

Overweight- and Obesity-Associated Cancers in Texas

Seven in 10 Texas adults are overweight or obese.¹ This means that most adult Texans are at risk for negative health outcomes associated with excess body weight, a term that includes both overweight and obesity. The relationship between excess body weight and cancer is complex and the reasons why excess body weight causes cancer are not yet fully understood.

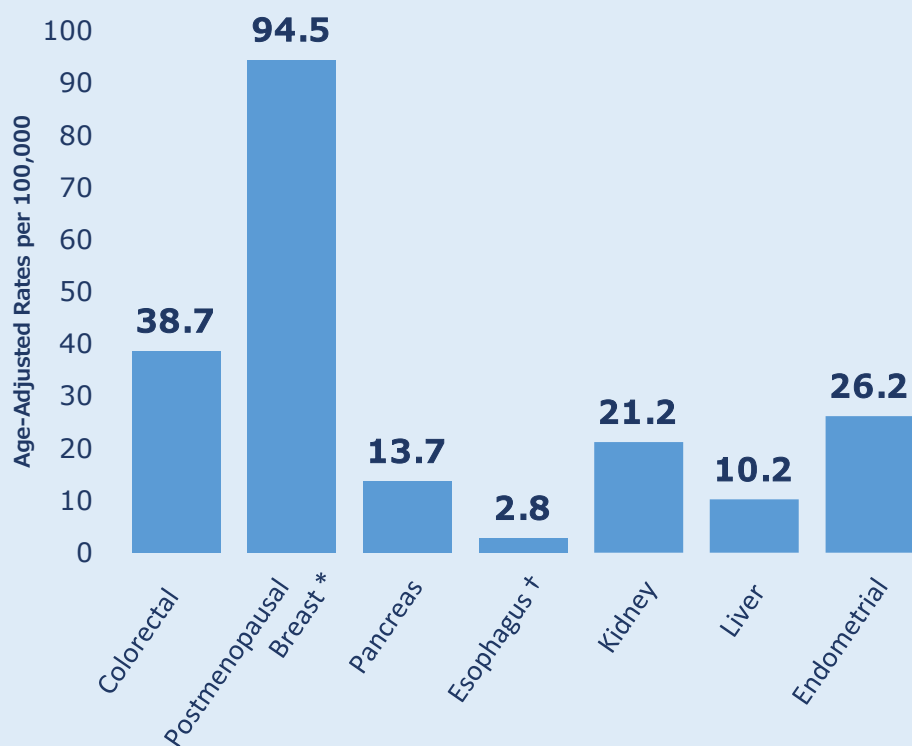


In 2022, it is estimated that **9,351** cancers diagnosed in Texas were caused by being overweight or obese.

Being overweight or obese increases the risk of the following cancers:²

- Colorectal
- Postmenopausal breast
- Pancreatic
- Esophageal adenocarcinoma
- Kidney
- Liver
- Endometrial

Age-Adjusted Incidence Rates for Overweight- and Obesity-Associated Cancers, Texas, 2018-2022



* For postmenopausal breast cancer, cases are restricted to women diagnosed at 50 years of age and over. Age-Adjusted rates are shown per 100,000 women of all ages for comparison with other sites.

† For esophageal cancer, cases are restricted to esophageal adenocarcinoma.

What percentage of cancers are due to excess body weight?³

Endometrial	53%
Liver	35%
Esophageal adenocarcinoma	35%
Kidney	34%
Pancreas	18%
Postmenopausal breast	11%
Colorectal	5%

Among these sites, postmenopausal breast cancers occurred at the highest rate in Texas. **Eleven percent** of postmenopausal breast cancers (approximately **1,706** cases per year) are attributable to being overweight or obese.

Body Mass Index (BMI) is one way to look at whether a person is at a healthy weight.

Find your BMI using the American Cancer Society online calculator: cancer.org/cancer/risk-prevention/diet-physical-activity/body-weight-and-cancer-risk/body-mass-index-bmi-calculator.html

Staying physically active and maintaining a healthy diet can reduce cancer risk.

