Cancer in Vermont: Windsor County

22% of deaths in Windsor County are caused by cancer.

3,700 Vermonters are diagnosed with cancer each year.

It's not all in your genes.

Some cancers are genetic, but there are certain factors in our lives that can increase the risk of getting cancer. Know what they are so you can take steps to stay healthy.

In Windsor County:

- 85% of adults have a poor diet and/or not enough physical activity.
- 28% of adults are obese.
- 19% of adults smoke cigarettes.
- 44% of adolescents ages 13-17 are not up-to-date on HPV vaccination.
- 25% of adults are not up-to-date on breast cancer screening.
- 31% of adults are not up-to-date on colorectal cancer screening.

You can lower your risk of getting cancer.

Small steps can help.

- **Eat more fruits and vegetables** and avoid fat, sugar and salt.
- Go on one brisk **30-minute walk each day**.
- Quit tobacco. Take a small step today - **set a quit date**.
- Going outside? Wear **SPF 15 sunscreen** or higher.
- Make sure all teens get the **full series of the HPV vaccine** to protect against cancer.
- If you are a **cancer survivor**, find resources to support staying active and healthy at [www.vcsn.net](http://www.vcsn.net).

Get screened for cancer. It works!

- Ask your healthcare provider which screening is right for you.

About 3,700 people in Windsor County are living with cancer.

Learn more: [www.healthvermont.gov/wellness/cancer](http://www.healthvermont.gov/wellness/cancer)

Data Sources:
Behavioral Risk Factor Surveillance System (BRFSS), Youth Risk Behavior Survey (YRBS), Vermont Cancer Registry, Vermont Immunization Registry, and Vermont Vital Statistics

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