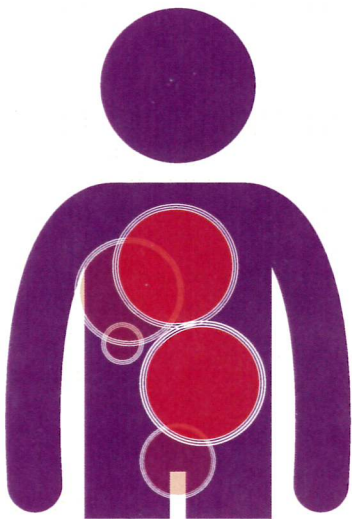




Cancer in First Nations People in Ontario

MOST COMMON CANCERS

The **most common** types of cancers among First Nations people are:



- Lung
- Colorectal
- Female Breast
- Prostate
- Kidney

CANCER INCIDENCE (NEW CASES)

New cancer cases in First Nations people compared to other people in Ontario:



Lung cancer
higher for First Nations people



Colorectal cancer
higher for First Nations people



Breast cancer
similar for First Nations women



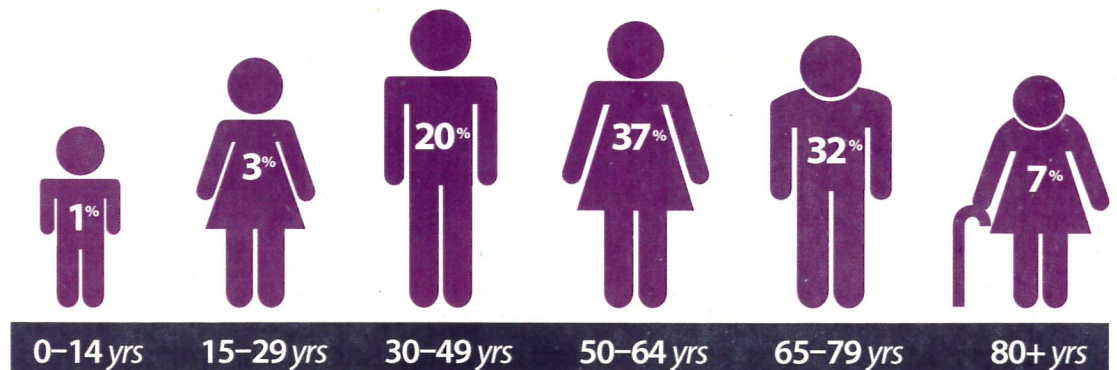
Kidney cancer
higher for First Nations people



Cervical cancer
similar for First Nations women

PERCENTAGE OF NEW CANCERS DIAGNOSED IN FIRST NATIONS PEOPLE BY AGE GROUP

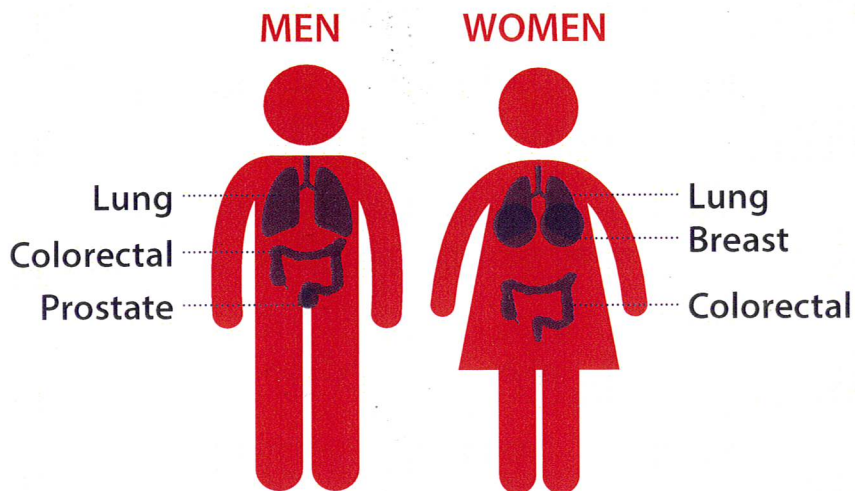
Cancer in young First Nations people (ages 0 to 29) is very rare. **Most cancers are diagnosed in older First Nations people**, particularly in people ages 50 to 79.



