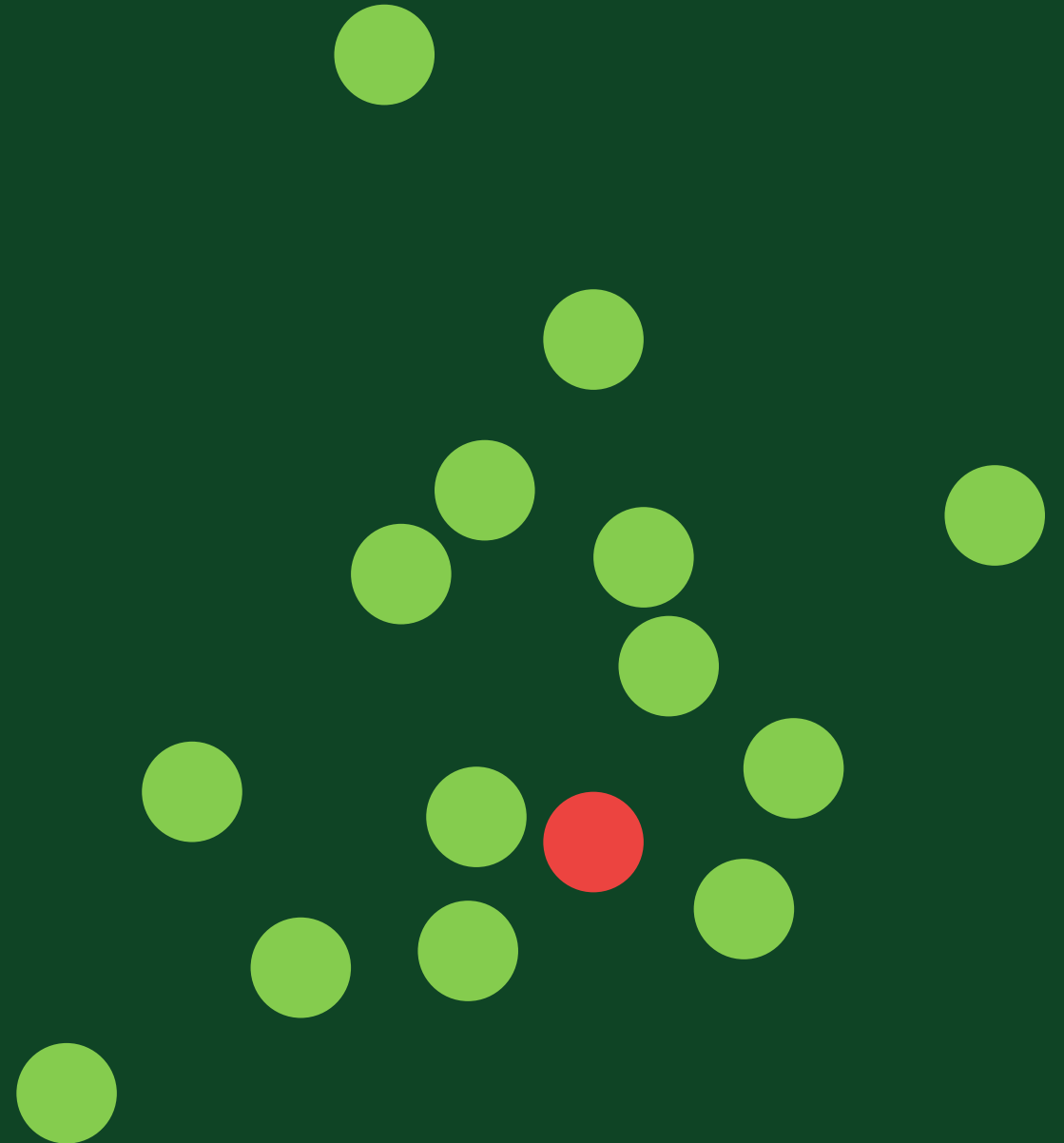


Food and Healthy Equity: addressing vulnerability in research

NNN



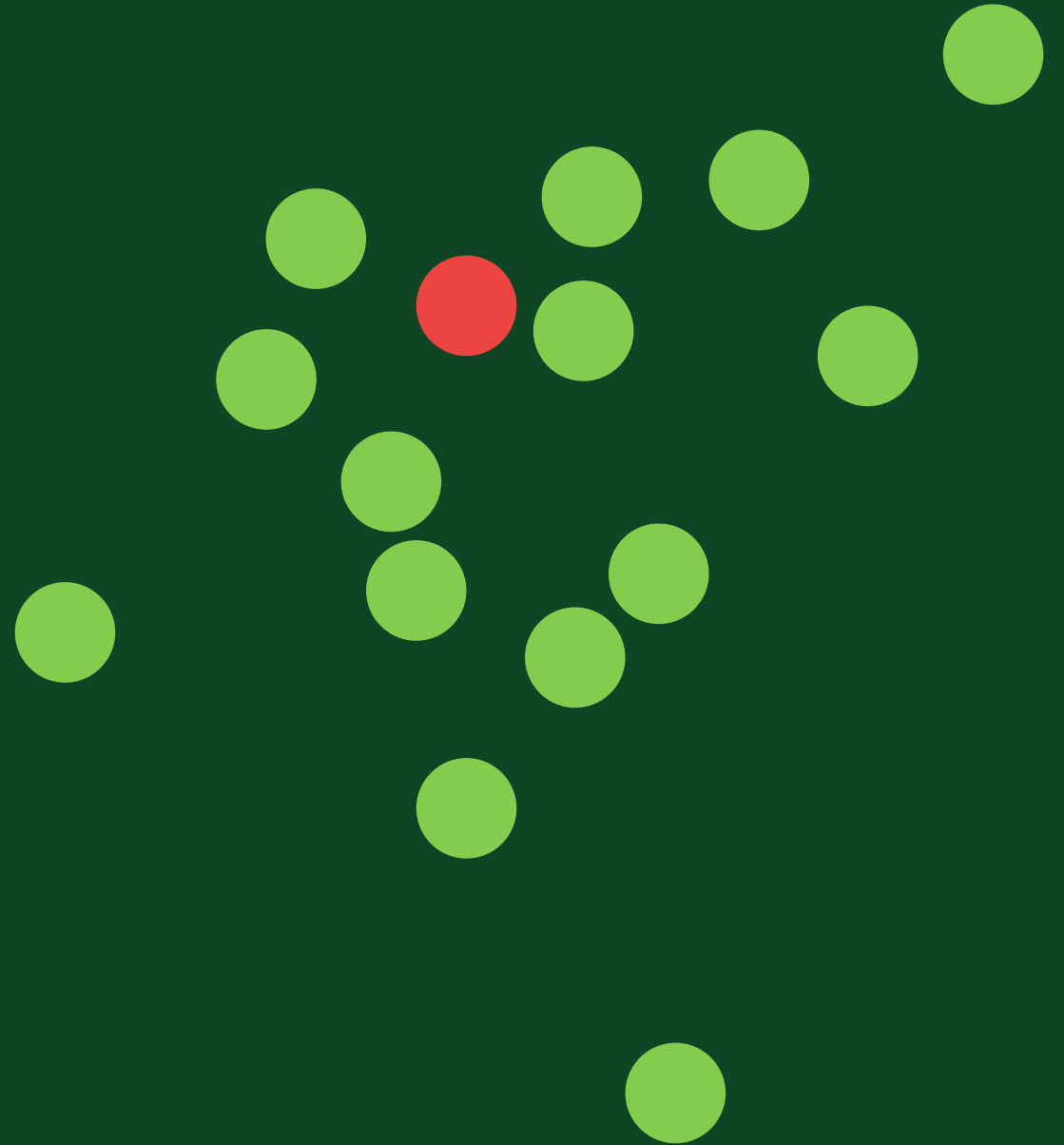


John Mathers

Newcastle University



Welcome





Luc Hagenaaars

Amsterdam UMC





Alba Gil

Association of European Cancer Leagues



Commercial determinants of health and cancer

Alba Gil, senior policy officer (alba@cancer.eu)

21 April 2026

The voice of national and regional cancer leagues in Europe

Making a difference in cancer control since 1980:

We are a network of 35 cancer leagues and societies across 28 European countries, united in the fight against cancer.

