

You Can Reduce Cancer Risks

You Can Reduce Cancer Risks



RECIPE

Stuffed Bell Peppers

HANDOUTS

You Can Reduce
Cancer Risks

My Health Action Plan

MATERIALS NEEDED

- Copies of the handouts for this lesson for all participants
- Ingredients, nutrition sheet, and equipment to make the recipe for this lesson
- Pencils or pens

OPTIONAL

- Copies of the *Faithful Families Walking Challenge*

KEY MESSAGES

- Reduce your risk for cancer by eating smart, moving more, and living tobacco-free.
- Schedule and attend regular check-ups with your doctor to learn more about cancer risks and prevention.
- Set small goals to gradually make some healthy lifestyle changes.

OBJECTIVES

Participants will be able to:

1. learn more about how to reduce risk for cancer;
2. identify key strategies to help reduce risk for cancer; and
3. begin to set healthy goals with the *My Health Action Plan*.

LESSON OVERVIEW

PREPARING FOR THE LESSON

1. Determine lesson format most appropriate for setting and time.
2. Purchase food needed for recipe from safe sources.
3. Secure all needed demonstration supplies, safe food transportation supplies, and teaching materials.
4. Arrive early. Wash your hands thoroughly. Clean and sanitize your demonstration or food preparation area.
5. If handwashing facilities are located in the restroom only, have hand sanitizer available for added protection when participants return to room after washing their hands.
6. Talk with Lay Leader to prepare the week's lesson. Review the Lay Leader's roles and responsibilities, using the Lay Leader Lesson Overview (Appendix C)

LESSON FORMATS	60 minutes This is an ideal lesson time frame. All elements of the entire lesson can be delivered in this timeframe.	90 minutes–2 hours Choose this format when you have participants who want a more rigorous cooking experience and the facility has a preparation kitchen. This format allows you to have everyone involved in the preparation. Discuss with faith community how to cover costs of food. Recruit and train Lay Leaders to help.
SLIDES	Use all	Use all
FOOD PREPARATION	Recipe Video and Tasting	Recipe Video, Live Demonstration, and Hands-On Preparation by Participants
PHYSICAL ACTIVITY	Included activities only	Included activities and one additional physical activity break
OPTIONAL ACTIVITY	None	None

ENGAGING THE FAITH COMMUNITY

- Encourage leadership at the faith community to share information on reducing cancer risks through bulletin inserts, announcements, or fliers.
- Encourage the faith community to engage family members in adopting healthy eating, physical activity, and tobacco-free lifestyle changes at home.
- Suggest that the faith community or leader weave techniques to reduce cancer risks into educational programs in the faith community.
- Suggest weaving strategies and tips to reduce cancer risks into weekly sermons or talks at the faith community.
- Encourage the faith community to share the importance of scheduling and attending appropriate health screenings with a healthcare provider.



Media Moments

The following options are suggestions to post on faith community or program social media site and/or send via text message or email. Work with your Lay Leader to coordinate your social media efforts.

PRIOR TO CLASS

- Did you know that you can reduce your risk for cancer by making some healthy lifestyle changes? Join us on (day, date, time) at (location) to learn more.
- Regularly screenings can help you and your healthcare provider detect early signs of cancer. Join us on (day, date, time) at (location) and take steps towards reducing your risk for cancer.
- Join us for this week's session (day, date, time) at (location) to learn more about recommended cancer screenings.
- Eating smart and moving more can reduce your risk of chronic diseases like cancer. Let's talk more about this at this week's session on (day, date, time) at (location).
- Looking forward to sharing a new recipe with you this week (day, date, time) at (location).

FOLLOWING CLASS

- What healthy action did you take today to reduce your risk for cancer?
- It's important to schedule regular health checkups with your healthcare provider. Health screenings can detect chronic diseases like cancer, diabetes, and hypertension early so they can be successfully treated.
- Make a list of the cancer screenings you need and ask your doctor about them at your next visit.
- Make healthy eating part of your everyday life by planning ahead. Share what you pack for snacks and lunch.
- Schedule a cancer screening that you need and/or encourage someone in your family to talk with a healthcare provider about cancer screenings.
- Try to find a way to be physically active every day. How are you making time for physical activity in your daily life? Share your tips on social media.
- Have you talked to your family about your family's health history? Some things to ask include whether there is a history of cancer and when the family member(s) was diagnosed. Find time to ask your family, and share this information with your healthcare provider.
- Remember that a person can have a long and active life after cancer diagnosis and treatment. What are some ways we can help the cancer survivors we know to celebrate life? Share them with us.

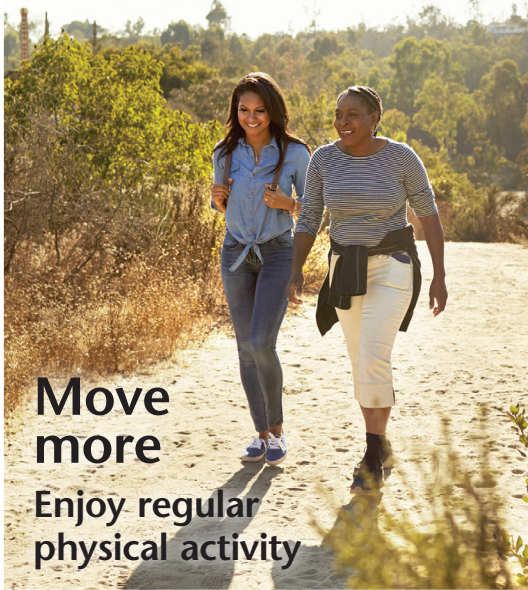
Call this week to schedule a cancer screening that you need.

Mammogram next month



You Can Reduce Cancer Risks

**Schedule
and attend regular
health screenings**



**Move
more**
Enjoy regular
physical activity

Maintain a healthy weight



**Eat
smart**



Be safe in the sun

**Limit alcohol
consumption**





Live tobacco-free

Stuffed Bell Peppers

Makes 4 servings | Serving Size: 1 pepper



 316° Cook and reheat to an internal temperature of 316°F.

 **Tip:** If peppers are out of season, use cabbage leaves.

 **Smart-Choice Ingredients**

- Low-sodium cheese
- Lean poultry
- No salt added tomato sauce
- Brown rice

Nutrition information

Per Serving

260 calories	
Total Fat	7 g
Saturated Fat	2 g
Protein	24 g
Total Carbohydrate	24 g
Dietary Fiber	3 g
Sodium	410 mg

 **Excellent Source of Vitamin C**

 **Excellent Source of Iron**

 **Good Source of Vitamin A**

Ingredients

- 1 pound lean ground turkey
- 1/3 cup finely chopped onion
- 1 (15-ounce) can no-salt added tomato sauce (divided)
- 1/4 cup water
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup uncooked instant rice
- 4 medium green peppers

Directions

1. Crumble turkey into a 1 ½ quart microwave-safe bowl; add onion.
2. Cover and microwave on high for 3-4 minutes or until meat is browned; drain.
3. Stir in 1/2 can of tomato sauce, water, salt, and pepper.
4. Cover and microwave on high for 2-3 minutes.
5. Stir in rice; cover and let stand for 5 minutes.
6. Remove tops and seeds from the peppers; cut in half length-wise.
7. Fill pepper halves with meat mixture.
8. Place in an ungreased, microwave-safe, shallow baking dish.
9. Spoon remaining tomato sauce over peppers; cover and microwave on high for 12-15 minutes or until pepper are tender.
10. Let stand for 5 minutes before serving.



