

Cancer STATS & FACTS for Ohio

CANCER SURVIVORS

June 2021

Who Is a Cancer Survivor?

A cancer survivor is any person with a history of cancer, from the time of diagnosis through the remainder of their life.

In 2019, there were:

580,000

cancer survivors in Ohio.



An estimated

67%



of Ohioans survive **five years or more** after their diagnosis (based on data from 2011-2017).

Cancer Survival Is Improving

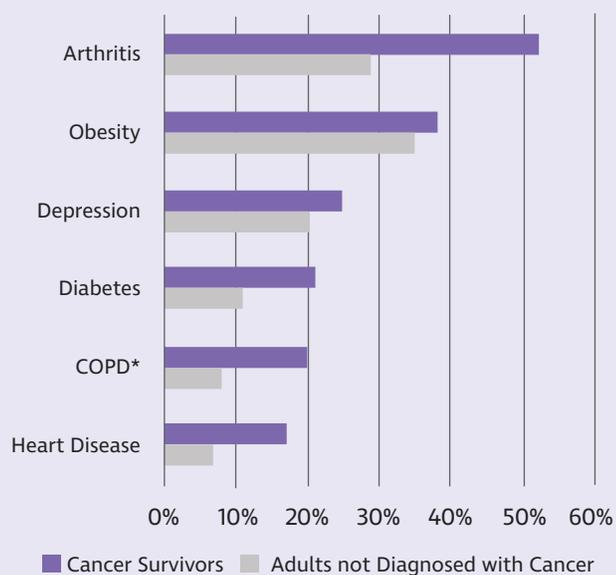
Survival among Ohioans has been improving since 1996 for all cancers combined.



- From 1996 to 2013, cancer survival was highest for white females and lowest for Black females.
- Black males had the greatest increase in survival (23%), followed by Black females (20%).

Chronic Health Conditions Among Cancer Survivors

Cancer survivors are more likely to have other chronic conditions during their lifetime than adults not diagnosed with cancer.



*Chronic obstructive pulmonary disease.

Making Healthy Choices

Making healthy choices is important during and after cancer treatment. Cancer survivors can lower their risk of getting cancer again by making healthy choices.



- Follow your doctor's instructions for follow-up care.
- 21% of cancer survivors are current smokers. If you smoke, try to quit, and stay away from other people's smoke. For help quitting tobacco, call 1-800-QUIT-NOW.
- Limit the amount of alcohol you drink.
- Protect your skin from exposure to ultraviolet rays from the sun and tanning beds.
- Eat lots of fruits and vegetables.
- Keep a healthy weight.
- Be physically active. One in three cancer survivors participate in no leisure time physical activity.

Resources for cancer survivors and their caregivers can be found at:

<https://www.cdc.gov/cancer/survivors/index.htm>.

For more information, see *Cancer Survival in Ohio*, available on the [Cancer Data and Statistics](#) webpage.

Sources: Ohio Cancer Incidence Surveillance System, Ohio Behavioral Risk Factor Surveillance System (2019), Ohio Department of Health; American Cancer Society; Centers for Disease Control and Prevention.