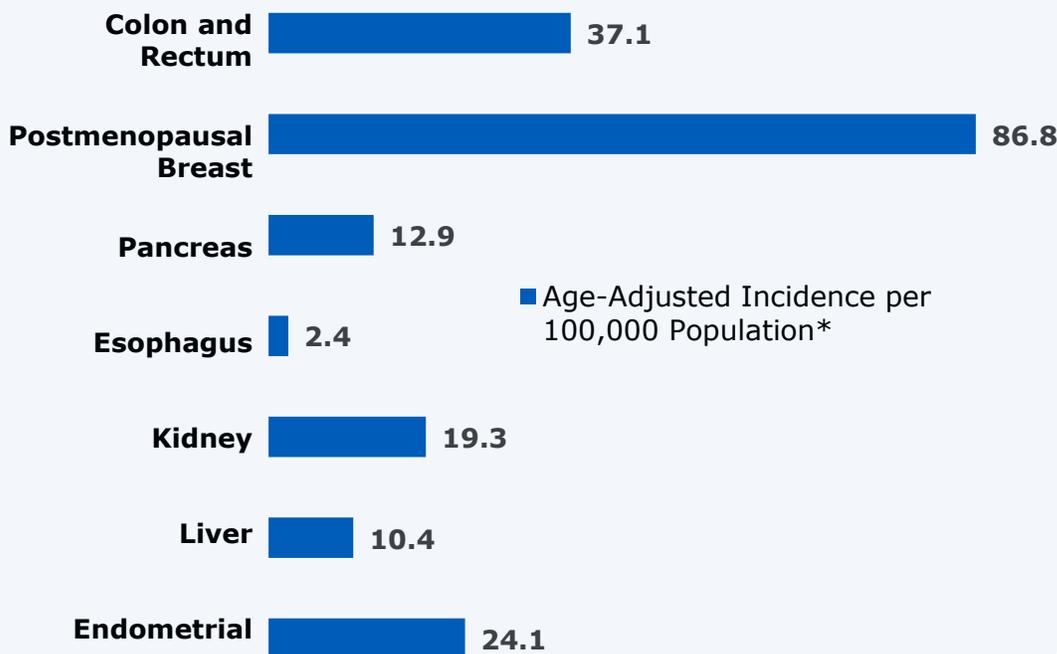


# Overweight- and Obesity-Associated Cancers in Texas

Seven in ten Texas adults are overweight or obese.<sup>1</sup> This means much of the population is at risk for negative health outcomes associated with being overweight or obese, including some cancers.

Being overweight or obese increases the risk of the following cancers:<sup>2</sup> colorectal, postmenopausal breast, pancreatic, esophageal, kidney, liver, and endometrial.

## Incidence Rates for Overweight- and Obesity-Associated Cancers by Site, Texas, 2016-2020



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

## What percentage of cancers are due to excess body weight?<sup>3</sup>

Colon and Rectum	5%
Postmenopausal Breast	11%
Pancreas	17%
Esophagus	32%
Kidney	33%
Liver	34%
Endometrial	60%



Among these sites, postmenopausal breast cancers occurred at the highest rate in Texas. Eleven percent of postmenopausal breast cancers (approximately 1,563 cases per year) are attributable to being overweight or obese. Because 60 percent of endometrial cancers are caused by being overweight or obese, the next page of this report features more details on endometrial cancers in Texas.



The COVID-19 pandemic disrupted health services, leading to delays and reductions in cancer screening, diagnosis, and reporting to some central cancer registries. This may have contributed to a decline in new cases for most cancer sites in 2020. Because 2020 was a temporary, anomalous year caused by the pandemic, it can bias estimates such as cancer incidence trends that are of substantive interest. Trends are not included in this report. See the TCR website for more information as it becomes available.



# Endometrial Cancer



It is estimated that six in ten endometrial cancers are caused by being overweight or obese. This is the highest among cancers in this report.

