



## Diet and physical activity as a preventive factor against cancer

ثبت علمياً أنه يمكن منع السرطان بشكل كبير من خلال تبني نمط حياة صحي  
أو من خلال اتباع ممارسات معززة لصحته

# Diet and physical activity as a preventive factor against cancer

**prepared and produced by:**

Health Promotion Department - SCFA

2022



# What is Cancer?

Cancer refers to the rapid formation of abnormal cells. Cancer can affect any part of the body, and it represents a complex interaction between genetics and external agents. However, some types of cancer are also highly preventable through lifestyle choices

# What increases the risk of Cancer?

Risk factors for cancer are often associated with lifestyle, behavioral and environmental exposures; these risk factors are usually preventable:

- 1- Overweight and obesity.
- 2- Unhealthy diet high in processed foods
- 3- Lack of physical activity
- 4- Tobacco use
- 5- Alcohol use (Prohibited in Islam religion)
- 6- Infections (hepatitis, HPV)
- 7- Exposure to different environmental pollutants
- 8- Radiation exposure



Maintaining a healthy weight, by adopting a healthy lifestyle which includes **physical activity, healthy diet plans and avoiding smoking** can significantly reduce the risk of diseases development or life termination caused by cancer

Excess body weight, poor diet,  
lack of physical activity



=

1 in 5 Cancer cases

 Five stylized human icons in a row. The first four are grey, and the fifth is purple, representing 1 in 5 cancer cases.

Being overweight or obese increases a person's risk of developing one or more of

13 types of cancer



The American Cancer Society's Guidelines for Cancer Prevention provides recommendations on controlling weight, physical activity, diet, reducing the risks of developing cancer:

## Be physically active

Adults should get 150-300 minutes/week of moderate intensity activity

| or / 75-150 minutes vigorous activity/week | or / Mix of both during the week

Children and teens should get at least one hour of moderate or vigorous activity each day

### Moderate physical activities:

- Walking
- Dancing
- Cycling with low speeds.
- Volleyball

### Vigorous physical activities:

- Jogging and running
- Cycling with high speeds.
- Swimming.
- Jumping rope.
- High intense exercises
- Basketball







The American Cancer Society's Guidelines for Cancer Prevention provides recommendations on controlling weight, physical activity, diet, reducing the risks of developing cancer:

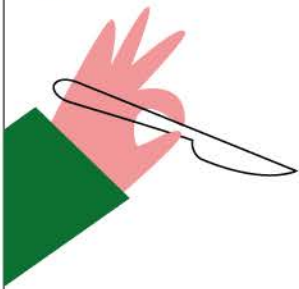
## Reducing sedentary behavior

| On-screen entertainment | Sitting for long periods of time | lying down



## Follow a healthy eating pattern

- | Eat more fruits and vegetables to get more fibers.
- | Focus on foods rich in vitamins, minerals and other nutrients in amounts
- | Eat more vegetables in variety of colours - dark green, red and orange
- | Eat grains, such as whole wheat bread and brown rice





The American Cancer Society's Guidelines for Cancer Prevention provides recommendations on controlling weight, physical activity, diet, reducing the risks of developing cancer:

## Reduce your intake of fast food



- | Avoid red meat such as processed meat, and sausages
- | Drink fresh juice or water instead of sugar-sweetened beverages
- | Reduce your intake of processed foods and refined grain products





المجلس الأعلى لشؤون الأسرة  
Supreme Council For Family Affairs

# التثقيف الصحي Health Promotion

إدارة التثقيف الصحي – Health Promotion Dept

المجلس الأعلى لشؤون الأسرة بالشارقة SCFA - Shj

الإمارات العربية المتحدة • حكومة الشارقة • المجلس الأعلى لشؤون الأسرة • إدارة التثقيف الصحي  
هاتف: 06 5065536 • البراق: 06 5065695 • البريد الإلكتروني: health.promotion@scfa.shj.ae

P.O. Box : 61161- Sharjah

Tel : + 971 6 506 5536

Fax : + 971 6 506 5695

