

COPY

Richard Swift
Director

October 15, 2015

Board of County Commissioners
Clackamas County

Members of the Board:

Presentation on Cancer Awareness

Purpose/Outcomes	To inform the citizens of Clackamas County on Cancer.
Dollar Amount and Fiscal Impact	No Fiscal Impact
Funding Source	None
Safety Impact	None
Duration	None
Previous Board Action	None
Contact Person	Dr. Sarah Present, Health Officer 503-742-5300
Contract No.	N/A

BACKGROUND:

The Public Health Division, a division of the Health, Housing & Human Services Department is presenting a presentation of Cancer Awareness. In honor of Cancer Awareness in October, the Public Health Division has prepared a presentation for the Board and citizens of Clackamas County.

RECOMMENDATION:

No action needed.

Respectfully submitted,


Richard Swift, Director

Cancer Awareness: It's More than a Month

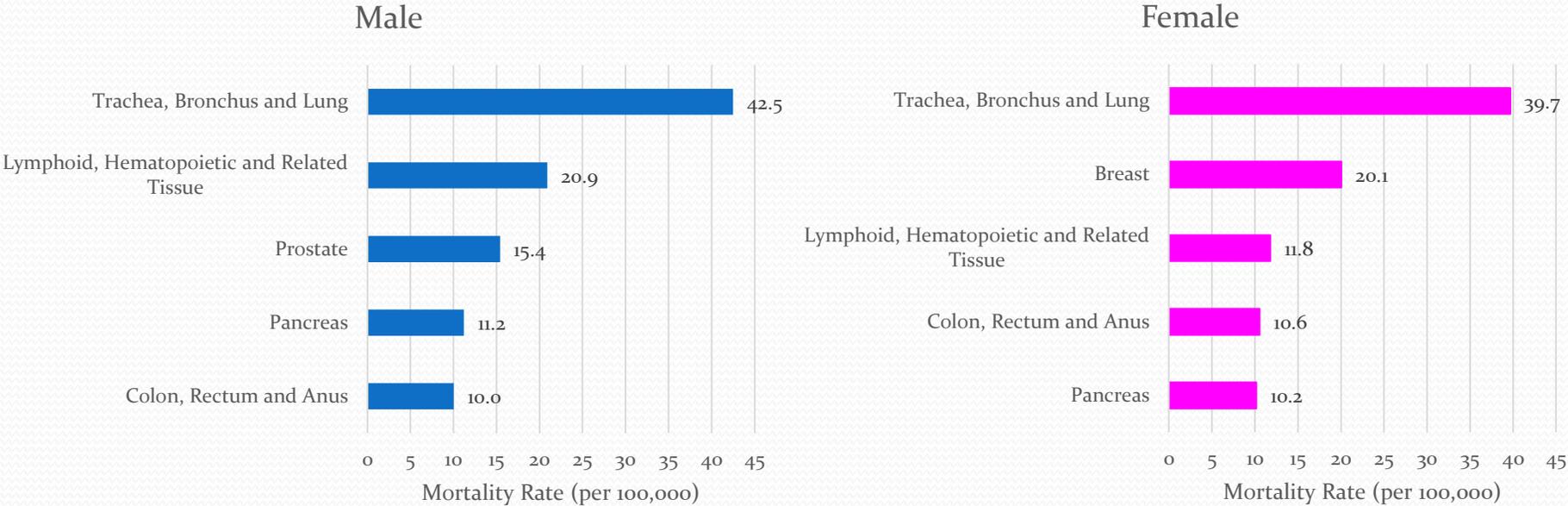
October 2015

Burden of Cancer



1 out of **3** women and
1 out of **2** men will be
diagnosed with cancer
in their lifetimes.

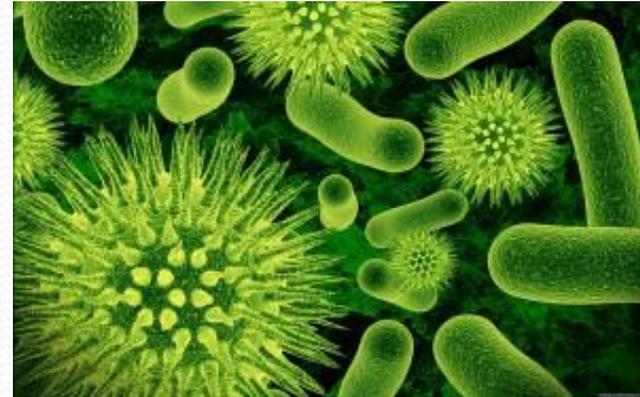
Cancer Mortality Rates by Sex Clackamas County, 2013



