

# **THE EFFECT OF LIFESTYLE CHOICES ON CANCER: WHICH ONE HAS THE STRONGEST INFLUENCE?**

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## **ABSTRACT**

Despite the immense amount of research and development, cancer is still a leading cause of death worldwide, which was accountable for 8.8 million deaths in 2015. In the next 20 years the number of new cases of cancer is projected to increase by 70%. Cancer is known to be caused by both genetic and environmental factors, with 80% of cancers being related to environmental factors. The crucial lifestyle choices that affect the occurrence and mortality of cancer include alcohol, tobacco, diet, obesity, infectious agents, environmental pollutants, and radiation. This shows the significance of our lifestyle choices in preventing cancer. The main lifestyle choices that affect the occurrence and mortality of cancer, analyzed in this study, are alcohol consumption, lack of physical activity, obesity, and tobacco usage. The strength of the association between cancer and these lifestyle choices are studied. The results show that the most influential lifestyle choices in predicting cancer are alcohol consumption and obesity. Increasing the obesity by 1% is associated with a 0.0007% increase in cancer and increasing the alcohol consumption by 1% is associated with a 0.0006% increase in cancer, in nine years. Furthermore, the combined use of alcohol and tobacco has an intensifying effect on increasing the cancer rate.

**Keywords:** Cancer, Obesity, Alcohol, Physical activity, Tobacco, Lifestyle choices.

## **REFERENCES**

*References available upon request from the authors.*