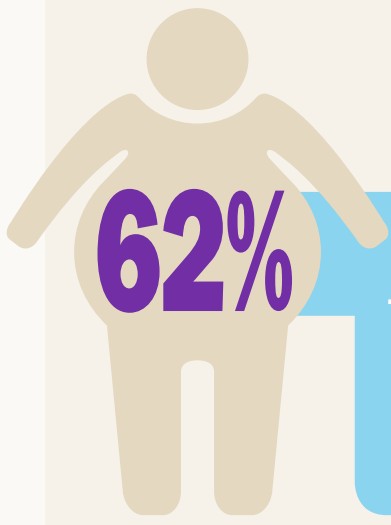
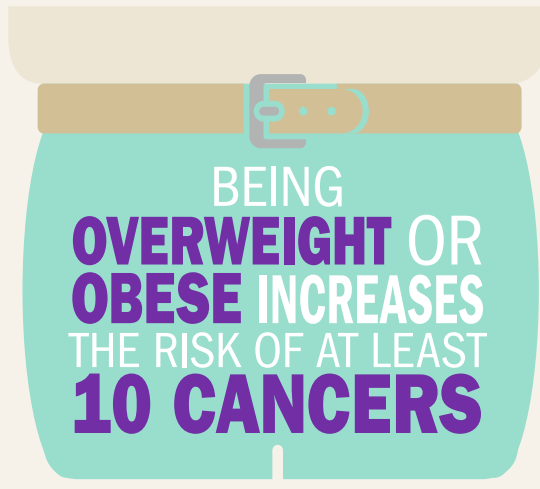


TACKLING THE OVERWEIGHT & OBESITY EPIDEMIC



62%

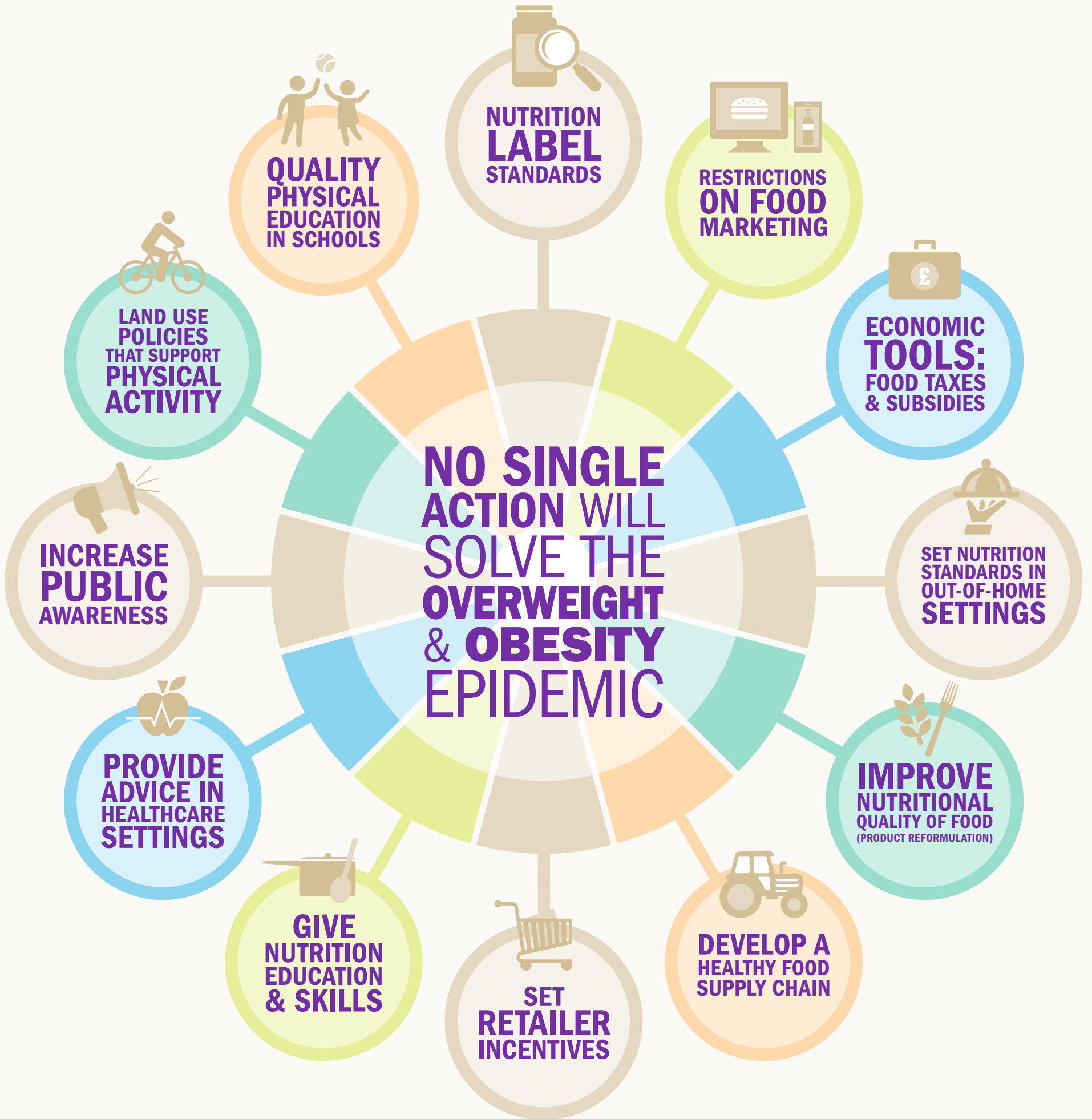
OF ADULTS IN THE UK ARE **OVERWEIGHT OR OBESE**



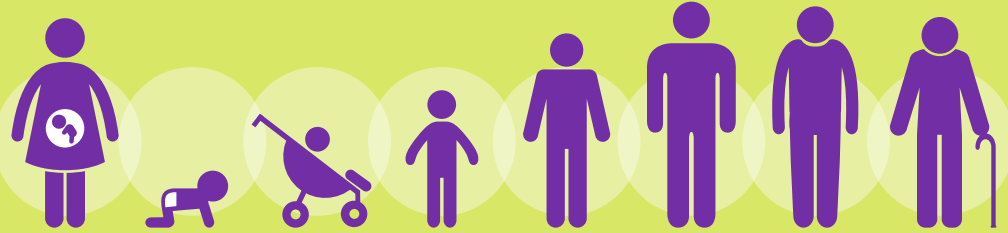
BEING **OVERWEIGHT OR OBESE** INCREASES THE RISK OF AT LEAST **10 CANCERS**

24,000

CASES OF CANCER COULD BE **AVOIDED** IF EVERYONE WAS A **HEALTHY WEIGHT**



ACTION IS NEEDED AT EVERY STAGE OF LIFE TO TACKLE THE **OVERWEIGHT & OBESITY EPIDEMIC**



TO **PROMOTE HEALTHIER EATING & PREVENT OBESITY** SEE OUR **NOURISHING DATABASE**

WWW.WCRF.ORG/NOURISHING