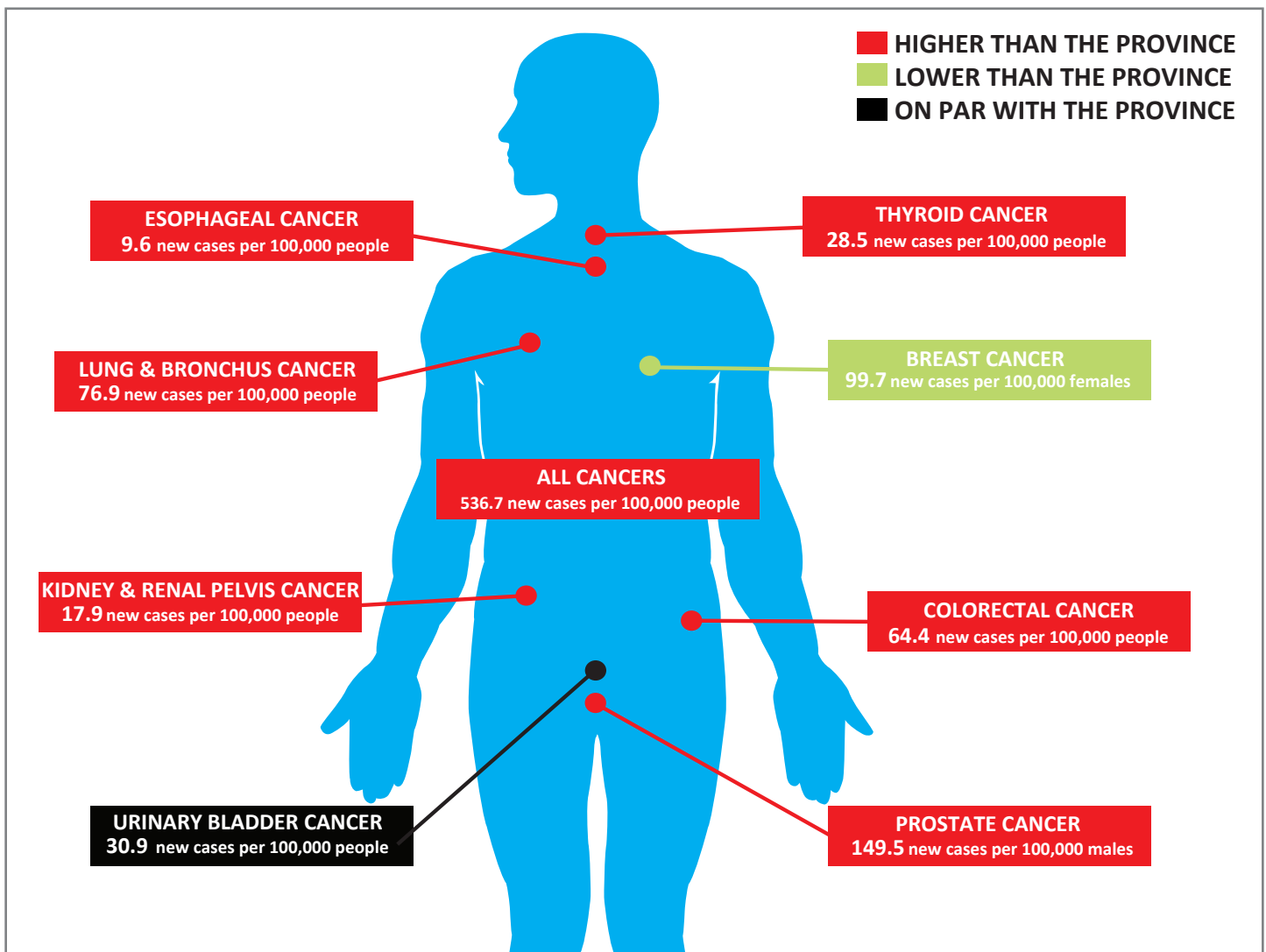


Algoma Cancer Bulletin: Cancer Incidence Rates 2010-2012



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April 2016



Call to action:

