



Nurses Obesity Network Newsletter

Obesity and Cancer – Breast Cancer Awareness Month

October 2022

What is the Nurses Obesity Network?

The [Nurses Obesity Network](#) is a diverse group of nursing organizations committed to changing the conversation about obesity — among nurses and across the nation. We aim to change the way we view, treat, and advance care for those living with obesity — including nurses themselves.

Obesity and Cancer



October is Breast Cancer Awareness Month, which is an ideal time to think about the impact of excess weight and obesity on cancer risk.

According to the National Cancer Institute, obesity has been linked to higher rates of 13 types of cancer that make up 40 percent of cancers diagnosed in the United States.

People living with excess weight and obesity are more likely to have endometrial cancer, esophageal adenocarcinoma, gastric cardia cancer, liver cancer, kidney cancer, ovarian cancer, thyroid cancer, breast cancer, gallbladder cancer, multiple myeloma, meningioma, pancreatic cancer, and colorectal cancer.

Additionally, individuals with obesity...

- Experience higher rates of mortality with breast, ovarian, and colorectal cancer
- Are at increased risk of cancer recurrence, and
- Are disproportionately represented in female and minority populations, leading to higher rates of obesity-related cancers in these groups

The good news is that obesity is a treatable, chronic disease and nurses can be part of creating a movement to change the way we view and treat it!

Obesity affects everyone differently. As a trusted partner, nurses can recommend appropriate options from a full range of treatments to meet individual needs. Nurses CAN change the narrative and trajectory of this disease.

Visit the [Nurses Obesity Network](#) site for tools and resources that will help you better understand and discuss the impact of weight on overall health!

- Learn how to avoid weight bias and stigma – for yourself, your loved ones, and your patients
- Refer patients to a specialist that can provide evidence-based options when needed

Upcoming Events



Join Healthy Nurse, Healthy Nation's Latest *Go Green & Eat Clean Challenge*

Making healthy food choices improves your overall well-being and fuels your body to perform at its best. But did you know that food choices also have a significant impact on the environment? Research shows that 70% of Americans think climate change is a serious threat. One way to make a difference is through clean, sustainable eating.

It's sometimes confusing and overwhelming to figure out how to eat healthy while remaining green. This 10 day challenge, starting November 7, 2022, will give you practical tips and tricks to work into your everyday eating habits. Use these insights to make food choices that optimize both your personal health and the health of the environment. Are you ready to learn how to make food choices that are good for you and the world we live in?

Let's go. Get started [here](#) and sign up today! Join us by clicking "Yes," under "Ready to Join?" and invite a #healthynurse you know to join with you. This challenge is powered by **Morrison Healthcare, a Division of Compass One Healthcare**