

ACS Nutrition & Food Security: Supporting Cancer Prevention and Survivorship



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Every cancer. Every Life.

The American Cancer Society is a leading cancer-fighting organization with a vision to end cancer as we know it, for everyone. We are improving the lives of people with cancer and their families as the only organization combating cancer through advocacy, research, and patient support, to ensure that everyone has an opportunity to prevent, detect, treat, and survive cancer.



The Breaking News on Cancer

American Cancer Society *Cancer Facts & Figures 2025*



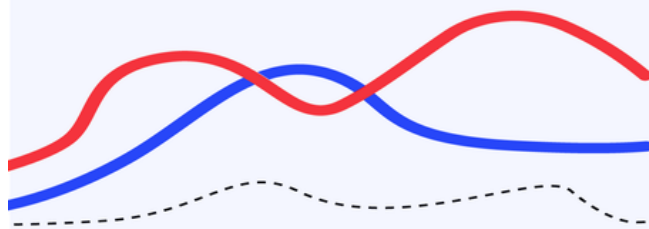
Cancer incidence rises in women and decreases in men.

Rates **82% higher in women** than in men under age 50 in 2021.



Pancreatic cancer incidence and mortality rates increase.

The **5-year survival rate** for the most common pancreatic cancer **is only 8%**.



Alarming racial inequalities in cancer mortality persist.

Death rates for Native American and Black people are at least **2x higher** than White people for many largely preventable cancers.



Read the full report:
cancer.org/statistics

Healthy diet and physical activity are linked with less cancer risk

- About 1 in 5 cancers diagnosed in the U.S. are linked to excess body weight, lack of physical activity, drinking alcohol and poor diet.
- 16 out of 100 cancer deaths are related to these same factors.
- Some of these cancers could be prevented.

18.2% of cancer cases and 15.8% of deaths are attributable to a combination of excess weight, alcohol, diet, physical inactivity in the United States

ACS Guideline for Diet and Physical Activity for Cancer Prevention

By implementing steps found in these Guidelines, research shows people are:

10% less likely to
be diagnosed
with cancer

25% less likely to
die from cancer

**Follow a healthy diet to
reduce cancer risk**

Proteins, fruits, and vegetables

Try to eat 2.5 cups of vegetables and 1.5 cups of fruits every day



Add in fiber-rich
beans, peas, and
lentils



Include a colorful
variety of fruits
and vegetables

Whole grains

Get at least 50% of your grains as whole grains



Choose whole-grain
breads, pasta,
cereals and brown
rice.



Limit refined
carbohydrate and
high-sugar foods.



Fiber found in
healthy foods may
help decrease
cancer risk.

Red meats

Limit intake of red and processed meat



Choose fish, poultry, and beans more often than red meat (such as beef, pork, lamb).



Limit processed meats (such as bacon, sausage, luncheon meats, and hot dogs).



Prepare proteins by baking, broiling, or poaching rather than frying or charbroiling.

Tips for eating healthy

Fill your diet with highly nutritious foods in amounts that help you reach and stay at a healthy body weight



Choose vegetables, whole fruits, and whole grains instead of calorie-dense foods.



When eating out, look for choices that include vegetables, whole fruits, and whole grain options.



Eat smaller portions of high-calorie foods.

Alcohol

Drinking any amount of alcohol increases your risk of cancer. It is best not to drink alcohol.

If you choose to drink alcohol, ACS recommends limiting alcohol intake as follows:

