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OEI Oncology Days 2026

WORKING TOGETHER TO IMPROVE
QUALITY AND REDUCE INEQUALITIES



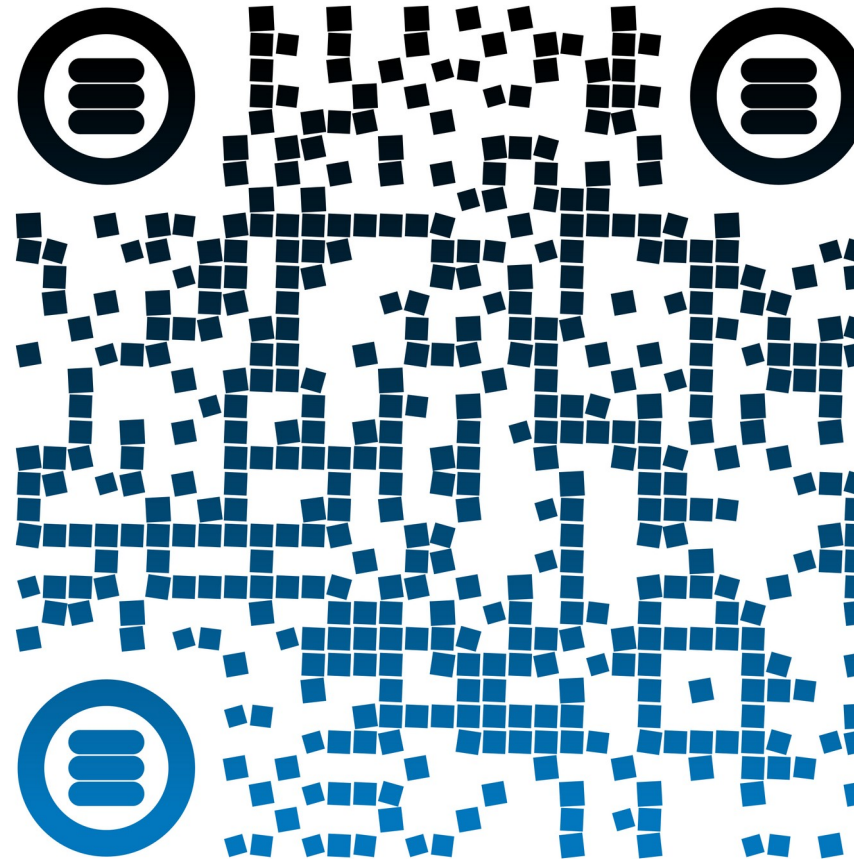
PRESENTATION TITLE

European Code Against Cancer (ECAC5) in Everyday Practice



European Code Against Cancer, 5th edition
14 ways you can help prevent cancer

- 1 Smoking**
Do not smoke. Do not use any form of tobacco, or vaping products. If you smoke, you should quit.
- 2 Exposure to other people's tobacco smoke**
Keep your home and car free of tobacco smoke.
- 3 Overweight and obesity**
Take action to avoid or manage overweight and obesity:
 - Limit food high in calories, sugar, fat, and salt.
 - Limit drinks high in sugar. Drink mostly water and unsweetened drinks.
 - Limit ultra-processed foods.
- 4 Physical activity**
Be physically active in everyday life. Limit the time you spend sitting.
- 5 Diet**
Eat whole grains, vegetables, legumes, and fruits as a major part of your daily diet. Limit red meat, and avoid processed meat.
- 6 Alcohol**
Avoid alcoholic drinks.
- 7 Breastfeeding**
Breastfeed your baby for as long as possible.
- 8 Sun exposure**
Avoid too much sun exposure, especially for children. Use sun protection. Never use sunbeds.
- 9 Cancer-causing factors at work**
Inform yourself about cancer-causing factors at work, and call on your employer to protect you against them. Always follow health and safety instructions at your workplace.
- 10 Indoor radon gas**
Inform yourself about radon gas levels in your area by checking a local radon map. Seek professional help to measure levels in your home and, if necessary, reduce them.
- 11 Air pollution**
Take action to reduce exposure to air pollution by:
 - Using public transportation, and walking or cycling instead of using a car
 - Choosing low-traffic routes when walking, cycling, or exercising
 - Keeping your home free of smoke by not burning materials such as coal or wood
 - Supporting policies that improve air quality.
- 12 Cancer-causing infections**
 - Vaccinate girls and boys against hepatitis B virus and human papillomavirus (HPV) at the age recommended in your country.
 - Take part in testing and treatment for hepatitis B and C viruses, human immunodeficiency virus (HIV), and *Helicobacter pylori*, as recommended in your country.
- 13 Hormone replacement therapy**
If you decide to use hormone replacement therapy (for menopausal symptoms) after a thorough discussion with your health-care professional, limit its use to the shortest duration possible.
- 14 Organized cancer screening programmes**
Take part in organized cancer screening programmes, as recommended in your country, for:
 - Bowel cancer
 - Breast cancer
 - Cervical cancer
 - Lung cancer.



