

CANCER EDUCATION: increasing awareness and reducing risk factors

This education kit is aimed at children ages 8 to 14, but could be used for people of any age. The goal is to have each person in the group draw a card from each of five containers and add up their total score. A facilitator then guides a general discussion, introducing some cancer facts for each topic and getting feedback from participants on how to reduce risks.

There are five topics: smoking, activity level, diet, pollution, and screening.

INSTRUCTIONS:

Setting up the activity

- Get five bags or containers large enough for people to put their hands in to draw a card.
- Print a card sheet for each participant, and cut into separate cards, keeping each topic set together
- Put all the smoking topic cards in one container, all the activity level topic cards in the next container, and so on.
- Put the containers out around the room or outdoors at marked locations.
- If necessary, have envelopes small bags for each participant to hold their cards.

Drawing the cards

- Have participants draw a card from each container and add to their own envelope or bag.
- Once all participants have drawn from each container, have them add up and remember their score.

Facilitation

- The highest score possible is 220 (All the cards drawn have a red circle around the number).
- The lowest score possible is 50 (All the cards drawn have a green circle around the number).

General discussion points:

- Even if you have the lowest score, you still have a chance of getting cancer. Doctors do not know all the reasons any one person gets cancer, and there are more than 200 different kinds of cancer. Almost half of us will get some kind of cancer in our lifetime – but there are ways to reduce the risk, and to give yourself the best chance of beating cancer if it happens to you.

Smoking discussion points:

- Smoking is the leading cause of lung cancer.
- Your chance of getting lung cancer increases the more you smoke, and the longer you smoke (heavy smoker cards =100 points, regular smoker cards = 50 points).
- We do not have good treatments for lung cancer yet, so your chance of surviving it is lower than for other kinds of cancer.
- Cigarettes contain nicotine, which is very addictive. That means that once your body gets used to it, you will have cravings for it if you do not smoke. That is good for the companies that sell cigarettes, but not very good for you!
- It is VERY difficult to stop smoking once you start. You may know someone that is struggling to quit. Even if they don't make it, it is always worth trying again. The risk of getting lung cancer goes down after you quit (quit smoking card = 30 points).
- The best way to avoid this risk is to never start smoking at all (never smoked card = 10 points). It is much easier to say no than it is to quit once you have started.
- **Talk about sacred tobacco use compared to tobacco abuse.**

Activity level discussion points:

- Being active reduces the risk of getting cancer and helps you keep a healthy weight.
- Kids need 1 hour of exercise per day – activities that make your heart beat faster and make you breathe harder – fast walking, hiking hills, jogging, playing sports, dancing.
- Adults need 2.5 hours of exercise every week – activities that make your heart beat faster and make you breathe harder AND muscle-strengthening activities on 2 or more days per week – activities that make you use all the major muscles in your body – legs, hips, back, abdomen, chest, shoulders and arms.
- Ask participants for their suggestions on how to stay active.
- **Talk about traditional activities like hunting, going out on the land, dance, etc.**

Diet discussion points

- Eating a healthy diet reduces your risk of getting cancer
- A balanced diet provides important nutrients that keep your body healthy and able to repair itself
- Being overweight increases your chance of getting diabetes, and people who have diabetes are more at risk for getting cancer as well.
- Recent studies show that diets with traditional foods are healthier.
- **Talk about traditional foods and the benefits of being active by going out on the land.**

What is a healthy diet? See the link for some great First Nations materials – a few examples on next two pages:

<http://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=resourcesInstantDownloads>

MY NATIVE PLATE

An Easy Way to Help Your Family Know How Much to Eat

Helping your family eat in a healthy way is EASY!

Remember these 3 steps:

1. Use a 9-inch plate or 9-inch area of a larger plate.
2. Divide into quarters.
 - 1/4 plate is fruits
 - 1/4 plate is vegetables
 - 1/4 plate is grains or starch
 - 1/4 plate is meat, fish or poultry
3. Stack food no higher than 1-1 and a half inches.

Pictured Here

- Canned peaches, no syrup
- Baked squash and peppers
- Steamed white and brown rice
- Baked deer meat with garlic
- Low-fat, nonfat, lactose-free or soy milk

Printed Placemats

Large, full-color, printed placemats will be available by fall 2012 at www.diabetes.ihs.gov, click on "Online Catalog." There is no charge for placemats or shipping.

Produced by: Indian Health Service, Division of Diabetes Treatment and Prevention, and based on the USDA My Plate. For more information, go to www.ChooseMyPlate.gov



Fruits



Dairy



Grains/
Starch



Vegetables



Protein

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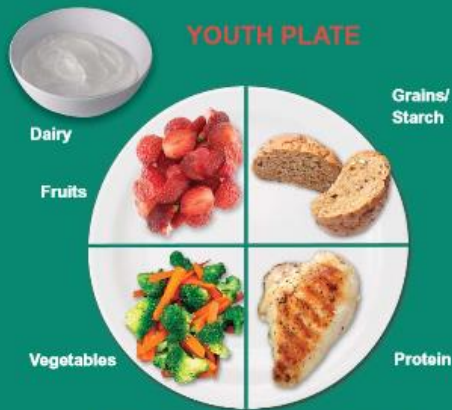
More My Native Plates for Your Family

Youth Plate Meal Tips

- Replace the yogurt with a small glass of low-fat, lactose-free or soy milk.
- Add a small pat of butter or margarine to the roll.