CANCER MORTALITY (DEATHS)

Deaths from cancer are **higher** in First Nations people than other people in Ontario

Top 3 most common deaths from cancer in First Nations people:



CANCER PREVENTION



Stop smoking



Limit alcohol use



Eat traditional food, fruit, vegetables & whole grains



Be physically active

CANCER SURVIVAL



The chance of living after a cancer diagnosis depends on many things, such as **when the cancer is caught** and the **type of cancer**

Of all cancers in First Nations people:



Best survival is for female breast and male prostate cancers

Poorest survival is for lung and pancreas cancers in men and women



TAKE ACTION



Know your body. **Get changes checked sooner than later.** If you have questions about your health, talk to a healthcare provider

For more information on cancer screening, visit: cancercareontario.ca/get-checked-cancer

To learn your personal cancer risk, start your 5 minute assessment online here: mycanceriq.ca

For the full report, visit: cancercareontario.ca/firstnationscancerreport

This infographic is about how cancer has been affecting First Nations peoples registered under the Indian Act (referred to as First Nations peoples) in Ontario from 1991 to 2010. This report uses data from the following three sources: Indian Registration System (IRS), Registered Persons Database (RPDB) and Ontario Cancer Registry (OCR).

Need this information in an accessible format?

1-855-460-2647, TTY 416-217-1815, publicaffairs@cancercare.on.ca PCC4078

CREDIT: Artwork in banner by Mike Ormsby (W'DAE B'WAE). Leadership Journey (through canoe)



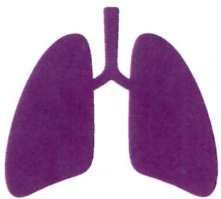
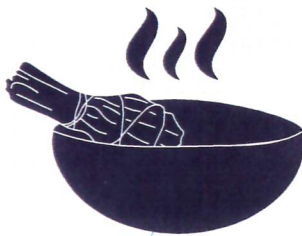


First Nations People: Cancer Risk Factors and Screening



COMMERCIAL TOBACCO

To many First Nations people, tobacco is a **sacred plant** that has spiritual and medicinal purposes. The recreational use of **commercial tobacco** (e.g. cigarettes) has no connection to First Nations spirituality



Smoking commercial tobacco can increase the risk of lung cancer

2x

First Nations adults are almost **2 times** more likely to **smoke cigarettes** than other adults



First Nations **teens** are **more likely** to smoke than other teens



ALCOHOL



Many people do not know that **drinking alcohol can cause cancer**. Drinking **even small amounts** of alcohol increases the risk of many cancers



CANCERS RELATED TO DRINKING ALCOHOL

- Breast
- Throat
- Liver
- Mouth
- Esophagus
- Colon and rectum

Over 1 in 3 on-reserve First Nations adults **did not drink alcohol** in the past year



First Nations adults are **more likely** to **BINGE DRINK** than other adults





NUTRITION

Traditional First Nations diets are largely composed of foods **grown, harvested and hunted** from the land and water and are a **healthy choice**



An **unhealthy diet** increases the risk of colorectal cancer

First Nations adults are **more likely** to live in households that are **food insecure** (e.g. low availability of culturally appropriate food, households worried about running out of food, etc.)



WEIGHT AND ACTIVITY

Being **overweight or obese** causes over

2,500

cancers diagnosed in Ontario every year



About **3 in 4** First Nations adults are **overweight or obese**

On-reserve First Nations adults are **less likely** to be **physically active** compared to off-reserve First Nations adults and other adults. **Women** are **less likely** to be physically active than men



CANCER PREVENTION

Stop smoking



Limit alcohol use



Eat traditional food, fruit, vegetables & whole grains



Be physically active



CANCER SCREENING

COLORECTAL CANCER SCREENING



BREAST CANCER SCREENING



CERVICAL CANCER SCREENING



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To learn your personal cancer risk, start your 5 minute assessment online here: mycanceriq.ca

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Data about on-reserve First Nations peoples in Ontario were taken from the First Nations Regional Health Survey Phase 2 (2008/10), and data about off-reserve First Nations peoples and non-Aboriginal people in Ontario were taken from the Canadian Community Health Survey (2007–2013)

CREDIT: Artwork in banner by Mike Ormsby (W'DAE B'WAE). Leadership Journey (through canoe)