Limit 1 drink per day for women
and 2 drinks per day for men



=

12 ounces regular beer

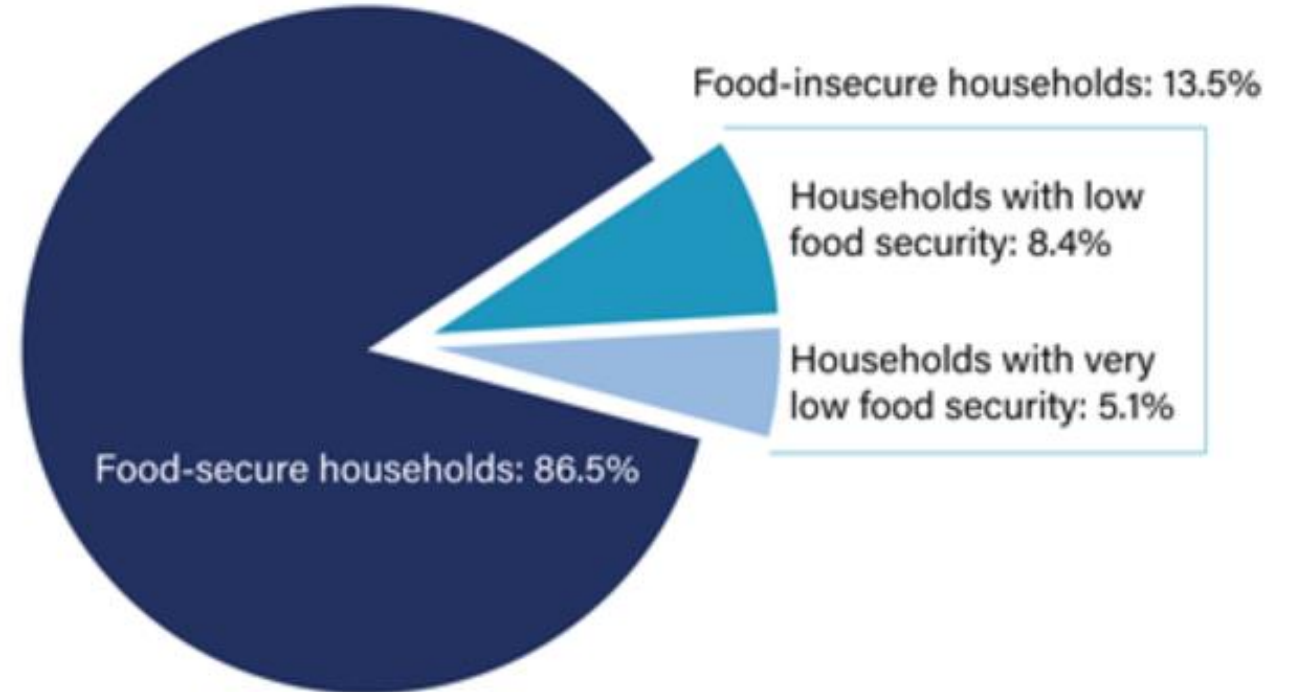
5 ounces of wine

1.6 ounces of hard liquor

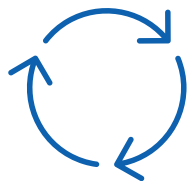
Food Insecurity in the US

- **Food insecurity** is defined as a lack of consistent access to enough food for an active, healthy life, due to a lack of financial resources for food at the household level.
- **13.5%** of households classified as food insecure in 2023.

U.S. households by food security status, 2023



Source: USDA, Economic Research Service using U.S. Department of Commerce, Bureau of the Census, 2023 Current Population Survey Food Security Supplement data.



Link between food security and cancer

Food security is a key determinant of health to consider when addressing disease management and health outcomes.

Food security:

Having consistent access to **enough food for a healthy life**



>>> 13.5% (~18 million) of U.S. households reported experiencing low food security in 2023 [USDA].

Nutrition security:



Emphasizes access, availability, and affordability of **nutritious foods and beverages that promote well-being and prevent disease** [Zhang, Mozzafarian]

Recent studies have shown that **the prevalence of low food security in people with cancer and their caregivers is much higher than that of the general population** [Charkhchi, Gany].

Food Insecurity and Health

Those experiencing food insecurity are at a higher risk for obesity and certain cancers for a variety of interconnected reasons:



Nutritious Food Access

Nutrient-rich foods, such as fruits and vegetables, are harder to obtain, while energy dense, nutrient-poor foods and drinks are abundant and often highly marketed



Transportation

“Vehicle access is perhaps the most important determinant of whether or not a family can access affordable and nutritious food,” according to the USDA



