

# CANCER

IS THE #2 CAUSE OF DEATH IN THE UNITED STATES AND SOUTH DAKOTA

1 OUT OF EVERY 4 deaths are due to cancer

1 IN 3 cancers are preventable

## PREVENTABLE RISK FACTORS

TOBACCO USE & EXPOSURE



28% of all cancer deaths in SD are caused in part by tobacco use

POOR NUTRITION



Only 11% of SD adults consume 5 or more fruits and vegetables daily

PHYSICAL INACTIVITY



54% of SD adults do not meet the recommended aerobic physical levels

UNHEALTHY WEIGHT



66% of SD adults are overweight or obese  
33% of SD school age children are overweight or obese

UV EXPOSURE



Skin cancer is the most common form of cancer in the US  
20% of SD high school students use a tanning bed

HPV INFECTION



HPV infections cause nearly 26,000 cases of cancer in the U.S. annually

EXCESSIVE ALCOHOL INTAKE



Approximately 37,000 SD adults engage in heavy drinking

## WAYS TO PREVENT CANCER

Prevention offers the most cost-effective long-term strategy for the control of cancer.



REDUCE SUN EXPOSURE AND AVOID INDOOR TANNING



LIMIT ALCOHOL INTAKE



AVOID TOBACCO USE AND EXPOSURE



EAT HEALTHY



BE ACTIVE



GET SCREENED FOR BREAST, CERVICAL AND COLORECTAL CANCER



MAINTAIN A HEALTHY WEIGHT



GET VACCINATED FOR HPV