Energy Balance, Obesity and Physical Activity: Emerging Concepts and Strategies for Intervention
AICR 2016 Research Conference on Food, Nutrition, Physical Activity and Cancer

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Obesity and Cancer Risk and Progression

- Associated with an increased risk of developing many cancers: postmenopausal breast, endometrial, ovarian, advanced prostate, colorectal, renal, pancreatic, liver, and gallbladder cancers and esophageal adenocarcinoma

- May also be associated with an increased risk of liver, cervix, non-Hodgkin lymphoma, and multiple myeloma
Obesity and Cancer Risk and Progression

- Current patterns of overweight and obesity in the U.S. could account for 14% of all deaths from cancer in men and 20% of those in women.

- Cancer-related biomarkers respond to even a modest degree of intentional weight loss, suggesting a reduction in cancer risk even with latencies as short as a few years.
Obesity and Cancer Risk and Progression

• Pre-diagnosis obesity is associated with greater mortality in cancer survivors, especially all-cause and cancer-specific mortality in breast cancer

• Excess obesity also is associated with adverse metabolic and cardiovascular disease risk factors and co-morbidities (e.g., type 2 diabetes, hypertension, cardiovascular disease)

• Contributes to enduring psychosocial problems, physical impairments, lower quality of life, and treatment-related side effects in survivors
Obesity and Healthy Weight Management

- Challenges, issues, and strategies to promote healthy weight management and the treatment of obesity: the state of the science
  - The challenge of achieving and maintaining weight loss, the biology of body weight regulation
  - Finding strategies to effectively manage the effects of portion size, the challenge of sustainable changes in eating behavior
  - Role of exercise in weight loss and maintenance, challenges of achieving recommended levels of exercise, strategies to optimize effects of exercise interventions
Session Topics and Speakers

The challenge of weight loss maintenance, energy homeostasis following weight loss, and the biology of body weight regulation

  Michael Rosenbaum, MD, Columbia University, New York, NY

The role of portion control in weight management

  Barbara J. Rolls, PhD, The Pennsylvania State University, University Park, PA

How to optimize the effect of exercise in promoting weight loss and weight loss maintenance, evidence for modifying time and intensity, strategies such as high-intensity interval training

  John Jakicic, PhD, University of Pittsburgh, Pittsburgh, PA
Schedule Changes

1:25   The challenge of weight loss maintenance,  
       Michael Rosenbaum, MD

2:10   The role of portion control in weight management,  
       Barbara J. Rolls, PhD

2:55   Break

3:20   How to optimize the effect of exercise in promoting  
       weight loss and weight loss maintenance,  
       John Jakicic, PhD

4:05   Panel Discussion