

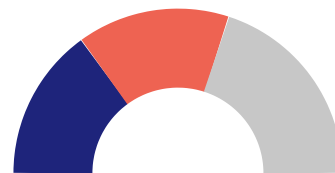
Cancer in Vermont: Essex County

21%

of deaths in Essex County are caused by cancer.

3,700 Vermonters are diagnosed with cancer each year.

What causes cancer in Vermont?



■ Poor Diet/Obesity (30%) ■ Tobacco Use (30%) ■ Other* (40%)

It's not all in your genes.

Some cancers are genetic, but there are certain factors in our lives that can increase the risk of getting cancer.

Know what they are so you can take steps to stay healthy.

In Essex County:

87%

of adults have a poor diet and/or not enough physical activity

20%

of adults are obese

22%

of adults smoke cigarettes

54%

of adolescents ages 13-17 are not up-to-date on HPV vaccination

26%

of adults are not up-to-date on breast cancer screening

30%

of adults are not up-to-date on colorectal cancer screening

You can lower your risk of getting cancer.

Small steps can help.

- **Eat more fruits and vegetables** and avoid fat, sugar and salt.
- Go on one brisk **30-minute walk each day**.
- Quit tobacco. Take a small step today - **set a quit date**.
- Going outside? Wear **SPF 15 sunscreen** or higher.
- Make sure all teens get the **full series of the HPV vaccine** to protect against cancer.
- If you are a **cancer survivor**, find resources to support staying active and healthy at www.vcsn.net.

Get screened for cancer. It works!

- Ask your healthcare provider which screening is right for you.

About 500 people in Essex County are living with cancer.

*Other causes of cancer include viruses and other biologic agents, family history of cancer, reproductive factors, and environmental pollutants.

Learn more: www.healthvermont.gov/wellness/cancer

Data Sources:

Behavioral Risk Factor Surveillance System (BRFSS), Youth Risk Behavior Survey (YRBS), Vermont Cancer Registry, Vermont Immunization Registry, and Vermont Vital Statistics

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