

CANCER SURVIVORSHIP in IDAHO

2022

Prevalence

There are at least **46,600** people living in Idaho who have had a cancer diagnosis in the past 10 years

Approximately **1 in 3** Idaho cancer survivors lives in a rural area

Years Potential Life Lost

On average, more than a decade of life is lost per cancer death

Tips for Healthy Living

- Maintain close and strong relationships with those you care for
- Be active. Do what you can even if that means taking a short walk
- Eat a healthy, plant-rich diet. Avoid smoking or using nicotine products
- When your treatment is complete, work with your oncologist to create a survivorship care plan

Among Idahoans living with cancer

12.9%
reported poor mental health 14+ of the last 30 days

22.1%
reported poor physical health 14+ of the last 30 days

27.3%
reported no physical activity outside of work

12.6%
reported consuming 5+ servings of fruit and vegetables per day

12.7%
reported being current smokers

Post-Diagnosis

Nearly **60%** of Idahoans with a cancer diagnosis will still be alive 5 years after their diagnosis

Within 5 years of diagnosis, Idahoans with cancer have a:

- 30% chance of dying from their cancer
- 10% chance of dying from another cause



Scan the QR code to access our "Living with and Beyond Cancer" Toolkit



June 2022