World Cancer Research Fund International

Reducing the global cancer burden through policy action on diet, physical inactivity and alcohol

What policies are needed for high impact and how to advocate their wider implementation

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WELCOME

Setting the scene

- New global policy architecture for NCDs, including targets
- **Aim of today's symposium**
  - to identify what policies are available to move towards achieving these targets and how their impact can be increased
- Focus:
  - Diet
  - Physical activity
  - Body weight
  - Alcohol

Diet, physical activity, alcohol, body weight & cancer

Alcohol ↑ risk of 5 cancers:

1. Mouth, throat (pharynx & larynx
2. Oesophagus
3. Breast
4. Bowel
5. Liver

Being overweight or obese ↑ risk of 9 cancers:

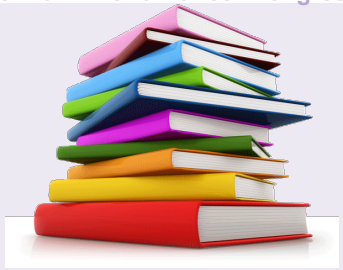
1. Advanced prostate
2. Ovarian
3. Gallbladder
4. Kidney
5. Bowel
6. Postmenopausal breast
7. Oesophagus
8. Pancreatic
9. Womb

Physical activity ↓ risk of 3 cancers:

1. Postmenopausal breast
2. Bowel
3. Womb

What do we mean by policies with impact?

- Policies that are:
  - Evidence-informed
  - Effective
  - Comprehensive
  - Implemented



How this symposium will run

- **Setting the global context**: WHO actions on NCDs
  - Tim Armstrong, co-chair
- **Effective/evidence-based policies**
  1. Corinna Hawkes – diet
  2. Thaksaphon Thamarangsi – alcohol
  3. Fiona Bull – physical activity
- **Opportunities to implement these policies**
  4. Jane Martin – united policy front
  5. Alessandro Demaio – global social movement
- Q & A

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Thank you

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