Our members are trusted, non-profit cancer organisations providing the public and cancer patients with essential information, support and care.

We do not accept any support from the tobacco industry, or any other companies which produce products that are deemed harmful to health.

Our vision:

A Europe free of cancer



How do the commercial determinants of health relate to cancer and inequality?



**Cancer is on track
to become the
leading cause of
death in Europe
by 2035**

40% cancer cases are preventable

40% cancer cases are preventable

International Agency for Research on Cancer



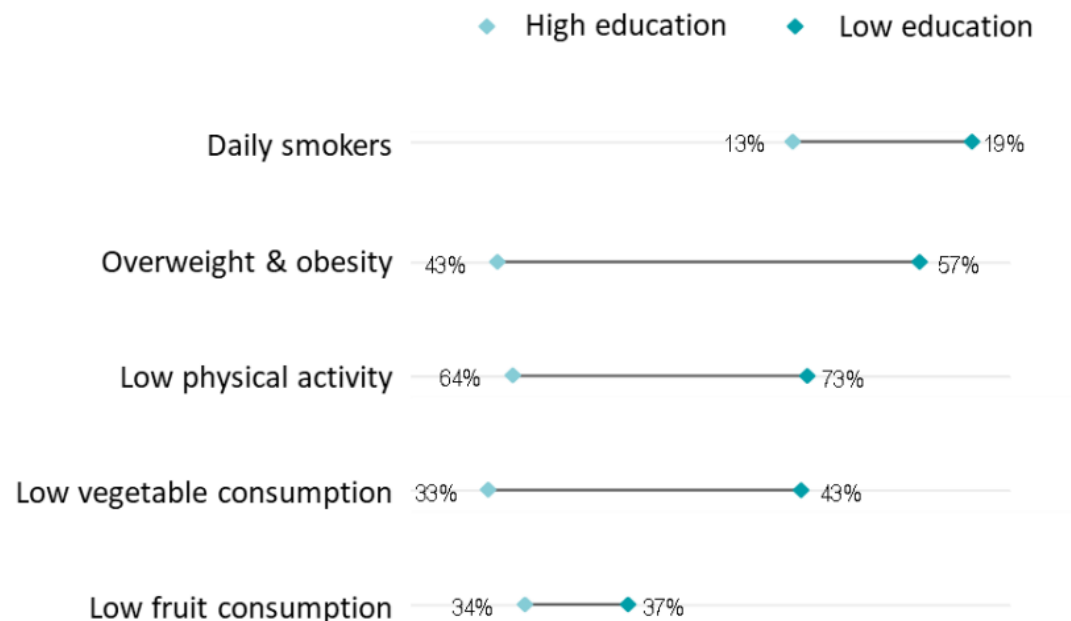
European Code Against Cancer, 5th Edition