Time for you

Find another faith community member or parent in your neighborhood you know and trust and give each other activity breaks. You keep their children for 30 minutes or an hour so they can go for a walk or do some other type of activity. They can do the same for you so that you can be active and have some time to yourself.

My Health Action Plan

You can take small steps on your way to eating healthier, being more active, and taking care of your wellbeing. Set a goal this month to make at least one healthy lifestyle change. Think of something that you can start as soon as tomorrow. Keep track of the goals you complete throughout the month.

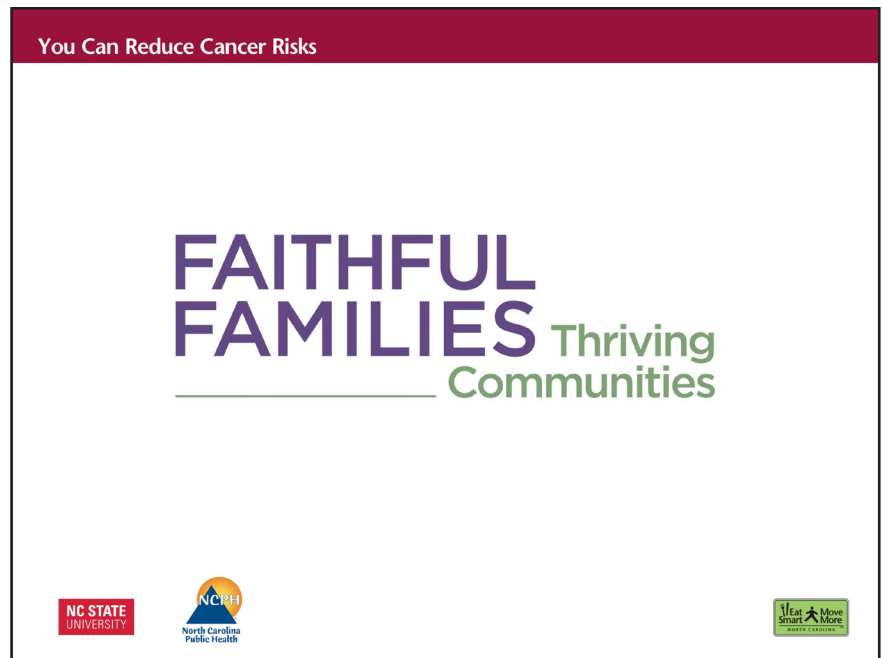
GOAL: This month I would like to...	I met my goal on:
<input type="checkbox"/> Talk with my family about our family health history	
Schedule an appointment with my doctor to: <input type="checkbox"/> Get a health physical <input type="checkbox"/> Talk about my family history <input type="checkbox"/> Talk about health screenings I need (e.g., cancer, diabetes, hypertension)	_____ _____ _____
<input type="checkbox"/> Eat smarter by _____ <i>Ex. Choosing less red meat dishes at a restaurant, making more vegetables for dinner</i>	
<input type="checkbox"/> Move more by _____ <i>Ex. Taking a walk after dinner two times a week, joining a local exercise class</i>	
<input type="checkbox"/> Be safe in the sun by _____ <i>Ex. Wearing sunscreen when I go outside</i>	
<input type="checkbox"/> Seek support from family and friends by _____ _____ <i>Ex. Sharing my Health Action Plan</i>	
<input type="checkbox"/> Take steps towards reducing my alcohol consumption by _____ _____ <i>Ex. Drinking one less drink than I normally do at dinner</i>	
<input type="checkbox"/> Take steps towards living tobacco-free by _____ _____ <i>Ex. Calling QuitlineNC for free cessation resources and tips</i>	

(Optional) Today, I commit to taking steps for my health so I can be there for myself and my family.

Name _____ Faith Community _____

You Can Reduce Cancer Risks

SLIDE 1



Welcome back to Faithful Families Thriving Communities. My name is _____ and I will be leading today's class. This is an additional lesson to the nine-week Faithful Families class-series, and we will talk about ways to reduce our risk for cancer.



Open the class with a prayer, poem, or word of thanks for the opportunity to meet together and discuss the importance of health for people of faith. If you would like, ask leaders or ministers from your faith community to come to greet the group and offer a short message or prayer. If your faith community has a library, you can check out books on prayer or poems that give thanks or celebrate education and learning. If you do not have a library, ask leaders or ministers in your faith community to provide you with suggestions for prayer, poems, or readings that you might use. This is also an opportunity for you to practice writing and delivering prayers on your own—everyone will appreciate the time of contemplation and thanks that you offer as a way of welcoming the group to this new learning opportunity.

You Can Reduce Cancer Risks

SLIDE 2

You Can Reduce Cancer Risks

Know your family history.



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Have you talked with your family about your family's health history? What about your spouse or partner's family health history?

Allow participants to share answers.

It is very helpful to know your family's health history and to share this information with your healthcare provider. This will give you and your healthcare provider a better idea of your risk for certain chronic conditions, like cancer, diabetes, and hypertension.

It is also helpful to know your spouse or partner's health history, in case they become sick and you need to share their information with their provider.

If you are not familiar with your family's health history, can you think of opportunities when you can ask them? Family events such as reunions, birthdays, or meal gatherings can be a good time to talk about health with your family members.

You Can Reduce Cancer Risks

SLIDE 2

CONTINUED

You Can Reduce Cancer Risks

Know your family history.



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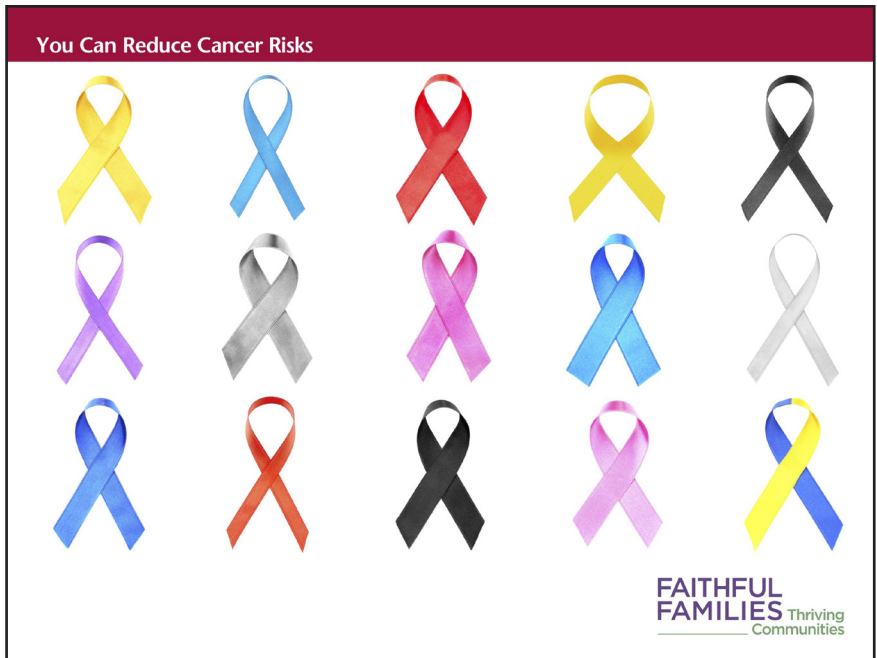
What are some questions you might ask your family members? What would you want to know about your family's health?

