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):

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

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

- Be around for my loved ones.
- Avoid the burden of cancer on my family.
- Avoid cancer treatments, surgery, and side effects.
- Avoid the healthcare costs of cancer.
- Spend my time healthy and enjoying life rather than in doctors' offices and hospitals.
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- Spend my time healthy and enjoying life rather than in doctors' offices and hospitals.

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.
<table>
<thead>
<tr>
<th>Recommendation</th>
<th>Just beginning</th>
<th>Making progress</th>
<th>Already a PRO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Quit using all tobacco products (smokeless products, cigarettes, cigars, pipes, and e-cigarettes).</td>
<td>☐ I’ve talked to loved ones about wanting to quit.</td>
<td>☐ I’ve looked into resources.</td>
<td>☐ I do not use any tobacco products.</td>
</tr>
<tr>
<td>2 Maintain a healthy weight (using Body Mass Index [BMI] “Normal” range of 18.5–24.9).</td>
<td>☐ I am overweight with a BMI over 25.</td>
<td>☐ I am working on a diet and physical activity plan.</td>
<td>☐ I am within a normal BMI range.</td>
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<tr>
<td>3 Move more (weekly goal of 150 minutes moderate-intensity or 75 minutes vigorous-intensity activity).</td>
<td>☐ I get little or no physical activity per week.</td>
<td>☐ I am increasing my daily physical activity.</td>
<td>☐ I meet the physical activity goal every week.</td>
</tr>
<tr>
<td>4 Increase fiber intake to 25–30 grams from food, and eat 5 servings of fruits and vegetables a day.</td>
<td>☐ I eat less than 10 grams of fiber and 0–1 servings of fruits and vegetables a day.</td>
<td>☐ I eat 15–20 grams of fiber and 2–4 servings of fruits and vegetables a day.</td>
<td>☐ I eat 25–30 grams of fiber and 5 servings of fruits and vegetables a day.</td>
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<tr>
<td>5 Limit sugar in food and drink (daily maximum of 9 teaspoons for men and 6 teaspoons for women).</td>
<td>☐ I don’t pay attention to how much sugar I consume.</td>
<td>☐ I am making healthier choices about what I eat and drink.</td>
<td>☐ I usually avoid sugary foods and drinks.</td>
</tr>
<tr>
<td>6 Reduce the red meat you eat, and avoid processed meats (weekly limit of 3–6 servings or 18 ounces total).</td>
<td>☐ I eat more than 6 servings of red meat each week.</td>
<td>☐ I often eat 3–5 servings of red meat each week.</td>
<td>☐ I always eat less than 3 servings of red meat each week.</td>
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<tr>
<td>7 Eat less salt (daily limit of 2,300 milligrams [mg] and ideal limit of 1,500 mg).</td>
<td>☐ I mostly eat processed foods and always add salt to my food.</td>
<td>☐ I limit processed foods and use less salt when eating or cooking.</td>
<td>☐ I rarely eat processed food or add salt.</td>
</tr>
<tr>
<td>8 Limit alcoholic drinks to a daily goal of 2 for men and 1 for women.</td>
<td>☐ I always drink more than the goal.</td>
<td>☐ Sometimes, I drink more than goal.</td>
<td>☐ I never drink more than goal.</td>
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<td>9 Practice sun safety (use sunscreen daily, wear protective clothing, and avoid using tanning beds).</td>
<td>☐ I rarely follow the guidelines.</td>
<td>☐ I usually try to follow the guidelines.</td>
<td>☐ I always follow the guidelines.</td>
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<tr>
<td>10 Get vaccinated (hepatitis B and HPV) and recommended cancer screening tests.</td>
<td>☐ I have not been vaccinated or screened and do not understand why it is important.</td>
<td>☐ I have had most vaccinations and necessary cancer screenings.</td>
<td>☐ I am current on all vaccinations and screenings.</td>
</tr>
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</table>
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.”

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<th>Recommendation</th>
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<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
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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 Healthcare [intermountainhealthcare.org/patienthandouts](http://intermountainhealthcare.org/patienthandouts)
- National Cancer Institute [cancer.gov](http://cancer.gov)
- American Institute for Cancer Research [aicr.org/new-american-plate/reduce_diet_new_american_plate_portion](http://aicr.org/new-american-plate/reduce_diet_new_american_plate_portion)
- Choose My Plate [choosemyplate.gov](http://choosemyplate.gov)

Intermountain Resources

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

Notes

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