What Can I Do to Reduce My Cancer Risk?

**BE ACTIVE**
Get at least **30 minutes** of physical activity that makes you break a sweat, five days a week.

**EAT HEALTHY**
Eat more fruits and vegetables, drink more water and cook more meals at home.

**QUITTING TAKES PRACTICE**
Coaching and medications can triple your chances of quitting for good. Call **1-800-QUIT-NOW** for help to quit tobacco.

**GET APPROPRIATE SCREENINGS**
Stay on top of your health by tracking your BMI, blood sugar and blood pressure.

**TRACK HEALTH NUMBERS**
Ensure you receive age-appropriate screenings for common cancers to detect cancer early.

I Want to be There for My Family. Where do I Go for Help?
Talk to your provider and visit: www.preventchronicdiseasenc.com

Live Healthy to Be There
Eating more than 11/4 teaspoons of salt daily increases your risk of stomach cancer by 51 percent.

Fifty-two percent of N.C. adults and 76 percent of N.C. high schoolers do not meet recommended aerobic activity guidelines.

Eating a 3.5-ounce steak or burger daily increases your risk of colon cancer by 17 percent.

One out of three cancer deaths is caused by smoking. In N.C., only 21 percent of people who get lung cancer survive for five years.

Drinking two glasses of alcohol daily increases your risk of breast cancer by 150 percent.

N.C. Residents Who Do Not Consume Fruits and Vegetables on a Daily Basis, 2011

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<thead>
<tr>
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<th>Fruits</th>
<th>Vegetables</th>
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<tbody>
<tr>
<td>Adults</td>
<td>41%</td>
<td>22%</td>
</tr>
<tr>
<td>Adolescents (High School)</td>
<td>45%</td>
<td>40%</td>
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Reducing Risk of Three Common Cancers

- Proper diet and physical activity could prevent 50 percent of colorectal cancer cases in the U.S. each year.
- Proper diet and physical activity could prevent 33 percent of breast cancer cases in the U.S. each year.
- 11 percent of national prostate cancer cases are related to carrying excess body fat.

These three cancers addressed in the North Carolina Cancer Plan make up approximately 57 percent of the total new cases of cancer preventable by diet, physical activity and weight management.

- Percent of Americans who do not know about the link between obesity and cancer: 48%
- Percent of cancer cases nationally are related to obesity: 20%
- The percentage of adults with obesity in N.C. increased by 69 percent from 1995 to 2010.