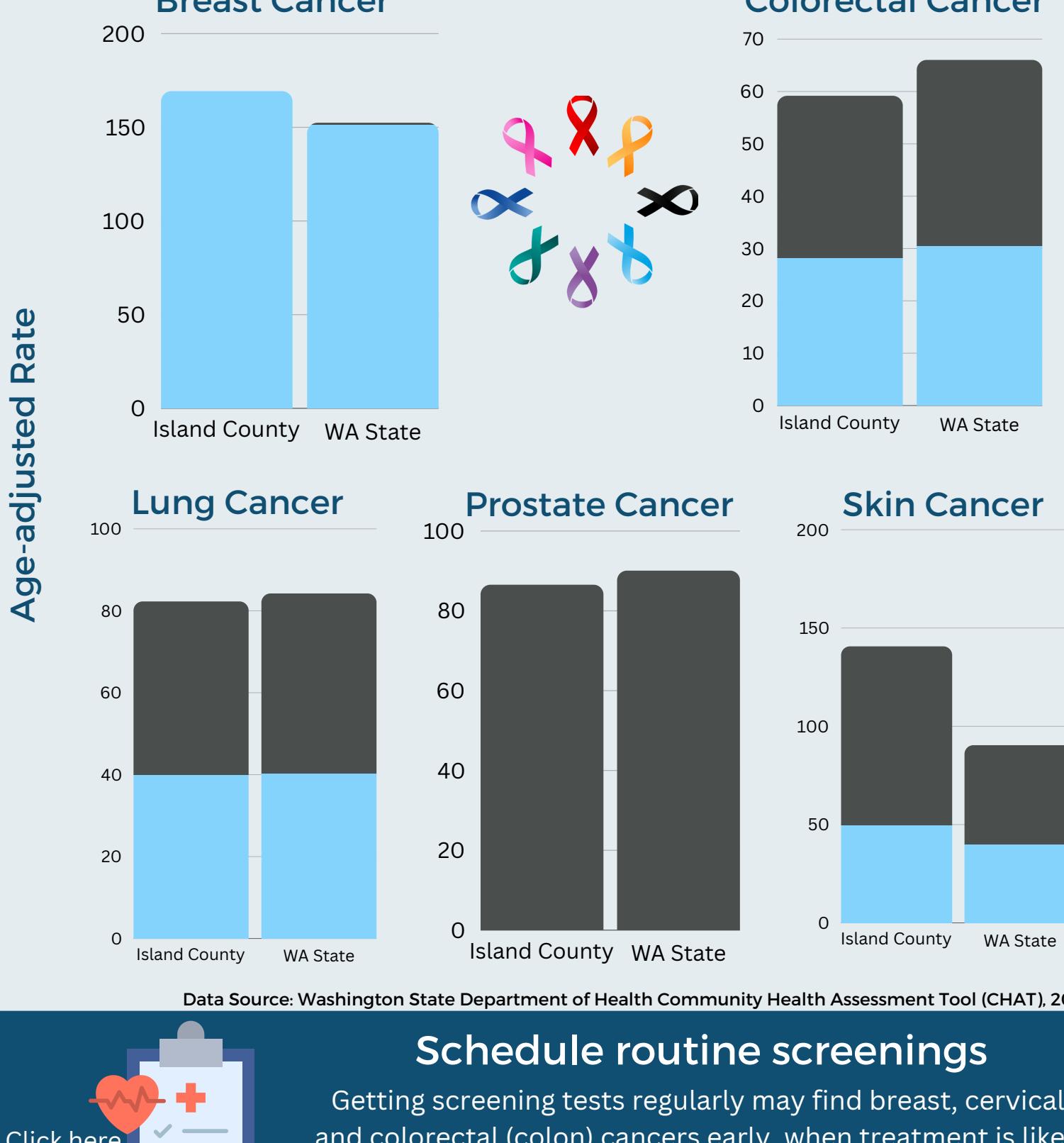




# Cancer Awareness & Prevention

An estimated 40% of cancer cases are attributed to preventable causes. Cancer is the leading cause of death in Washington State and a main cause in Island County. Prevention and early detection can save lives.

## Cancer Rates in Island County



Data Source: Washington State Department of Health Community Health Assessment Tool (CHAT), 2020

Click [here](#) to learn more.



## Schedule routine screenings

Getting screening tests regularly may find breast, cervical, and colorectal (colon) cancers early, when treatment is likely to work best. Lung cancer screening is recommended for some people who are at high risk.

## Healthy Lifestyles Can Prevent Cancer



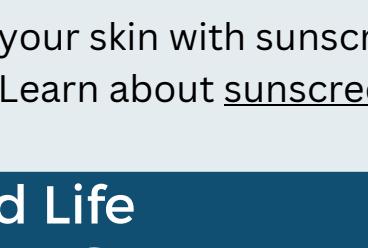
Eat a balanced diet. Visit [www.myplate.gov](http://www.myplate.gov) for healthy eating tips.



If you smoke, make a plan to quit. Visit [https://smokefree.gov/](http://smokefree.gov/) for tools.



Make a plan to drink less alcohol. Visit <https://www.cdc.gov/drinklessbeyourbest/>



Protect your skin with sunscreen and layers. Learn about [sunscreen](#) here.

CDC, 2023

## Actively Enjoy Island Life

Keeping a healthy weight reduces cancer risk. Click the [whale tail](#) for ways to actively explore our beautiful islands!



Whidbey and Camano  
ISLANDS  
Washington State - USA

## Educational & Support Resources



Questions? Please email: [healthproviders@islandcountywa.gov](mailto:healthproviders@islandcountywa.gov)