**CANCER SURVIVORSHIP in IDAHO 2022**

### Prevalence

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<th>Years</th>
<th>Potential Life Lost</th>
<th>Tips for Healthy Living</th>
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| Post-Diagnosis | On average, more than a decade of life is lost per cancer death | - 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 |

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 of Life Lost

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

### Among Idahoans living with cancer

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

### Post-Diagnosis

- Scan the QR code to access our “Living with and Beyond Cancer” Toolkit
- CDRI Cancer Data Registry of Idaho
- Idaho Department of Health & Welfare

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