

Obesity and Cancer Prevention: The Need for Multi-Faceted Approaches in Public Health

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Abstract

Obesity is a well-established risk factor for several types of cancer, including breast, colorectal, and endometrial cancer. This article explores the critical connection between obesity and cancer, emphasizing the necessity of multi-faceted public health approaches to reduce cancer risk. A comprehensive approach to obesity-related cancer prevention includes promoting healthy eating habits, increasing physical activity, implementing policy changes to reduce food insecurity, and ensuring equitable access to healthcare resources. Current research suggests that and environmental factors that contribute to obesity, such as urban design and socioeconomic disparities, is essential in creating sustainable health improvements across populations. The article also discusses the role of public health in tackling obesity as a preventable cancer risk factor requires a coordinated, multi-level strategy that integrates individual, community, and governmental actions to make lasting impacts on public health and cancer prevention.

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continues to expand, the public health burden of obesity-related cancers is expected to increase, making it imperative to address this issue through comprehensive, multi-faceted approaches. Obesity not only contributes directly to cancer development through mechanisms like chronic inflammation, insulin resistance, and hormonal imbalances but also influences cancer prognosis, treatment outcomes, and survival rates [1]. The relationship between obesity and cancer underscores the need for urgent public health action. Preventing obesity and managing its associated risks are crucial steps in reducing the incidence of obesity-related cancers. Effective cancer prevention strategies must go