Source: Oregon Public Health Assessment Tool, Oregon Health Authority

Many Causes of Cancer

- Chemicals
- Viruses
- Genetics
- Lifestyle

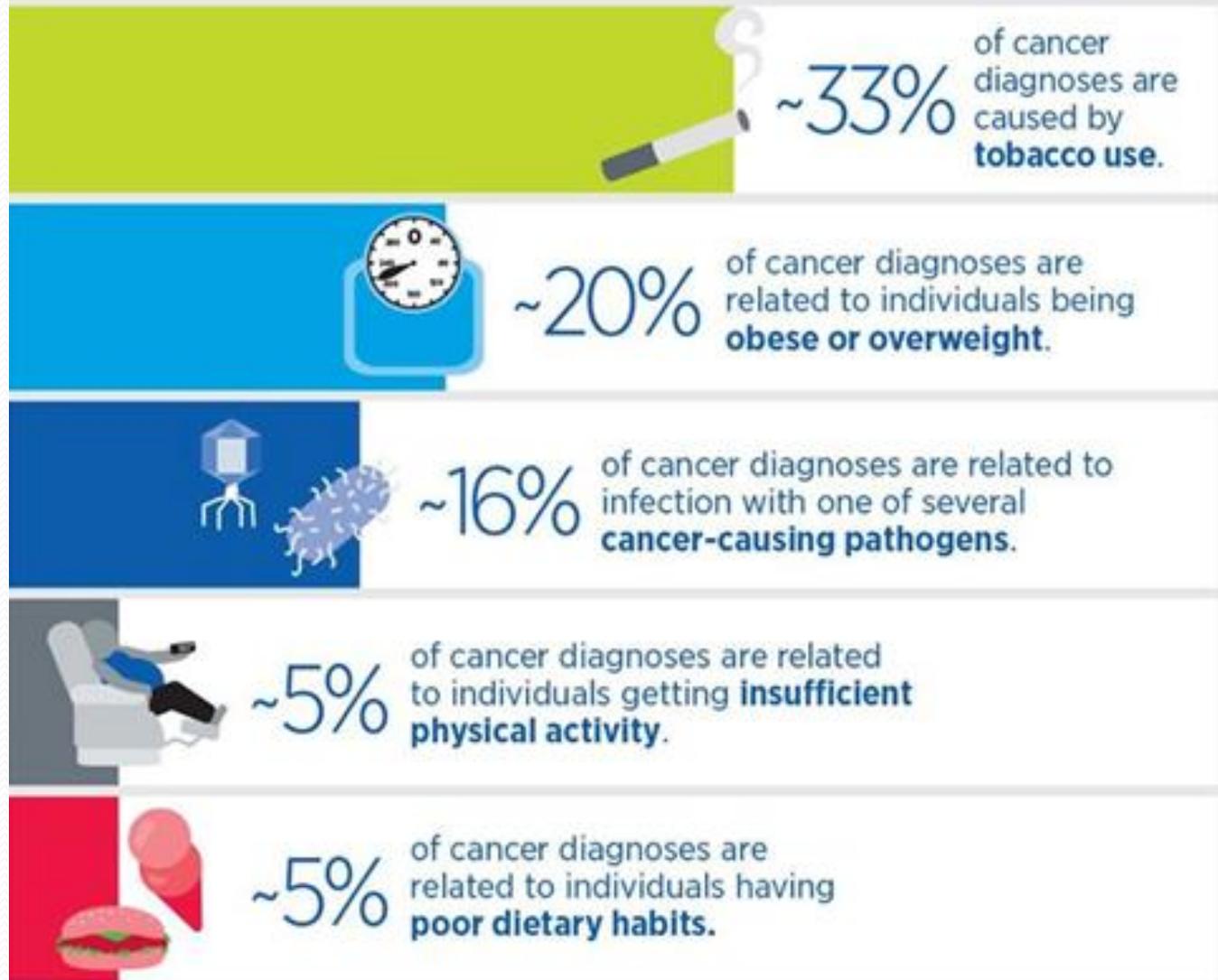


Risk Factors

- Smoking
- Poor diet, physical inactivity, obesity
- Infections
- UV radiation
- Environmental pollutants & occupational exposures