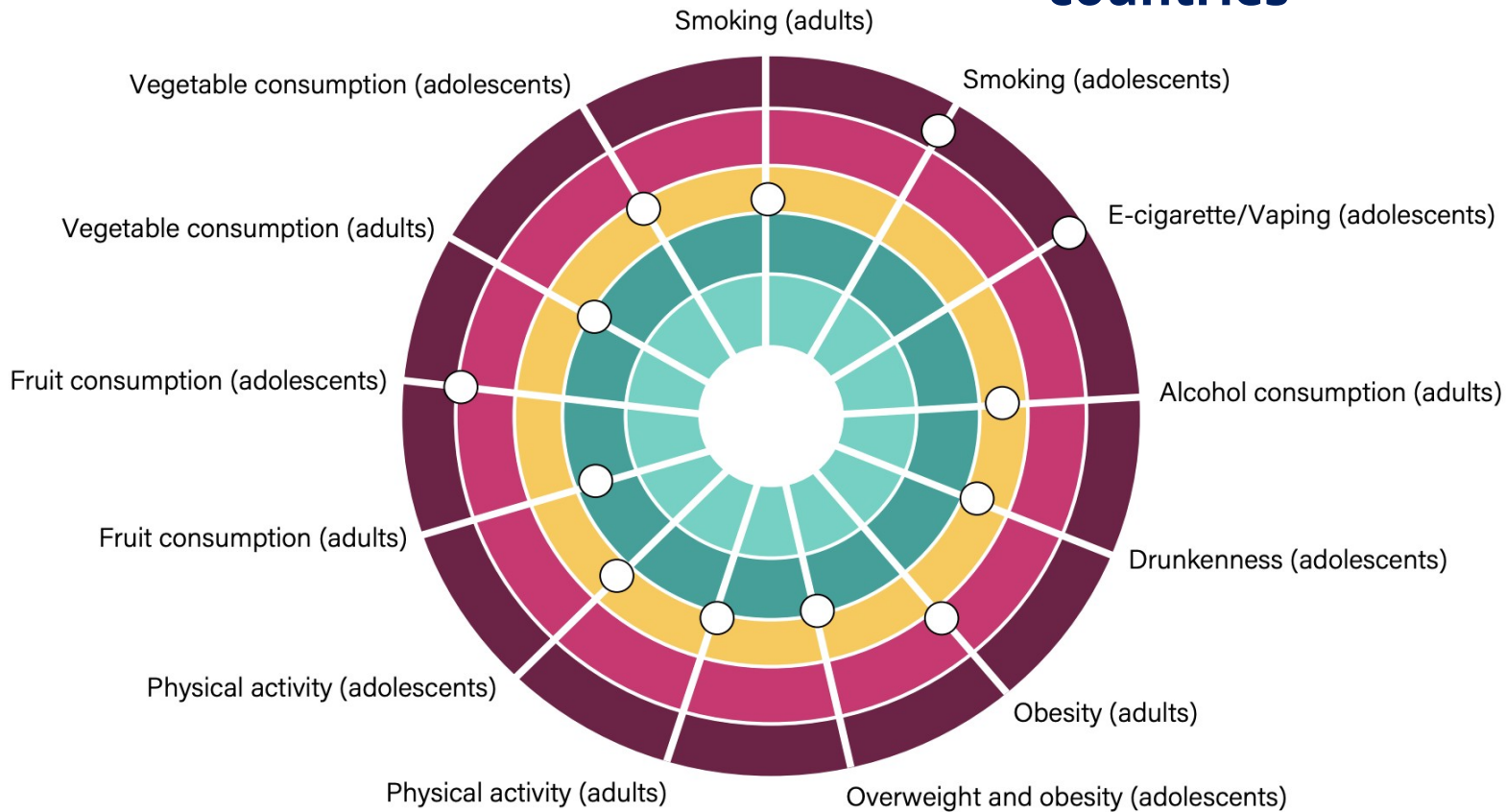
International Agency for Research on Cancer