Allow participants to share answers.

NOTE: Make sure to include these questions in the discussion: If there is a history of cancer or other chronic disease in the family, you can ask them what kind of disease, how old the family member was when diagnosed, what kind of treatments they received, and how long they lived with the disease.

You Can Reduce Cancer Risks

SLIDE 3



We often talk about cancer as if it is one disease.



*What do you think of when I say the word cancer?
What types of cancers are you familiar with?*

Allow time for participants to answer.

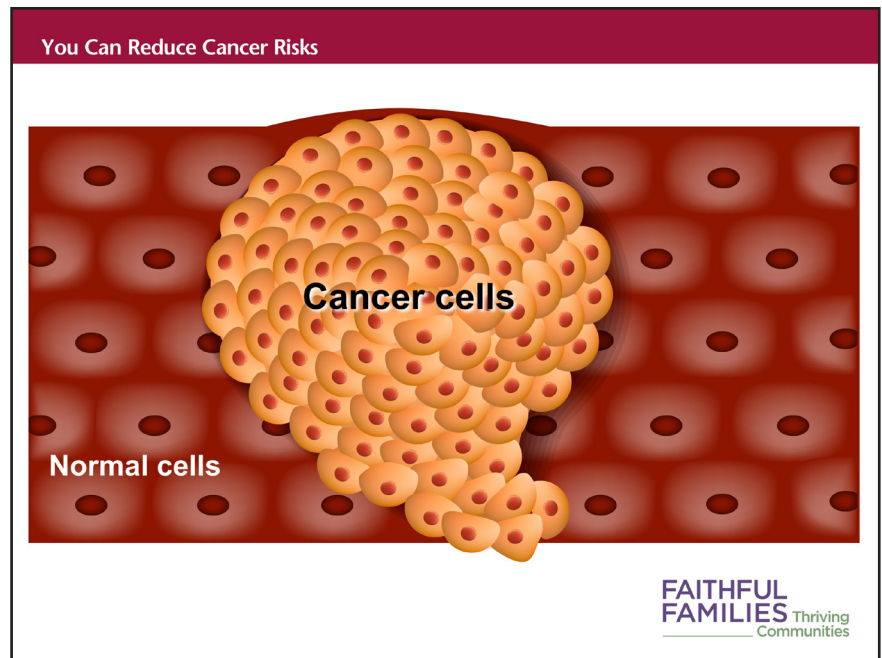
There are many types of cancer, some of them which you just named.

NOTE: If none of the major cancers like breast, lung, colorectal, prostate, cervical, and skin cancers are listed, name them for the group.

For more information about different cancers, visit the American Cancer Society at cancer.org.

You Can Reduce Cancer Risks

SLIDE 4



Before we start talking about cancer, I want to recognize that this topic might be difficult for some of us to discuss, maybe because we have lost a loved one to this disease. If you need to step out at any time, please feel free to do so.

Cancer can seem like a scary word, so let's talk about it together. How does cancer develop in the body?

Cancer can start in any place in the body. It develops when cells grow out of control. Normal cells divide in an orderly way. They die when they are worn out or damaged, and then new cells take their place, but cancer cells just keep on growing and making new cancer cells.

Cancer cells end up crowding out normal cells. When this happens, it leads to problems in the part of the body where the cancer began.

You Can Reduce Cancer Risks

SLIDE 5



Some cancers grow and spread very fast. Others grow more slowly. Because of this, each cancer responds to treatment differently.

If you are diagnosed with one form of cancer, your healthcare team will work with you to set up a care and treatment plan that is right for you. The type of treatment that your providers recommend will depend on how severe the cancer is and if it has spread in the body. Sometimes, the goal of treatment is to cure the cancer. In other cases, the goal is to control the cancer or reduce the symptoms for as long as possible.

Everyone is different and every cancer is different, so the treatment plan should fit the person and the cancer. Some types of cancers are best treated with surgery. Others respond better to drugs called chemotherapy. Oftentimes, more than one treatment is used. Your healthcare providers will explain the risks and benefits of each type of treatment and their side-effects.



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You Can Reduce Cancer Risks

SLIDE 5

CONTINUED



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NOTE: For more information about different treatments, visit [cdc.gov/cancer/survivorship/resources/glossary.htm](https://www.cdc.gov/cancer/survivorship/resources/glossary.htm). For more information, resources, and cancer screening and support services in your area, visit [cdc.gov/cancer/nbccedp/about.htm](https://www.cdc.gov/cancer/nbccedp/about.htm).

Surgery. An operation where doctors cut out tissue with cancer cells.

Chemotherapy. Using special medicines to shrink or kill cancer cells. The drugs can be pills you take or medicines given in your veins, or sometimes both.

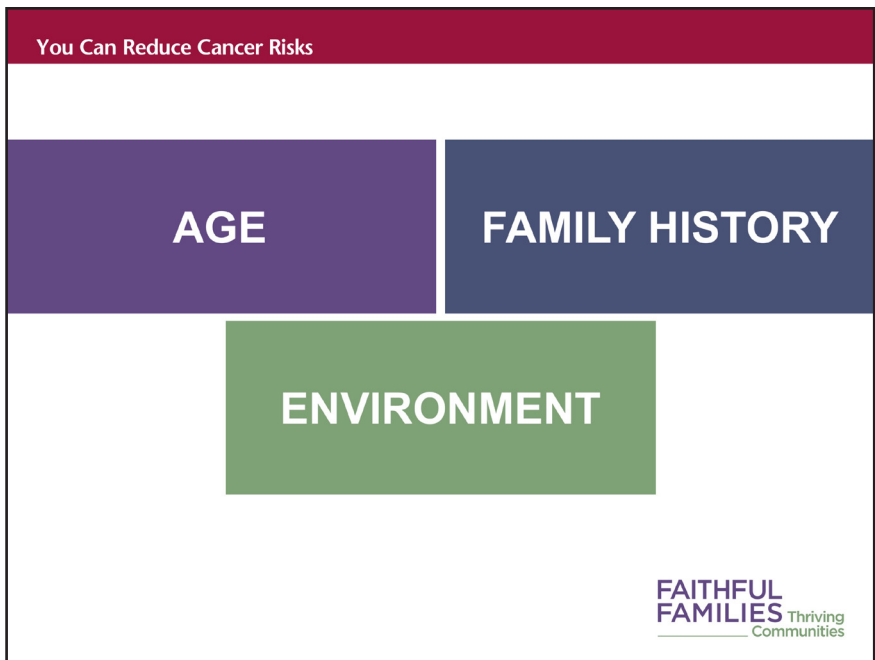
Hormonal therapy. Blocks cancer cells from getting the hormones they need to grow.

