

A Call to Action: What New Yorkers Can Do to Reduce the Burden of Cancer

The New York State Cancer Consortium believes that preventing and controlling cancer requires individuals and organizations of all kinds to get involved and make contributions— however small they may seem. The following activities list some of the many ways in which all New Yorkers can make a difference at home, at work, and in their communities. Use these suggested activities and pledge to take action today.



- If you use tobacco, quit. If you don't use tobacco, don't start.
- Eat nutritious meals that include fruits, vegetables and whole grains.
- Get moving for at least 30 minutes a day on five or more days each week.
- Use sunscreen, monitor sun exposure and avoid tanning salons.
- Limit alcohol use.
- Get cancer-preventive vaccines such as hepatitis B and HPV.
- Learn your family health history (if possible) and discuss with your healthcare provider whether genetic counseling might be right for you.
- Discuss what cancer screening tests might be right for you with your healthcare provider.
- Test your home for radon.
- Volunteer your time and donate money to cancer organizations and events.
- For women of child-bearing age, know the benefits of breastfeeding and, if possible, breast-feed infants exclusively for at least the first six months of life.

As a New Yorker, I pledge to do the following to reduce the burden of cancer:
