

REDUCE YOUR WEIGHT, REDUCE YOUR RISK

Your weight affects your cancer risk! According to the Centers for Disease Control and Prevention, about 55% of cancers diagnosed in women and 24% of those diagnosed in men are related to being overweight. Eating healthy and exercising regularly can help lower your risk of more than 10 common cancers, including:



- Esophageal cancer
- Liver cancer
- Kidney cancer
- Stomach cancer
- Colorectal cancer
- Advanced prostate cancer
- Breast cancer
- Gallbladder cancer
- Pancreatic cancer
- Ovarian cancer
- Endometrial cancer

READY TO LOSE WEIGHT?

These resources can help! Remember, being with others can make it safer – and easier – to be physically active and make healthy food choices.

- ***Butte County Public Health*** | (530) 538-7581 | www.buttecounty.net
Learn about free nutrition and physical activity workshops and classes taught by an education specialist, as well as upcoming community events. When you visit the website, search “Healthy Eating.”
- ***Choose My Plate*** | www.choosemyplate.gov/MyPlate | www.choosemyplate.gov/videos
What you eat matters! Learn tips to help you create an eating style that meets your needs and improves your health from this free online program.
- ***Weight Watchers*** | (800) 651-6000 | www.weightwatchers.com
Scientifically proven to work, this program offers healthy food choices and includes a supportive community through meetings, personal coaching and more. Weekly fees begin at \$3.07.
- ***Center for Healthy Communities*** | (530) 898-5323 | <http://www.csuchico.edu/chc/>
Aimed to help fight the obesity epidemic, this group offers 27 programs for all age groups. Get nutrition education, nutrition consulting and physical activity programs. This program also helps low-income families connect with CalFresh, a nutrition assistance program.

265 Cohasset Road,
Chico, CA 95926



Education and Support
(530) 332-3856

- ***Champions for Change | (530) 538-7506 | LHungerford@buttecounty.net***

Get free information, tips, and tools to eat healthier and become more active. Champions for Change is committed to helping families prevent serious illnesses by promoting physical activity and healthy food choices. For more information, contact Lori Hungerford.

- ***Enloe Bariatric Buddies Support Group | (530) 332-5122 | www.enloe.org/bariatric***

Learn about bariatric surgery and gain a support system. This free support group is open to anyone who has had or is considering weight-loss surgery, as well as their loved ones. This group meets the last Tuesday of every month, except in December, from 6-7:30 p.m. in the Enloe Conference Center, 1528 Esplanade, Chico.

- ***Enloe's Pre-Diabetes Class | (530) 332-6840***

Learn how to take charge of your health and lower your risk for diabetes with exercise and healthy eating. This 90-minute class is designed for all adults, whether you've been diagnosed with pre-diabetes or type 2 diabetes, or simply want information on how to live well. This class takes place every quarter. Please register at www.enloe.org/events; \$10 per person.

For more information on cancer and obesity or additional resources on weight loss, nutrition, or physical activity, please call the Enloe Regional Cancer Center Library at (530) 332-3856 or drop by at 265 Cohasset Road, Suite 120, in Chico.