Biological therapy. Works with your body's immune system to help it fight cancer cells or to control side effects from other cancer treatments. Side effects are how your body reacts to drugs or other treatments.

Radiation therapy. Using high-energy rays (similar to X-rays) to kill cancer cells.

You Can Reduce Cancer Risks

SLIDE 6



We might wonder why some people develop cancer while others do not. Although it's not possible to know exactly why it develops in each person, we do know that some things may increase your risk.

When it comes to these risks for cancer, there are things that we can't control and then there are things that we can control.

So, what are the things that we CAN'T control?

- **Age.** Cancer can develop at any age, but it's more common in adults.
- **Family History.** A small percentage of cancers is related to your family history. If cancer is common in your family, it can pass from one generation to the next.
- **Environment.** People's exposure to environmental toxins may increase their risk for cancer. However, it's often hard for people to control where they live or their exposure to these environmental toxins.

You Can Reduce Cancer Risks

SLIDE 7



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What about things that we DO have some control over?

Although our genes and age affect our risk for cancer, most of the difference in risk among people is due to things that we do have some control over. These are related to our lifestyle, such as the food we eat, how much physical activity we get, and whether we use tobacco.

You Can Reduce Cancer Risks

SLIDE 8



Pass out **You Can Reduce Cancer Risks** handout.

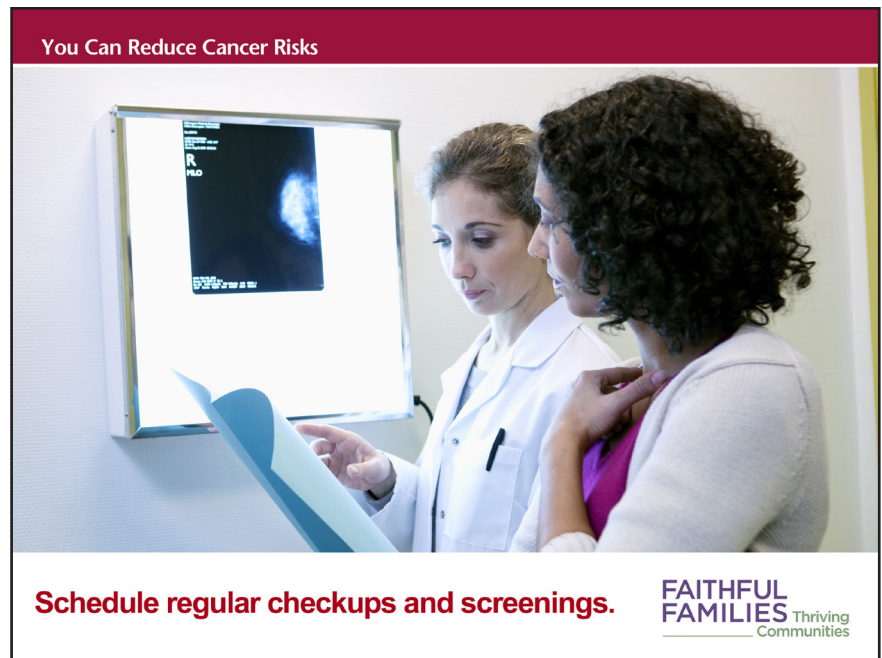
Knowing that there are some cancer risks that we can address, let's talk about the important strategies and tips to reduce our risk for cancer. Today, we are going to talk about the following strategies:

NOTE: Quickly go over the list of strategies. Share with participants that you will go into detail about each one throughout this lesson.

1. Schedule and attend regular health screenings
2. Maintain a healthy weight
3. Eat smart
4. Limit alcohol consumption
5. Move more
6. Be safe in the sun
7. Live tobacco-free

You Can Reduce Cancer Risks

SLIDE 9



One of the best ways to take care of your health is to schedule and attend regular checkups with your healthcare provider. Checkups and screenings for cancer, diabetes, hypertension, and other health conditions can help find and treat small problems before they become big ones.

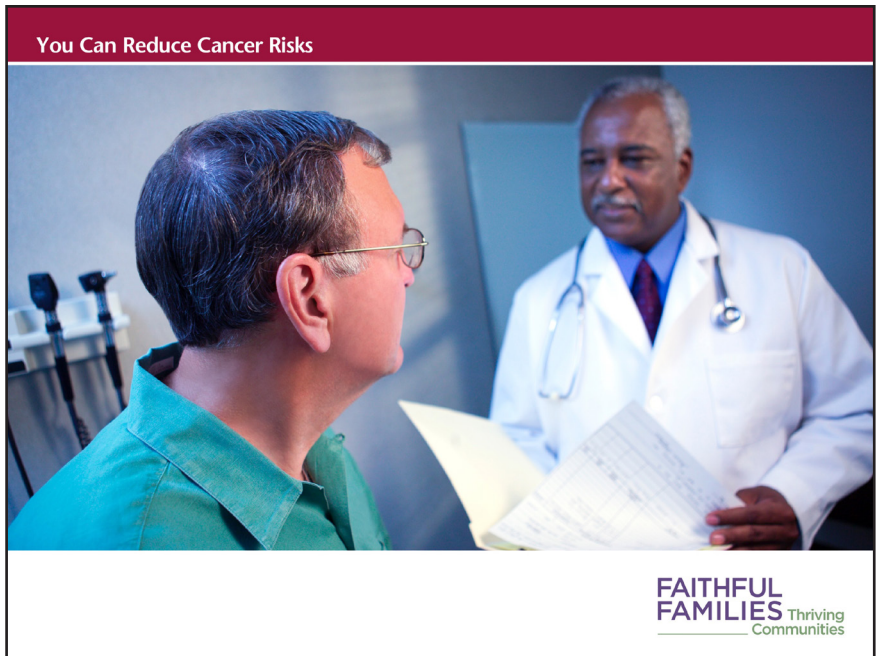
Can you think back to your last checkup or health screening? You don't have to share with the group but think about how long it has been. Has it been over a year since you had your last health screening?

Different cancers will have different recommendations for when you should start receiving screenings and how often to get screened. If you are not sure if it is time for you to be screened for cancer, be sure to talk with your healthcare provider about the screenings that are right for you.

NOTE: Find cancer screening guidelines for common forms of cancers at PreventchronicdiseaseNC.com. You can print out the guidelines and share them with participants.

