



Inuit Cancer Risk Factors and Screening



TOBACCO



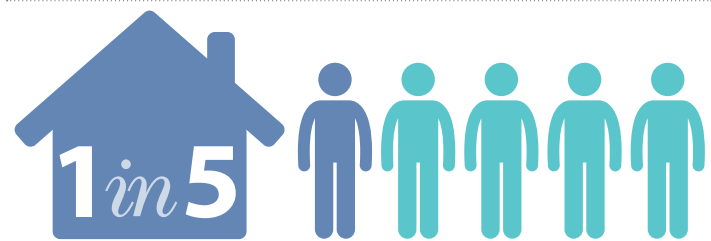
Smoking tobacco can increase the risk of lung cancer. Inuit are more likely to be diagnosed with **lung cancer** than the rest of Canada



TODAY, INUIT HAVE THE HIGHEST RATES OF SMOKING IN CANADA



Inuit adults living inside and outside of Nunangat **smoke daily or occasionally** more often than non-Aboriginal adults in Ontario



non-smoking Inuit are exposed to **second-hand smoke in the home**



ALCOHOL



Many people do not know that **drinking alcohol can cause cancer**. Drinking **even small amounts** of alcohol increases the risk of many cancers

1,000 to 3,000

new cancer cases per year in Ontario are from drinking alcohol



CANCERS RELATED TO DRINKING ALCOHOL

- Breast
- Throat
- Liver
- Mouth
- Esophagus
- Colon

BINGE DRINKING

Inuit women living inside and outside of Nunangat binge drink **more often** compared to non-Aboriginal women in Ontario



Inuit men living inside and outside of Nunangat have **similar** binge drinking behaviours compared to non-Aboriginal men in Ontario



For more information on local programs, visit: tungasuvvingatinuit.ca

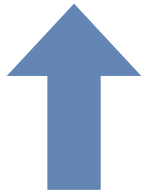
For the full report, visit: cancercareontario.ca/InuitRiskFactors

For more information on tobacco cessation, visit: tobaccowise.com



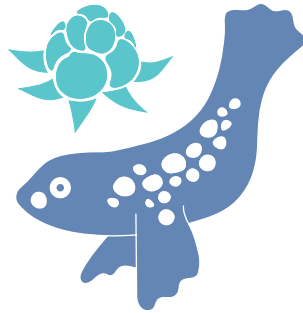


NUTRITION



An **unhealthy diet** increases the risk of colorectal cancer

Country food is an important part of a **healthy diet**. It includes food from wild animals and plants such as fish, seal, caribou, musk ox, and berries



1 in 3

Inuit living inside and outside of Nunangat live in households that have **low access to healthy foods**



WEIGHT

Being **overweight or obese** causes over

2,500

cancers diagnosed in Ontario every year

Obesity is 2 times more common in Inuit women living inside and outside of Nunangat compared to non-Aboriginal women in Ontario



The chances of getting cancer **go up** with higher body weight



CANCER PREVENTION

Stop smoking



Limit alcohol use



Eat country food, fruit, vegetables & whole grains



Be physically active



CANCER SCREENING

COLORECTAL CANCER SCREENING



BREAST CANCER SCREENING



CERVICAL CANCER SCREENING



To learn your personal cancer risk, start your 5 minute assessment online here: **mycanceriq.ca**

For more information on cancer screening, visit: **cancercareontario.ca/get-checked-cancer**



Need this information in an accessible format?

1-855-460-2647, TTY 416-217-1815, publicaffairs@cancercare.on.ca PCC4078

This infographic contains data primarily from the 2012 Aboriginal Peoples Survey and Canadian Community Health Survey
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