

Risks of Cancer (Life Habits)

Lifestyle factors	Relative risks of cancer
Smokers	1.6
Heavy drinking (450 g or more/week)*	1.6
Heavy drinking (300 to 449 g or more/week)*	1.4
Obese (BMI \geq 30)	1.22
Underweight (BMI <19)	1.29
Lack of exercise	1.15 ~ 1.19
High-salt foods	1.11 ~ 1.15
Lack of vegetable intake	1.06
Passive smoking (nonsmoking females)	1.02 ~ 1.03

* Alcohol consumption is in ethanol equivalent.

Source: Website of the National Cancer Center Japan

The table above shows the relationship between life habits and relative risks of cancer released by the National Cancer Center Japan.

It is estimated that the relative risk of cancer for people who smoke or drink a lot is 1.6 times higher than that for people who do not. It is also estimated that factors related to life habits, such as obesity, lack of exercise, and lack of vegetable intake, will make the relative risks of cancer higher by 1.22 times, 1.15 to 1.19 times and 1.06 times, respectively. (Related to p.95 of Vol. 1, "Factors Associated with Carcinogenesis," and p.96 of Vol. 1, "Risks of Cancer (Radiation)")

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