

Healthy Lifestyle Lowers Cancer Mortality Risk

Cancer survivors who followed healthy lifestyle guidelines had a 21% lower risk of cancer-related death.

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A new study from American Cancer Society scientists shows that following healthy lifestyle guidelines benefits cancer survivors. In an analysis of nearly 4,000 nonsmoking participants in the Cancer Prevention Study-II Nutrition Cohort who were diagnosed with obesity-related cancers, those who stayed physically active, ate a healthy diet, limited alcohol consumption and maintained a healthy weight both before and after their diagnosis—as well as those who improved their habits after diagnosis—had a lower risk of death. Survivors who followed the guidelines had a 24% lower risk of all-cause mortality and a 21% lower risk of cancer-related death.

“These findings underscore how making the right lifestyle choices truly affects cancer survival,” says lead study author Yin Wang, PhD.

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<http://beta.docker.cancerhealth.com/article/healthy-lifestyle-lowers-cancer-mortality-risk>