

# The Importance of Nutrition



## From Latinas Contra Cancer

We all have deep personal and emotional relationships with food. But, at the end of the day, the direct purpose of food is to make our bodies work. Everything we consume is used one way or another by our body, and that is why what we eat affects our health and the development of diseases.



## Latinos, Nutrition & Cancer

### Fact #1

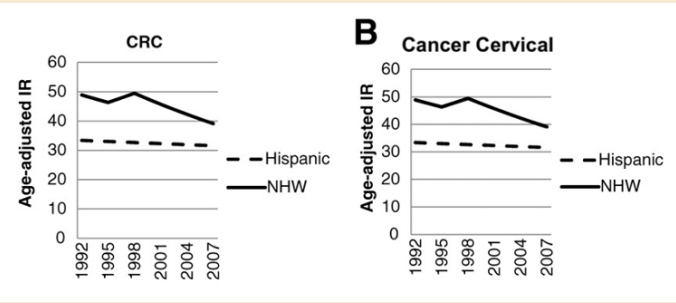
The number of cases for various types of cancer is higher in the Latino population compared to the white population

- Examples :gallbladder cancer, gastric cancer, liver cancer, and more

### Fact #2

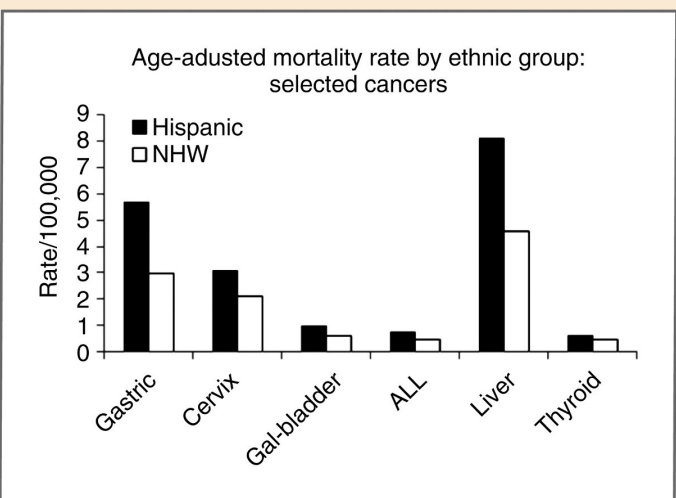
The number of cases of various other types of cancer in the Latino population has been constant in recent years, while in the non-Hispanic white population the number of cases has decreased

- Examples: breast cancer, colon cancer, cervical cancer, etc

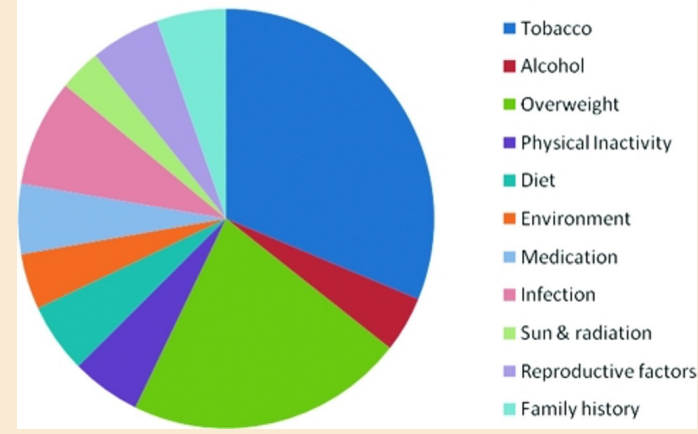


### Fact #3

Latinos who are diagnosed with cancer die more frequently than those of the white population.



### Causes of Cancer



### Fact #4

Factors related to nutrition (poor diet, obesity/overweight, and little physical activity) are major risk factors for the development of cancer and also cause many other diseases and health problems

### Fact #5

The Latino population has more cases of obesity and overweight in adults and children than the white population. This amount continues to rise in Latinos, while it is decreasing in whites.

### Fact #6

Children's nutrition is very important because obesity in childhood increases the risk of more severe obesity in adulthood.

**Latinos in the United States are at a disadvantage when it comes to health because of the obstacles they face. Our goal is to reduce these barriers Latinos face through education.**