

Overview

There is strong evidence to show that daily habits like healthy eating and exercise reduce the risk of cancer. Nutrition and physical activity play a large role in cancer prevention. Unhealthy eating and physical inactivity cause 33% of premature deaths.¹ Poor nutrition and physical inactivity contribute to four out of the six leading causes of death including heart disease, cancer, stroke, and diabetes.¹

Key Facts

Even though there are numerous health benefits from being physically active, 25% of adults report no leisure-time activity, and only 49% meet minimum recommendations for moderate activity.² South Dakota's adult obesity rate is 28.1 percent and ranks 24th in the nation.³ According to the U.S. Department of Agriculture, healthier diets could prevent at least \$71 billion per year in medical costs, lost productivity, and lost lives.

Risk Factors

Two out of three adults in South Dakota are overweight or obese.⁴ Achieving a healthy weight is important to reduce the risk of cancer. A Body Mass Index (BMI) of less than 25 is recommended. BMI is a calculation of body fat based on height and weight. Determine BMI by using the adult calculator provided by the Centers for Disease Control and Prevention.⁵

The recommendation for physical activity for adults is 150 minutes of moderate intensity or 75 minutes of vigorous intensity each week. For youth, 60 minutes of moderate or vigorous intensity each day is recommended.⁶ Less than half (46%) of the South Dakota adult population met the recommended aerobic physical activity.⁷ Only 27.7% of South Dakota high school youth were physically active 60 minutes daily for 7 days.⁸

Cancer is the second leading cause of death in the United States, accounting for almost one in every four deaths. In 2012, 22.3% of all deaths in South Dakota were due to cancer.⁹ Seventy-one percent of premature deaths are caused by poor nutrition, physical inactivity, and tobacco use. Over the last 25 years, obesity rates have doubled in U.S. adults and tripled in children and teens.¹⁰

Prevention¹¹

- Balance the calories you eat in healthy foods with daily physical activity to maintain a healthy weight.
- Achieve 150 minutes of physical activity per week.
- Include strength training exercises at least 2 days a week.
Choose lean meats and limit processed meats.
- Eat 2-1/2 cups of fruits and vegetables daily.
- Make at least half your grains whole grains.
- Use the Nutrition Facts Label to choose beverages with few or no calories. Water is always a good option.
- Limit processed and convenience foods.
- Reduce sugar intake.

Resources

American Cancer Society: www.cancer.org

Centers for Disease Control and Prevention: www.cdc.gov

Choose MyPlate: www.choosemyplate.gov

South Dakota Department of Health Nutrition & Physical Activity Program: www.healthysd.gov

South Dakota State University Extension: www.igrow.org

¹ National Alliance for Nutrition and Activity 2008, <http://www.cspinet.org/nutritionpolicy/CDC%20briefing%20book%20FY09.pdf>

² Cancer Facts and Figures 2014, American Cancer Society, <http://www.cancer.org/acs/groups/content/@research/documents/webcontent/acspc-042151.pdf>

³ F as in Fat, How Obesity Threatens America's Future, Trust for America's Health and Robert Wood Johnson Foundation, <http://www.fasinfat.org/states/sd/>

⁴ BRFSS 2012 Survey Data and Documentation, Centers for Disease Control and Prevention, http://www.cdc.gov/brfss/annual_data/annual_2012.html

⁵ Centers for Disease Control, Adult BMI Calculator, http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html

⁶ Choose My Plate, Physical Activity: How Much is Needed?, <http://www.choosemyplate.gov/physical-activity/amount.html>

⁷ BRFSS 2011 Survey Data and Documentation, Centers for Disease Control and Prevention, http://www.cdc.gov/brfss/annual_data/annual_2011.htm

⁸ YRBSS 2013 Survey Data and Documentation, Centers for Disease Control and Prevention, http://www.cdc.gov/HealthyYouth/yrbss/index.htm?s_cid=tw_cdc16

⁹ South Dakota Department of Health, Mortality, <https://doh.sd.gov/statistics/2012Vital/Mortality.pdf>

¹⁰ National Alliance for Nutrition and Activity 2008, <http://www.cspinet.org/nutritionpolicy/CDC%20briefing%20book%20FY09.pdf>

¹¹ ACS Guidelines on Nutrition and Physical Activity for Cancer Prevention, <http://www.cancer.org/acs/groups/cid/documents/webcontent/002577.pdf.pdf>