14 ways you can help prevent cancer

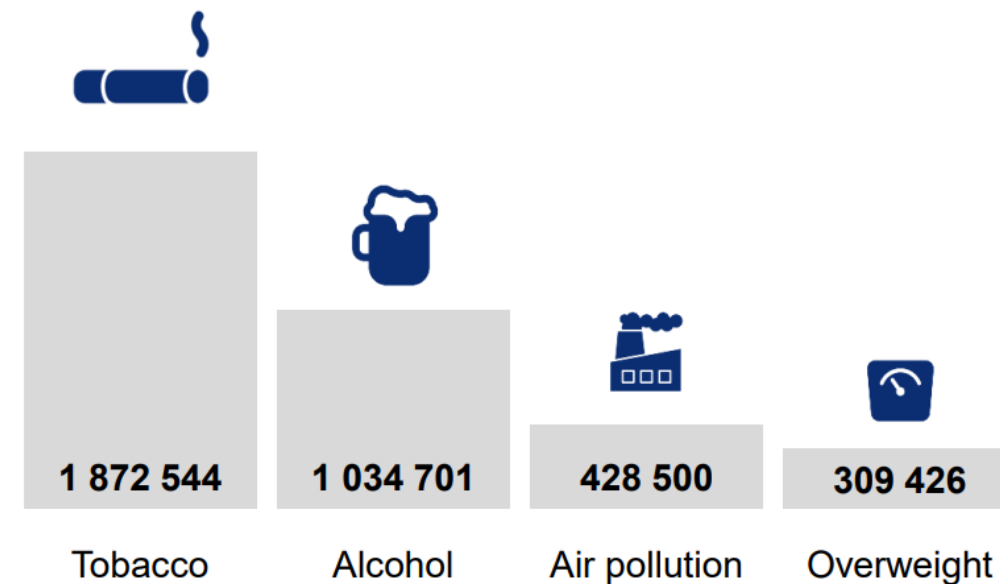


Gaps in mortality are driven by persistent inequalities in cancer risk factors

Lower educated individuals have
higher cancer risk factors

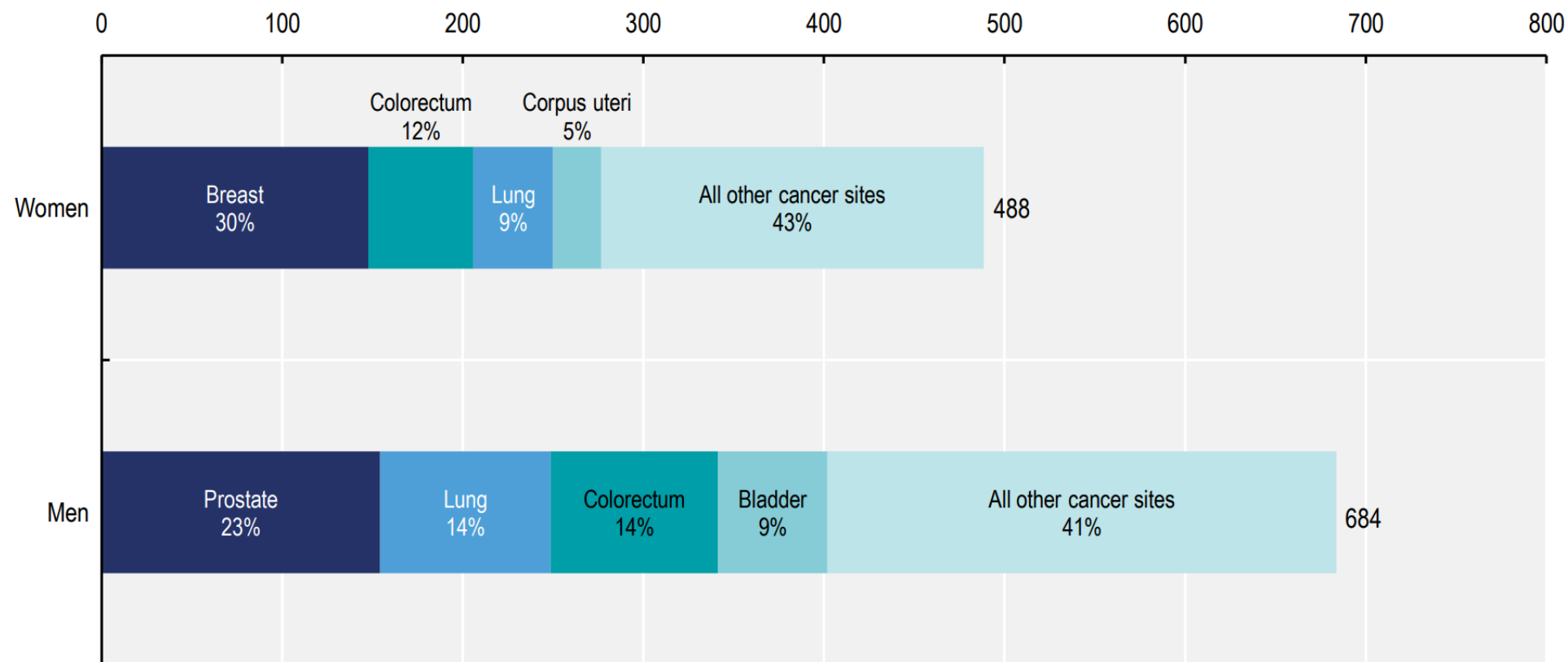


Millions of cancer cases could be prevented
in EU countries in 2023-50 by meeting
international risk factor policy targets



