NCA RECOGNIZES WORLD HEALTH ORGANIZATION MONOGRAPH RELEASE


**NEW YORK (JUNE 20, 2018)** - The National Coffee Association (NCA) today (Wednesday) hailed the World Health Organization’s (WHO) cancer research arm finding that coffee cannot be classified as a carcinogen.

The International Agency for Research on Cancer (IARC) has published detailed findings of a full evaluation of the world’s favorite beverage.

The comprehensive 500-page study released by the WHO finds that coffee protects against some cancers, and cannot be classified as a carcinogen.

“This is the largest ever evaluation of coffee ever carried out by scientists with more than 1,000 studies evaluated and considered,” said National Coffee Association (NCA) President Bill Murray.

“The World Health Organization’s cancer research arm has been preparing for this release for more than three years. And today we can say that coffee drinkers in the United States and around the world can celebrate the comprehensive finding that their favorite drink is a true super food that has been shown to protect against some cancers.

“The scientists specifically concluded that regular coffee consumption could reduce the risk of liver and uterine cancer.

“Other analysis of up to one million people shows that coffee drinkers may live longer. In fact, research shows that this amazing beverage may actually help lower the risk of several different types of cancers and drinking between one and five cups a day is associated with lower rates of heart disease, neurological disease and suicide.

Murray pointed out that the 2.2 billion people worldwide who consume coffee every day can now do so with renewed confidence.

“This science further confirms what we’ve always known: Drinking coffee makes life longer, healthier and more enjoyable,” said Murray.

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CONTEXT & IARC

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

- 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 1004 hazards to date.

COFFEE & HEALTH

- See 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 have lower mortality than non-coffee drinkers.

- Coffee is the no. 1 source of antioxidants in the US diet (source)

ABOUT THE NCA

Since 1911, the National Coffee Association USA (NCA) has powered the business of coffee through advocacy, education, and resources for the entire industry supply chain as one of the first U.S. trade associations. Learn more: www.ncausa.org