You Can Reduce Cancer Risks

SLIDE 10



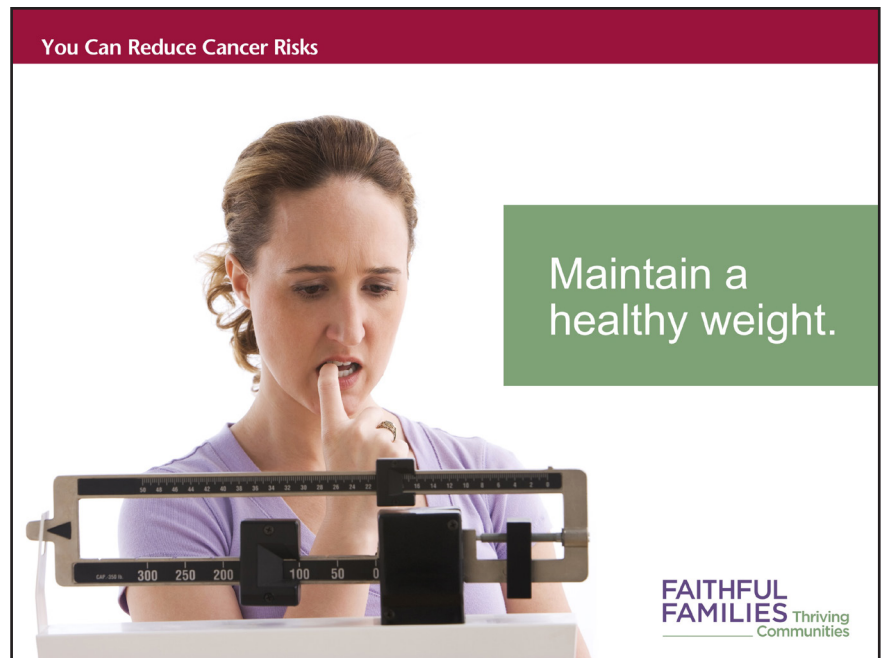
Along with getting the screenings that are right for you, it is also helpful to pay attention to any changes in your body. When you feel or notice something that is not normal for you, talk to your provider about any health concerns you might have.

NOTE: Free and low-cost screenings are available and may be offered through your local health department or community clinic. Before the class, research whether screenings are available in your area and provide handouts or fliers for these services.

Through the National Breast and Cervical Cancer Early Detection Program (NBCCEDP), CDC provides low-income, uninsured, and underserved women access to breast and cervical cancer screenings and diagnostic services. For more information about where to access services locally, visit [cdc.gov/cancer](https://www.cdc.gov/cancer).

You Can Reduce Cancer Risks

SLIDE 11



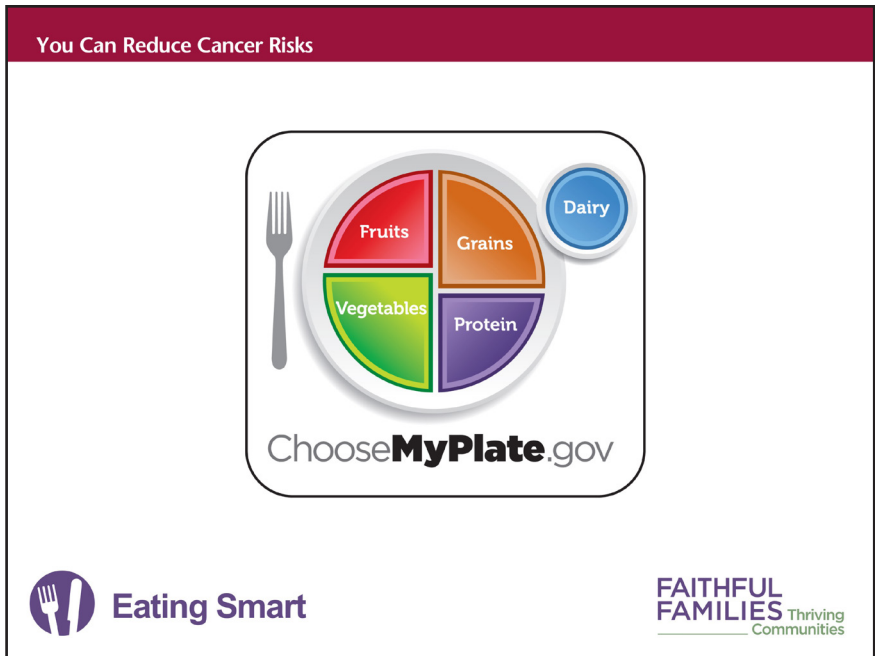
What about things that you can do every day to help reduce your risk for cancer?

For most people who do not use tobacco, the most important risks for cancer are related to your body weight, diet, and physical activity. The good news is that these are things that we have some control over.

Eating smart and moving more are the cornerstones to helping you maintain a healthy weight. Staying at a healthy weight, staying active throughout your life, and eating a balanced diet may greatly reduce your risk of cancer.

You Can Reduce Cancer Risks

SLIDE 12



Good health often starts with good nutrition and eating smart. Let's look at the MyPlate picture and see how all five food groups should be included to create a healthy, balanced meal.

- Fill half of the plate with fresh fruits and non-starchy vegetables.
- Fill a fourth(quarter) of your plate with whole-grains.
- Fill a fourth (quarter) of your plate with lean proteins.
- Instead of drinking sugar-sweetened beverages, have a cup of fat-free or low-fat milk, unsweetened tea, or water.

NOTE: Non-starchy vegetables have less carbohydrates. Starchy vegetables, such as corn, potatoes, and peas, contain more carbohydrates. Examples of lean proteins are skinless poultry and fish.

You Can Reduce Cancer Risks

SLIDE 13

You Can Reduce Cancer Risks



Limit processed and red meat.

Choose whole grains.

Include more vegetables and fruits.

 Eating Smart

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A healthy diet that emphasizes plant foods is recommended to help reduce risks for cancer and other chronic diseases. What does this mean for you as you cook at home and eat out at restaurants?

- **Limit how much processed meat and red meat you eat.** As alternatives, you can substitute processed meat and red meat with other foods that are high in protein. At home, you can replace beef in recipes with fresh or canned fish, chicken, or beans. At restaurants, you can also choose dishes that have more lean proteins.
- **When using grain products, choose whole grains over refined grains whenever possible.** In many grocery stores, you can find whole grain options for most grain products, such as whole grain pastas, breads, cereals, and tortillas. Brown rice and oatmeal are other great options to include in your dishes. Some restaurants also offer these whole grain alternatives, so don't be afraid to ask if they do.




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You Can Reduce Cancer Risks


SLIDE 13

CONTINUED

You Can Reduce Cancer Risks



Limit processed and red meat. Choose whole grains. Include more vegetables and fruits.

 Eating Smart

FAITHFUL FAMILIES Thriving Communities



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- **Include more vegetables and fruits in your dishes.** There are many ways you can start adding more vegetables and fruits to your meals. In the mornings, you can add your favorite fruits, such as bananas or berries, to your cereal or low-fat yogurt. When you have different options for sides at restaurants, you can choose the one with the most vegetables or fruits.

You Can Reduce Cancer Risks

What challenges do you have in trying to eat healthier meals at home or at restaurants?



SLIDE 14



Eating Smart

FAITHFUL FAMILIES
Thriving Communities

What challenges do you have in trying to eat healthier meals at home or at restaurants?

Allow participants to share answers.



What are some tips you can share to add more fruits and vegetables to your meals?

Allow participants to share answers.

NOTE: Other tips to share: keep a fresh bowl fruit bowl in the kitchen; take time to portion out snack-sized bags of carrots, blueberries, and your favorites fruits and vegetables; start dinner with a vegetable dish, which adds another serving of vegetables to your day before you fill up on the rest of your meal; add a serving of vegetables to your meal by topping sandwiches with lettuce, tomato, and your favorite raw or cooked vegetables. There are lots of resources to help you try these strategies at choosemyplate.gov.