Most common cancers

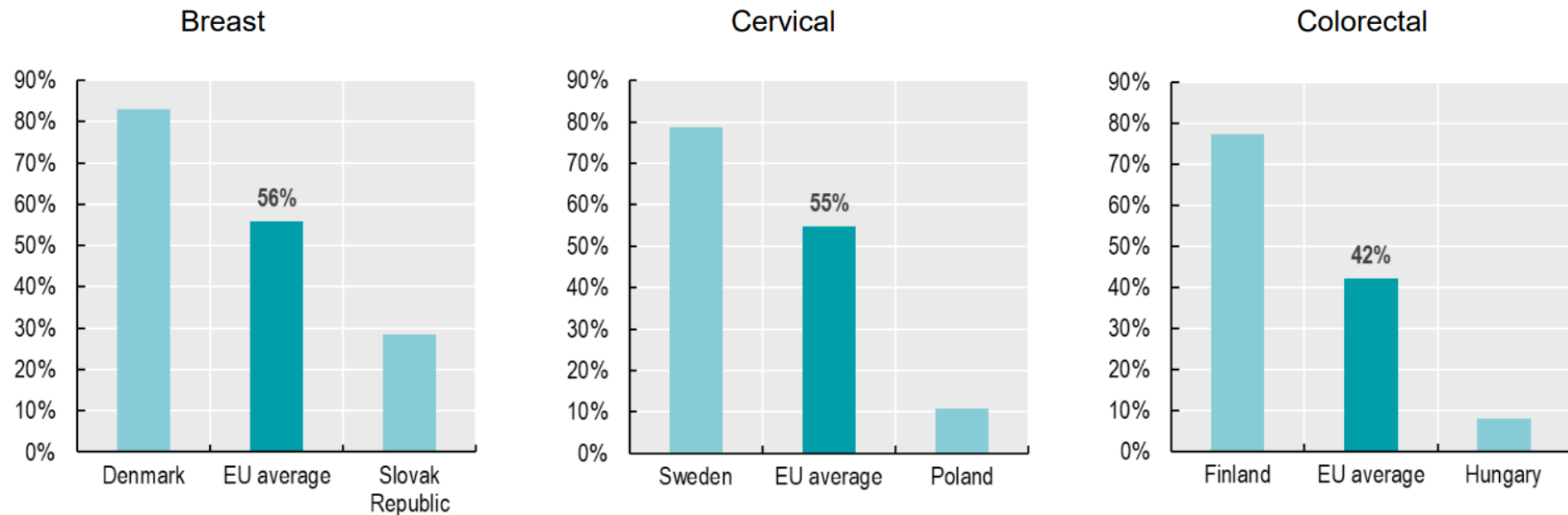
Age-standardised incidence rate per 100 000, EU average, 2022 estimates



Screening programmes only engage half of target populations, and rates have fallen across programmes



Screening participation rates (2022 or nearest)



% of countries with rates falling (2014-22)

58%

65%

56%

Share of overweight people aged 16 years or over, 2022
(%)



Administrative boundaries: © EuroGeographics © UN-FAO © Turkstat
Cartography: Eurostat – IMAGE, 07/2024

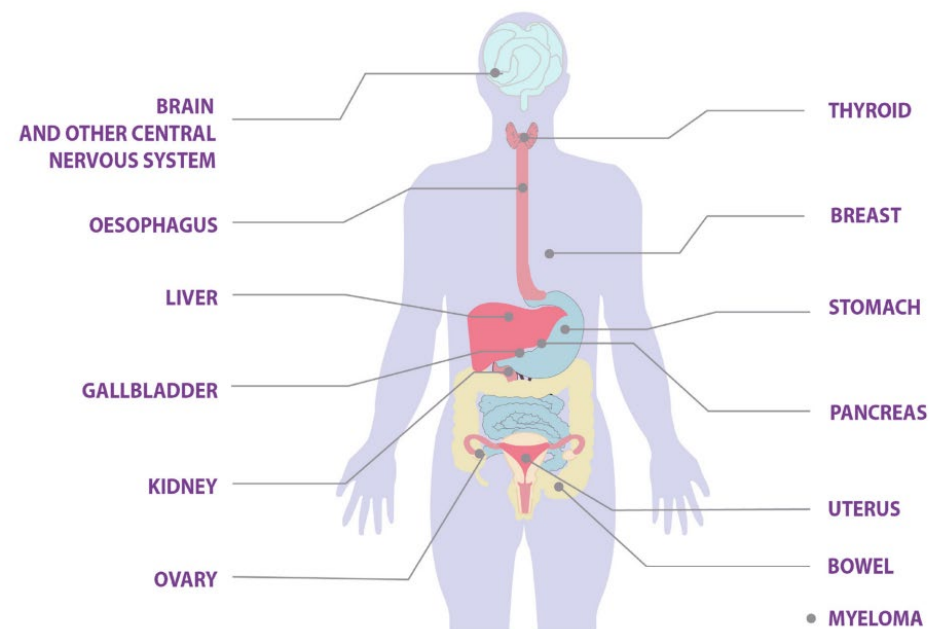
LET'S TALK ABOUT WEIGHT & CANCER

A fact sheet for health advocates and workers

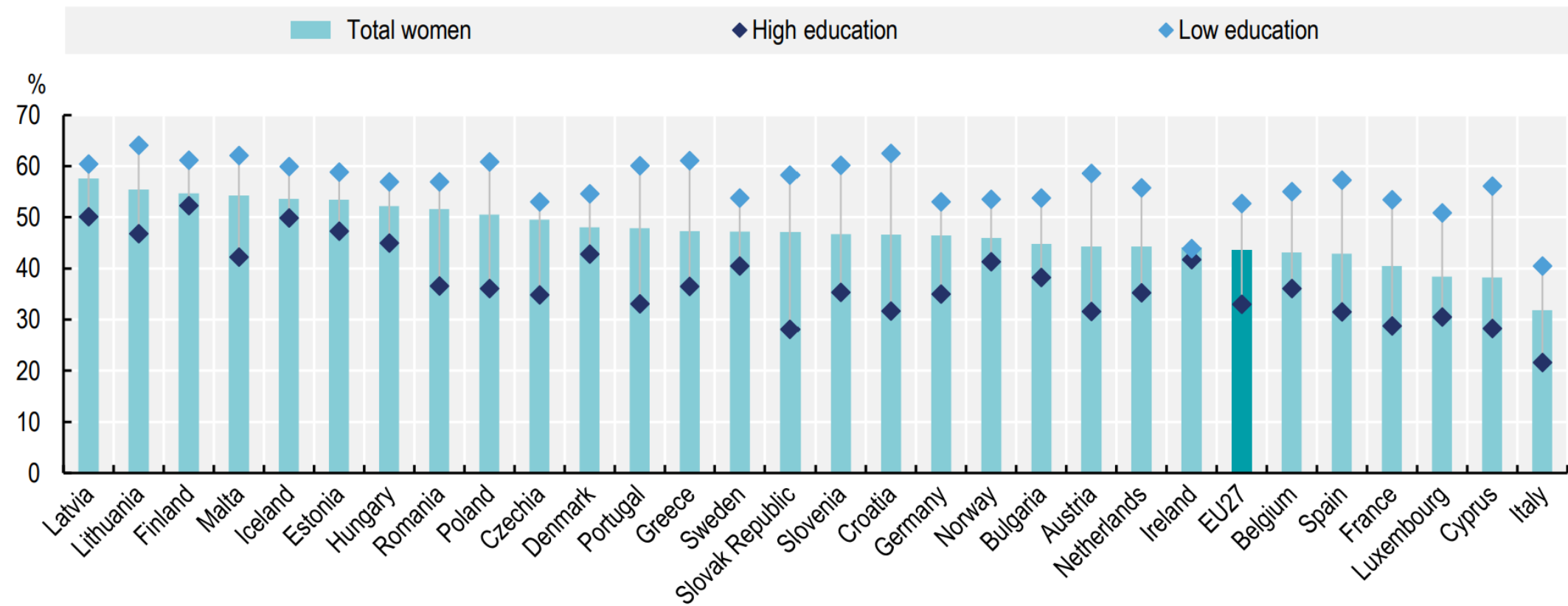
ECL PREVENTION & EARLY DETECTION WORKING GROUP