	Liczba Number	Współczynnik surowy Crude rate	Współczynnik standaryzowany Standardized rate (ASW)	Współczynnik standaryzowany Standardized rate (ESP2013)
Zachorowania/Incidence				
Mężczyźni/Males	96 925	532,13	275,25	615,53
Kobiety/Females	95 997	492,70	244,63	453,80
Ogółem/Total	192 922	511,75	253,30	511,07
Zgony/Deaths				
Mężczyźni/Males	53 322	292,75	140,74	364,48
Kobiety/Females	46 354	237,91	88,73	213,88
Ogółem/Total	99 676	264,40	110,13	271,45

Source: National Cancer Registry, Poland, 2025, www.onkologia.org.pl

Many health risk factors are more prevalent in Poland than in most other EU countries



The closer the dot is to the centre, the better the country performs compared to other EU countries. No country is in the white “target area” as there is room for progress in all countries in all areas.

Source: OECD/European Observatory on Health Systems and Policies (2025), Country Health Profile 2025: Poland. State of Health in the EU, OECD Publishing, Paris/European Observatory on Health Systems and Policies, Brussels.

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Exploring individual and contextual determinants of cancer prevention behaviour change in the European Union: a qualitative study to inform implementation of the European Code Against Cancer

[Ariadna Feliu](#) ^{a,b,n}  · [Bibiana Barrera](#)^{c,n} · [Vanessa Boland](#)^{d,e} · [Amanda Drury](#)^{d,e} · [Marian-Gabriel Hâncean](#)^{f,g} · [Marius Geantă](#)^g
· [Paweł Koczkodaj](#)^h · [Sophie Mulcahy-Symmons](#)^{e,i} · [Patricia Pinto](#)^j · [Vaughan W. Rees](#)^k · [Sarah Sheehan](#)^e · [Ivan Tchalakov](#)^l ·
[Helena Vučković](#)^m · [Hajo Zeeb](#)^c · [Carolina Espina](#)^a [Show less](#)

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Feliu, A., Barrera, B., Boland, V., Drury, A., Hâncean, M. G., Geantă, M., **Koczkodaj, P.**, Mulcahy-Symmons, S., Pinto, P., Rees, V. W., Sheehan, S., Tchalakov, I., Vučković, H., Zeeb, H., & Espina, C. (2026). Exploring individual and contextual determinants of cancer prevention behaviour change in the European Union: a qualitative study to inform implementation of the European Code Against Cancer. *The Lancet regional health. Europe*, 64, 101633. <https://doi.org/10.1016/j.lanepe.2026.101633>

Why do people **not** follow the European Code Against Cancer?



OUR STUDY



141
participants



9
EU countries



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MAIN BARRIERS IDENTIFIED (COM-B MODEL)



CAPABILITY

Do people have the knowledge and skills?

- low health literacy
- misinformation
- lack of practical skills



OPPORTUNITY

Do people have the opportunity and environment to act?

- limited access to prevention
- time constraints
- economic barriers
- social norms



MOTIVATION

Do people want to change?

