

# Lorraine backs Cancer Research UK's campaign on obesity



Lorraine Rosie was at Holyrood to support Cancer Research UK's Scale Down Cancer campaign to demand action on obesity.

The 55 year-old mum lost 5 stone 8 lib in just 18 months after promising that she would scale back from her top weight of 15 stone 4 lb. She combined exercise with healthy eating to reduce from a size 20 to a size 10 after joining Scottish Slimmers here in Edinburgh.

Cancer Research UK have warned that foods on promotion account for about 40 per cent of all food and drinks consumed at home, and in a survey commissioned by the charity seven out of ten Scots say that they support a ban on supermarket multi-buy promotions.

Lorraine said: "As a busy mum, I know how tempting it is to buy unhealthy food on promotion. Multi-buys are deceptively easy when you're looking for something quick and cheap to fill the kids' lunchboxes.

"I had to make a big change to my shopping habits to lose weight. That's why I'm supporting Cancer Research UK's *Scale Down Cancer* campaign to tackle promotions on junk food.

"Obesity in adults is linked to 13 types of cancer so we're not doing the next generation any favours by encouraging them to eat unhealthy foods that could cause them to put on weight."

The charity's cancer prevention expert Professor Linda Bauld, who is based at the University of Stirling, said: "Being

overweight or obese is the single biggest risk factor for cancer after smoking in Scotland, and is linked to 13 types of cancer.

“Levels of people who are overweight or obese in Scotland are the worst in the UK and our shopping habits are at the heart of the problem.

“We know that sugary drinks and snacks are more likely to be discounted than healthier foods and our survey shows people are being attracted by these promotions, something which is setting them up for a lifetime of ill-health.

“Scotland has one of the heaviest populations in Europe and we also have a bigger thirst for fizzy drinks than anywhere else in the UK.

“The Scottish Government can and must do more to serve up a better future for our young people. We need urgent action now to prevent thousands of cancers in the future.”



*Pictures by Lesley Martin*

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