Weight and cancer are inextricably linked.

Helping people to reach and maintain a healthier weight contributes to reducing their risk of developing at least **13 types of cancer**.

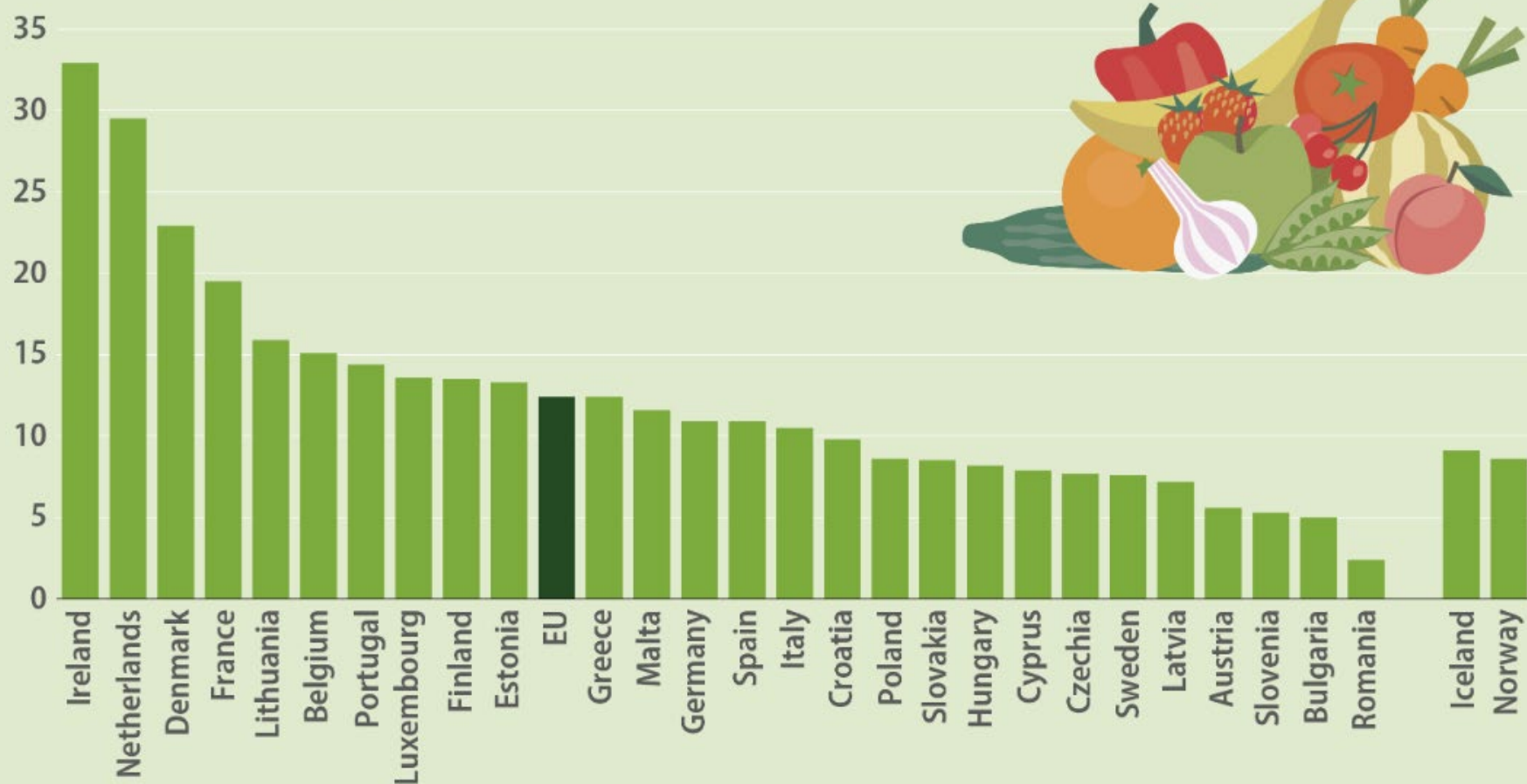


Percentage of women aged 18 and over with overweight (including obesity), 2022



Daily consumption of 5 portions or more of fruit & vegetables, 2019

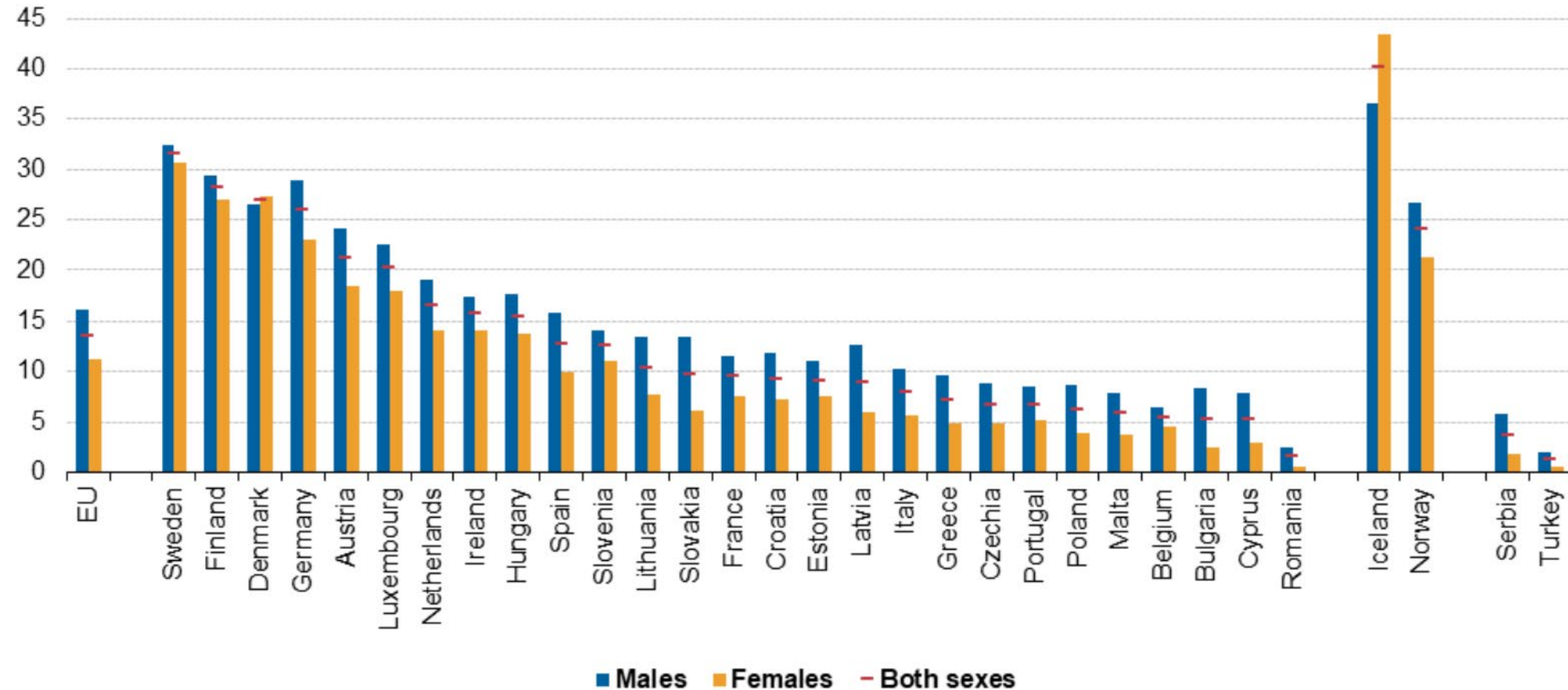
