

Burden of Cancer Attributable to Physical Inactivity in Brazil

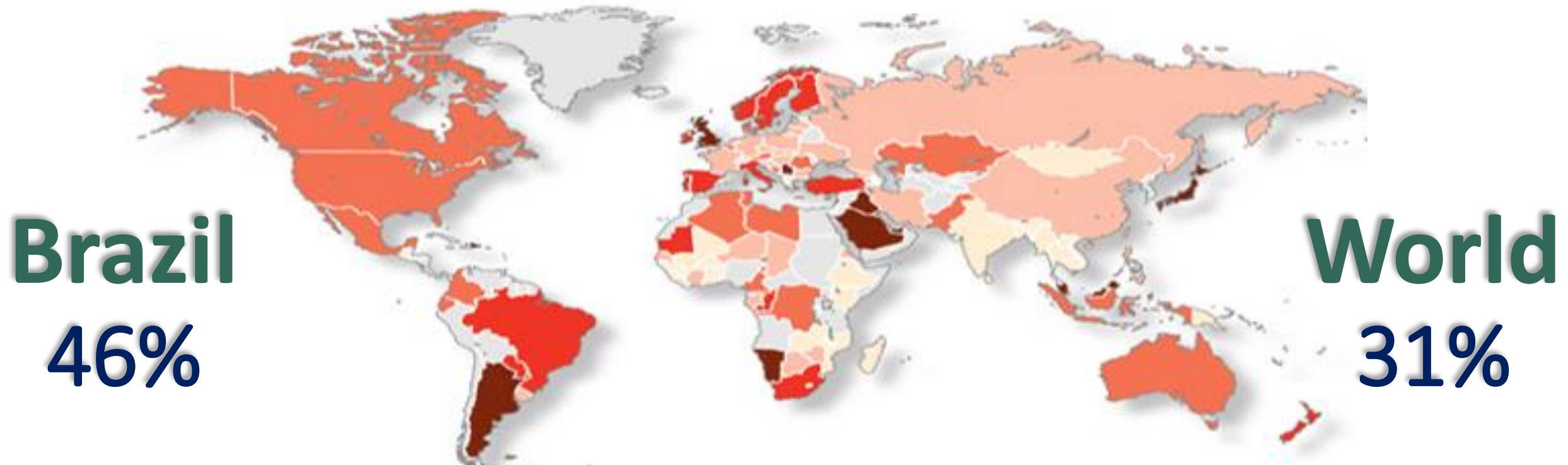
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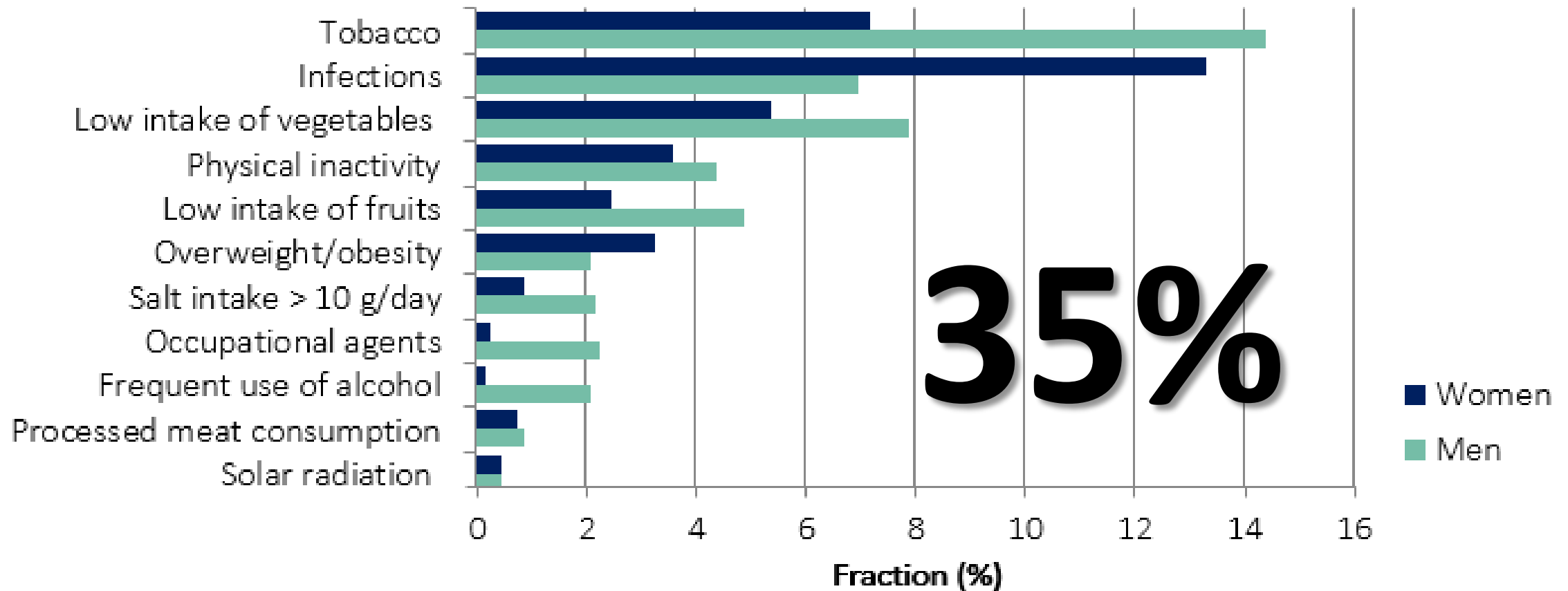
UNIVERSITY OF SAO PAULO SCHOOL OF MEDICINE



