



Cancer STATS & FACTS for Ohio

CANCER RISK FACTORS

January 2021

A **cancer risk factor** is anything that increases a person's risk of developing cancer. Cancer risk factors include age; sex; race; ethnicity; poverty; genetics, such as genetic mutations and family history; health behaviors and lifestyle factors, such as tobacco and alcohol use and obesity; and environmental factors, such as radiation, infectious agents, and workplace exposures.

Age

57% of all cases of invasive cancer and

71% of cancer **deaths** occurred in Ohioans **age 65 and older** in 2018.



Smoking

21% of Ohio adults were current cigarette smokers in 2019, compared with **16%** in the United States.



Tobacco use is associated with **12** types of cancer and **30%** of all cancer deaths. For help quitting tobacco, call 1-800-QUIT-NOW.

Obesity

35% of Ohio men and women were obese in 2019.

Obesity is associated with



13 types of cancer and nearly **1 in 5** cancer deaths.



Physical Inactivity

In 2019, more than **1 in 4** Ohio adults reported no physical activity in the past month.

Higher levels of physical activity have been linked to lower risk of several types of cancer.



Alcohol Use

In Ohio, **24%** of men and **14%** of women were excessive drinkers in 2019.

Alcohol use causes **6%** of new cancers and **4%** of cancer-related deaths in the United States.



Infections

Certain infectious agents, including viruses, bacteria, and parasites, can increase the risk of developing cancer.

For example, high-risk types of HPV (human papillomavirus) can cause six types of cancer, including nearly all cervical cancers. Vaccination can prevent infection with these types of HPV.



For more information, see *See Cancer Risk Factors* and *Cancer Stats & Facts for Ohio: Cancer Prevention* available on the [Cancer Data and Statistics](#) webpage.

Sources: Ohio Cancer Incidence Surveillance System, Bureau of Vital Statistics, and Ohio Behavioral Risk Factor Surveillance System, Ohio Department of Health, 2020.