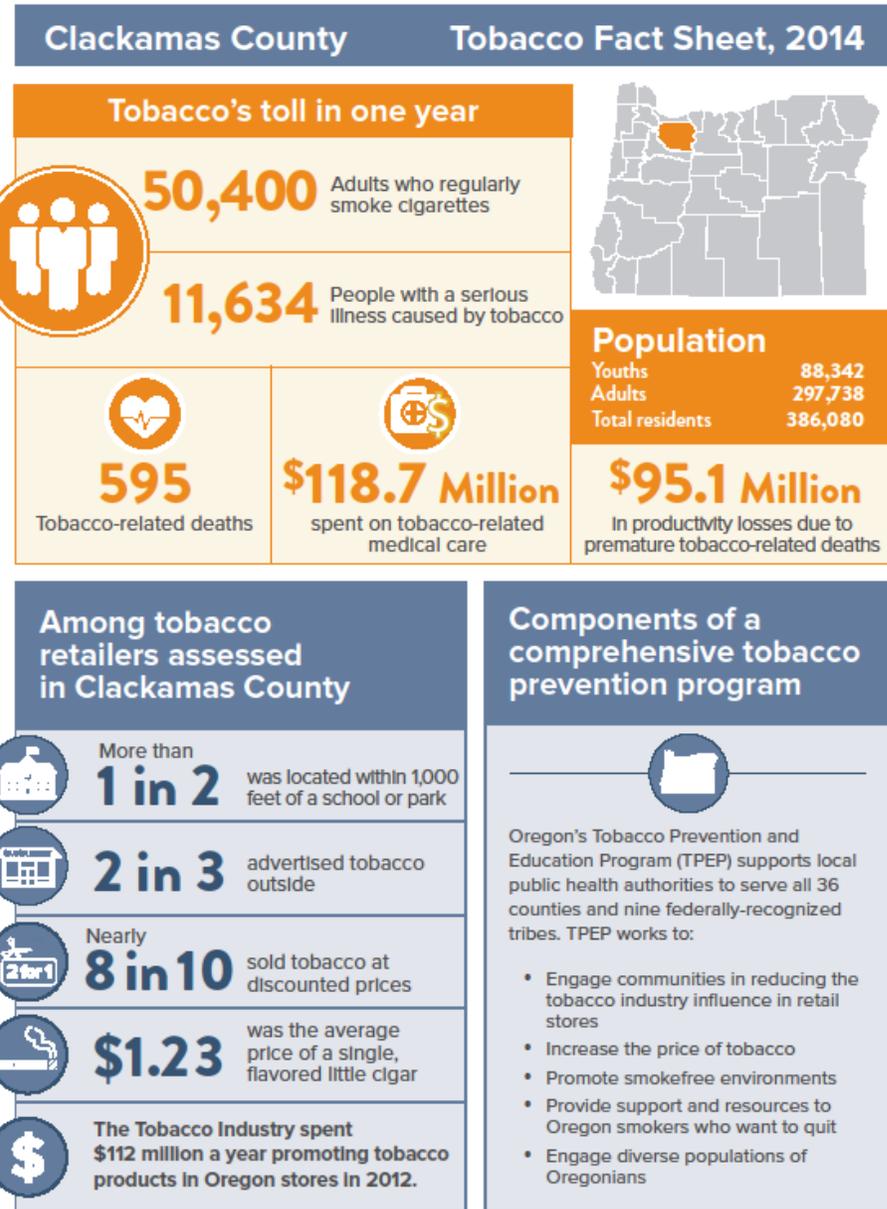
More than half of the estimated cancer deaths are related to preventable causes

Among the factors with the biggest impact on cancer incidence in the United States are the following:



About 17% of Clackamas County adults regularly smoke cigarettes.

The number of adult smokers in Clackamas County increased 10,000 between 2013-2014.



How can We Reduce our Cancer Risk?

