

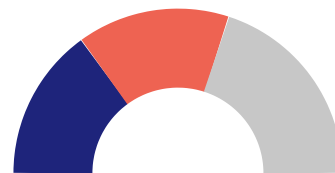
Cancer in Vermont: Rutland County

24%

of deaths in Rutland County are caused by cancer.

3,700 Vermonters are diagnosed with cancer each year.

What causes cancer in Vermont?



■ Poor Diet/Obesity (30%) ■ Tobacco Use (30%) ■ Other* (40%)

It's not all in your genes.

Some cancers are genetic, but there are certain factors in our lives that can increase the risk of getting cancer. **Know what they are so you can take steps to stay healthy.**

In Rutland County:

88%

of adults have a poor diet and/or not enough physical activity

34%

of adults are obese

24%

of adults smoke cigarettes

50%

of adolescents ages 13-17 are not up-to-date on HPV vaccination

22%

of adults are not up-to-date on breast cancer screening

33%

of adults are not up-to-date on colorectal cancer screening

You can lower your risk of getting cancer.

Small steps can help.

- **Eat more fruits and vegetables** and avoid fat, sugar and salt.
- Go on one brisk **30-minute walk each day**.
- Quit tobacco. Take a small step today - **set a quit date**.
- Going outside? Wear **SPF 15 sunscreen** or higher.
- Make sure all teens get the **full series of the HPV vaccine** to protect against cancer.
- If you are a **cancer survivor**, find resources to support staying active and healthy at www.vcsn.net.

Get screened for cancer. It works!

- Ask your healthcare provider which screening is right for you.

About 3,000 people in Rutland County are living with cancer.

*Other causes of cancer include viruses and other biologic agents, family history of cancer, reproductive factors, and environmental pollutants.

Learn more: www.healthvermont.gov/wellness/cancer

Data Sources:

Behavioral Risk Factor Surveillance System (BRFSS), Youth Risk Behavior Survey (YRBS), Vermont Cancer Registry, Vermont Immunization Registry, and Vermont Vital Statistics

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