Budget

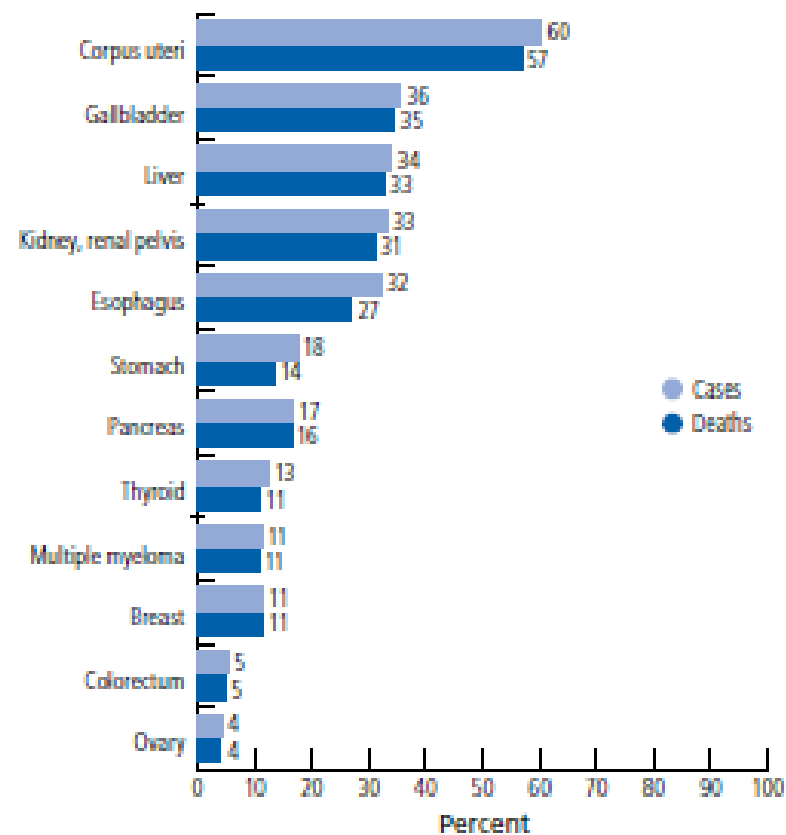
Households with fewer resources may try to stretch their budgets by purchasing inexpensive foods that have lower nutritional quality

Obesity and Cancer Risk

Overweight or obesity is linked to a higher risk of at least 13 different cancer types (emerging evidence for even more).

- Uterine corpus (endometrium)
- Esophagus (adenocarcinoma)
- Liver
- Stomach (cardia)
- Kidney (renal cell)
- Meningioma
- Multiple myeloma
- Pancreas
- Colorectum
- Gallbladder
- Ovary
- Female breast (postmenopausal)
- Thyroid

Figure 5. Proportion of Cancer Cases and Deaths Attributable to Excess Body Weight in Adults 30 Years and Older, US, 2014



Source: Islami F, et al. *CA Cancer J Clin* 2018; 68(1):31.

Food insecurity and dietary quality impact cancer survivors and caregivers, throughout the **cancer continuum**



Prevention

Lower-income households are at a greater risk for obesity, which is a leading risk factor for ~13 types of cancer



Active Treatment

Poor nutrition puts cancer patients at higher risk of treatment complications and breaks in treatment, *limiting their ability to beat cancer*



Survivorship

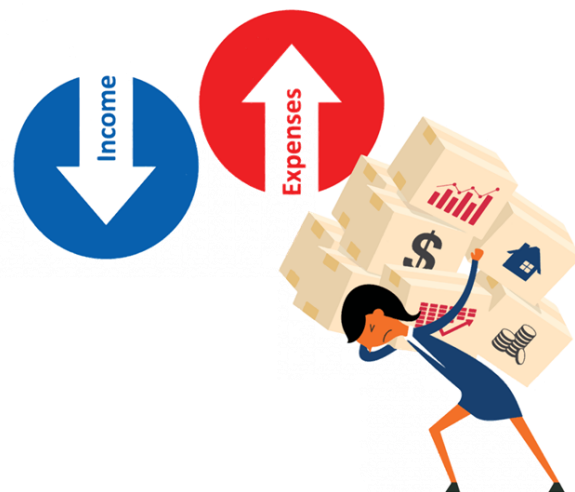
Promote quality of life and reduce risk of cancer recurrence

Competing Priorities

Trade-Offs to Meet Basic Needs

Households and individuals without enough resources to meet their basic needs are forced to make tradeoffs:

-  Food
-  Housing
-  Transportation
-  Healthcare



Impact of Caring for a Cancer Survivor

A family caregiver is anyone who provides physical and/or emotional care for an ill or disabled loved one at home



Cancer Caregiver Profile



Average Age: 55 y/o

Gender: Women (65%)

Spouse (66%) or Offspring (18%)



Cancer Caregiver Duties

- ☒ Emotional Support
- ☒ Give information and guidance about treatments; communicate with medical staff
- ☒ Help with household chores, grocery shopping, meal preparation, daily needs (dressing, bathing)
- ☒ Provide financial support
- ☒ Provide transportation/accompany to treatments
- ☒ Help administer medications and manage cancer-related symptoms

Impact on Cancer Caregivers

Time Commitment



Caregivers may struggle to balance employment and caregiving duties:

