Cancer is one of the top 5 Health Priorities as rated by South Heartland’s Communities. Cancer is the second leading cause of death in Adams, Clay, Nuckolls and Webster Counties. The top five most frequently diagnosed cancers in our district are breast, prostate, melanoma of the skin, colon/rectum and lung.

We can make a change. 70% of cancer risk can be affected/reduced through lifestyle changes.

What can I do?

- Limit the amount of alcohol you drink
- Keep a healthy weight
- Test your home for Radon gas
- Protect Your Skin

For more information about the South Heartland Community Health Improvement Plan (CHIP), and how you or your organization can get involved, go to www.southheartlandhealth.org or follow the QR code.
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Our goal is to reduce the number of new cancer cases as well as illness, disability and death caused by cancer. We are working together to reduce barriers and increase access to cancer screening, diagnosis and treatment!

**STRATEGIES/OBJECTIVES**

**Action**  
Increase counseling about risk factors.  
Consistent messaging about cancer risk – education and awareness.  
Help people stay up to date on cancer screenings.  
Increase access by removing barriers to screening, diagnosis and treatment.  
Look into risk factors for other types of cancer.  
Create a health services resource guide.

**Setting**  
Clinics and hospitals  
Clinics, hospitals, schools, community, workplaces and the public health department  
Clinics, hospitals, imaging centers and cancer centers  
Clinics, hospitals, imaging centers, cancer centers, the public health department and community  
Community and the environment  
Libraries, schools, clinics, hospitals, community and the public health department

**EXPECTED RESULTS**

1. More people are educated on cancer risk factors  
2. More people are empowered to make healthy choices  
3. More people are able to access cancer screening, diagnosis and treatment  
4. More cancers are caught early for less disability and death

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