Working with district-wide community partners, our focus remains on:

- monitoring/reporting cancer trends
- raising public awareness of cancer risk factors
- encouraging participation in provincially funded cancer screening
- reducing smoking rates by 5% within 5 years
- increasing public opportunities for physical activity
- encouraging healthier lifestyle choices

Cancer screening

Screening saves lives by finding precancerous changes or cancer at an early stage when it is easier to treat. Screening is done on people who do not have any symptoms. **Breast, cervical and colorectal cancer screening programs are currently available in Ontario.** Further information can be found at [Screen for Life](#), or by calling 1-866-662-9233.

Data Notes: The rates presented above are age-adjusted to the 1991 Canadian population, meaning that any differences between the Algoma rate and the Provincial rate are not due to differences in the age distribution. Additionally, while this bulletin serves as an update to the Algoma Cancer Report 2015, the cancer rates presented here are not comparable to those found within that report due to the nature of how the Ontario Cancer Registry commits to data quality improvements.

Data Source: CCO SEER*Stat Package Release 10 - OCR (Aug. 2015). Pop Est Summary (Statistics Canada, Ontario Ministry Finance), Fall 2014 release, based on the 2011 Census.

Algoma Cancer Bulletin: Associated Lifestyle Factors

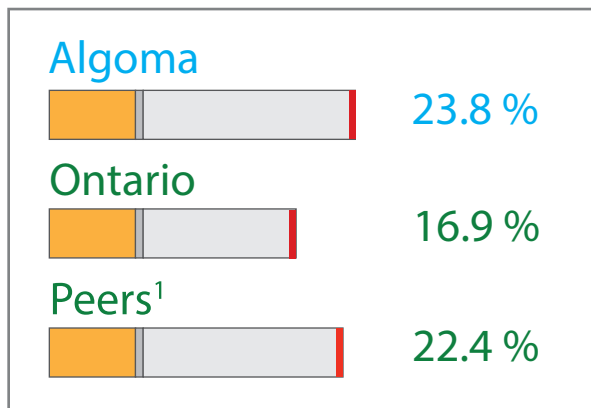


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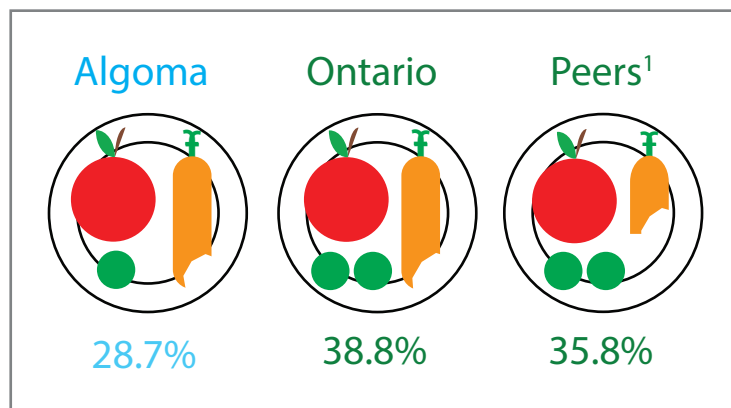
Current smokers

The percent of the population aged 12+ who have smoked more than 100 cigarettes in their life and have smoked in the past 30 days.



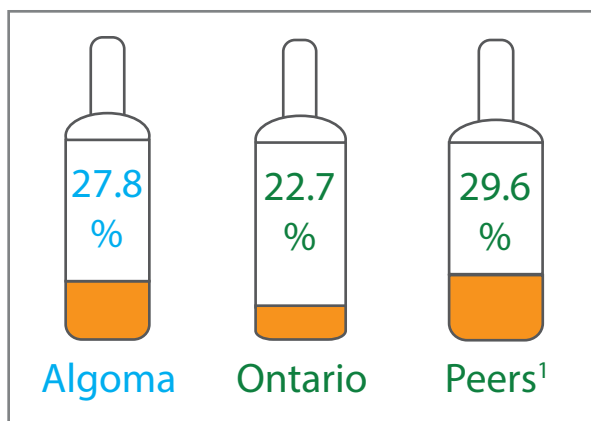
5+ fruits and vegetables daily

The percent of the population aged 12+ who report consuming fruits and vegetables at least 5 times during a single day.



