



# Cancer Awareness & Prevention

Questions? Please email:

healthproviders@islandcountywa.gov



## Cancer in Island County

Cancer is the 2nd leading cause of death in the United States, but many kinds of cancer can be prevented or caught early.

Washington State

### Breast

78 cases per 100,000 people

87 cases per 100,000 people

**Worse**

### Prostate

42 cases per 100,000 people

40 cases per 100,000 people

**Better**

### Colorectal

32 cases per 100,000 people

29 cases per 100,000 people

**Better**

### Lung

41 cases per 100,000 people

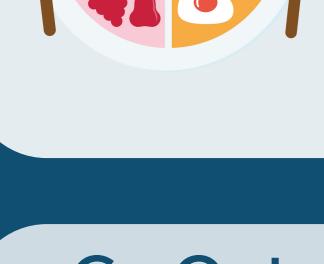
40 cases per 100,000 people

**Better**

Data Source: Community Health Assessment Tool (CHAT), 2020. Age Adjusted Rates

## Healthy Lifestyles Can Prevent Cancer

Eat a balanced diet



Routinely talk with your doctor

Protect your skin with sunscreen and layers



Don't smoke and limit alcohol use

CDC, 2023

## Go Outside and Actively Enjoy Island Life

Click the whale tail below for more ways to explore our beautiful islands!



Whidbey and Camano

**ISLANDS**

Washington State - USA

## Educational & Support Resources