- Approximately 50% of caregivers have other employment
- On average, caregivers provide 8.3 hours of care per day for 13.7 months

Financial Implications



Caregivers' time cost over a 2-year period is estimated at \$38,000 to \$73,000

Effect on Health and Wellness



Caregivers with unmet financial needs report poorer mental health



Employed caregivers with higher income and education report better physical and mental health (e.g., quality of life)



Feeling unprepared and overwhelmed in their role can lead to:

- Deterioration of their mental and physical health (40% find caregiving emotionally difficult, and 12% experienced depression)
- Decline in quality of life, including an increased risk of developing chronic disease, depression, and anxiety



Healthy Eating & Active Living Grants for Cancer Prevention and Cancer Survivorship

Collaborating with community organizations is crucial in addressing food insecurity and implementing interventions that meet the unique needs of patients and communities.





2025-2026 HEAL Grant Recipients

Cancer Survivorship Grantees:

1. Ascension Wisconsin Foundation
2. Aurora Health Care – Team Phoenix
3. Children's WI
4. Divine Intervention Fitness LLC
5. Tricia's Troops Cancer Connection



Cancer Prevention Grantees:

1. Casa Guadalupe Multicultural Center
2. CORE EL Centro
3. Cross Lutheran Church Milwaukee
4. Gerald L. Ignace Indian Health Center
5. Kenosha YMCA
6. Riveredge Nature Center
7. Running Rebels Community Organization
8. Sixteenth Street Community Health Centers, Inc





Food Insecurity Initiatives

Food Insecurity Forum

Convene community organizations and stakeholders to discuss how to work across systems and build relationships that can help identify new initiatives and guide future projects related to food insecurity.



[Food Forum Video](#)





Nourishing Our Communities Bridging Gaps and Collaboration in a Time of Challenge

You are invited to attend this FREE food security forum to connect with other individuals, stakeholders and organizations to learn about and discuss:

- Partnerships and cross sector collaboration
- Policy and funding realities
- Innovative community solutions for food access

Please bring non-perishable food items to be donated to local food pantries in Southeastern WI. Your contributions will help support families and individuals in need across our community.

Date: Tuesday, October 21st, 2025

Registration: 9:30am

Time: 10:00am - 3:00pm

Location: Oak Creek Community Center
8580 S. Howell Avenue
Oak Creek, WI 53154
Lunch provided

Click [here](#) or scan the QR code to register

Registration deadline: **Friday, October 10th**

For more information or assistance, please contact

Kim Abell at kimberly.abell@cancer.org





Addressing Food Insecurity Among Cancer Patients

Addressing Food Insecurity Among Cancer Patients Grants

The Addressing Food Insecurity Among Cancer Patients Grants support a patients' ability to consistently receive nutritious meals that meet their unique needs during treatment to ensure the best opportunity for a positive outcome. [Aurora – Nutrition and Cancer Patients Reel](#)

2025-2026 Grantees

- **Aurora**
 - Aurora Kenosha, Racine and Sinai clinics
- **Ascension**
 - Van Dyke Cancer Care, Ascension Columbia St. Mary's - Milwaukee Campus
 - Van Dyke Cancer Care, Ascension Columbia St. Mary's - Ozaukee Campus
 - Reiman Cancer Care, Ascension Franklin Hospital
 - Ascension SE Wisconsin Hospital – Mayfair Road Cancer Care, Wauwatosa
 - Sherman Cancer Care, Ascension SE Wisconsin Hospital - Elmbrook Campus
 - Ascension All Saints Hospital Cancer Center, Racine

American Cancer Society Resources for Support

ZIP or keyword or program name



English



Search for and connect to support for cancer-related needs. Financial assistance, transportation, medical care, and other free or reduced-cost help starts here:



FOOD



HOUSING



GOODS



TRANSIT



HEALTH



MONEY



CARE



EDUCATION



WORK



LEGAL



2,261 programs

in the Wisconsin Dells, WI 53965 area

Choose from the categories above and browse local programs



Search for Local Resources

In addition to ACS programs and services, we can also help connect you to additional free or low-cost resources from other organizations.

Visit cancer.findhelp.com to find lists of local resources that support those with cancer. Results may help connect you with emergency food distribution, food delivery, food pantry locations, community meals, and nutrition education.





