



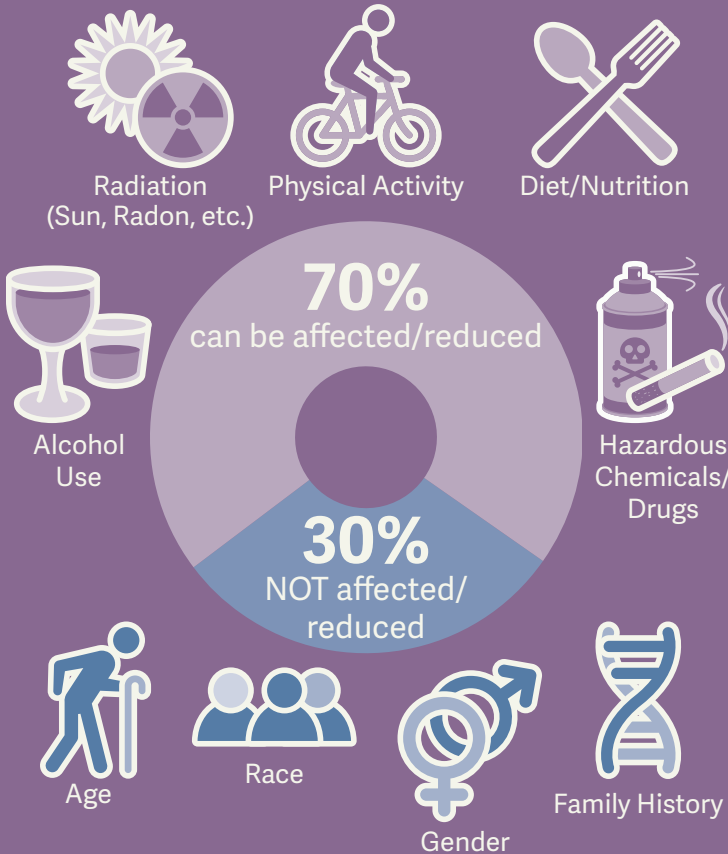
# Cancer

is the second leading cause of death in Adams, Clay, Nuckolls and Webster Counties.

The top five most frequently diagnosed cancers in our district are breast, prostate, melanoma of the skin, colon/rectum and lung.

## We can make a change.

70% of cancer risk can be affected/reduced through lifestyle changes.



## What can I do?



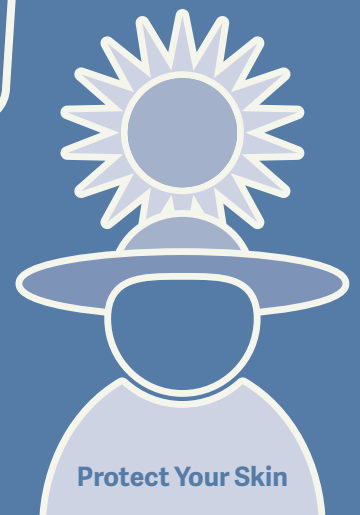
Limit the amount of alcohol you drink



Keep a healthy weight



Test your home for Radon gas



Protect Your Skin

For more information about the South Heartland Community Health Improvement Plan (CHIP), and how you or your organization can get involved, go to [www.southheartlandhealth.org](http://www.southheartlandhealth.org) or follow the QR code ►





Our goal is to reduce the the number of new cancer cases as well as illness, disability and death caused by cancer.

We are working together to reduce barriers and increase access to cancer screening, diagnosis and treatment!

STRATEGIES/OBJECTIVES

Action

Setting

Increase counseling about risk factors.



Clinics and hospitals

Consistent messaging about cancer risk – education and awareness.



Clinics, hospitals, schools, community, workplaces and the public health department

Help people stay up to date on cancer screenings.



Clinics, hospitals, imaging centers and cancer centers

Increase access by removing barriers to screening, diagnosis and treatment.



Clinics, hospitals, imaging centers, cancer centers, the public health department and community

Look into risk factors for other types of cancer.



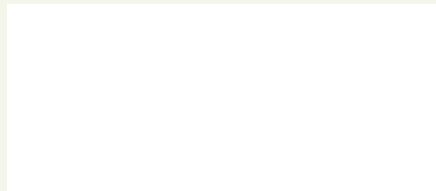
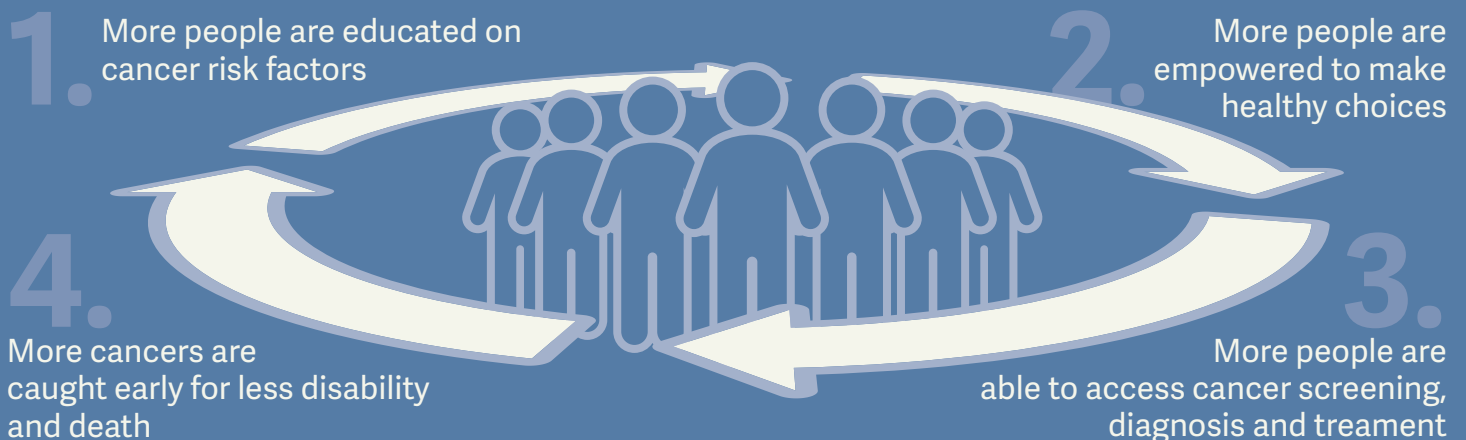
Community and the environment

Create a health services resource guide.



Libraries, schools, clinics, hospitals, community and the public health department

EXPECTED RESULTS



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