

Prevention

Tobacco use, physical inactivity, obesity, poor nutrition and high exposure to ultraviolet rays are preventable causes of cancer. Tobacco use alone is believed to be responsible for almost one-third of all cancer deaths and about 87 percent of lung cancer deaths. Nearly 90 percent of colorectal cancer cases and deaths are preventable with regular screening and a healthy lifestyle. Lung and colorectal cancers, the top two cancer killers, account for 40 percent of the cancer deaths in this state. We can prevent most of these cancers without new research or drugs, however, prevention is difficult because it often involves changing both attitudes and behaviors.

SUBJECT

SC GRADE

Tobacco

D

25.5 percent of adults reported smoking some days or everyday* 36% of youth reported smoking cigarettes on one or more of the past 30 days***

Healthy Dietary Pattern

C

22.3 percent of adults* and 17.6% of youth*** reported eating 5 or more servings of fruits and vegetables a day*

Healthy Weight

F

61.4 percent of adults are either overweight or obese**

Physical Activity

C

23.3 percent of adults report no leisure time physical activity*

Binge Drinking

B

14.4 percent of South Carolinians reported drinking at least five drinks on one occasion*

Exposure to Ultraviolet Rays (Tanning)

NA

Access to Care

D

14.5% of South Carolinians reported having no medical insurance****