- generally present
- but difficult to sustain



Feliu, A., Barrera, B., Boland, V., Drury, A., Hăncean, M. G., Geantă, M., Koczkodaj, P., Mulcahy-Symmons, S., Pinto, P., Rees, V. W., Sheehan, S., Tchalakov, I., Vučković, H., Zeeb, H., & Espina, C. (2026). Exploring individual and contextual determinants of cancer prevention behaviour change in the European Union: a qualitative study to inform implementation of the European Code Against Cancer. *The Lancet Regional Health Europe*, 64, 101633. <https://doi.org/10.1016/j.lanepe.2026.101633>

< Powiadomienia

sobota, 30.05.2026

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poniedziałek, 25.05.2026

Sprawdź jak obniżyć ryzyko choroby i zadbać o zdrowie

Rak nie musi być wyrokiem. Europejski Tydzień Walki z Rakiem – sprawdź, jak zmniejszyć ryzyko.

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Ankiety profilaktyczne



Ankieta Moje Zdrowie



Ankieta 10 dla serca

Profilaktyka zdrowia



Licznik kroków



Licznik wody



Sprawdź swoją wiedzę



8 tygodni do zdrowia



Plany dietetyczne



Profilaktyka raka szyjki macicy (Test HPV HR)



Profilaktyka raka piersi (mammografia)



Zdrowie



Profilaktyka



Start



Ratunek



Wnioski

mojeikp

moje Internetowe Konto Pacjenta

Patient's Online Account (IKP)

Users by age group

Number of users of the IKP (Patient Internet Account)

AGE GROUP	TOTAL USERS	WOMEN	MEN
0–17 years (largest group, accounts managed by parents)	5.85 million	–	–
18–29 years	3.60 million	1.98 million	1.63 million
30–39 years	3.70 million	2.05 million	1.65 million
40–49 years	3.30 million	1.73 million	1.56 million
50–64 years	2.77 million	1.50 million	1.27 million
65+ years (seniors)	1.38 million	–	–



TOTAL USERS

20,671,943
people

TOTAL BY GENDER (18+)



