

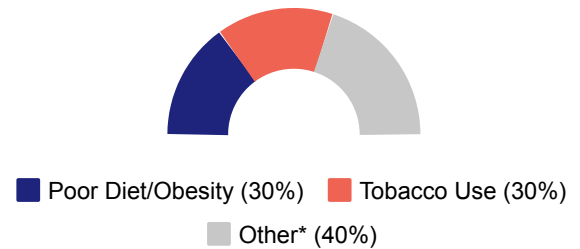
# Cancer in Vermont: Washington County

# 21%

of deaths in Washington County are caused by cancer.

## 3,700 Vermonters are diagnosed with cancer each year.

What causes cancer in Vermont?



## 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 Washington County:

# 80%

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

# 26%

of adults are obese

# 15%

of adults smoke cigarettes

# 41%

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

# 23%

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

# 25%

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](http://www.vcsn.net).

### Get screened for cancer. It works!

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

## About 3,200 people in Washington 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](http://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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