

Advancing Cancer Prevention in Horizon Europe 2021 -2027

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(on behalf of Dr Wendy Yared, Director)

Association of European Cancer Leagues (ECL)
www.cancer.eu / www.europeancancerleagues.org

OECI EUROPEAN MISSION WORKING PARTY
1st Meeting

About ECL

www.europeancancerleagues.org

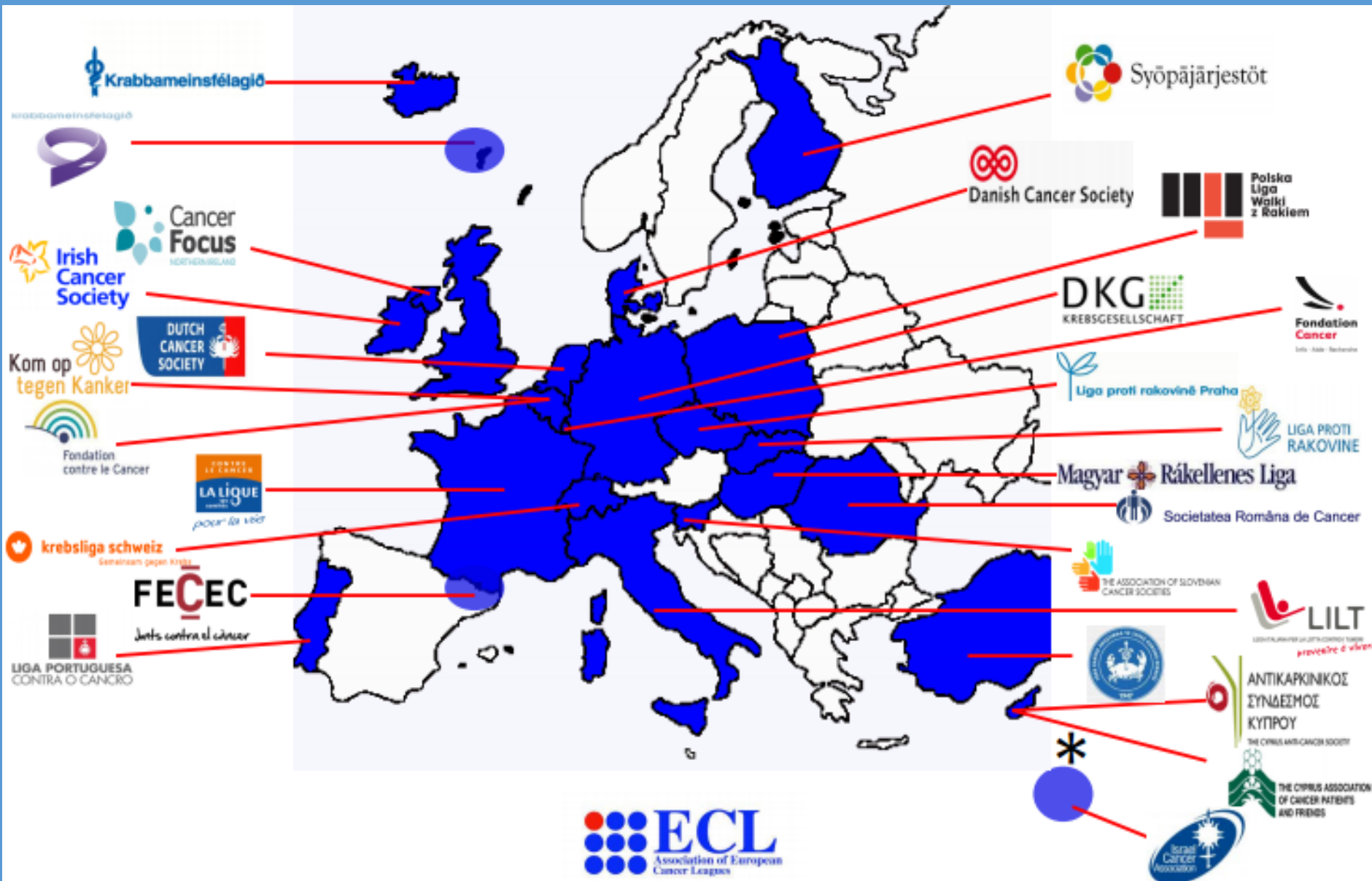
- Pan-European umbrella organisation created in 1980 based in Brussels, Belgium
- Members are cancer charities at mainly national level across wider Europe, trusted as reliable sources of information and support by millions of citizens



- ECL member leagues have over 6,000 staff members and more than half a million volunteers in their fight against cancer.
- ECL serves as a platform of exchange of best practices, where members learn from each others' experiences.

