

# CANCER SURVIVORSHIP in IDAHO

# 2022

<b>Prevalence</b>	Approximately 1 in 3 Idaho cancer survivors live in a rural area	There are at least <b>46,600</b> people living in Idaho who have had a cancer diagnosis in the past 10 years
<b>Years Potential Life Lost</b>	On average, more than a decade of life is lost per cancer death	<b>Tips for Healthy Living</b> <ul style="list-style-type: none"><li>• Maintain close and strong relationships with those you care for</li><li>• Be active. Do what you can even if that means taking a short walk</li><li>• Eat a healthy, plant-rich diet. Avoid smoking or using nicotine products</li><li>• When your treatment is complete, work with your oncologist to create a survivorship care plan</li></ul>
<b>Among Idahoans living with cancer</b>	<b>12.9%</b> reported poor mental health 14+ of the last 30 days	<b>22.1%</b> reported poor physical health 14+ of the last 30 days
	<b>12.6%</b> reported consuming 5+ servings of fruit and vegetables per day	<b>27.3%</b> reported no physical activity outside of work
		<b>12.7%</b> reported being current smokers
<b>Post-Diagnosis</b>	<b>Within 5 years of diagnosis, Idahoans with cancer have a:</b> <ul style="list-style-type: none"><li>• 30% chance of dying from their cancer</li><li>• 10% chance of dying from another cause</li></ul>	Nearly <b>60%</b> of Idahoans with a cancer diagnosis will still be alive 5 years after their diagnosis



Scan the QR code to access our "Living with and Beyond Cancer" Toolkit



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