You Can Reduce Cancer Risks

SLIDE 15

You Can Reduce Cancer Risks

One drink of alcohol is equal to:



12-ounce beer 4-ounce wine 1.5-ounce 80-proof spirits 1-ounce 200-proof spirits

FAITHFUL FAMILIES Thriving Communities

Along with food, be mindful of the amount of alcohol you drink. Whenever possible, limit the amount as much as you can.

This picture gives you an idea of what one drink means. One drink of alcohol is equal to:

- 12-ounce beer
- 4-ounce wine
- 1.5-ounce 80-proof spirits
- 1-ounce 200-proof spirits

You Can Reduce Cancer Risks

SLIDE 16

The infographic features a dark red header with the text 'You Can Reduce Cancer Risks'. Below the header, there are two colored boxes: a purple box on the left and a green box on the right. The purple box contains the text 'Women should have no more than 1 drink per day.' and the green box contains 'Men should have no more than 2 drinks per day.' In the bottom right corner of the infographic, there is a logo for 'FAITHFUL FAMILIES Thriving Communities'.

To reduce risk for cancer, current recommendations are that:

Women should have no more than 1 drink per day.


Men should have no more than 2 drinks per day.

If you are having trouble cutting back on alcohol, talk to your healthcare provider about getting some help and support.


You Can Reduce Cancer Risks


SLIDE 17


You Can Reduce Cancer Risks

 **Eating Smart**
Try this recipe for you and your family.

Stuffed Bell Peppers



 Click for video



ing ties

Click to continue to next slide

FAITHFUL FAMILIES by Healthy Communities



Eating Smart Recipe

We have been talking a lot about food and how to include more lean protein and vegetables in meals. Let's put this action and make some Stuffed Bell Peppers. This recipe is a great way to add whole grains, lean protein, and vegetables to your meal.



After viewing recipe video, taste, demonstrate, or make recipe with participants.

FOOD PREPARATION TECHNIQUE—The fumes from a cut onion cause many of us to get watery eyes. To help absorb the fumes and reduce the watering of your eyes, place a small amount of lemon juice on your cutting board. Slice the onion in half and place cut-side down on the lemon juice. Chop, slice, or dice as needed without crying.

FOOD SAFETY MESSAGE—Be sure to use microwave safe dishes and microwave safe wraps when cooking in a microwave.



Ask the Lay Leader to help demonstrate food prep and to monitor cooking while you continue lesson.



This recipe is on the next page...



STUFFED BELL PEPPERS

Recipe for Slide #17

Makes 4 servings

Serving Size: 1 pepper

INGREDIENTS

- 1 pound lean ground turkey
- 1/3 cup finely chopped onion
- 1 (15-ounce) can no-salt added tomato sauce (divided)
- 1/4 cup water
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup uncooked instant rice
- 4 medium green peppers

SMART-CHOICE INGREDIENTS

- Low-sodium cheese
- Lean poultry
- No salt added tomato sauce
- Brown rice

DIRECTIONS

1. Crumble turkey into a 1½ quart microwave-safe bowl; add onion.
2. Cover and microwave on high for 3–4 minutes or until meat is browned; drain.
3. Stir in 1/2 can of tomato sauce, water, salt, and pepper.
4. Cover and microwave on high for 2–3 minutes.
5. Stir in rice; cover and let stand for 5 minutes.
6. Remove tops and seeds from the peppers; cut in half length-wise.
7. Fill pepper halves with meat mixture.
8. Place in an ungreased, microwave-safe, shallow baking dish.
9. Spoon remaining tomato sauce over peppers; cover and microwave on high for 12–15 minutes or until pepper are tender.
10. Let stand for 5 minutes before serving.

Nutrients Per Serving

Calories 260

Total Fat 7 g

Saturated Fat 2 g

Protein 24 g

Total Carbohydrate 24 g

Dietary Fiber 3 g

Sodium 410 mg

Excellent Source of Vitamin C

Excellent Source of Iron

Good Source of Vitamin A

You Can Reduce Cancer Risks

SLIDE 18



Along with eating well, moving more on a regularly basis is one of the key ways to reduce your risk.



How does your body and mind feel after you exercise and move more throughout your day?

Allow participants to share answers.

Physical activity has many benefits beyond reducing your risk for cancer and other chronic conditions. It helps to strengthen your muscles, increase your energy level, and help you manage your weight. Physical activity also helps you to reduce feelings of stress throughout the week.

You Can Reduce Cancer Risks

SLIDE 19

You Can Reduce Cancer Risks

30 minutes,
5 days a week

Moving More

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For adults, the current recommendations to reduce risk for cancer is to get at least 30 minutes of moderate intensity physical activity, five days a week. This comes to a total of 150 minutes of exercise every week.

Moderate intensity activities are those that feel like a brisk walk. Can you think of different moderate intensity activities that you can do throughout the week? Here are some things you can do at home, at work, and with your faith community:

- **At home:** mow the lawn, yardwork, gardening
- **At work:** brisk walk during your break, take the stairs
- **Physical activity ideas:** dance, go on a bike ride, yoga, recreational sports



How can our faith community support our members in moving more throughout the week?

Allow participants to share answers.



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You Can Reduce Cancer Risks

SLIDE 19

CONTINUED

The slide features a dark red header with the text "You Can Reduce Cancer Risks". Below the header is a green background with a blue clock face showing 30 minutes past the hour. To the right of the clock, the text "30 minutes, 5 days a week" is written in white. At the bottom of the slide, there is a white footer containing the "Moving More" logo (a person walking) and the "FAITHFUL FAMILIES Thriving Communities" logo.



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Faith communities can also participate in friendly challenges to help people move more. The Faithful Families Walking Challenge is a free program that you could try. More information is available on the website.


Optional: Before the class, you can print out information about the Faithful Families Walking Challenge from the website. Share the materials with participants during this session.


You Can Reduce Cancer Risks

SLIDE 20

You Can Reduce Cancer Risks

Spend less time sitting



 Moving More

FAITHFUL FAMILIES Thriving Communities

Along with moving more, another tip is to spend less time sitting. The more you sit, and the less you make time for physical activity, the more risk you have for some forms of cancer and other chronic conditions.

People are spending less time being active and more time sitting at home and at work. What can we do to reduce the amount of time we sit at home, at work, and in our faith community?

Here are some ideas:

- Spend less time watching TV.
- Spend less time using the computer.
- Use the stairs instead of taking the elevator.
- If you can, try to walk or bike to your destination.
- Take some time during lunch to take a quick walk by yourself or with others.



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You Can Reduce Cancer Risks

You Can Reduce Cancer Risks

Spend less time sitting



SLIDE 20

CONTINUED



Moving More

FAITHFUL FAMILIES Thriving Communities



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- Take quick breaks at work to stretch.
- Take a walk after dinner.
- Take stretching or move more breaks during faith community meetings and gatherings.
- Hold walking meetings.

You Can Reduce Cancer Risks

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You Can Reduce Cancer Risks

What challenges do you face in being active?

How can our faith community help overcome some of these challenges?

 Moving More





What challenges do you face in being active?

Allow participants to share answers.



How can our faith community help overcome some of these challenges?

Allow participants to share answers.

NOTE: Possible answers may include: encourage members to form walking or physical activity groups; participate in physical activity challenges as a community; promote physical activity programs and opportunities; provide a physical space where members can do activities together.

