CANCER SURVIVORSHIP in IDAHO



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 On average, more than a decade of life is lost per other that per short walk 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 12.6% reported consuming 5+ servings of fruit and vegetables per day 22.1% reported poor physical health 14+ of the last 30 days 27.3% reported no physical activity outside of work 			
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			IDAHO DEPARTMENT OF HEALTH & WELFARE DMISION OF PUBLIC HEALTH June 2022

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