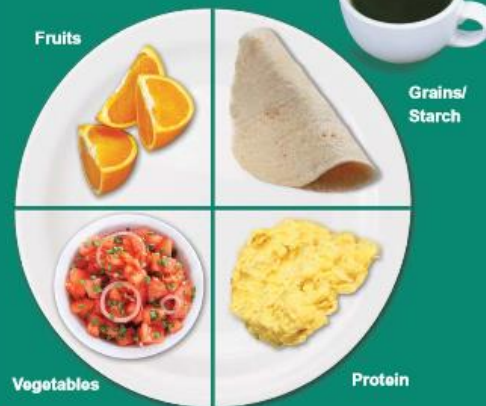
Pictured Here

- Fresh strawberries
- Steamed carrots and broccoli
- Small roll
- Baked chicken
- Low-fat yogurt



Use a 7-inch plate for youth.

BREAKFAST



Breakfast Tips

- Wipe a little oil on frying pan before scrambling egg.
- Replace the medium-sized orange with half a cup of orange juice.
- Add a glass of low-fat, nonfat, lactose-free or soy milk.

Pictured Here

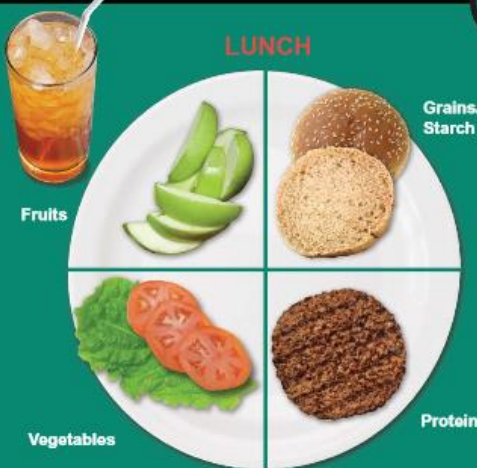
- Medium-sized orange
- Salsa
- Medium tortilla
- Scrambled egg
- Black coffee

Lunch Tips

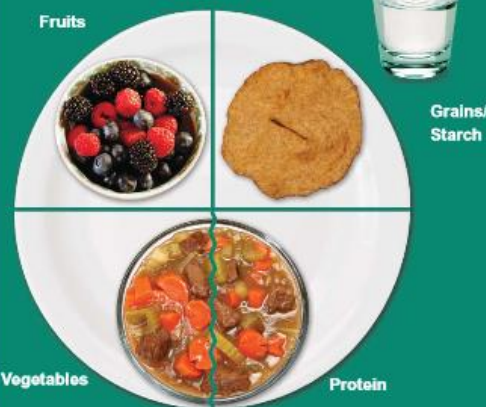
- Use ketchup and mustard on the hamburger.
- Skip mayonnaise.
- Skip French fries.
- Add one slice of cheese to add calcium and vitamins.

Pictured Here

- Apple
- Lettuce and tomato
- Small whole-wheat bun
- Small hamburger patty
- Unsweetened iced tea



DINNER



Dinner Tips

- Top berries with low-fat yogurt to add calcium and vitamins.
- Skip butter or margarine, or use one pat.

Pictured Here

- Mixed berries
- Beef and vegetable stew
- Small piece baked whole-wheat fry bread
- Water

For recipe ideas, go to www.diabetes.org and click on Food & Fitness. Produced by: Indian Health Services, Division of Diabetes Treatment and Prevention, and based on the USDA MyPlate. For more information, go to www.ChooseMyPlate.gov



Screening

- Cancer is very rare when you are young, but the risk increases when you get older.
- The earlier cancer is found, the more chance you have that it can be treated.
- For some kinds of cancer, almost everyone who gets it can be cured if it is found early, but most do not survive if it is found late.
- There are tests the doctor can do to see if you have cancer. The earliest regular test is for girls once they are 21 years old. Most of the others are needed after you are 50 years old.
- Check with your health care provider to find out what kind of tests should be done and when.
- **Discuss attitudes about cancer. Cancer is not a punishment or shameful.**

Pollution

- Living in a clean environment reduces the risk of getting cancer – some kinds of pollution in the air and water can cause cancer if we are around them for a long time.
- Scientists are starting to see that the effects of pollution on our bodies can pass from one generation to the next.
- Pollution can also affect the plants, animals, fish, birds and insects – all parts of the ecosystem are important, and changes in one part can affect all the other parts, including humans.
- **Talk about ‘What we do to the land, we do to ourselves’.**

Traditional teachings

- **Importance of leading a balanced life, what is a balanced life?**
- **Think about future generations.**

Acknowledgments:

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HEAVY SMOKER
1 pack a day or more



100

REGULAR SMOKER
10 cigarettes or less per day



50

NEVER SMOKED



10

QUIT SMOKING



30

NOT ACTIVE



30

SOMETIMES ACTIVE



20

ACTIVE



10

NO SCREENING



30

POOR DIET



30

AVERAGE DIET



20

EXCELLENT DIET



10

LATE SCREENING



20

LOTS OF POLLUTION



30

SOME POLLUTION



20

NO POLLUTION



10

PROPER SCREENING



10