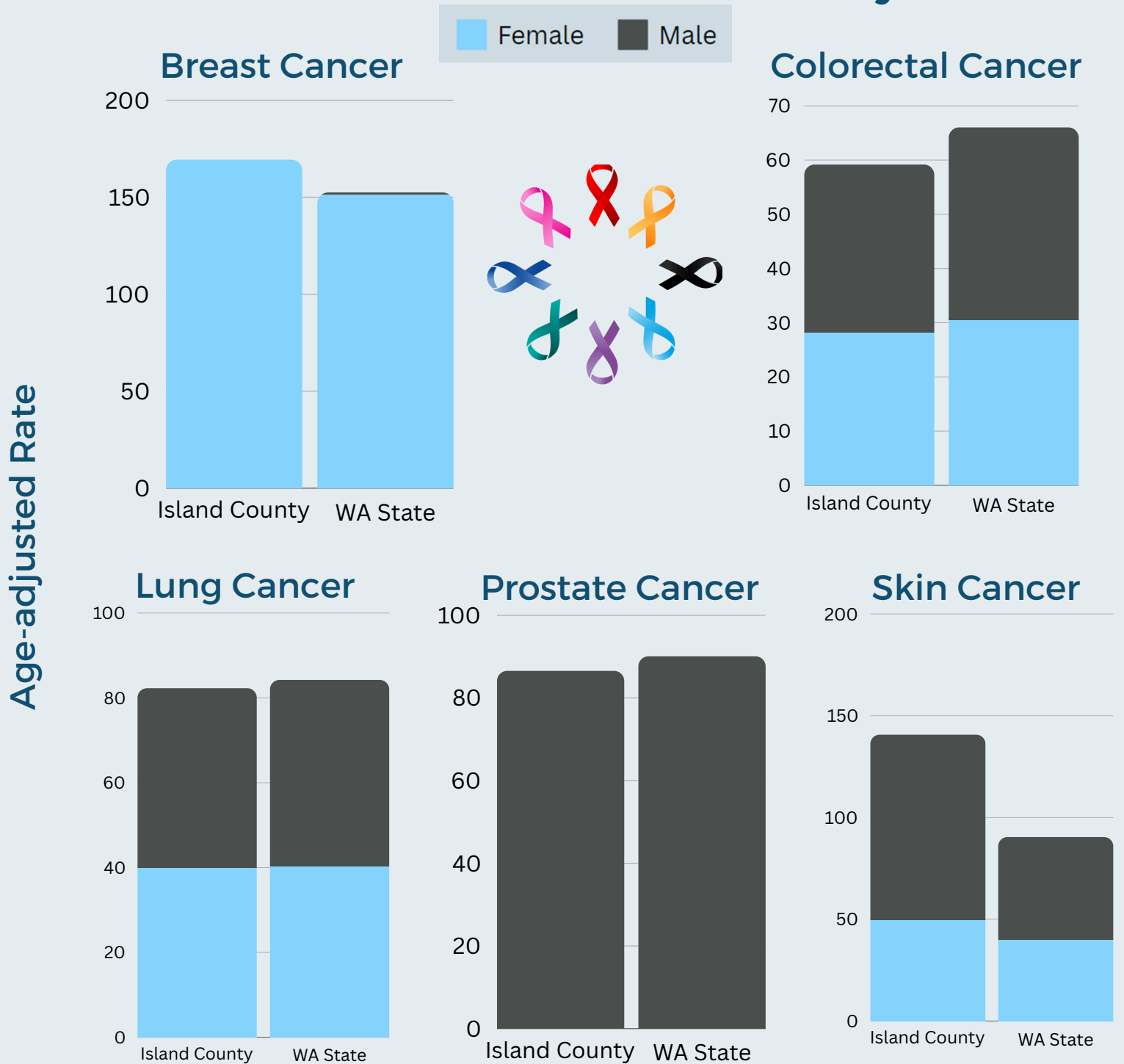




Cancer Awareness & Prevention

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 for healthy eating tips.



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



If you smoke, make a plan to quit. Visit <https://smokefree.gov/> for tools.



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



Fred Hutch
Cancer Center



Questions? Please email:
healthproviders@islandcountywa.gov