



# CANCER SURVIVORSHIP in Idaho

There are at least **50,100** people living in Idaho who received a cancer diagnosis in the past 10 years.

**Among Idahoans living with cancer**

**12.4%**

report being current smokers.

**7.6%**

report heavy drinking.

**25.8%**

report no physical activity outside of work.

**15.0%**

report poor mental health 14 or more of the last 30 days.

**22.1%**

report poor physical health 14 or more of the last 30 days.

(Idaho BRFSS, 2022)

## 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, smoking and nicotine products.
- Once treatment is complete, work with your care team to create a survivorship care plan.



**6 of every 10 Idahoans are alive 5 years after a cancer diagnosis.**



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



Scan the QR code to access the survivorship toolkit: *“Living with and Beyond Cancer”*

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