Less than 150 **Minutes** **Week**



Burden of Cancer attributable to modifiable risk factors in Brazil



Objective

To estimate fractions of different cancer types attributable to physical inactivity in Brazil

Population Attributable Fraction

$$\text{PAF} = \frac{P (RR-1)}{P (RR-1) + 1} \times 100$$

Prevalence of Physical Inactivity

National Health Survey, 2013

Frequency and Duration:

- Commuting physical activities (to work and habitual activities)
- Occupational physical activities
- Leisure-time physical activities



Less than 150 Minutes Week

Sufficient Evidence

Breast
Colon

IARC Handbooks of Cancer Prevention



International Agency for Research on Cancer
World Health Organization

Weight Control and Physical Activity



Volume 6

IARC Press
2002

Physical Inactivity

High Priority

*IARC Monographs on the Evaluation of
Carcinogenic Risks to Humans*

INTERNAL REPORT 14/002

**Report of the Advisory Group to
Recommend Priorities for *IARC*
Monographs during 2015–2019**

18–19 April 2014

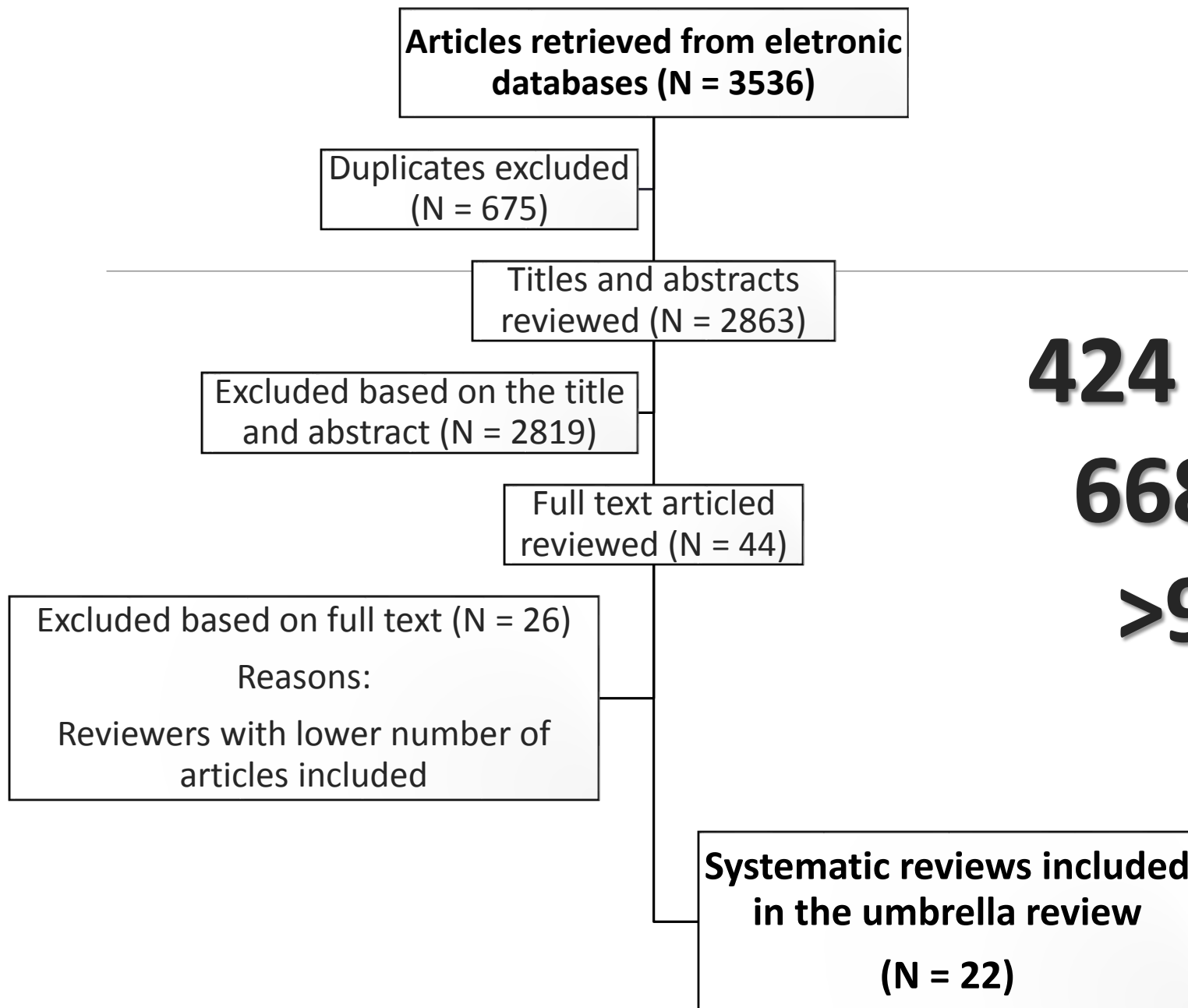
LYON, FRANCE

2014

Physical Inactivity and Cancer: an umbrella review of 22 meta-analysis with 1 million cancer cases

Medline, Embase, Web of Science, and
Cochrane Database of systematic reviews

Physical Inactivity AND Cancer AND Meta-analysis



424 original studies
668 RR estimates
>950,000 cases

Types of Cancer Potentially related to Physical Inactivity

Breast

Colon

Bladder

Endometrial

Esophageal

Gastric

Pancreas

Prostate

Lung

Kidney

Ovarian

Number of Incident Cases



Cancer Type		Total	Men	Women
Bladder		8940	6750	2190
Breast		n/a	n/a	57120
Colon		32600	15070	17530
Endometrial		n/a	n/a	5900
Esophageal		10780	8010	2770
Gastric		20390	12870	7520
Lung		27330	16400	10930
Ovarian		n/a	n/a	5680
Prostate		n/a	68800	n/a
Renal		not available	not available	not available
Pancreatic		not available	not available	not available

