



First Nations Health Authority  
Health through wellness

# Cancer Among First Nations People Living in British Columbia



From 1993 to 2010, there were 4,106 First Nations people diagnosed with cancer in British Columbia<sup>1</sup>

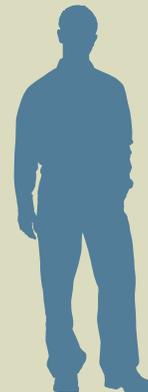


## Women

Breast	42%
Lung	16%
Colorectal	12%
Ovary	7%
Cervix	4%
All other	18%



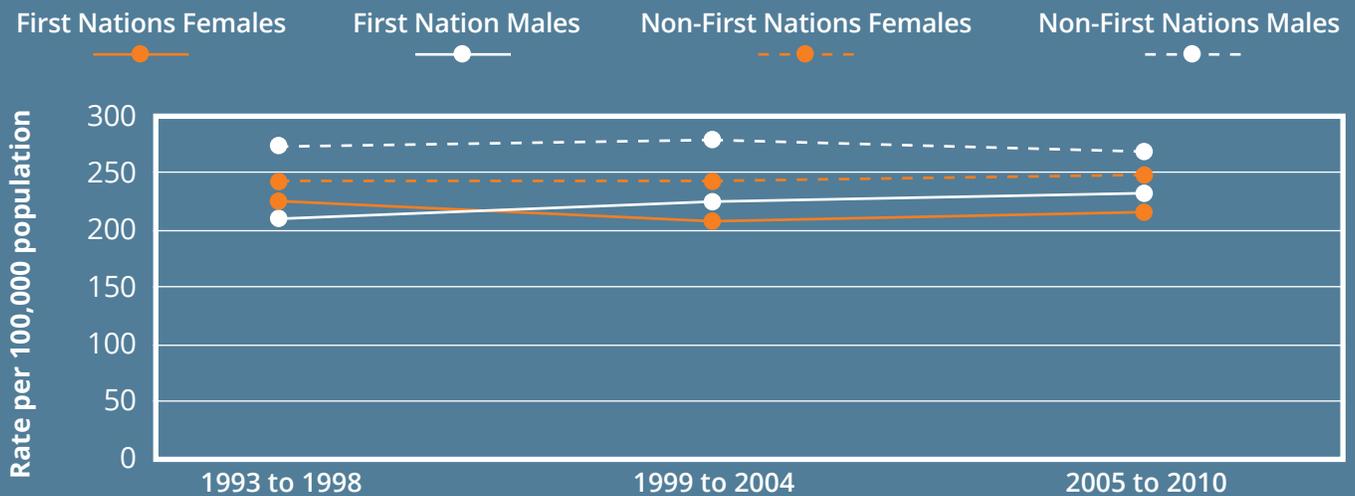
## Top 5 Cancers 1993 to 2010<sup>1</sup>



## Men

28%	Prostate
24%	Colorectal
12%	Lung
5%	Non-Hodgkin Lymphoma
5%	Oral
25%	All Other

## Age-Adjusted Incidence Rates | All Cancers, 1993-2010<sup>1</sup>



The incidence rate is the number of new cases per population at risk in a given time period and place. Age-adjusted incidence rates of all types of cancers were lower for both First Nations females and males compared to non-First Nations females and males in British Columbia.

# Cancer Prevention and Facts



2 out of 5 Canadians will develop cancer in their lifetime<sup>2</sup>



1 out of every 3 cancers are preventable with healthy lifestyle changes<sup>2</sup>

## Approaches to Cancer Prevention



- Quitting isn't easy but it's worth it. Within 10 years of quitting, an ex-smoker's overall risk of dying from lung cancer is cut in half.<sup>3</sup>
- Smoking is responsible for an estimated 30% of all cancer deaths in Canada and is related to more than 85% of lung cancer cases.<sup>3</sup>
- Approximately 86% of First Nations people living on-reserve in BC live in smoke-free homes.<sup>4</sup>



- Drinking any type of alcohol increases your risk of developing many types of cancer, including cancer of the breast, colon and rectum.<sup>5</sup>
- The less alcohol you drink, the more you reduce your risk.<sup>5</sup>
- 7% of youth and 10% of adults reported binge drinking once a week or more in the year prior to the 2008 - 10 Regional Health Survey<sup>4</sup>
- There are resources available to help you reduce or quit drinking.



- Incorporating traditional foods into your diet when available can help you keep a healthy body weight.
- You have a higher risk of developing cancer if you are overweight. Staying at a healthy body weight reduces your risk of cancer.<sup>6</sup>
- According to the 2008-2010 First Nations Regional Health Survey, 34% of children, 12% of youth and 36% of adults were categorized as obese.<sup>4</sup>
- Red meat and processed meat increase your risk of cancer.<sup>6</sup>



- Regular physical activity helps protect against cancer.<sup>2</sup>
- For First Nations people living on-reserve in BC, 80% of kids, 84% of youth and 62% of adults were categorized as being moderately physically active.<sup>4</sup>

***The FNHA would like to acknowledge the BC Cancer Agency for their contribution to this document.***

### Wellness Resources:

Active Spirit, Active History: A Culture of sports, activity and well-being among BC First Nations at [http://www.fnha.ca/Documents/ASAHBook\\_web.pdf](http://www.fnha.ca/Documents/ASAHBook_web.pdf)  
WHEN was your last PAP Test? Pamphlet at [http://www.fnhc.ca/pdf/When\\_PAP\\_test.pdf](http://www.fnhc.ca/pdf/When_PAP_test.pdf)  
HOW does cervical cancer link to HPV? Pamphlet at [http://www.fnhc.ca/pdf/HOW\\_HPVCervicalCancer.pdf](http://www.fnhc.ca/pdf/HOW_HPVCervicalCancer.pdf)  
Wellness for First Nations resources and links at <http://www.fnha.ca/wellness/wellness-for-first-nations>  
Traditional Food Fact Sheets at [http://www.fnhc.ca/pdf/Traditional\\_Food\\_Facts\\_Sheets.pdf](http://www.fnhc.ca/pdf/Traditional_Food_Facts_Sheets.pdf)  
The BC First Nations ActNow Toolkit 2010 at [http://www.fnhc.ca/pdf/60322\\_FNHC\\_ActNow\\_Toolkit.pdf](http://www.fnhc.ca/pdf/60322_FNHC_ActNow_Toolkit.pdf)

### Data Source:

This data is from a linkage with the First Nations Client File and the BC Cancer Agency's cancer database. Further linkages will help guide the cancer strategy development. A full report will follow.

### References:

1. BC Cancer Agency. BC Cancer Registry. Vancouver, BC : s.n., 2015.
2. Canadian Cancer Society. [Online] 2015. [Cited: 03 25, 2015.] <http://www.cancer.ca/en/cancer-information/cancer-101/cancer-statistics-at-a-glance/?region=on..>
3. [Online] 2015. [Cited: 03 24, 2015.] <http://www.cancer.ca/en/cancer-information/cancer-101/what-is-a-risk-factor/tobacco/?region=on>
4. First Nations Health Authority. Healthy Children, Healthy Families, Healthy Communities: Summary Findings from the BC Provincial Report, 2008-10 First Nations Regional Health Survey. West Vancouver, BC : FNHA, 2013.
5. Canadian Cancer Society. [Online] 2015. [Cited: 03 25, 2015.] <http://www.cancer.ca/en/prevention-and-screening/live-well/alcohol/?region=on>
6. [Online] 2015. [Cited: 03 25, 2015.] <http://www.cancer.ca/en/prevention-and-screening/live-well/nutrition-and-fitness/?region=on>.