

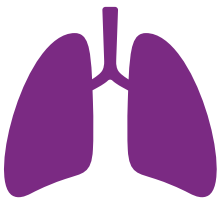


# First Nations People: Cancer Risk Factors and Screening



## COMMERCIAL TOBACCO

To many First Nations people, tobacco is a **sacred plant** that has spiritual and medicinal purposes. The recreational use of **commercial tobacco** (e.g. cigarettes) has no connection to First Nations spirituality



**Smoking commercial tobacco** can increase the risk of lung cancer

**2x**

First Nations adults are almost **2 times** more likely to **smoke cigarettes** than other adults



First Nations **teens** are **more likely** to smoke than other teens



## ALCOHOL



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



## CANCERS RELATED TO DRINKING ALCOHOL

- Breast
- Throat
- Liver
- Mouth
- Esophagus
- Colon and rectum

**Over 1 in 3** on-reserve First Nations adults **did not drink alcohol** in the past year



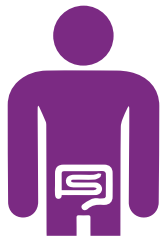
First Nations adults are **more likely** to **BINGE DRINK** than other adults





## NUTRITION

Traditional First Nations diets are largely composed of foods **grown, harvested and hunted** from the land and water and are a **healthy choice**



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

First Nations adults are **more likely** to live in households that are **food insecure** (e.g. low availability of culturally appropriate food, households worried about running out of food, etc.)



## WEIGHT AND ACTIVITY

Being **overweight or obese** causes over

# 2,500

cancers diagnosed in Ontario every year



About **3 in 4** First Nations adults are **overweight or obese**

**On-reserve First Nations** adults are **less likely** to be **physically active** compared to off-reserve First Nations adults and other adults. **Women** are **less likely** to be physically active than men



## CANCER PREVENTION

Stop smoking



Limit alcohol use



Eat traditional food, fruit, vegetables & whole grains

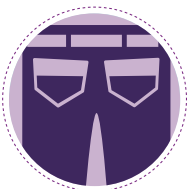


Be physically active



## CANCER SCREENING

**COLORECTAL CANCER SCREENING**



**BREAST CANCER SCREENING**



**CERVICAL CANCER SCREENING**



For more information on cancer screening, visit: [cancercareontario.ca/get-checked-cancer](http://cancercareontario.ca/get-checked-cancer)

To learn your personal cancer risk, start your 5 minute assessment online here: [mycanceriq.ca](http://mycanceriq.ca)

Need this information in an accessible format?

1-855-460-2647, TTY 416-217-1815, [publicaffairs@cancercare.on.ca](mailto:publicaffairs@cancercare.on.ca) PCC4078

Data about on-reserve First Nations peoples in Ontario were taken from the First Nations Regional Health Survey Phase 2 (2008/10), and data about off-reserve First Nations peoples and non-Aboriginal people in Ontario were taken from the Canadian Community Health Survey (2007-2013)

CREDIT: Artwork in banner by Mike Ormsby (W'DAE B'WAE). Leadership Journey (through canoe)