## 2,620

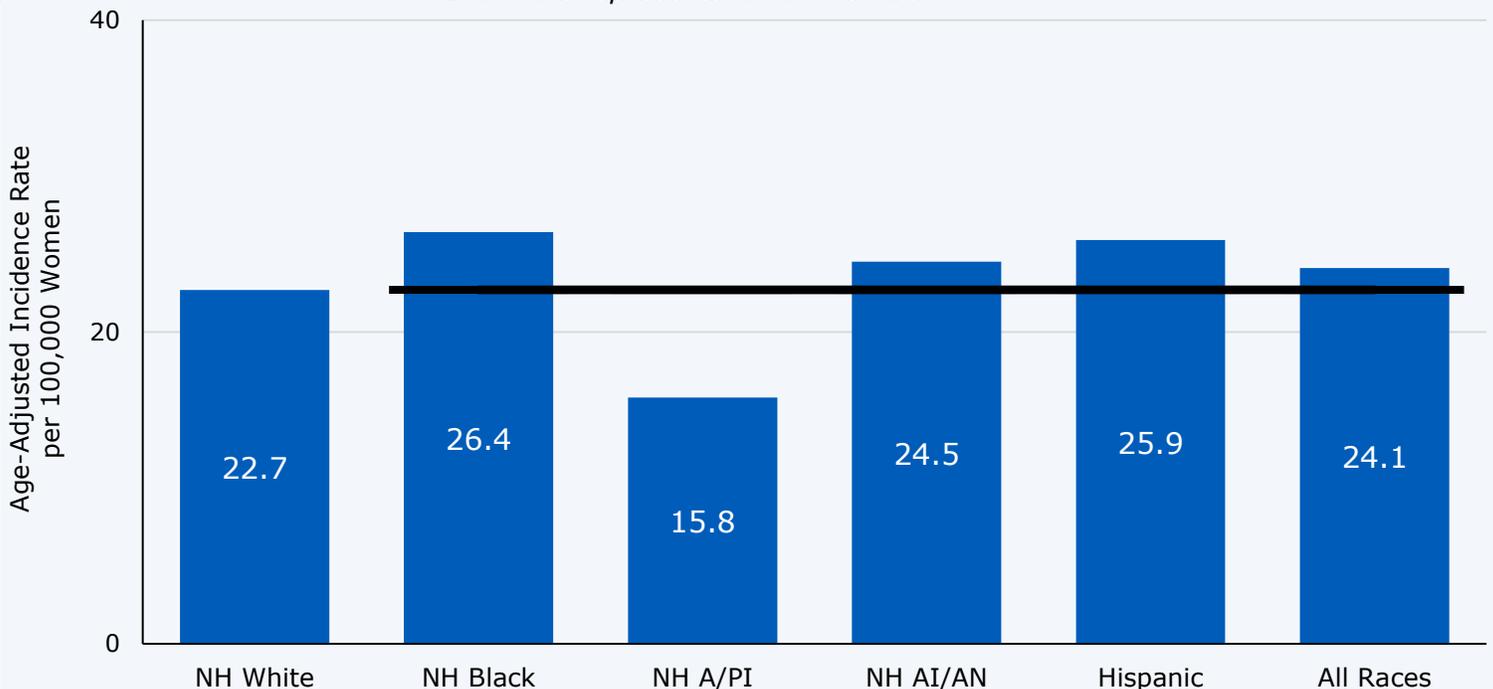
By the end of 2023, 4,366 Texas women are expected to be diagnosed with endometrial cancer. It is estimated that 2,620 of these are caused by being overweight or obese.



In Texas, endometrial cancer rates are significantly higher in Non-Hispanic (NH) Black and Hispanic women than in NH White and NH Asian/Pacific Islander women (Figure 2). Rates among Hispanic women in Texas exceed those of Hispanic women across the U.S. For all other racial/ethnic groups, rates of endometrial cancer in Texas are lower than national rates.

## Endometrial Cancer Rates in Texas by Race/Ethnicity 2016-2020

*Black line represents NH White rate*



*NH=Non-Hispanic; A/PI=Asian/Pacific Islander; AI/AN=American Indian/Alaska Native*

<sup>1</sup>The Texas Behavioral Risk Factor Surveillance System (BRFSS), 2021. <https://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system>

<sup>2</sup>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](http://dietandcancerreport.org)

<sup>3</sup>Islami, F., Goding Sauer, A., Miller, K.D., Siegel, R.L., et al. (2018). Proportion and number of cancer cases and deaths attributable to potentially modifiable risk factors in the United States. *CA Cancer J. Clin.* 68(1):31-54.

### Data sources

- *Texas incidence data*: Texas Cancer Registry ([www.dshs.texas.gov/tcr](http://www.dshs.texas.gov/tcr)) SEER\*Stat Database, 1995-2020 Incidence, Texas statewide, 2022 Submission, cutoff 11/07/2022. Texas Department of State Health Services, Cancer Epidemiology and Surveillance Branch, created February 2023.
- *US incidence data*: National Program of Cancer Registries and Surveillance, Epidemiology and End Results Program SEER\*Stat Database: NPCR and SEER Incidence - U.S. Cancer Statistics Public Use Research Database, 2022 Submission (2001-2020). United States Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute. Released June 2023. Accessed at [www.cdc.gov/cancer/uscs/public-use](http://www.cdc.gov/cancer/uscs/public-use).

The Cancer Epidemiology and Surveillance Branch (CESB), Texas Department of State Health Services prepared this data brief. If you have questions or would like to request additional statistics, please contact us by emailing [CancerData@dshs.texas.gov](mailto:CancerData@dshs.texas.gov) or calling 1-800-252-8059.

For more information, visit the CESB website, [dshs.texas.gov/tcr](http://dshs.texas.gov/tcr).