



Comprehensive

Cancer Program

MY HEALTH ACTION PLAN

You can take small steps on your way to reducing cancer risks, eating healthier, being more active, and taking care of your wellbeing! Set a goal this month to make at least one healthy lifestyle change. Think of something that you can start as soon as tomorrow. Keep track of the goals you complete throughout the month on this My Health Action Plan.

GOAL: Start with at least one thing you will pledge to do.	I met my goal on:
This month I would like to	
☐ Talk with my family about our family health history, including cancer	
Make an appointment with my doctor to: Get a health physical Talk about my family history Talk about health screenings I need	
Talk with your doctor about appropriate screenings to detect cancer early Get a mammogram Get a pap smear Get a colorectal screening Get a lung cancer screening Get a prostate cancer screening	
Track Your Numbers Monitor my blood pressure Control my blood sugar Know my weight, maintain a healthy weight	
Be safe in the sun by Ex. Wearing sunscreen (SPF 30 or higher, UVA/UVB) when I go outside	
Take steps towards reducing my alcohol consumption by Ex. Drinking one less drink than I normally do at dinner	
Take steps towards living tobacco-free by Ex. Calling QuitlineNC for free cessation resources and tips, 1-800-QUIT-NOW	
Eat smarter by	
Move more by	
Seek support from family and friends by	

Resources to Help You Accomplish Your Goals



NC Cancer Prevention and Control Branch

https://publichealth.nc.gov/chronicdiseaseandinjury/cancerpreventionandcontrol/index.htm

The NC Cancer Prevention and Control Branch works to ease the burden of cancer through health education, information, screenings, resources and opportunities that promote healthy lifestyles in North Carolina. This website will provide you with information and resource connections for breast, cervical, colorectal, lung, prostate and skin cancers and cancer survivorship. There is information about the three Cancer Branch programs. *The Breast and Cervical Cancer Control Program (NC BCCCP)* provides free or low-cost breast and cervical cancer tests and follow-up to eligible women in North Carolina. *The Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) Project* provides cardiovascular disease testing, counseling and referral services to NC BCCCP eligible women. *The Comprehensive Cancer Control Program* equips others with knowledge, skills, tools and resource support that promotes cancer prevention and control, healthy lifestyles and better survivorship quality of life.

Alcohol and Cancer - Center for Disease Control and Prevention (CDC)

https://www.cdc.gov/cancer/alcohol/index.htm

This website providers information about how alcohol may increase your risk for cancer and recommended guidelines if you do drink.

American Cancer Society

https://www.cancer.org

This website provides information about all cancers including prevention, detection, diagnosis, survivorship, research and much more.

Eat Smart, Move More NC

https://www.eatsmartmovemorenc.com

Eat Smart, Move More NC is a statewide movement promoting opportunities for healthy eating and physical activity wherever people live, learn, earn, play, and pray.

Family Health History and Cancer - CDC

https://www.cdc.gov/cancer/family-health-history

Your family health history is a record of diseases and conditions that run in your family. Your family members may share genes, habits, and environments that can affect your risk of getting cancer. This website provides tips for learning about your family history.

Kinds of Cancer - CDC

https://www.cdc.gov/cancer/kinds.htm

This website provides a complete overview of the common cancers. The website includes prevention, risk factors, data, treatment, survivorship and much more.

Live Healthy to Be There

https://www.preventchronicdiseasenc.com

Live Healthy to Be There website includes information, tips and tools to quit tobacco, be physically active, eat healthy, monitor blood pressure, control blood sugar, maintain a healthy weight, track health numbers, get a mammogram and pap smear, and get a colorectal cancer screening.

National Cancer Institute

https://www.cancer.gov

This website provides information about all cancers including prevention, detection, diagnosis, survivorship, research and much more.

NC Tobacco Prevention and Control Branch

https://www.tobaccopreventionandcontrol.ncdhhs.gov

NC Tobacco Prevention and Control Branch has information and resources to prevent the initiation of smoking and other tobacco use, help tobacco-uses quit, and reduce exposure to secondhand smoke.



