UC Irvine
Joe C. Wen School of
Population & Public Health

Physical Activity Levels and Gastric Cancer Incidence in the Women's Health Initiative

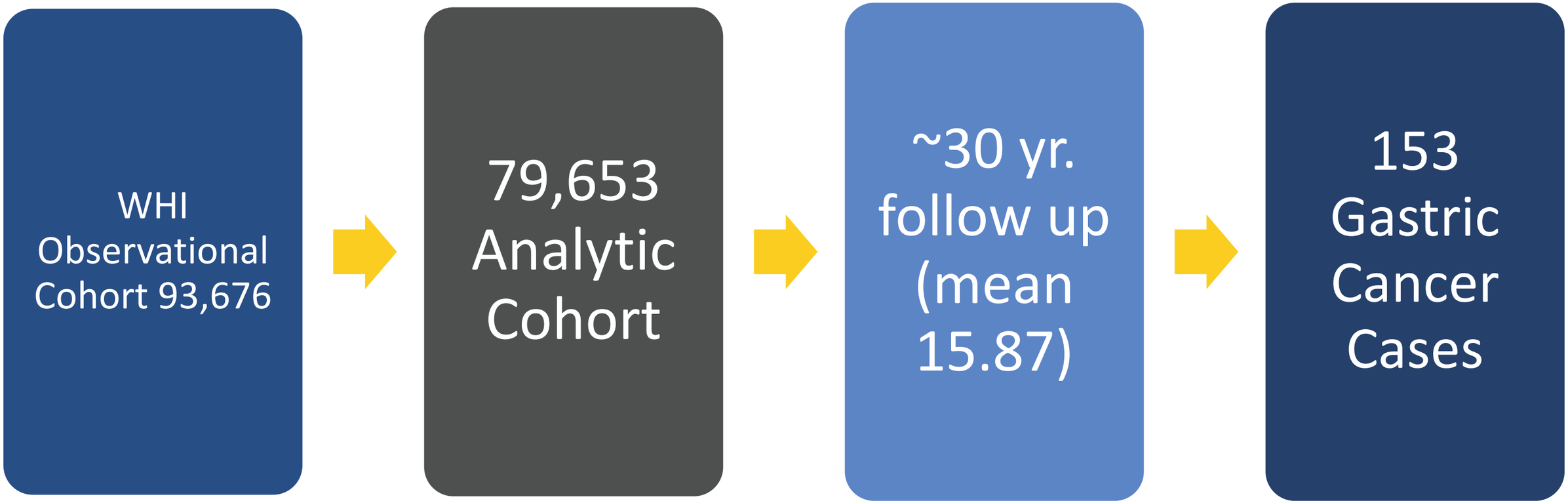
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2026 Scientific Retreat
November 5, 2026

UC Irvine 趙 Chao Family
Comprehensive Cancer Center

Methods:


WHI Observational Cohort 93,676
79,653 Analytic Cohort
~30 yr. follow up (mean 15.87)
153 Gastric Cancer Cases

Physical Activity Categories

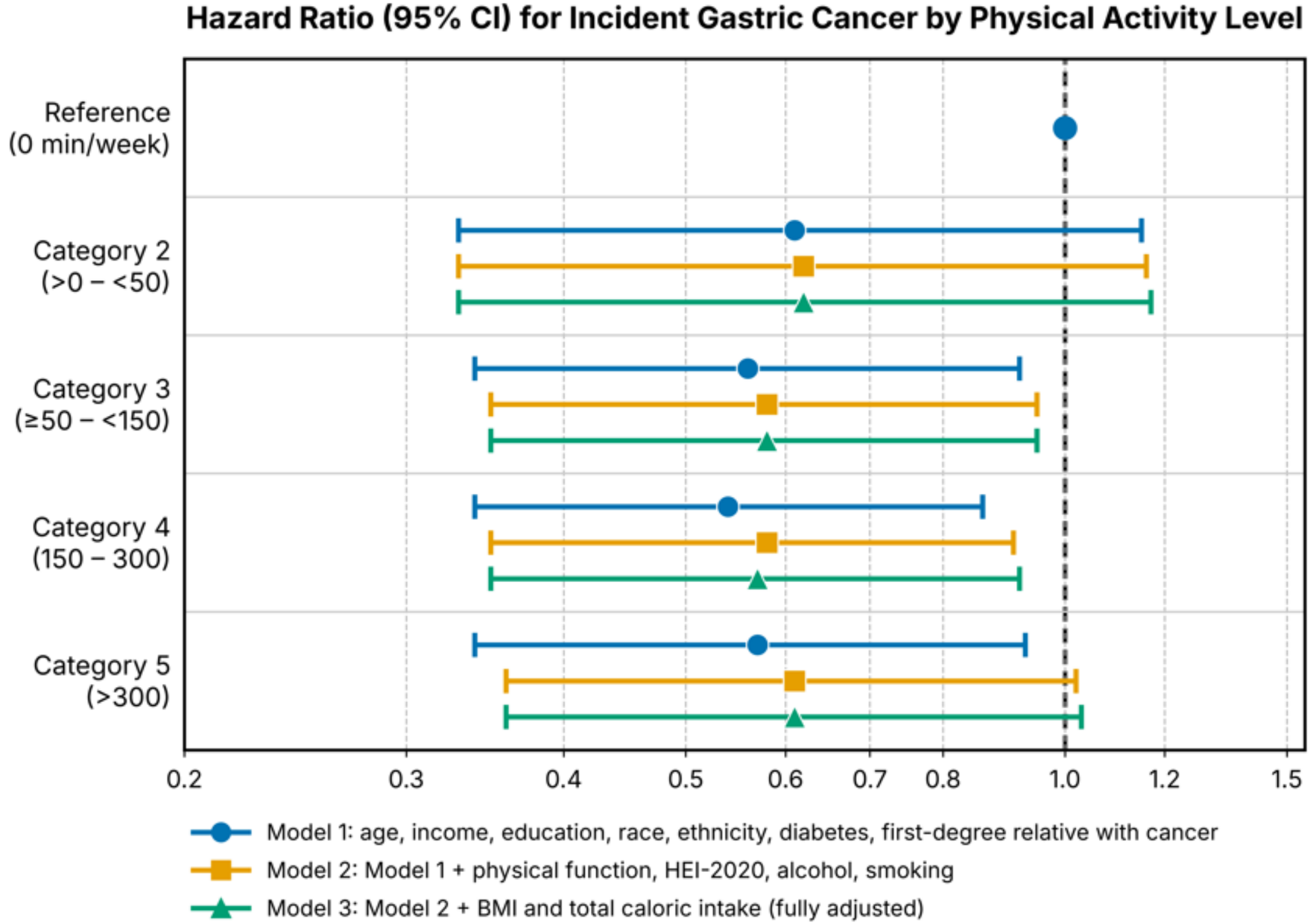
Self-reported recreational physical activity per week

← Less active — More active →

Reference	Category 2	Category 3	Category 4	Category 5
0 min/week	>0 – <50 min/week	≥50 – <150 min/week	150 – 300 min/week	>300 min/week
Participants: 10,745	Participants: 7,454	Participants: 18,430	Participants: 24,852	Participants: 18,172
Gastric cancer cases: 32	Gastric cancer cases: 14	Gastric cancer cases: 32	Gastric cancer cases: 42	Gastric cancer cases: 33

150 min/wk minimum guideline

Main Results:



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Thank you and
hope to see you at the poster