

CANCER SURVIVORSHIP in IDAHO

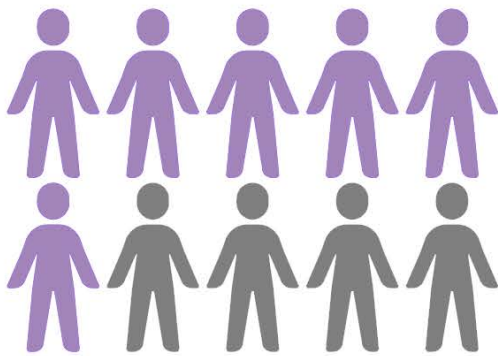
2023

There are at least **48,400** people living in Idaho with a cancer diagnosis received in the past 10 years.

1 in 3 Idahoans diagnosed with cancer lives in a rural area.

After Your Cancer Diagnosis, Practice Self-Care

- Maintain close and strong relationships with friends and family.
- Be active and listen to your body. Balance appropriate activities with rest and good sleep.
- Strive to eat a plant-rich and balanced diet. Avoid alcohol.
- Avoid smoking and using nicotine products.
- Once treatment is complete, work with your care team to create a survivorship care plan.



6 in 10 Idahoans are alive 5 years after a cancer diagnosis



Scan the QR code to access the survivorship toolkit: "Living with and Beyond Cancer"

Among Idahoans living with cancer

(Idaho BRFSS, 2021)

11.1% reported being current smokers

13.0% reported poor mental health 14 or more of the last 30 days

25.3% reported no physical activity outside of work

89.9% consumed less than 5 servings of fruit or vegetables per day

18.3% reported poor physical health 14 or more of the last 30 days



Cancer Data Registry of Idaho



IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

This publication has been funded in whole or in part with Federal funds from the National Cancer Institute (NCI) under Contract No. HHSN261201800006I and the Centers for Disease Control and Prevention (CDC) under the following Grants or Cooperative Agreements 1NU58DP006270, NU58DP006314 and DP006084. Its contents are solely the responsibility of the authors and do not necessarily represent the official position of CDC or NCI.

May 2023