

Cancer Prevention: Personal action plan

The most important thing you can do to prevent cancer is to live a healthy lifestyle. In fact, between 3 and 5 of every 10 cases of cancers can be prevented by doing so.

Date: _____

Personal risk and values assessment

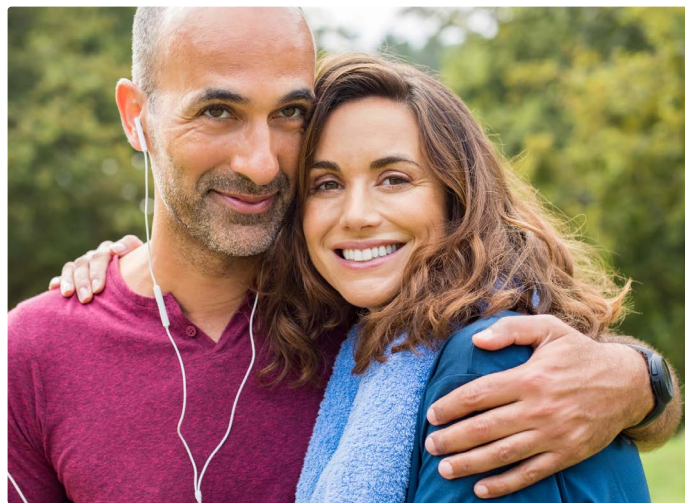
Almost 4 out of every 10 people will be diagnosed with cancer at some point during their lifetimes. The more risk factors you have, the higher your personal risk of having cancer.

My risk factors (check all that apply):

- | | |
|---|--|
| <input type="checkbox"/> I smoke. | <input type="checkbox"/> I don't always use sunscreen. |
| <input type="checkbox"/> I have a family history of cancer. | <input type="checkbox"/> I don't get cancer screenings that my doctor recommends. |
| <input type="checkbox"/> I am overweight. | <input type="checkbox"/> I haven't educated myself on how to prevent cancer. |
| <input type="checkbox"/> I am not physically active. | <input type="checkbox"/> I am not current on my vaccines (like hepatitis B and HPV). |
| <input type="checkbox"/> I eat too much sugar. | |
| <input type="checkbox"/> I don't eat fruits and vegetables every day. | |

Preventing cancer is important to me because I want to (check all that matter to you):

- | | |
|--|---|
| <input type="checkbox"/> Be around for my loved ones. | <input type="checkbox"/> Avoid the healthcare costs of cancer. |
| <input type="checkbox"/> Avoid the burden of cancer on my family. | <input type="checkbox"/> Spend my time healthy and enjoying life rather than in doctors' offices and hospitals. |
| <input type="checkbox"/> Avoid cancer treatments, surgery, and side effects. | |



My personal action plan

Use the worksheet on the next page to help you rate your progress on building cancer prevention into your lifestyle. Focus on just 1 or 2 of the following areas each week to become a "Pro" at preventing cancer:

- 1 Quit using all tobacco products.
- 2 Maintain a healthy weight.
- 3 Move more.
- 4 Eat more fiber including 5 servings of fruits and vegetables a day.
- 5 Limit sugar in what you eat and drink.
- 6 Decrease amount of red meat in your diet, and avoid processed meats (bacon, sausage, hotdogs).
- 7 Eat less salt.
- 8 Limit alcoholic drinks to 2 for men and 1 for women a day.
- 9 Practice sun safety.
- 10 Get vaccinated (hepatitis B and HPV) and all appropriate cancer screenings.

Becoming a cancer prevention PRO

For each recommendation, mark whether you are “Just beginning,” “Making progress,” or already a “Pro.”

1 Quit using all tobacco products (smokeless products, cigarettes, cigars, pipes, and e-cigarettes).

Just beginning

- ☐ I've talked to loved ones about wanting to quit.

Making progress

- ☐ I've looked into resources.

Already a PRO

- ☐ I do not use any tobacco products.

2 Maintain a healthy weight (using Body Mass Index [BMI] “Normal” range of 18.5–24.9).

Just beginning

- ☐ I am overweight with a BMI over 25.

Making progress

- ☐ I am working on a diet and physical activity plan.

Already a PRO

- ☐ I am within a normal BMI range.

3 Move more (weekly goal of 150 minutes moderate-intensity or 75 minutes vigorous-intensity activity).

Just beginning

- ☐ I get little or no physical activity per week.

Making progress

- ☐ I am increasing my daily physical activity.

Already a PRO

- ☐ I meet the physical activity goal every week.

4 Increase fiber intake to 25–30 grams from food, and eat 5 servings of fruits and vegetables a day.

Just beginning

- ☐ I eat less than 10 grams of fiber and 0–1 servings of fruits and vegetables a day.

Making progress

- ☐ I eat 15–20 grams of fiber and 2–4 servings of fruits and vegetables a day.

