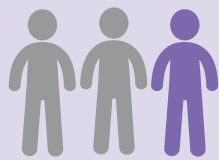


Cancer STATS & FACTS for Ohio

CANCER PREVENTION February 2020

Who Gets Cancer?



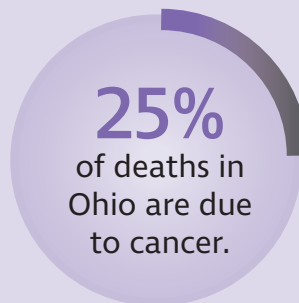
1 in 3

Ohioans will develop cancer in their lifetime.

65,000

Ohioans are diagnosed with invasive cancer each year.

How Many Die from Cancer?



25,000

Ohioans die from cancer each year.

26,000 cancers could be prevented in Ohio each year.

Ways to Reduce Your Cancer Risk



Avoid or quit tobacco.

In Ohio, 7,500 cancer deaths each year are due to smoking.



Protect against certain infections.

These include human papillomavirus and hepatitis B and C viruses.



Be physically active.

Only one in five Ohio adults meets physical activity guidelines.



Get screened.

Tests may prevent certain cancers and find cancers early, when treatment is likely to work best.



Keep a healthy weight. Two in three Ohioans are overweight or obese. These conditions are associated with 13 types of cancer.



Eat a healthy diet. Poor nutrition increases cancer risk, and a healthy diet decreases risk.



Protect your skin from the sun. Exposure to ultraviolet (UV) rays from the sun and tanning beds can cause skin cancer.



Limit the alcohol you drink. Drinking alcohol increases the risk of several cancers, including the mouth, esophagus, and liver.

Cancer reports and fact sheets are available on the [Cancer Data and Statistics](#) web page.

Sources: Ohio Cancer Incidence Surveillance System (2012-2016), Bureau of Vital Statistics (2012-2016), Ohio Behavioral Risk Factor Surveillance System (2017, 2018), Ohio Department of Health; American Cancer Society; Centers for Disease Control and Prevention.