

FACT SHEET: CANCER PREVENTION

MOST CANCER ...

At least one in three Americans will develop some type of cancer in their lifetime. ¹

...IS PREVENTABLE.

Half of all cancer deaths are caused by lifestyle choices like smoking, physical inactivity, and poor diet. ¹⁴

LIFESTYLE CHOICES LIKE POOR DIET,

Being overweight or obese is a risk factor for at least seven types of cancer. ⁶

PHYSICAL INACTIVITY,

One third of U.S. cancer deaths could be prevented through diet, exercise, and maintaining a healthy weight. ⁴

AND TOBACCO USE CAUSE

Smoking accounts for at least 30% of all cancer deaths. ³

...AT LEAST HALF OF ALL CANCER DEATHS.¹⁴

Young people are most likely to be smokers—nearly a quarter of 18- to 44-year-olds smoked in 2004. ³

EXPERTS AGREE THAT CHILDHOOD

“Lifelong behaviors, both good and bad, are formed during the elementary and middle school years.” ¹³

IS THE MOST CRITICAL TIME

The earlier a person begins smoking, the higher their risk for cancer. ⁹

FOR EDUCATION

The National Institute of Health asserts that “[obesity] prevention efforts must begin during childhood.” ¹²

TO STOP UNHEALTHY BEHAVIORS

According to the CDC, Education can be more effective than regulatory measures in long-term reduction of tobacco use. ¹⁰

BEFORE THEY START.

“For the most part, people who do not start using tobacco when they are teens never start using it.” ⁸

AND ...

Only 5% of U.S. schools have executed the CDC’s smoking prevention recommendations. ¹¹

WE ARE THE ONES DOING IT.

Road of Life is the only organization in the U.S. focusing exclusively on cancer prevention for children.

REFERENCES AND RESOURCES

1. American Cancer Society. *Facts and Figures 2005*. Atlanta, American Cancer Society; 2005.
2. Centers for Disease Control. *The Burden of Chronic Diseases and their Risk Factors: National and State Perspectives 2004*. Atlanta: U.S. Department of Health and Human Services, 2004. <http://www.cdc.gov/nccdphp/burdenbook2004>
3. American Cancer Society. *Prevention and Early Detection: Cigarette Smoking*. Atlanta, American Cancer Society; 2005.
4. American Cancer Society. *The Great American Weigh-In*. Atlanta: American Cancer Society, 2005. http://www.cancer.org/docroot/PED/PED_9_Great_American_Weigh_In.asp
5. Behavioral Risk Factor Surveillance System / Centers for Disease Control, 1998; Published by the American Cancer Society *This figure does not include those who answered “I Don’t Know/Not Sure” or for whom figures were missing.
6. American Cancer Society. *The Complete Guide: Nutrition and Physical Activity*. Atlanta: American Cancer Society, 2005. http://www.cancer.org/docroot/PED/content/PED_3_2X_Diet_and_Activity_Factors_That_Affect_Risks.asp?sitearea=PED
7. Centers for Disease Control. *Cigarette Smoking-Attributable Morbidity*. United States, 2000. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5235a4.htm>
8. *Child and Teen Tobacco Use*. Atlanta: American Cancer Society, 2005
9. Campaign for Tobacco-Free Kids. *Path to Smoking Addiction Starts at Very Young Ages*. January 10, 2005. www.tobaccofreekids.org/research/factsheets/pdf/0127.pdf
10. U.S. Surgeon General. *Reducing Tobacco Use: a report of the Surgeon General—2000*. U.S. Department of Health and Human Services, 2000.
11. Centers for Disease Control. *Tobacco Information and Prevention Source (TIPS) Fact Sheet: Education*. CDC, 2005
12. National Heart Lung and Blood Institute. *Predictors of Obesity, Weight Gain and Physical Activity Workshop Summary*. Bethesda, MD: National Institute of Health, August 3-5, 2004. <http://www.nhlbi.nih.gov/meetings/workshops/predictors/summary.htm>
13. Office of the Assistant Secretary for Planning and Evaluation. *Office Health Policy: Opportunities for Action*. U.S. Department of Health and Human Services, 2005.
14. National Cancer Institute, NIH, DHHS. *Cancer Progress Report—2003 Update*. Bethesda, MD, February 2004. <http://progressreport.cancer.gov>