Already a PRO

- ☐ I eat 25–30 grams of fiber and 5 servings of fruits and vegetables a day.

5 Limit sugar in food and drink (daily maximum of 9 teaspoons for men and 6 teaspoons for women).

Just beginning

- ☐ I don't pay attention to how much sugar I consume.

Making progress

- ☐ I am making healthier choices about what I eat and drink.

Already a PRO

- ☐ I usually avoid sugary foods and drinks.

6 Reduce the red meat you eat, and avoid processed meats (weekly limit of 3–6 servings or 18 ounces total).

Just beginning

- ☐ I eat more than 6 servings of red meat each week.

Making progress

- ☐ I often eat 3–5 servings of red meat each week.

Already a PRO

- ☐ I always eat less than 3 servings of red meat each week.

7 Eat less salt (daily limit of 2,300 milligrams [mg] and ideal limit of 1,500 mg).

Just beginning

- ☐ I mostly eat processed foods and always add salt to my food.

Making progress

- ☐ I limit processed foods and use less salt when eating or cooking.

Already a PRO

- ☐ I rarely eat processed food or add salt.

8 Limit alcoholic drinks to a daily goal of 2 for men and 1 for women.

Just beginning

- ☐ I always drink more than the goal.

Making progress

- ☐ Sometimes, I drink more than goal.

Already a PRO

- ☐ I never drink more than goal.

9 Practice sun safety (use sunscreen daily, wear protective clothing, and avoid using tanning beds).

Just beginning

- ☐ I rarely follow the guidelines.

Making progress

- ☐ I usually try to follow the guidelines.

Already a PRO

- ☐ I always follow the guidelines.

10 Get vaccinated (hepatitis B and HPV) and recommended cancer screening tests.

Just beginning

- ☐ I have not been vaccinated or screened and do not understand why it is important.

Making progress

- ☐ I have had most vaccinations and necessary cancer screenings.

Already a PRO

- ☐ I am current on all vaccinations and screenings.

My plan for becoming a PRO at preventing cancer

Each week, check 1 or 2 cancer prevention recommendations where you are “Just beginning” or “Making progress” (from your rating on page 2). Then, complete the next section to plan how you will become a “PRO.”

| Recommendation | Week 1 | Week 2 | Week 3 | Week 4 |
|---|--------|--------|--------|--------|
| 1 Maintain a healthy weight. | | | | |
| 2 Move more. | | | | |
| 3 Increase fiber intake, and eat 5 fruits and vegetables a day. | | | | |
| 4 Limit sugar in what you eat and drink. | | | | |
| 5 Decrease amount of red meat in your diet, and avoid processed meats. | | | | |
| 6 Eat less salt. | | | | |
| 7 Limit alcoholic drinks to 2 for men and 1 for women a day. | | | | |
| 8 Practice sun safety. | | | | |
| 9 Get vaccinated (hepatitis B and HPV) and all appropriate cancer screenings. | | | | |

How I will become a PRO at _____:

I will: _____

Possible problems for meeting this goal are: _____

Things that will help me meet this goal are: _____

How I will become a PRO at _____:

To become a PRO, I will: _____

Possible problems for meeting this goal are: _____

Things my friends, family, or healthcare team can do to help me meet this goal are: _____

How I will become a PRO at _____:

To become a PRO, I will: _____

Possible problems for meeting this goal are: _____

Things that will help me meet this goal are: _____

Where can I learn more?

The following online resources provide helpful information:

- Intermountain Health
intermountainhealthcare.org/for-patients
- National Cancer Institute
cancer.gov
- American Institute for Cancer Research
aicr.org/cancer-prevention/healthy-eating/new-american-plate/
- American Cancer Society
cancer.org/healthy/eat-healthy-get-active/eat-healthy/find-healthy-recipes/main-dishes
- Choose My Plate
choosemyplate.gov

Intermountain Resources

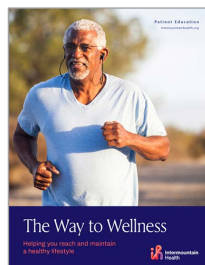
Ask your healthcare provider for copies of these resources to help you become a cancer prevention PRO.



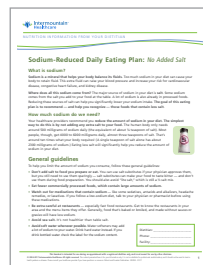
Quitting Tobacco:
Your journey
to freedom



Alcohol: Rethink
your drink



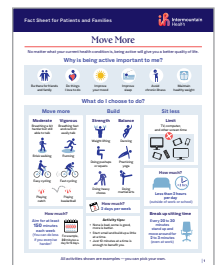
The Weigh
to Health



Sodium-Reduced
Daily Eating Plan



High-Fiber
Eating Plan



Live Well,
Move More

Notes
