UNDERSTANDING DIET’S ROLE IN CANCER RISK

Cancer is a complex disease. Many factors – some within our control and some not – can increase individual cancer risk. Being overweight and eating an unhealthy diet have been linked to increased cancer risk, but no available evidence has proven that single foods cause or cure cancer.

CONTROLLABLE FACTORS TO REDUCE CANCER RISK
- Eat a Balanced Diet
- Be Physically Active
- Drink Alcohol in Moderation
- Maintain a Healthy Weight
- Don’t Smoke

WHAT IS A HAZARD?
Something that is capable of causing harm under some circumstances.

WHAT IS RISK?
The chance (high or low) that a hazard will cause harm under certain circumstances.

Cancer is a hazard, but an individual’s risk of getting cancer depends on a number of factors – some controllable and some not.1

LIFETIME (ABSOLUTE) RISK
The risk of developing or dying from cancer sometime during a person’s lifetime, based on average characteristics of the U.S. population as a whole including age, gender, environment and lifestyle.2

RELATIVE RISK
A statistical measurement in research used to compare the response of two different groups to a particular risk.3

INDIVIDUAL (PERSONAL) RISK
The risk of developing or dying from cancer based on many factors, including a person’s age, birthplace, gender, genetics, environment, lifestyle and socioeconomic traits.2

UNDERSTANDING RISK IN RESEARCH REPORTS AND MEDIA HEADLINES

The lifetime risk for developing colorectal cancer is 4.5% or about 1 in 20.4

Translation
Total lifetime risk of developing colorectal cancer increases from 4.5% to 5.3%.

For comparison
Smoking cigarettes increases the chance of developing lung cancer by 2,500%.2

DON’T CONFUSE HAZARD AND RISK
A hazard is not a risk until you are exposed to that hazard at a level that will cause harm.