

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

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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 educational institutions can make a difference in their communities. Use these suggested activities and pledge to take action today.



- Make your campus a tobacco-free environment.
- Provide healthy foods in vending machines, cafeterias, and dining halls.
- Meet or exceed physical education requirements.
- Encourage sun-safe behaviors and discourage indoor tanning usage.
- Include cancer prevention messages in health classes.
- Open select facilities to the community for walking and other physical activity during off hours.
- Sponsor a health fair, cancer awareness campaign, or educational seminar in collaboration with community partners.
- Institute policies that promote health and wellness among employees and students, such as employee benefit packages which include comprehensive cancer coverage.
- Support research studies to reduce health disparities due to factors such as socioeconomic status, ethnicity, race, age, disability, sexual orientation, and health literacy.

As an educational institution, I pledge to do the following to reduce the burden of cancer:

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