11,048,000
women

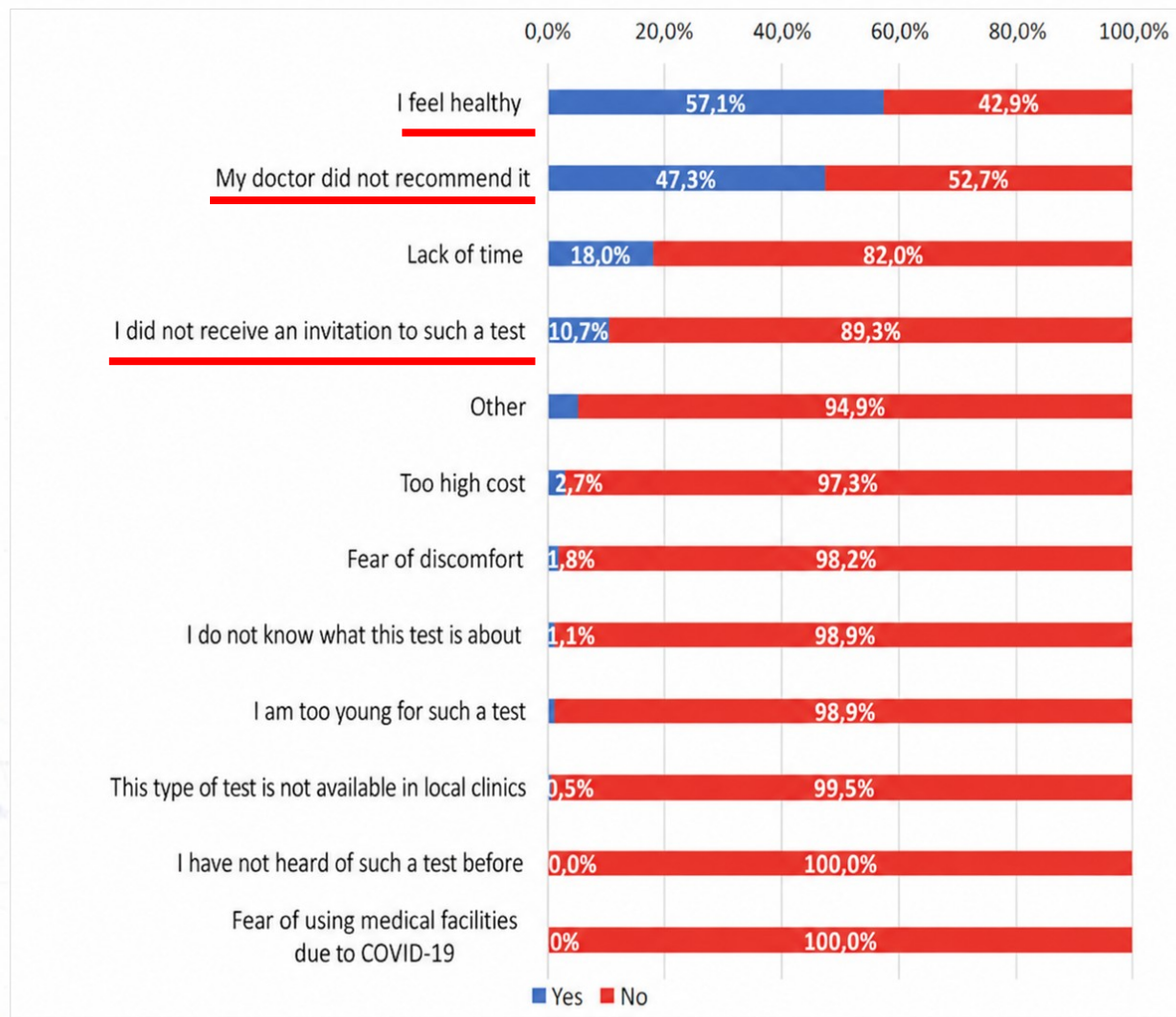


9,623,943
men



In all age groups above 18, more women use the IKP than men.

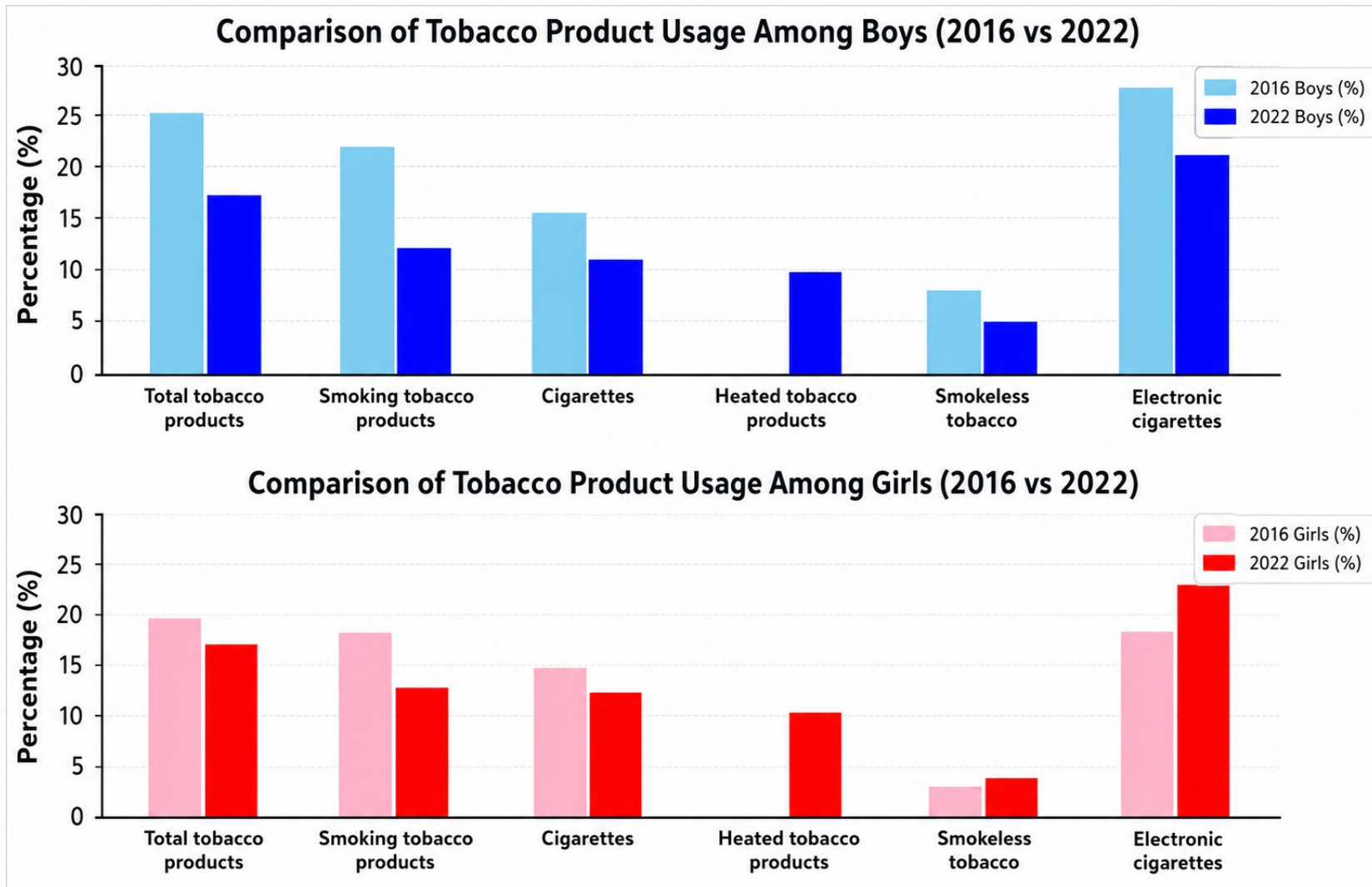
In total, **11,048,000** women and **9,623,943** men use the IKP.