You Can Reduce Cancer Risks

SLIDE 22



Something that we might not always think about when we go outdoors is being safe in the sun. Our bodies need some sunlight to stay healthy, but unfortunately, it is possible for us to get too much sun.

Ultraviolet radiation, or UV rays, comes from the sun. These types of rays damage our skin cells and increases our risk for most skin cancers.

When it comes to staying safe in the sun, most people think that sun protection only matters when you spend a day at the lake, beach, or pool. But the amount of sun you are exposed to adds up day after day, and it happens every time you are in the sun.

You Can Reduce Cancer Risks

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*What do you do to protect yourself from the sun?
Are there any tips that you would like to share?*

Allow participants to share answers.

Here are some recommended tips to help you stay safe and not get too much sun throughout the day.

1. **Seek shade.** The light is strongest during the hours of 10 am and 4 pm, so try to find shade whenever you can. This will help you limit the amount of exposure to UV rays.
2. **Cover up your skin.** When you are out in the sun, it is helpful to wear clothing that covers up your skin. Long-sleeve shirts, long pants, or long skirts are the most protective. Dark colors also provide more protection than light colors. Covering up won't block all the UV rays, but it will help.
3. **Use sunscreen.** Sunscreen can be very helpful in helping block some of the UV rays. However, there are a couple of things to keep in mind. You need to apply a generous



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You Can Reduce Cancer Risks

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amount of sunscreen, paying close attention to your face, ears, neck, arms, and any other areas not covered by clothing. People also tend to think that applying it once is enough, but sunscreen should be reapplied every 2 hours for it to be protective.

4. **Wear a hat.** A hat can also help block out some of those rays around you head and neck.
5. **Wear sunglasses that block UV rays.** Sunglasses can help block the UV rays from your eyes. Long hours in the sun increase your risk of certain eye diseases. Make sure to check the label for a pair that provides 100% UV protection.
6. **Avoid tanning beds and sun lamps.** The main source of UV rays is the sun, but we are not safe from them in tanning beds. Many people think that tanning beds are safe, but that isn't true, since modern tanning beds and booths emit UV rays just like the sun.

You Can Reduce Cancer Risks

SLIDE 24



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One of the habits that has been strongly linked to risk of cancer is tobacco use. Tobacco is associated with lung cancer, which is the leading cause of cancer death in both men and women. Unfortunately, lung cancer is also one of the hardest cancers to treat.

Aside from, lung cancer, tobacco use is also linked to many other forms of cancer, such as mouth, throat, and stomach, just to name a few.

People who inhale secondhand smoke have the same risk for cancer as those who directly use tobacco.

NOTE: To learn more about how tobacco affects cancer and other health conditions, visit the American Cancer Society at cancer.org.

To learn more about lung cancer, survivorship, resources, and support services in your area, visit cdc.gov/cancer.

For resources and supports in North Carolina, visit Preventchronicdiseasenc.com.

You Can Reduce Cancer Risks

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It's never too late to live tobacco-free, and the sooner you do, the more you can reduce your risk for cancer.

- 5 years after quitting tobacco, your risk for cancers of the mouth, throat, esophagus, and bladder is cut in half. Your risk for cervical cancer goes down to that of a non-smoker.
- 10 years after quitting tobacco, your risk of dying from lung cancer is half that of a person who smokes.

You Can Reduce Cancer Risks

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You Can Reduce Cancer Risks



QuitlineNC

1-800-QUIT-NOW
1-800-784-8669

smokefree.gov

FAITHFUL FAMILIES Thriving Communities

It can be incredibly difficult to quit smoking, even when you know the risks that come with continuing to smoke. If you need some support along the way, there are some great resources out there to help you start and maintain this change in your life.

NOTE: In North Carolina, QuitlineNC.com offers various free services for people looking to quit. They offer ways to help you connect with a Quit Coach that will support you through the process. You can call their telephone service at 1-800-QUIT-NOW, which is available toll-free 24/7, or access the WebCoach on your computer.

Smokefree.gov is a nationwide database that provides resources to help you quit smoking and help you stay a non-smoker for the long-term. It offers an instant messaging service, telephone quitlines, text messaging service, apps, quizzes, and many materials for you to download. You can choose the type of support that works best for you and your needs.

You Can Reduce Cancer Risks

SLIDE 27

You Can Reduce Cancer Risks

Moving More: Let's take a break and get moving. 

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We have been sitting for a while so let's move a little. A few good stretches can make a big difference in how we feel.

As a reminder, you should only move in ways that feel comfortable to you, and you should stop doing the activity immediately if you experience any pain. Instead, do a movement that feels good in place of the one that feels uncomfortable.



Moving More Break ***LOWER BODY IN MOTION***



Ask the Lay Leader to stand in the front of the room to help demonstrate.

Sit up tall in your chair, feet flat on the floor. Keep seated, lift your heels off the floor then put them back down. Repeat 5 times. Lift your right leg out straight in front of you, slowly point your foot (toes toward the ground) and hold for 10-15 seconds, and flex your foot (toes toward the ceiling) and hold for 10-15 seconds. Rotate the ankle in a circle to the right, repeat several times, then rotate the ankle to the left several times. Put the right foot on the floor, lift the left leg and repeat.

You Can Reduce Cancer Risks

SLIDE 28

You Can Reduce Cancer Risks



**Ask for support
from family and friends**

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As you start making changes in your life, remember that you can always ask for support. It can be challenging to make lifestyle changes. A network of support with family and friends can really help you stay encouraged and motivated.

You can:

- Share your health history.
- Partner up to quit tobacco use.
- Exchange healthy recipes and cooking tips.
- Form physical activity groups.

Eating smarter and moving more are things that can benefit everyone. You might even learn different tips from each other. People in your faith community and this Faithful Families class can also be great supporters on this healthy living journey.

You Can Reduce Cancer Risks

SLIDE 29

You Can Reduce Cancer Risks

What are ways you would like to involve your family and friends to help you eat smarter and move more?

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What are ways you would like to involve your family and friends to help you eat smarter and move more?

Allow participants to share answers.

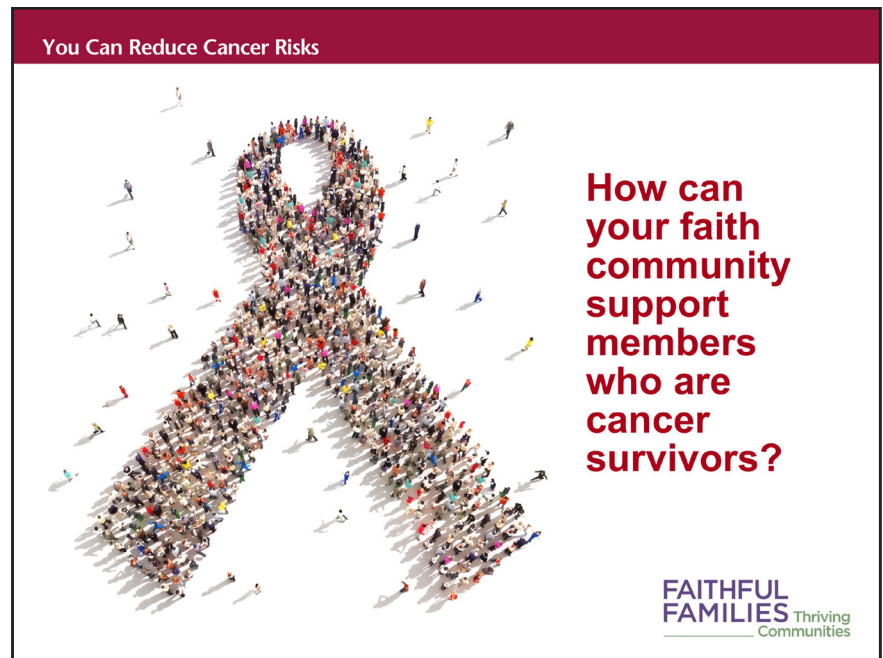


How can our faith community support our members in reducing risk for cancer?

