

Prompt action to deal with the risk of bowel cancer from processed meat

The Association for Consumer Rights (ACR) strongly believes that the findings of the France-based International Agency for Research on Cancer (IARC) which is part of the World Health Organisation (WHO). experts that processed meat can lead to bowel cancer in humans while red meat is a likely cause of the disease cannot be taken lightly by consumers. The Agency estimated that each 50 gram portion of processed meat eaten daily increases the risk of colorectal cancer by 18 percent. The Association is waiting for the Department of Health Promotion to issue guidelines, as this is a health issue and precautionary measures need to be taken immediately

In the meantime the Association draws the attention to the importance of a healthy lifestyle with a balanced diet including the consumption of more fruit and vegetables so as to reduce the risk of heart problems and obesity from a very early age. Malta has a high rate of heart diseases and obesity and one cannot simply be irresponsible in the present circumstances of high risk of bowel cancer to ignore what WHO experts are saying, as regretrfully is being said on the social media.

The Association joins other organisations in the call for a national debate, spearheaded by the Health Promotion Department in collaboration with Health experts and the meat industry groups for a National Plan to deal promptly and effectively with this issue which not only affects the health of our generation but our children and the younger generation also

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