

Risks of Cancer (Life Habits)

Lifestyle factors	Relative risks of cancer * ¹
Smokers	1.6
Heavy drinking (450 g or more/week)* ²	1.6
Heavy drinking (300 to 449 g or more/week)* ²	1.4
Obese (BMI ≥ 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

Source: Prepared based on the information available on the Website of the National Cancer Center Japan

*¹ Relative risks indicate how many times larger the cancer risks are among people subject to certain causes (life habits here).

*² Alcohol consumption is in ethanol equivalent.

The table above shows relative risks of cancer due to respective life habits as 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, 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.101 of Vol. 1, "Factors Associated with Carcinogenesis," and p.102 of Vol. 1, "Risks of Cancer (Radiation)")

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