NATIONAL COFFEE ASSOCIATION WELCOMES “HIGHLY SIGNIFICANT” COFFEE HEALTH NEWS FROM WORLD HEALTH ORGANIZATION (WHO)

WHO’s Cancer Research Wing Reclassifies Coffee And Says It May Lower Risk of Some Serious Diseases; NCA Declares “Coffee Drinkers Live Longer”

FOR IMMEDIATE RELEASE

NEW YORK – The National Coffee Association today (Wednesday) welcomed the positive reclassification of coffee by the International Agency for Research on Cancer (IARC) – an official body of both the World Health Organization (WHO) and the United Nations.

The experts concluded coffee could no longer be classified as a possible carcinogen – and the WHO body says there is evidence that coffee drinking actually lowers the risk of developing specific cancers.

The finding is the first time a foodstuff or beverage has ever been positively reclassified by top scientists from all over the world who met in special session in France.

“The World Health Organization’s IARC finding is great news and highly significant for coffee drinkers and confirms evidence from an avalanche of studies by highly respected and independent scientists,” said National Coffee Association (NCA) President Bill Murray.

“IARC considered all the science and concluded that regular coffee consumption could reduce the risk of liver cancer and a cancer in the lining of the uterus.
“Separate analysis, from Harvard University amongst others, that followed millions of people suggests that coffee drinkers live longer than non coffee drinkers. In fact, research suggests this amazing beverage may actually help lower the risk of many different cancers and drinking between one and five cups a day is associated with lower rates of heart disease, neurological disorders and liver disease.”

Murray pointed out that the more than 130 million Americans who drink coffee every day can now do so with increased confidence.

“Coffee is the number one source of antioxidants in the US diet.

“Studies show coffee drinkers live longer. Studies show coffee drinkers are more alert. Studies show coffee drinkers perform better at sports,” said Murray.

“Coffee drinkers have known for a long time that their go-to beverage is a super food. Today we can brew or buy a cup with even more confidence thanks to science.”

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Notes to Editor

Context & IARC

- The International Agency for Research on Cancer (IARC), a division of the World Health Organization, has updated its assessment of coffee as non-classifiable as a carcinogen (category 3). IARC had previously classified coffee as “possibly” carcinogenic (category 2B) in 1991.

- The finding comes following a recent IARC monograph meeting of world leading scientists to review a body of independent and peer reviewed scientific evidence published since 1991. See IARC panel: http://monographs.iarc.fr/ENG/Meetings/vol116-listparticipants.pdf

- The meeting took place during 24-31 May 2016 in Lyon, France.

- IARC classifies most of the substances it reviews in the following categories: definitely carcinogenic (1), probably carcinogenic (2A), possibly carcinogenic (2B), non classifiable (3) as a cancer hazard.

- IARC has reviewed 990 hazards to date.
The National Coffee Association (NCA) is one of the longest running trade associations, supporting the US coffee industry from bean to cup since 1911.

See http://www.coffeeandme.org/ for further information on the many health benefits of coffee.

A review and meta analysis study of almost a million people conducted by Je and Giovannucci in 2014 concluded that coffee drinkers live longer than non-coffee drinkers: http://www.ncbi.nlm.nih.gov/pubmed/24279995

Coffee is the no. 1 source of antioxidants in the US diet: http://www.eurekalert.org/pub_releases/2005-08/acs-cin081905.php

The finding that "very hot" beverages "probably" cause cancer (category 2A for Esophageal cancer) relates to studies of consumption in parts of South America, Asia, the Middle East and Africa where local people traditionally consume tea or maté at burning hot temperatures (around 158F/ 70°C), often through metal straws.

The finding does not relate to average consumption in the USA, where people consume beverages at a safe average of around 140F/ 60°C.

A significant majority of studies actually show coffee may lower the risk of getting Esophageal cancer.

Consumers should take a common sense approach: If it’s too hot on your lips, it’s too hot to swallow.