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

UV EXPOSURE
Skin cancer is the most common form of cancer in the US

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

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

Poor nutrition
6% of SD adults

Tobacco use & exposure
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UV exposure
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HPV infection
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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

American Cancer Society: www.cancer.org
Centers for Disease Control and Prevention: www.cdc.gov