

# CANCER SURVIVORSHIP in IDAHO

# 2021

<p><b>Prevalence</b></p>	<p>Approximately 1 in 3 Idaho cancer survivors lives in a rural area</p>	<p>There are at least <b>42,500</b> people living in Idaho who have had a cancer diagnosis in the past 10 years</p>							
<p><b>Years Potential Life Lost</b></p>	<p>On average, more than a decade of life is lost per cancer death</p>	<p><b>Tips for Healthy Living</b></p> <ul style="list-style-type: none"> <li>• Maintain close and strong relationships with those you care for</li> <li>• Be active. Do what you can even if that means taking a short walk</li> <li>• Eat a healthy, plant-rich diet. Avoid smoking or using nicotine products</li> <li>• When your treatment is complete, work with your oncologist to create a survivorship care plan</li> </ul>							
<p><b>Among Idahoans living with cancer</b></p>	<table border="0"> <tr> <td data-bbox="295 1003 708 1228"> <p><b>19.1%</b> reported poor mental health 14+ of the last 30 days</p> </td> <td data-bbox="708 1003 1024 1228"> <p><b>22.7%</b> reported poor physical health 14+ of the last 30 days</p> </td> <td data-bbox="1024 1003 1624 1228"> <p><b>25.7%</b> reported no physical activity outside of work</p> </td> </tr> <tr> <td colspan="2" data-bbox="295 1228 1024 1501"> <p><b>13.4%</b> reported consuming 5+ servings of fruit and vegetables per day</p> </td> <td data-bbox="1024 1228 1624 1501"> <p><b>26.2%</b> reported being current smokers</p> </td> </tr> </table>			<p><b>19.1%</b> reported poor mental health 14+ of the last 30 days</p>	<p><b>22.7%</b> reported poor physical health 14+ of the last 30 days</p>	<p><b>25.7%</b> reported no physical activity outside of work</p>	<p><b>13.4%</b> reported consuming 5+ servings of fruit and vegetables per day</p>		<p><b>26.2%</b> reported being current smokers</p>
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<p><b>Post-Diagnosis</b></p>	<p><b>Within 5 years of diagnosis, Idahoans with cancer have a:</b></p> <ul style="list-style-type: none"> <li>• 31.1% chance of dying from their cancer, and</li> <li>• 10% chance of dying from another cause</li> </ul>	<p>Nearly <b>60%</b> of Idahoans with a cancer diagnosis will still be alive 5 years after their diagnosis</p>							