ECL MEMBERS

www.europeancancerleagues.org



OECD debate to better define OECD's position for the future Horizon Europe 2021-2027 calls for tender, and in response to the challenge of “A healthy life at all ages (e.g. life style changes and prevention, affordable care, and controlling deadly diseases such as dementia or cancer)” (page 6):

- Use of the European Code Against Cancer as a guiding tool (presentation follows);
- “galvanize private R&D investment and boost innovation performance” by convincing the private sector to invest in advancing NCD prevention and health promotion (providing evidence behind the Code) , rather than on treatment;

- Involve other sectors, i.e., outside cancer and health sectors, such as consumer goods, retail chains, education sector. Encourage with Sustainable Development Goals (SDGs) which have been adopted by UN member states and governments are increasingly asking for private sector support;
- “Boost innovation performance” by involving the tech sector to disseminate the Code and its evidence. E.g. apps and IoT (Internet of Things) to measure and encourage healthier lifestyles by connecting logged exercise and diet, for e.g.
- Engage politicians at the national and international level (MAC format)

International Agency for Research on Cancer



www.cancercode.eu 4th Revision 2014 (1st developed in 1987)

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The European Code Against Cancer focuses on actions that individual citizens can take to help prevent cancer.

Successful cancer prevention requires these individual actions to be supported by governmental policies and actions.

- 1 **Do not smoke. Do not use any form of tobacco.**
- 2 **Make your home smoke free. Support smoke-free policies** in your workplace.
- 3 **Take action to be a healthy body weight.**
- 4 **Be physically active in everyday life. Limit the time you spend sitting.**
- 5 **Have a healthy diet:**
 - Eat plenty of whole grains, pulses, vegetables and fruits.
 - Limit high-calorie foods (foods high in sugar or fat) and avoid sugary drinks.
 - Avoid processed meat; limit red meat and foods high in salt.
- 6 **If you drink alcohol of any type, limit your intake. Not drinking alcohol is better for cancer prevention.**

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- 7 **Avoid too much sun**, especially for children. Use sun protection. Do not use sunbeds.
- 8 In the workplace, **protect yourself against cancer-causing substances** by following health and safety instructions.
- 9 Find out if you are exposed to **radiation** from naturally high radon levels in your home. Take action to reduce high radon levels.
- 10 For women:
 - **Breastfeeding** reduces the mother's cancer risk. If you can, breastfeed your baby.
 - Hormone replacement therapy (HRT) increases the risk of certain cancers. **Limit use of HRT.**
- 11 Ensure your children take part in **vaccination** programmes for:
 - Hepatitis B (for newborns)
 - Human papillomavirus (HPV) (for girls).
- 12 Take part in **organized cancer screening programmes** for:
 - Bowel cancer (men and women)
 - Breast cancer (women)
 - Cervical cancer (women).

European Code Against Cancer

Available in all official EU languages (+ others!)

5. Ernähren Sie sich gesund:

- Essen Sie häufig Vollkornprodukte, Hülsenfrüchte, Obst und Gemüse.
- Schränken Sie Ihre Ernährung mit kalorienreichen Nahrungsmitteln ein (hoher Fett- oder Zuckergehalt) und vermeiden Sie industriell verarbeitete, salzreiche Lebensmittel.

5. Adoptez une alimentation saine :

- Consommez beaucoup de céréales complètes, de légumes
- Limitez la consommation d'aliments très caloriques (riches en graisses) et évitez les boissons sucrées.

- 多吃全谷，豆类食物，蔬菜和水果。
- 减少进食高热量食品（高糖或高脂肪食品），减少饮用含糖饮料
- 减少食用加工肉类；少吃红肉和高盐食品

transformée (préparations c



- הרבו באכילה של דגנים מלאים, קטניות, ירקות ופירות.
- הגבילו את הצריכה של מזונות בעלי ערך קלורי גבוה (מזונות עשירים בשומן ובסוכר), והימנעו ממשקאות ממותקים.

- הימנעו מצריכת בשר מעובד, הגבילו את הצריכה של בשר אדום, ומזונות עשירים במלח.

اتباع نظام غذائي صحي :
تناول الكثير من الحبوب الكاملة، البقول
تناول الكثير من المأكولات الغنية بالسع
من شربيات المحلاة بالسكر
صحة؛ حد من تنا

Communicating via policymakers:

MEPs AGAINST CANCER EUROPEAN PARLIAMENT INTEREST GROUP



STRATEGIC GOALS 2014-2019

TO REDUCE
CANCER INCIDENCE BY:

I. PROMOTING PREVENTION

II. REDUCING MORTALITY BY
ENSURING EQUITABLE ACCESS
TO HIGH QUALITY TREATMENT
AND CARE

III. ENSURING A GOOD QUALITY
OF LIFE FOR CANCER PATIENTS
AND SURVIVORS

MAC OBJECTIVES

The MEPs Against Cancer (MAC) work together in order to improve cancer control and prevention in Europe, in the belief that European cooperation adds value to member state actions. In order to address the challenges faced by the EU, MAC collaborate with the European Commission, the Council and other relevant organisations to reduce cancer incidence by 15% by 2020.

ABOUT MAC MEMBERS

The MAC group was founded in 2005 and remains the only dedicated group to cancer policy at the European Parliament. Currently there are 35 MAC members coming from all political groups and different EU Member States. The President Mr. Alojz Peterle (EPP, Slovenia), Vice-Presidents Ms. Nessa Childers (S&D, Ireland), Mr. Pavel Poc (S&D, Czech Republic), and Dr. Charles Tannock (ECR, United Kingdom), and other members are committed to taking action in the fight against cancer.

Thank you!

www.europeancancerleagues.org

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