(% of the population aged 15 and over)



ec.europa.eu/eurostat

Share of persons aged 18 and over performing health-enhancing aerobic and muscle-strengthening physical activities in a typical week, by sex, 2019

(%)



Note: ranked on the share for both sexes combined.

Source: Eurostat (online data code: hlth_ehis_pe9e)

eurostat 

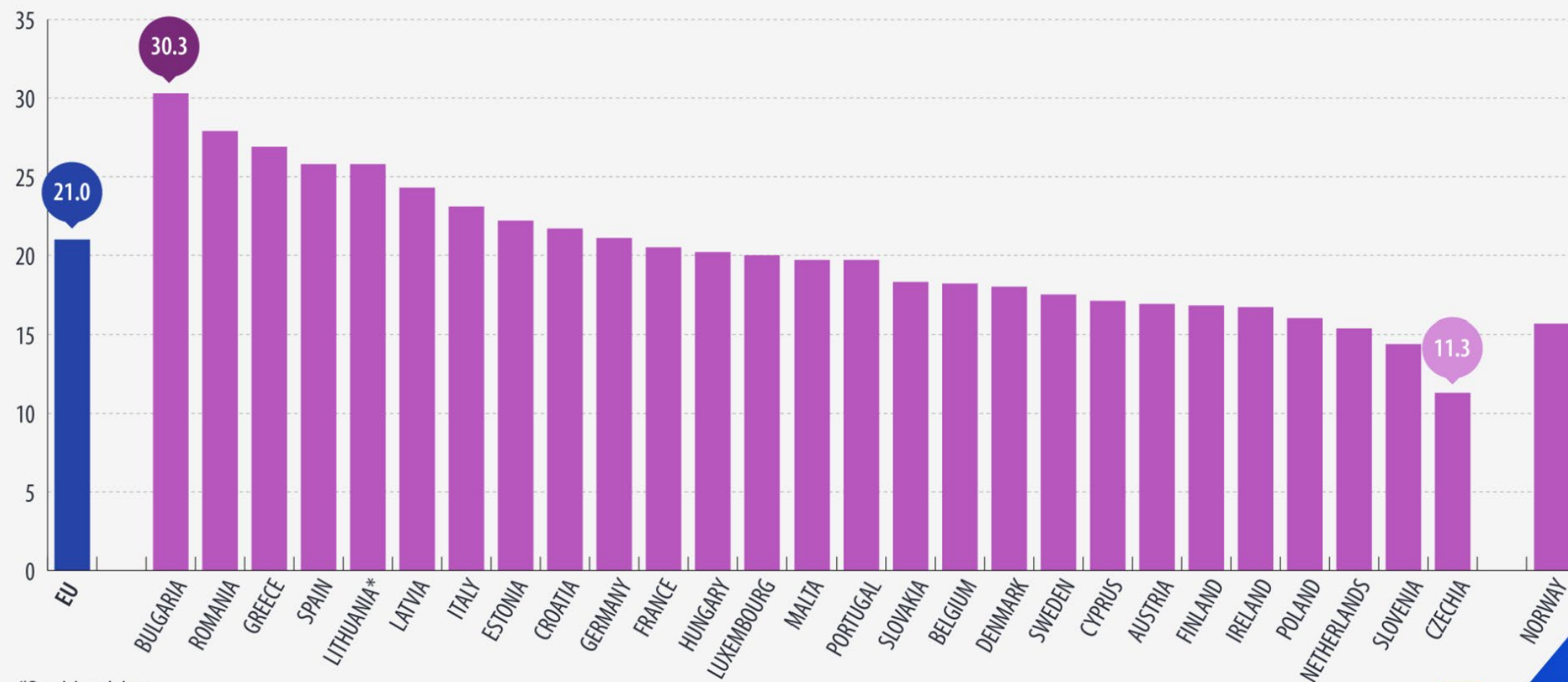
Poor food environments are more prominent for low socioeconomic populations

