

# DO YOU KNOW WHAT THE EUROPEAN CODE AGAINST CANCER IS?

The BUMPER project ([bumper.cancer.eu](http://bumper.cancer.eu)) has identified that most of the European population is not aware of the European Code Against Cancer (ECAC).

The more recommendations you follow, the lower your risk of cancer will be.

Around 40% of cancers can be prevented by following the ECAC recommendations.

For more information about the ECAC recommendations please visit:  
[cancer-code-europe.iarc.fr/index.php/en/](http://cancer-code-europe.iarc.fr/index.php/en/)



 This factsheet has been developed by the Foundation for the Promotion of Health and Biomedical Research of the Valencian Community (Fisabio) within the BUMPER project. For more information about the project, you can visit [bumper.cancer.eu](http://bumper.cancer.eu)



Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or HaDEA. Neither the European Union nor the granting authority can be held responsible for them.

Content based on the 4th edition of the European Code Against Cancer. Latest update October 2024.



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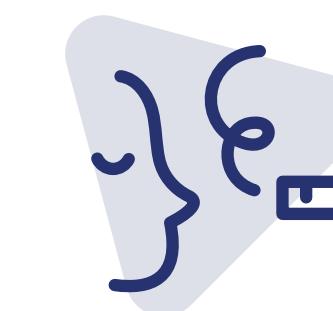
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The European Code Against Cancer is a European Commission initiative to inform people about key actions they can take for themselves and/or their families to reduce their risk of cancer and its consequences.

The 4<sup>th</sup> ECAC Edition consists of 12 evidence-based recommendations



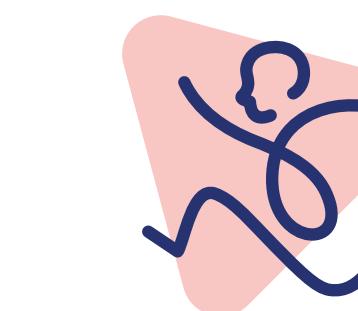
Tobacco



Second-hand  
smoke



Healthy  
body weight



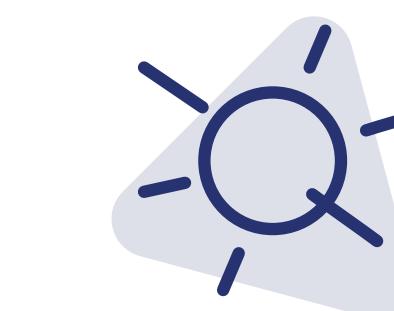
Physical  
activity



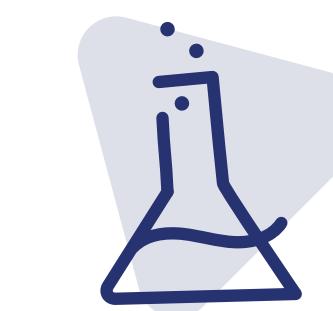
Diet



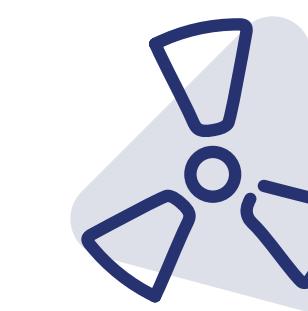
Alcohol



Sun/UV  
exposure



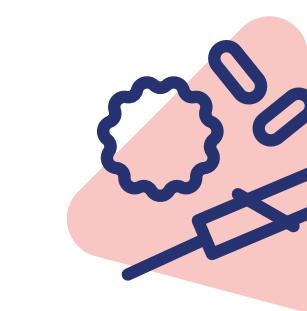
Pollutants



Radiation



Breastfeeding  
Hormone  
Replacement  
Therapy



Vaccination  
and infections



Screening

The red triangles are the lesser-known ECAC topics.

If you want to learn more about these topics, please click on each recommendation.