Smoking tobacco can increase the risk of lung cancer. Inuit are more likely to be diagnosed with lung cancer than the rest of Canada.

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

1,000 to 3,000 new cancer cases per year in Ontario are from drinking alcohol.

Inuit adults living inside and outside of Nunangat smoke daily or occasionally more often than non-Aboriginal adults in Ontario.

Inuit women living inside and outside of Nunangat binge drink more often compared to non-Aboriginal women in Ontario.

Inuit men living inside and outside of Nunangat have similar binge drinking behaviours compared to non-Aboriginal men in Ontario.

Cancers related to drinking alcohol:
- Breast
- Throat
- Liver
- Mouth
- Esophagus
- Colon

For more information on local programs, visit: tungasuvvingatinuit.ca
For the full report, visit: cancercareontario.ca/InuitRiskFactors
For more information on tobacco cessation, visit: tobaccomoise.com
An unhealthy diet increases the risk of colorectal cancer.

Country food is an important part of a healthy diet. It includes food from wild animals and plants such as fish, seal, caribou, musk ox, and berries.

1 in 3 Inuit living inside and outside of Nunangat live in households that have low access to healthy foods.

Being overweight or obese causes over 2,500 cancers diagnosed in Ontario every year.

Obesity is 2 times more common in Inuit women living inside and outside of Nunangat compared to non-Aboriginal women in Ontario.

The chances of getting cancer go up with higher body weight.

CANCER PREVENTION

Stop smoking
Limit alcohol use
Eat country food, fruit, vegetables & whole grains
Be physically active

CANCER SCREENING

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

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

Need this information in an accessible format?
1-855-460-2647, TTY 416-217-1815, publicaffairs@cancercare.on.ca PCC4078

This infographic contains data primarily from the 2012 Aboriginal Peoples Survey and Canadian Community Health Survey.

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