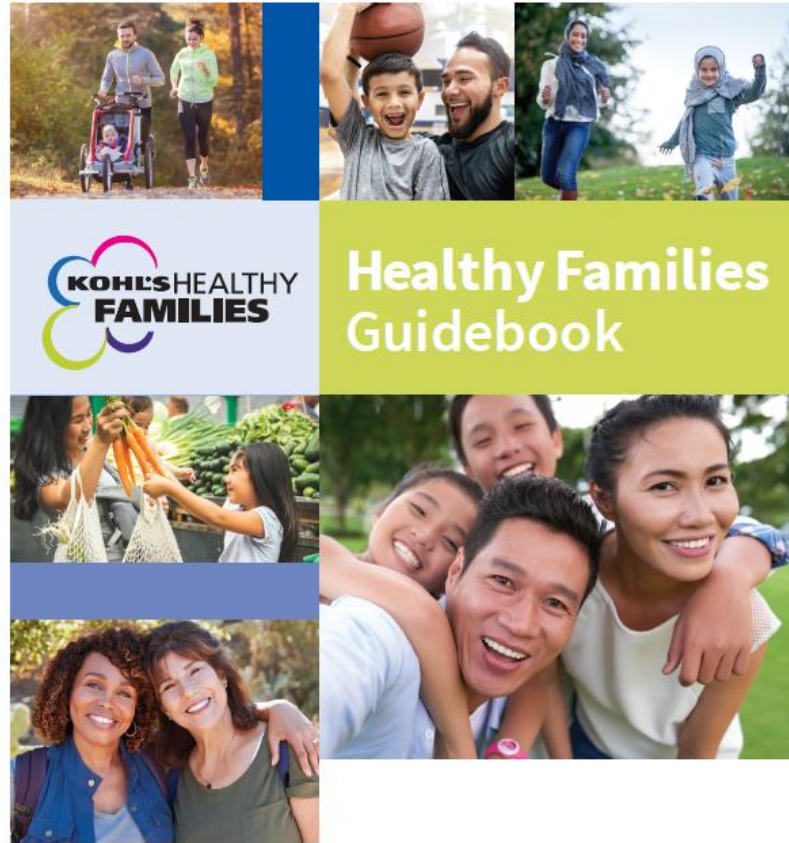
Cancer incidence is on the rise. Here are steps you can take to help reduce your risk of cancer.



ACS CancerRisk360™

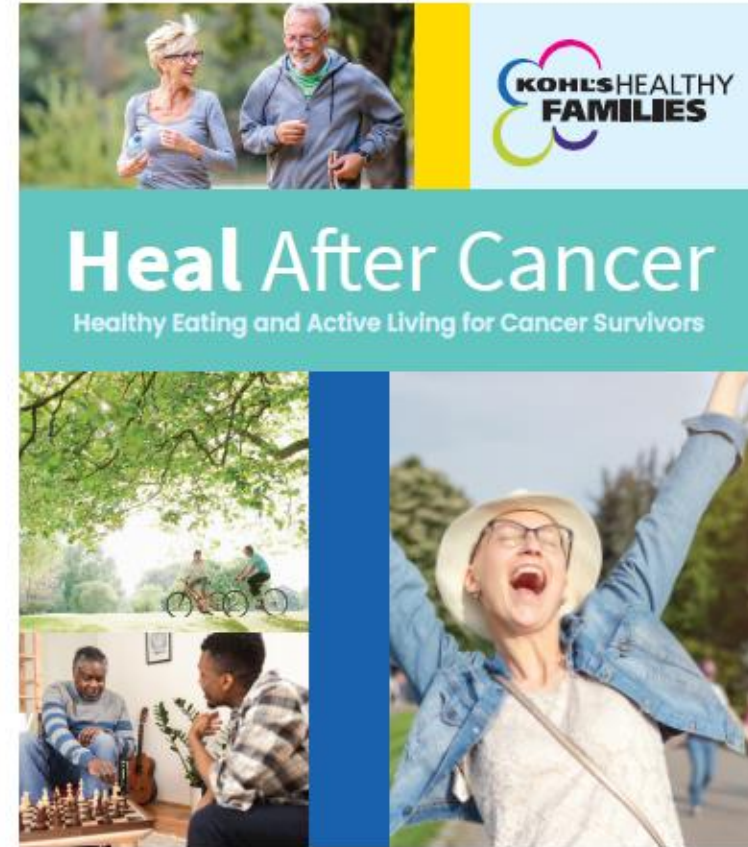


Kohl's Healthy Families Educational Materials



KOHL'S

cancer.org



KOHL'S

cancer.org



THANK YOU!

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