Allow participants to share answers.

You Can Reduce Cancer Risks

SLIDE 30



We talked a bit about treatment in the beginning of this session. What happens after a person completes their cancer treatment? The lifestyle habits and appropriate cancer screenings that we just talked about can also help reduce risk of the cancer returning for cancer survivors.

In addition to eating smart, moving more, living tobacco-free, and the other strategies we discussed, it is also very helpful to work with someone from your healthcare provider's office. This person could be a patient navigator, who can help guide you through tests, treatments, and follow-up care.



What are ways that we, as a faith community, can support our members who are cancer survivors?

Allow participants to share answers.

You Can Reduce Cancer Risks

SLIDE 31

You Can Reduce Cancer Risks

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You Can Reduce Cancer Risks




My Health Action Plan

You can take small steps on your way to eating healthier, being more active, and taking care of your well-being. Set a goal this month to make at least one healthy lifestyle change. Think of something that you can start as soon as tomorrow. Keep track of the goals you complete throughout the month.

GOAL: This month I would like to...	I met my goal on:
<input type="checkbox"/> Talk with my family about our family health history Schedule an appointment with my doctor to: <input type="checkbox"/> Get a health physical <input type="checkbox"/> Talk about my family history <input type="checkbox"/> Talk about health screenings I need (e.g., cancer, diabetes, hypertension)	_____ _____ _____
<input type="checkbox"/> Eat smarter by _____ Ex. Choosing less red meat dishes at a restaurant, making more vegetables for dinner	_____
<input type="checkbox"/> Move more by _____ Ex. Taking a walk after dinner two times a week, joining a local exercise class	_____
<input type="checkbox"/> Be safe in the sun by _____ Ex. Wearing sunscreen when I go outside	_____
<input type="checkbox"/> Seek support from family and friends by _____ Ex. Sharing my Health Action Plan	_____
<input type="checkbox"/> Take steps towards reducing my alcohol consumption by _____ Ex. Drinking one less drink than I normally do at dinner	_____
<input type="checkbox"/> Take steps towards living tobacco-free by _____ Ex. Calling QuitlineNC for free cessation resources and tips	_____

(Optional) Today, I commit to taking steps for my health so I can be there for myself and my family.

Name: _____ Faith Community: _____

NC STATE 2018    You Can Reduce Cancer Risks

Sometimes, all you need to do is start with one simple healthy lifestyle change. And when you are doing it regularly and feeling good, it can be easier to make more changes. Before we go today, let's take this time to think about some personal goals.

Pass out My Health Action Plan handout.

Think about what you would most like to try. Now, pick at least one thing that you would like to do for the next 30 days. Write it down on your My Health Action Plan handout. Remember, keep it simple. Start with something that you can and would like to begin doing tomorrow.

Ask participants to complete the My Health Action Plan during class if time allows. If there is no time, ask them to complete it at home. Encourage them to track their progress throughout the month. They do not have to share it with the whole group if they are not comfortable. You can encourage them to pair up ("the buddy system") to help keep each other motivated. Decide as a group how they would like support for their plan.

You Can Reduce Cancer Risks

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You Can Reduce Cancer Risks

What will make trying a healthy lifestyle change hard for you?	How will you overcome these challenges?
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What will make this hard for you?

Allow participants to share answers.



How will you overcome this?

Allow participants to share answers.

NOTE: If participants would like more printed information about different cancers and cancer programs in North Carolina, share what is available for order on the *Educational Materials Order Form*, which can be found at PreventchronicdiseaseNC.com. Complete the form with participants and mail it to the address listed on the form.


You Can Reduce Cancer Risks

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You Can Reduce Cancer Risks

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Ask participants if they have any questions about the lesson presented today.

Congratulate the participants for taking the first step towards a healthier you by being a part of Faithful Families.

Remind them of the key messages from this lesson:

- Reduce risk for cancer by eating smart, moving more, and living tobacco-free.
- Schedule and attend regular screenings from your healthcare provider to learn more about cancer risks and prevention.
- Set small goals to gradually make some healthy lifestyle changes to help reduce risk for cancer.

Following this class, be sure to:

- Share with your faith community how it can support its members in reducing risks for cancer.
- Post your My Health Action Plan at home to remind you of your goals.
- Find a friend or family member who can support you as you take steps for your health.

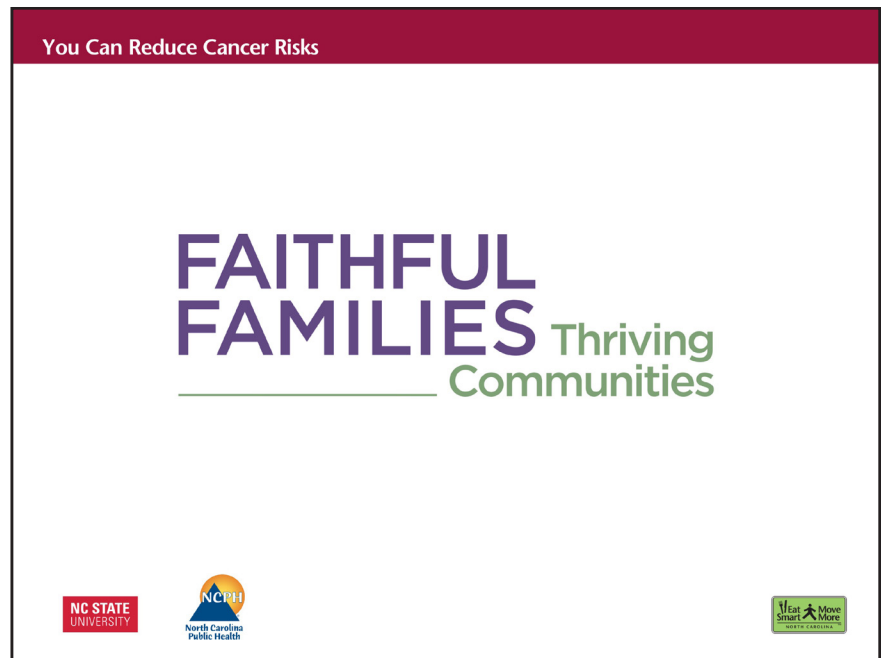


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You Can Reduce Cancer Risks

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Lay Leader Activity

Close the session with a prayer, poem or reading. Participants can also be asked to share a closing prayer or thoughtful reflection.

Thank participants for attending.

