

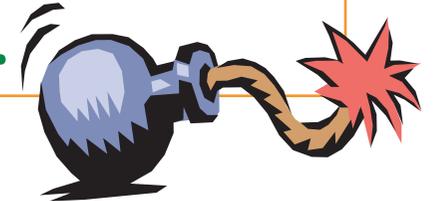
Should we worry about fat?

Fat used to be fashionable – people thought it was a sign of wealth and health. And evolution designed our bodies to store fat!



UK obesity has trebled since 1980. Now 65% of adults and 15% of children are overweight or obese.

Childhood obesity is a ticking time bomb, warns the UK's Food Standards Agency, 'if nothing is done to stop the trend, for the first time in 100 years life expectancy will go down'.



Obesity is the biggest risk factor for cancer in non-smokers.

How big is obese?

Body Mass Index (BMI) shows if someone's body mass is about right for their height.

$$\text{BMI} = \frac{\text{body mass (kg)}}{\text{height}^2 (\text{m}^2)}$$

BMI

What it means

below 20

underweight

20-25

ideal

25-30

overweight

over 30

obese

- ◆ **Eastenders' Kat Slater** is 5'2" (1.57m). What would her BMI be if her mass was (1) 45 kg (2) 55 kg (3) 65 kg?
- ◆ Which mass would be best for Kat's health

Obesity and cancer – get your message across!

Cancer Research UK

We want young people to know how to **prevent obesity** and so be at **less risk from cancer** later in their lives. Please design a poster to tell them.

The **key message** must be clear – a news headline or facts and figures.

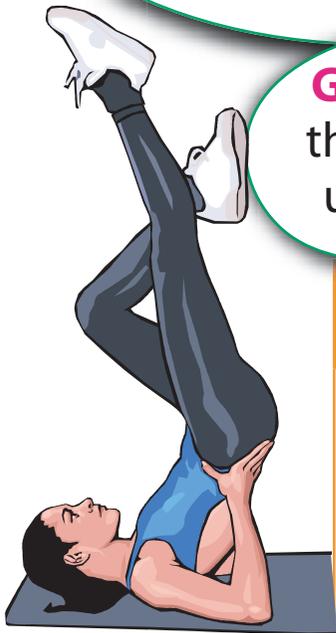
Explain the key message with some science facts

Use an **image** to really make an impact

Give advice that's easy to understand

Choose one of these messages for your poster:

- ◆ **Diet** – the link with obesity, and how to eat healthily
- ◆ **Exercise** – the link with obesity, and how to exercise enough
- ◆ The **links** between obesity and cancer.



The **6** best posters win prizes and will be displayed on www.ase.org.uk

Poster resource kit

Cancer and obesity links

A report from Cancer Research UK (CRUK) says the links between obesity and cancer are complicated. But there is evidence that 1 in 8 cancer deaths in British non-smokers may be due to being overweight or obese.

Being obese increases the risk of:

- ◆ women getting **breast cancer** – women over 50 who are not obese cut their risk of getting breast cancer by 20%. This might be because breast cancer is linked to a sex hormone 'oestrogen'. Obese women make more of this hormone.
- ◆ men getting **prostate cancer**, maybe because obese men make more hormones.
- ◆ men and women getting cancer of the **kidney, food pipe, rectum, colon, gall bladder and pancreas**.

Exercise and obesity

Exercise	Amount of energy used (kJ per hour)
brisk walking	1490
dancing	1080
ice skating	2620
cycling	1248
swimming	2080
watching TV	350

Exercising moderately for an hour each day helps you not to get obese. But 4/10 boys and 6/10 girls exercise much less than this!

- ◆ allow time to walk places
- ◆ get involved with sports
- ◆ make exercise a treat – ice skating?
- ◆ ride a bike or go dancing.



If you exercise regularly your chance of getting bowel cancer is up to 50% lower than if you don't exercise.

Diet and obesity

Food	Energy/kJ
apple	250
2 slices toast + peanut butter	900
6 chicken nuggets	1275
60g chocolate bar	1100
40g crisps	650

You need between 7,500 and 9,000 KJ of energy each day.

If you eat more than you need, your body converts the extra to fat – and stores it!

Eat to prevent cancer and obesity:

- ◆ eat less fatty and sugary foods like crisps, chips, cakes and sweets.
- ◆ Drink less sugary sweet drinks.
- ◆ eat more fibre, oily fish, cereal, rice and pasta.



Eating badly is the second commonest cause of cancer (after smoking).