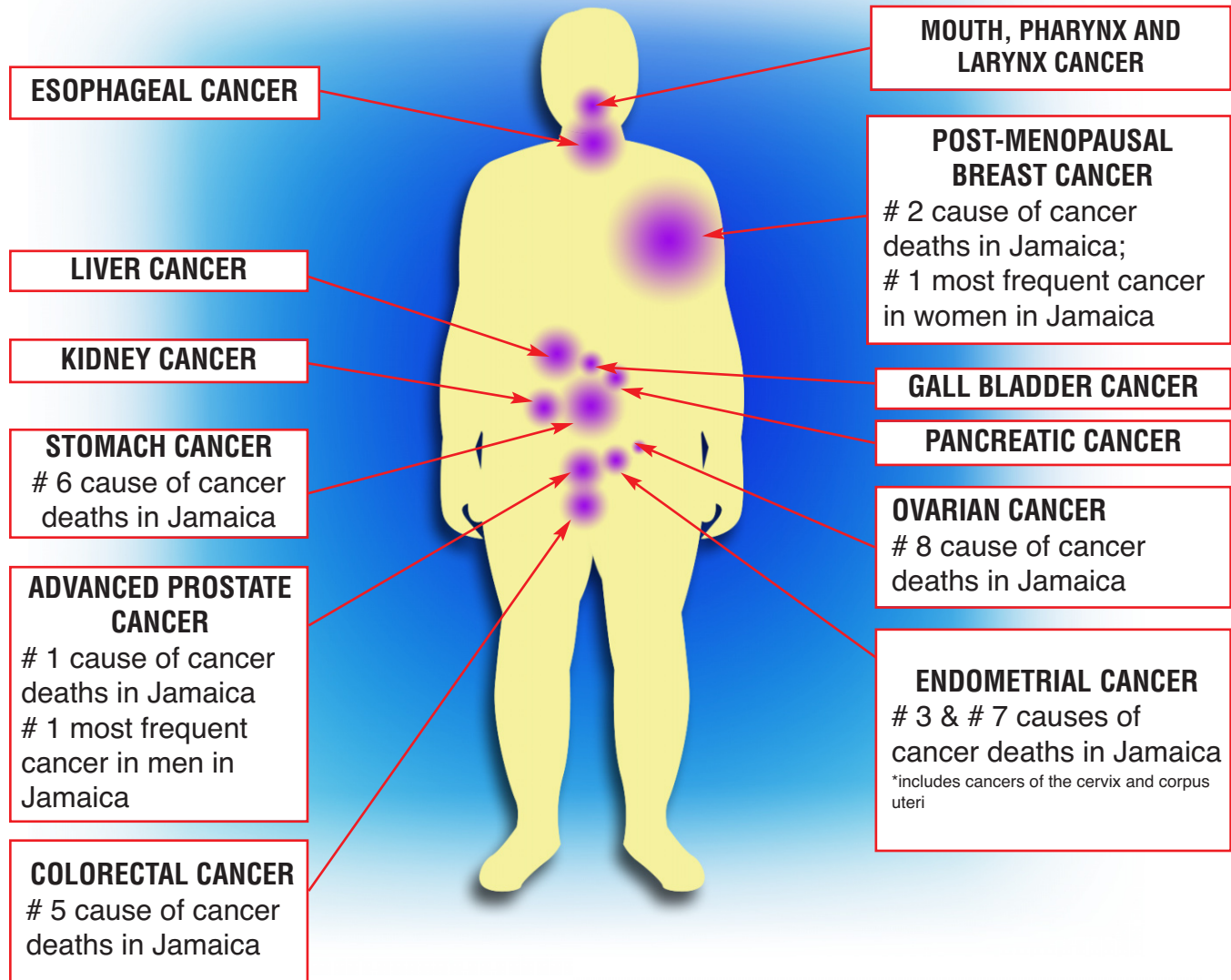


What you should know about Obesity and Cancer

Overweight and obesity are major risk factors for a number of chronic diseases, including type 2 diabetes, cardiovascular diseases and certain types of cancer.

Did you know?

Overweight and obesity can increase your risk of:



1 out of 2 JAMAICANS are Overweight/Obese

PROTECT YOURSELF
Maintain a healthy weight
Eat Healthy Get Moving

Sources:

Jamaica Health & Lifestyle Survey III 2016-2017

World Cancer Research Fund/American Institute for Cancer Research. (2018). *Diet, Nutrition, Physical Activity and Cancer: a Global Perspective. Continuous Update Project Expert Report. Body fatness and weight gain and the risk of cancer.* Retrieved from <https://www.wcrf.org/dietandcancer/exposures/body-fatness>

World Health Organization International Agency for Research on Cancer. (2018.) *Jamaica Fact Sheet.* <http://qco.iarc.fr/today/data/factsheets/populations/388-jamaica-fact-sheets.pdf>

World Health Organization. (2019). *Health topics- obesity.* Retrieved from <https://www.who.int/topics/obesity/en/>