Visit the American Cancer Society Guidelines for Diet and Physical Activity for Cancer Prevention for more information: cancer.org/cancer/risk-prevention/diet-physical-activity/acs-guidelines-nutrition-physical-activity-cancer-prevention.html



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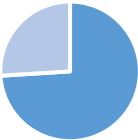
Texas Department of State
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Esophageal Adenocarcinoma


Esophageal adenocarcinoma is one type of esophageal cancer, accounting for nearly 40 percent of all esophageal cancers diagnosed in Texas in 2022. Thirty-five percent of esophageal adenocarcinoma cases are attributable to being overweight or obese.³

Texas Men



74 percent of Texas men were considered overweight or obese* in 2022.

Texas Women

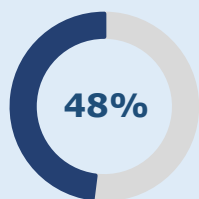


66 percent of Texas women were considered overweight or obese* in 2022.

* Overweight and obese are defined as a Body Mass Index (BMI) of 25 or greater.

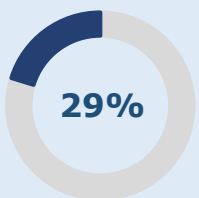
Five-Year Relative Survival Percentage for Esophageal Adenocarcinoma, by Stage at Diagnosis*

Localized Stage



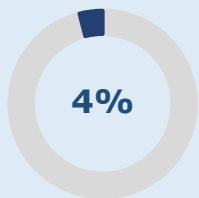
Localized cancer is limited to the place where it started, with no sign it has spread. The five-year relative survival rate for Texans diagnosed with localized esophageal adenocarcinoma is **48%**. About 21% of esophageal adenocarcinomas are diagnosed at this stage.

Regional Stage



Regional cancer has spread beyond the original (primary) tumor to nearby tissues, organs, or lymph nodes. The five-year relative survival rate for Texans diagnosed with esophageal adenocarcinoma at this stage is **29%**. Nearly 31% of these cancers are diagnosed at the regional stage.

Distant Stage



Distant cancer (distant metastasis) has spread to distant organs or lymph nodes. The five-year relative survival rate for Texans diagnosed with esophageal adenocarcinoma at this stage is only **4%**. Nearly 37% of esophageal adenocarcinomas are diagnosed at the distant stage.

*Based on individuals diagnosed with cancer between 2015-2021 and followed through December 31, 2022. For 12% of esophageal adenocarcinomas, there is not enough information to determine a stage at diagnosis.

7x

Texas men are seven times more likely to develop esophageal adenocarcinoma than Texas women.

Between 2018 and 2022:

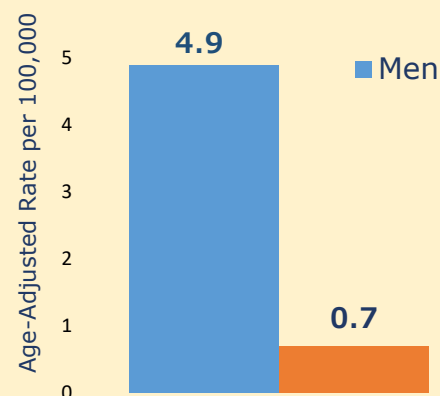
4,032 Texans were diagnosed with esophageal adenocarcinoma.

3,473 of these esophageal adenocarcinomas were diagnosed in Texas men.

559 of these esophageal adenocarcinoma cancers were diagnosed in Texas women.

1,411 esophageal adenocarcinoma cases were likely attributable to being overweight or obese.

Age-Adjusted Incidence Rates for Esophageal Adenocarcinoma by Sex, Texas, 2018-2022



References:

¹ The Texas Behavioral Risk Factor Surveillance System (BRFSS), 2022. healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system

² World Cancer Research Fund/American Institute for Cancer Research. Diet, Nutrition, Physical Activity and Cancer: a Global Perspective. Continuous Update Project Expert Report 2018. dietandcancerreport.org

³ Islami F, Marlow EC, Thomson B, et al. Proportion and number of cancer cases and deaths attributable to potentially modifiable risk factors in the United States, 2019. CA Cancer J Clin. 2024;74(5):405-432.

Data sources:

- Texas Cancer Registry SEER*Stat Database, 1995-2022 Incidence, 2024 Submission, cutoff 9/27/2024, created Feb. 2025.
- US Cancer Statistics Public Use Research Database, 2024 Submission (2001-2022). CDC and NCI. Released June 2025.

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If you have any questions, contact us by emailing cancerdata@dshs.texas.gov. For more information on cancer in Texas, visit the Texas Cancer Registry online at dshs.texas.gov/tcr.