- Prices and promotions
- Food labelling (low literacy)
- Unhealthy food marketing
- Public procurement
- Food deserts and food swamps
- (...) Limited access to green spaces to exercise
- (...) throughout the cancer continuum



People at risk of poverty or social exclusion, 2024

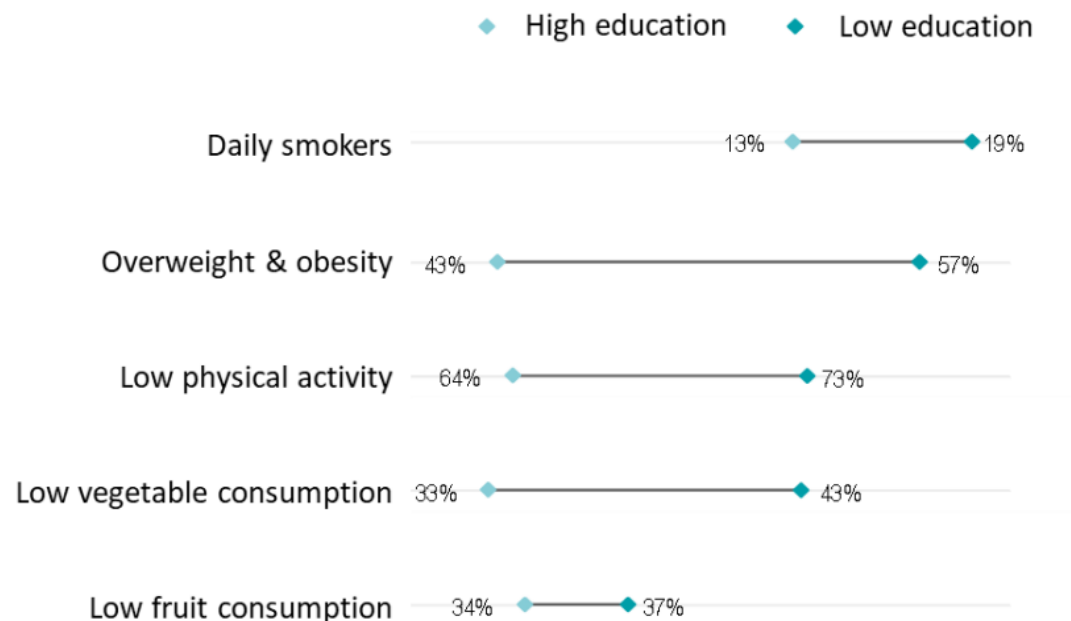
(% of total population)



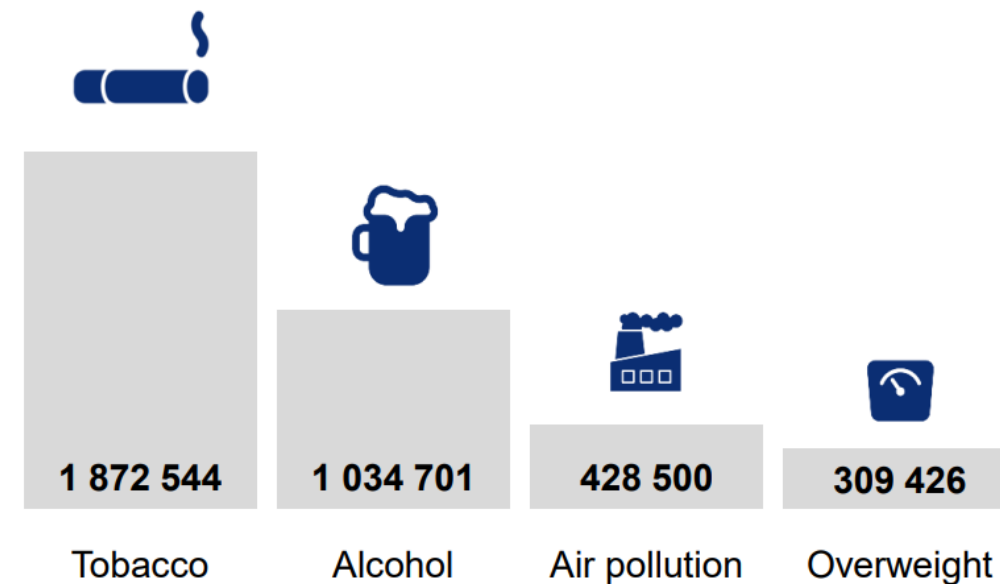
*Provisional data

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**Inequalities in access to healthy food mirror the systematic inequities
observed across the cancer continuum**

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**Political inaction perpetuates
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**The social contract must be
restored**

Inequalities in access to healthy food mirror the systematic inequities observed across the cancer continuum