Less than **150** **Minutes** **Week**

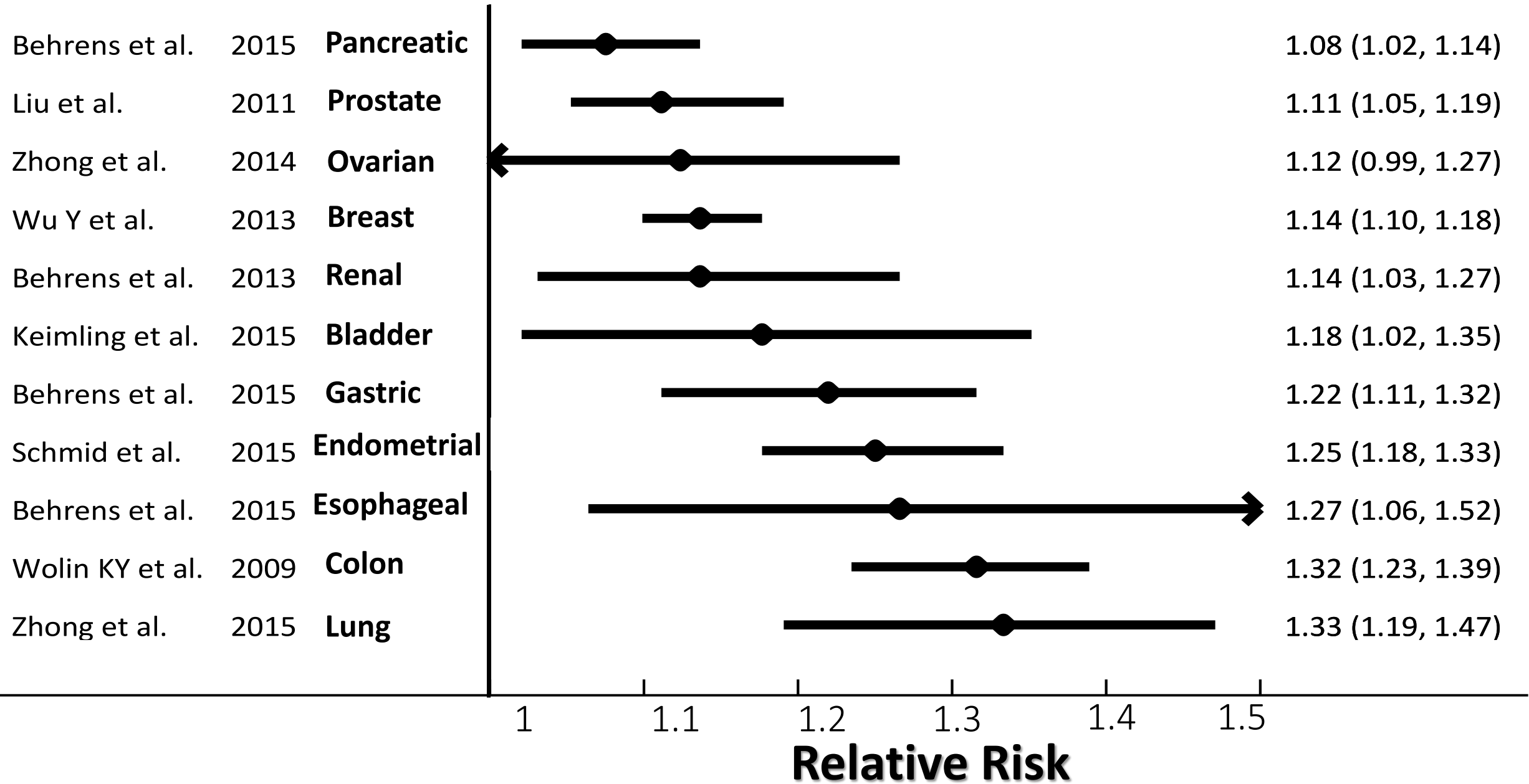


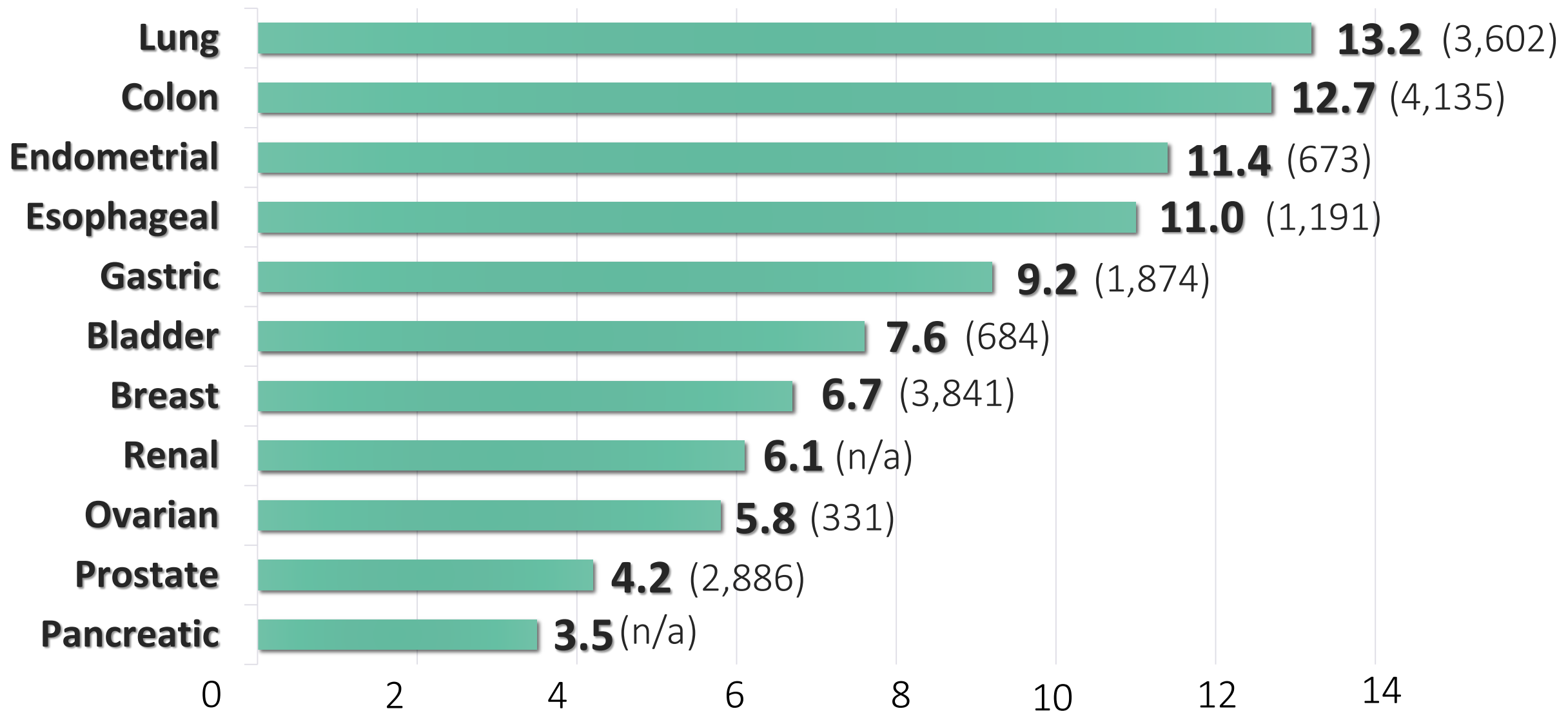
40%

46%



52%





Fraction (%) attributable to physical inactivity in Brazil (n cases)

Conclusion

These findings support physical activity as an important component of population-wide cancer prevention and control efforts

Acknowledgment



Sao Paulo Research Foundation