Quit Tobacco



Oregon Tobacco Quit Line 1-800-QUIT-NOW www.quitnow.net

Live an Active Life



Eat Healthy



Vegetables and Fruits - 2½ cups every day



Whole Grains - oats, barley, quinoa, brown rice

Visit Your Doctor

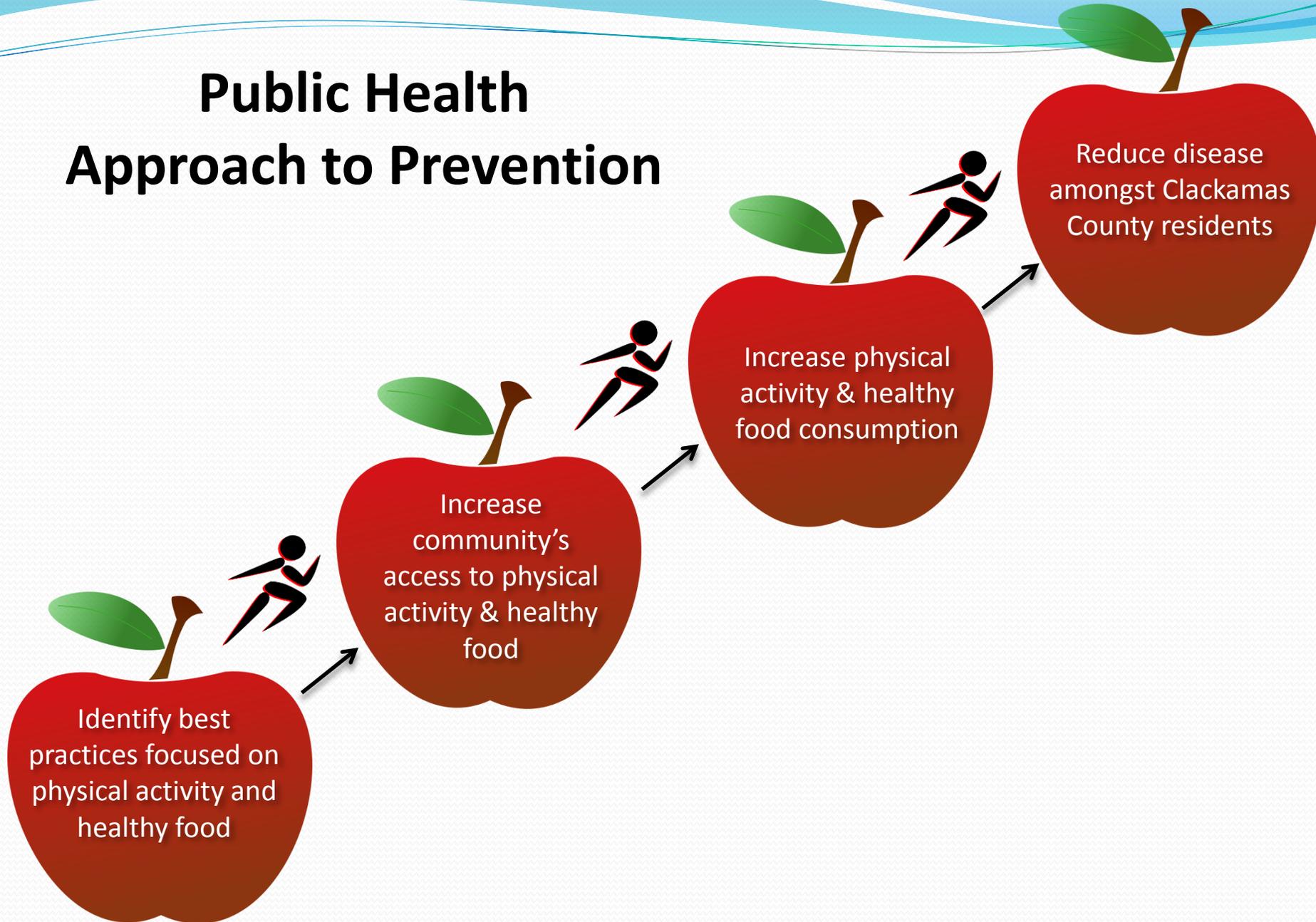
Cancer Screenings: Breast, Cervical, Colorectal, Lung, Prostate



9 OUT OF **10**

CASES OF COLORECTAL CANCER CAN BE TREATED SUCCESSFULLY WHEN FOUND EARLY.

Public Health Approach to Prevention



Healthy Eating Active Living (HEAL) Grants

	2011	2012	2013	2014	2015
Projects funded	13	15	13	12	14
Amount awarded	\$88,000	\$102,000	\$100,000	\$99,000	\$100,000



Clackamas County Public Health is Accepting HEAL Grants Proposals

- New applications for community-based projects that increase access to healthy foods and physical activity.
- Submission deadline for 2016 HEAL Grants is December 17, 2015. To apply, visit:
<http://www.clackamas.us/publichealth/heal.html>