Political inaction perpetuates inequity

The social contract must be restored

Public health interest must be prioritised. Health in All Policies



Intensifying the fight against cancer, together

Contact Us



www.cancer.eu



ecl@cancer.eu



Association of European Cancer Leagues

ECL is registered in the EU Transparency Register:
19265592757-25



Amelia Lake

Centre for Public Health Teesside
University



Working together for a sustainable food future

Prof Amelia Lake *(on behalf of the wider team at Teesside University)*

Deputy Director Fuse, The Centre for Translational Research in Public Health

amelia.lake@tees.ac.uk



@amelialakeuk



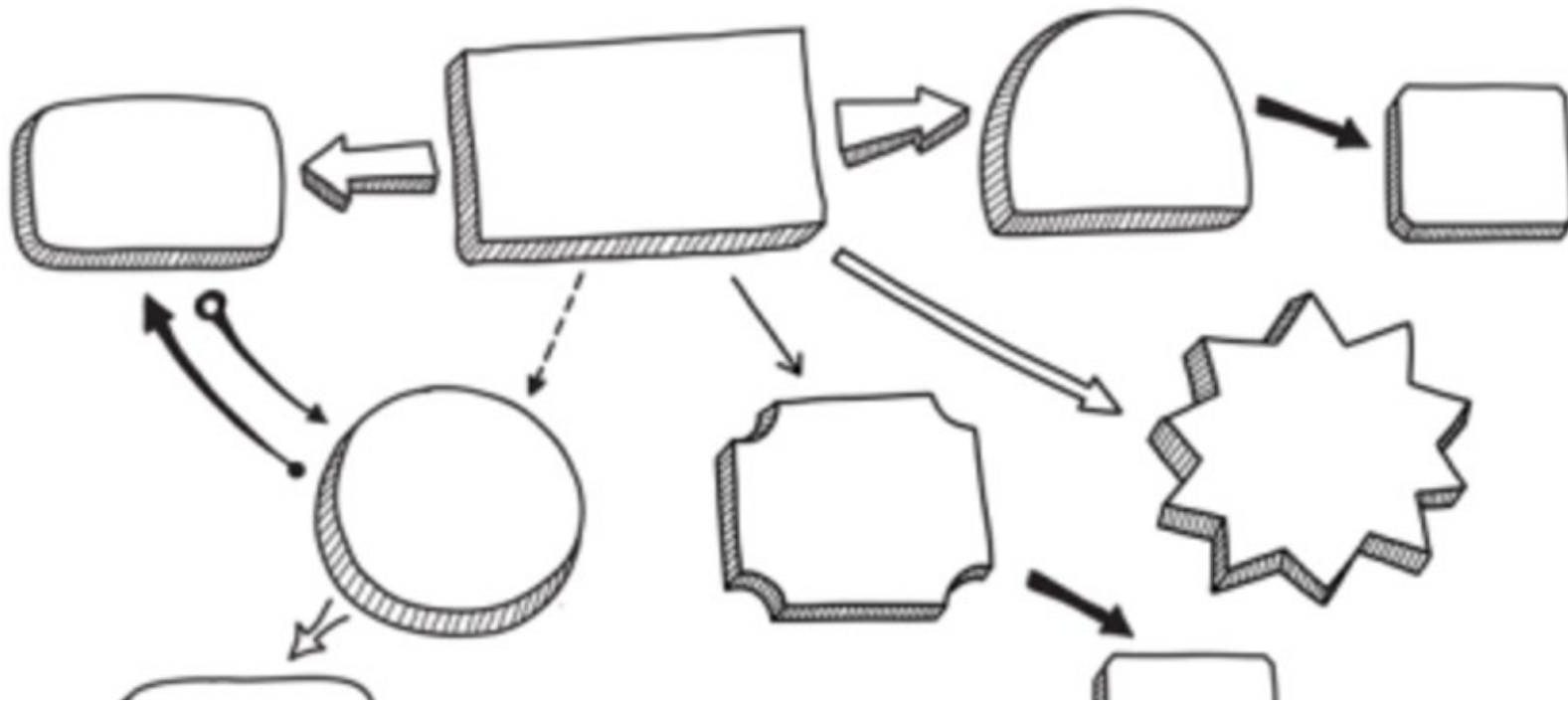
@lakenutrition.bsky.social
@fuseonline.bsky.social



fuse

The Centre for Translational
Research in Public Health

Working together: What is the process?





Its about... connections







Tees, Esk and Wear Valleys
NHS Foundation Trust



Teesside
University



Project overview

1. To **co-produce and pilot a new intervention** with people living with SMI that will improve diet quality and address food insecurity in Middlesbrough.
2. To run 15 **weekly menu development workshops** producing four recipes that are feasible and acceptable to people living with SMI.
3. To work with Teesside University to develop and produce the selected recipe into a **Ready Meal for distribution** via three Social Supermarkets in Middlesbrough.

BRIGHT IDEAS IN HEALTH AWARDS 2024

Community Meals

NIHR | National Institute for
Health and Care Research

Programme Development Grants
(PDG)





Further info

- [Fuse research event on Food insecurity](#)
- [Food insecurity in adults living with Severe Mental Illness](#)



10/10/2024 · S1, E8 · 33 MIN

What is 'food insecurity' and why is it such a concern, especially for people with severe mental health?

Public Health Research and Me

▶ Play

fusebrief

Food insecurity in adults living with Severe Mental Illness

Food insecurity happens when people lack the financial resources they need to get enough food to meet their diet, nutrition, and social needs. Food

there is limited research regarding the impact of food insecurity on individuals with SMI, especially in the UK.

This systematic review aimed to identify, collate and summarise available evidence relating to food insecurity in adults with SMI, to inform and support public health research and practice.

Fuse - Centre for Translational Research in Public Health

- A partnership of public health researchers across the five universities in North East England
- Working with policy makers and practice partners to improve health and wellbeing and tackle inequalities
- A founding member of the NIHR School for Public Health Research (SPHR)



Thank you!