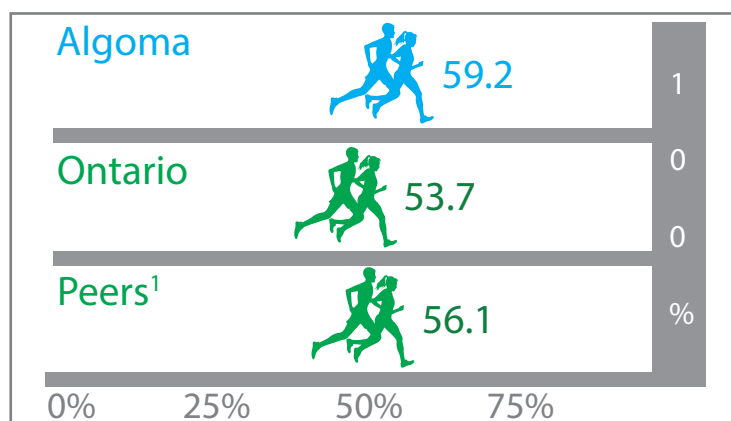
Excessive alcohol consumption

The percent of the population aged 12+ who report having 5 drinks (male) or 4 drinks (female) on one occasion at least once a month.



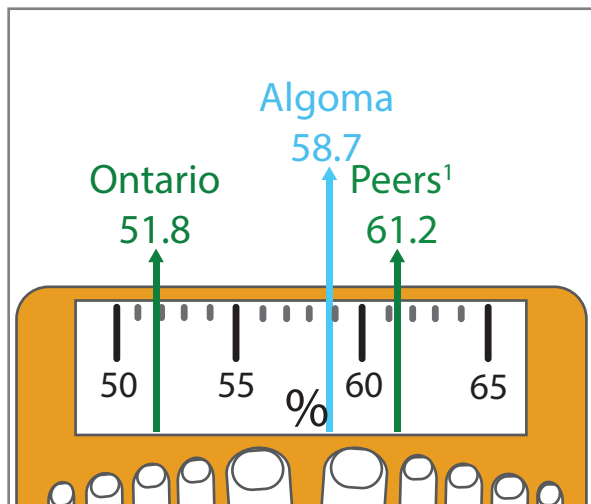
Physical activity

The percent of the population aged 12+ who report more leisure time physical activity than the equivalent of 30 minutes of walking a day over the past 3 months.



BMI over 25

The percent of the population aged 12+ who report their weight and height as a body mass index (BMI) classified overweight or obese.



Research has shown that at least **50%** of all cancers can be prevented through healthy lifestyle choices, such as:²

- avoiding tobacco;
- limiting alcohol;
- eating healthy food;
- maintaining a healthy body weight;
- being physically active;
- being safe in the sun; and by
- avoiding urban air pollution

Talk to your health care provider, or call [Algoma Public Health](http://www.algomapublichealth.ca) at 1-866-892-0172.

¹Peers includes the following: Chatham-Kent Health Unit, North Bay Perry Sound District Health Unit, Porcupine Health Unit, Sudbury and District Health Unit, Timiskaming Health Unit and Thunder Bay District Health Unit

²Cancer Care Ontario. 2015 Prevention System Quality Index: an inaugural report evaluating Ontario's efforts in cancer prevention. Toronto: Queen's Printer for Ontario; 2015

Data source: Canadian Community Health Survey [2013/2014], Statistics Canada, Share File, Ontario MOHLTC