

Comprehensive Cancer Control
Collaborating to Conquer Cancer
NORTH CAROLINA

You can reduce cancer risks

My Health Action Plan

Improving your health doesn't have to feel overwhelming. Small, simple steps can make a big difference over time. My Health Action Plan is your guide to a healthier lifestyle and lower risk of cancer. There's no pressure to do everything at once, small changes truly matter. Choose a goal that feels doable, and each action step you take will help you feel healthier and more confident.

My GOAL: I will complete _____ action step(s) per month.

ACTION STEPS	DATE COMPLETED
Involve my family and friends • Talk with my family about our health history, including cancer • Seek support from family and friends by _____. *Example: Sharing My Health Action Plan*	
Make an appointment with my health care provider to • Get a health physical • Talk about my family history • Talk about health screenings I need	
Talk with my health care provider about appropriate cancer screenings and vaccination • Breast cancer screening • Cervical cancer screening • Colorectal cancer screening • Lung cancer screening • Prostate cancer screening • Skin cancer screening • Human Papillomavirus (HPV) Vaccine	
Track My Numbers Regularly • Monitor my blood pressure • Control my blood sugar • Know and monitor my triglycerides • Know my weight, maintain a healthy weight	
Take steps toward reducing my alcohol consumption by _____. *Example: Drinking one less drink than I normally do at dinner*	
Take steps toward living tobacco-free by _____. *Example: Engaging QuitlineNC for free cessation help, 1-800-QUIT-NOW, QuitlineNC.com*	
Protect myself from environmental factors by _____. *Example: Testing my home for radon, Wearing sunscreen and/or sun-protective clothing*	
Eat smart and move more by _____. *Example: Choosing less red meat dishes, eating more vegetable, drinking more water, taking a walk after dinner two times a week*	

Resources to Help You Accomplish Your Goal

Know Your Family – Your family health history is a record of diseases and conditions that run in your family. Your family members may share genes, habits, and environments that can affect your risk of getting cancer. cdc.gov/cancer/risk-factors/family-health-history.html



Understand Your Cancer Risk – The American Cancer Society CancerRisk360™ can help you better understand your cancer risk and provide personalized tips and resources to improve your health. acscancerrisk360.cancer.org



Get Screened – Screening can find some cancers early, when treatment is more likely to work. Ask your health care provider which screenings are right for you based on your age, health history, and other risk factors. These may include screening for breast, cervical, colorectal, or lung cancer. Your provider can also help you decide whether to be screened for prostate cancer. Check your skin regularly and tell your provider about new or changing spots, sores that do not heal, or unusual moles. These changes may be signs of skin cancer. cdc.gov/cancer/prevention/screening.html



Get Vaccinated – Human Papillomavirus (HPV) can cause anal, cervical, oropharyngeal, penile, vaginal, and vulvar cancers. The HPV vaccine helps protect people from these cancers and works best when given at the recommended ages. Getting vaccinated is a safe and effective way to lower your cancer risk. dph.ncdhhs.gov/hpv-vaccine



Limit Alcohol – Drinking alcohol raises your risk for several cancers, like breast, prostate, and colon. No amount is totally safe; each drink adds risk. Adults who choose to drink should limit to 1 drink per day for women and 2 for men. cdc.gov/alcohol/index.html



Quit Using Tobacco – Quitting takes practice! No matter where you are on your journey, you can find free, non-judgmental, evidence-based support from trained quit coaches and receive one-on-one counseling as well as quit medication. Coaching and medications significantly increase your chances of quitting for good. Call 1-800-Quit-Now, or visit quitlinenc.com



Test your home for radon – Radon is a natural gas that can increase your risk of lung cancer. You can't see or smell it, so the only way to know if it's in your home is to test for it. Start your plan today by testing the air in your home for radon. If you use well water, contact your county's environmental health department to learn how to test it. ncdhhs.gov/radon



Avoid UV Radiation – Exposure to ultraviolet (UV) rays from the sun and tanning beds can raise your risk for skin cancer. To stay safe outdoors, seek shade, avoid indoor tanning, and wear broad-spectrum sunscreen with SPF 30 or higher. Wear protective clothing, like long sleeves, a wide-brim hat, and sunglasses that block UV rays. cdc.gov/skin-cancer/prevention



Eat Smart and Move More – Maintaining a healthy weight, eating well, and staying active can lower your risk for several types of cancer. Choose more vegetables, whole fruits, beans, and whole grains, and limit red and processed meats, sugary drinks, and highly processed foods. Aim for at least 30 minutes of activity, such as walking, gardening, or dancing, on most days. Include muscle-strengthening activities twice a week, eatsmartmovemorenc.com



NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
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