



**Cancer Society New Zealand  
Te Kāhui Matepukupuku o Aotearoa**

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## **Make a difference to your health**

From those who do the food shopping for their families, to schools and government, all groups and individuals can benefit from expert advice that recommends they can contribute to reducing the incidence of cancer!

*Policy and Action for Cancer Prevention*, published by World Cancer Research Fund, is a policy report that sets out the changes that can be made at all levels of society to reduce the number of cancer cases.

Dr Jan Pearson, Health Promotion Manager for the Cancer Society says, "this report complements the 2007 Food, Nutrition, Physical Activity, and the Prevention of Cancer Report. It contains estimates of the proportion of cancer cases that could be prevented through diet, physical activity and weight management."

The report addresses the causes of cancer and speaks to different groups, with aims and recommendations on how they can support an environment that makes healthy behaviours easier. The widely diverse groups include government, industry, media, schools, multinational bodies, workplaces, health and other professionals.

"The report is a clear message to Government that legislation, pricing and all policies must promote healthy patterns of diet and exercise. Schools also have a part to play in providing healthy daily food for all staff and pupils, together with facilities for physical activity experiences.

"Many people believe that they can't change their risk of developing cancer so are not prompted to change their lifestyle. Now we have a report that says you can reduce your risk of cancer. It has some very positive messages and reiterates that after smoking, unhealthy diets, physical inactivity, excess body weight and associated factors are the next most important preventable causes of cancer. For people who do not smoke they are the most important."

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