

CANCER SURVIVORSHIP in IDAHO

2023

There are at least **48,400** people living in Idaho with a cancer diagnosis received in the past 10 years.

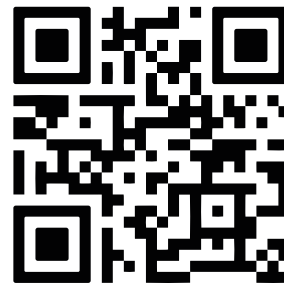
1 in 3 Idahoans diagnosed with cancer lives in a rural area.

After Your Cancer Diagnosis, Practice Self-Care

- Maintain close and strong relationships with friends and family.
- Be active and listen to your body. Balance appropriate activities with rest and good sleep.
- Strive to eat a plant-rich and balanced diet. Avoid alcohol.
- Avoid smoking and using nicotine products.
- Once treatment is complete, work with your care team to create a survivorship care plan.



6 in 10 Idahoans are alive 5 years after a cancer diagnosis



Scan the QR code to access the survivorship toolkit: "Living with and Beyond Cancer"

Among Idahoans living with cancer

(Idaho BRFSS, 2021)

11.1% reported being current smokers

13.0% reported poor mental health 14 or more of the last 30 days

25.3% reported no physical activity outside of work

89.9% consumed less than 5 servings of fruit or vegetables per day

18.3% reported poor physical health 14 or more of the last 30 days



Cancer Data Registry of Idaho



IDAHO DEPARTMENT OF HEALTH & WELFARE
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