

CANCER

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



1 OUT OF EVERY 6
deaths are due to cancer



1 IN 3 cancers are preventable

PREVENTABLE RISK FACTORS

TOBACCO USE & EXPOSURE



29% of all cancer deaths in SD are caused in part by tobacco use.

POOR NUTRITION



Only **12%** of SD Adults consume 5 or more fruits and vegetables daily.

PHYSICAL INACTIVITY



40% of SD Adults do not meet the recommended aerobic physical levels.

UNHEALTHY WEIGHT



70% of SD adults are overweight or obese.

35% of SD school age children are overweight or obese.

UV EXPOSURE



Skin cancer is the most common form of cancer in the US.

19.8% of SD HS students wear sunscreen with a SPF of 15 or higher when outside for more than one hour on a sunny day.

HPV INFECTION



HPV infection causes nearly **37,800** cases of cancer in the US annually.

EXCESSIVE ALCOHOL INTAKE



Approximately **70,700** 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



AVOID 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