

# Jodi McKay

Minister for Tourism  
Minister for the Hunter  
Minister for Science and Medical Research  
Minister Assisting the Minister for Health (Cancer)



Embargoed until Saturday 2 May, 2009

## **Guidelines on diet, weight and physical activity for cancer prevention**

The Cancer Institute NSW has today released cancer prevention guidelines that could reduce the number of cancer deaths in NSW by more than 29,000 between 2006 and 2016.

Minister Assisting the Minister for Health (Cancer) Jodi McKay said the guidelines highlight the prevalence of cancer that can be prevented through individual choices people make regarding diet, weight and physical activity.

“The *Guidelines for Cancer Prevention* includes three simple guidelines to reduce cancer risk and suggests practical ways to implement them in everyday life,” Ms McKay said.

1. Eat mostly fruit and vegetables, limit red meat and alcohol intake and avoid processed meat.
2. Be physically active every day in any way for 30 minutes or more.
3. Aim to be a healthy weight throughout life.

Ms McKay said these guidelines should serve as a wake-up call to people that it's never too late to make healthier lifestyle choices.

“Cancer can take up to 20 years to develop, so the earlier people take steps to change bad habits, the less the risk of cancer later in life,” Ms McKay said.

“Roughly a third of cancer cases could be prevented by making healthier food and lifestyle choices.”

Ms McKay said the most common cancers in NSW are prostate, bowel, breast, melanoma and lung cancer, accounting for close to two-thirds of all cancers in NSW in 2006.

Of these bowel, lung, melanoma and breast cancer are all closely associated with lifestyle risk factors including weight, diet, sun exposure and smoking.

“It is widely understood that lifestyle choices such as smoking and overexposure to ultraviolet radiation (sun or solaria) causes cancer,” Ms McKay said.

“However it is not as widely known that lifestyle changes to diet, weight and physical activity can also reduce the risk of cancer.”

Ms McKay said better medication and surgical techniques, better detection, falling smoking rates and record health budgets have improved survival rates and continue to reduce cancer deaths across NSW.

“The good news is by taking small steps demonstrated in these guidelines everybody can help reduce their cancer risk.”

*Guidelines on diet, weight and physical activity for Cancer Prevention* can be downloaded from [www.cancerinstitute.org.au](http://www.cancerinstitute.org.au).

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