Why do you not participate in mammography screening?

"Not invited = don't go"

Source : Ministerstwo Zdrowia „Wykonanie badania postaw zdrowotnych w zakresie profilaktyki nowotworowej z uwzględnieniem obszaru badań przesiewowych w populacji Polski powyżej 18 roku życia. Raport końcowy, Gdańsk 2022



Source: Michalek IM, Didkowska J, **Koczkodaj P**. First tobacco-free generation in Europe - A lost cause? Latest Global Youth Tobacco Survey data from Poland and the CEE region. *J Cancer Policy*. 2025 Sep;45:100601. doi: 10.1016/j.jcpo.2025.100601. Epub 2025 May 30. PMID: 40451610.



Journal of Cancer Policy

Volume 48, June 2026, 100746



Who is responsible for prevention? Europe's workforce blind spot in cancer control

Paweł Koczkodaj  

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On Feb 12, 2026, the European Parliament adopted a resolution marking World Cancer Day and renewed its commitment to Europe's Beating Cancer Plan. Although prevention

Source: **Koczkodaj P.** Who is responsible for prevention? Europe's workforce blind spot in cancer control. *J Cancer Policy*. 2026 Jun;48:100746. doi: 10.1016/j.jcpo.2026.100746. Epub 2026 Apr 28. PMID: 42061746.

From recommendations to implementation

Barrier identified in our study

-  Low health literacy -
-  Misinformation -
-  Lack of support -
-  Limited access -
-  Fragmentation -



Potential solution

-  IKP
-  IKP + trusted professionals
-  Prevention coaches / profilaktycy
-  Organised prevention programmes
-  ECAC5 Network



The next challenge for ECAC5 is not dissemination.
It is **implementation** and **behavioral change**.



A practical outcome of this presentation may be the **initiation of centres promoting ECAC** and its implementation, and **facilitating healthy behaviour change**.

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In the framework of the EU Trio Presidency–supporting the European Code Against Cancer

[Paweł Koczkodaj](#) ^a  · [Michael Damianos](#)^b · [Beata Jagielska](#)^a · [Elisabete Weiderpass](#)^c · [Joachim Schüz](#)^c

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onkologia.gov.pl



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Szukaj w serwisie



Strona główna

Profilaktyka

Pacjent i jego bliscy

Kompendium Chorób Nowotworowych

Badania kliniczne

Narodowa Strategia Onkologiczna



Narodowy Portal Onkologiczny

Profilaktyka

Żyj zdrowo i świadomie – ale jak? Dowiedz się, jak praktycznie wdrożyć profilaktykę w swoim codziennym życiu oraz gdzie, kiedy i jak zapisać się na badania przesiewowe.

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Thank you for your attention!



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Better prevention



Evidence-based action



Healthier Europe