



Get SMART with AATCHB !

Test Your Cancer Prevention & Control Knowledge! No. 3: Healthy Lifestyle Among Northern Plains Native Americans

Choose the BEST answer.

1. One in ____ Northern Plains Native American adults is overweight.

- A. 2
- B. 5
- C. 10

2. One in ____ Northern Plains Native American adults exercise regularly.

- A. 1
- B. 3
- C. 10

3. One in ____ Native American in the Northern Plain adults smoke.

- A. 2
- B. 3
- C. 10

4. Eating more _____ and exercising may help reduce your risk of getting colorectal and breast cancer

- A. Red meats
- B. Foods high in fiber
- C. Cheese

5. Not smoking commercial tobacco or quitting may reduce your risk of getting _____ cancer.

- A. Lung
- B. Cervical
- C. Stomach
- D. All of the Above

6. In the Northern Plains, a _____ percentage of Native Americans smoke than whites.

- A. Higher
- B. Lower



Answers: 1 (A), 2 (B), 3 (A), 4 (B), 5 (D), 6 (A)

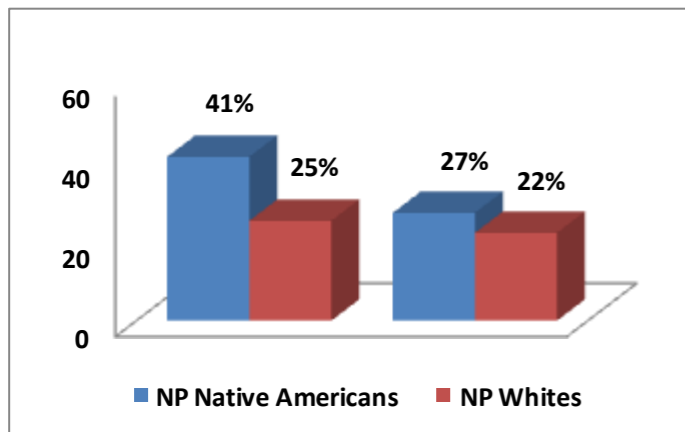
Protect Yourself and Your Family from Cancer by Leading Healthy Lifestyles

Get Active!

Did you know?

- One in two Northern Plains Native American adults are obese, and only one in three exercise regularly.
- Healthy weight and exercise can lower your risk of getting some cancers and other diseases.

Percentage of obesity and no leisure time physical activity in the Northern Plains



What you can do:

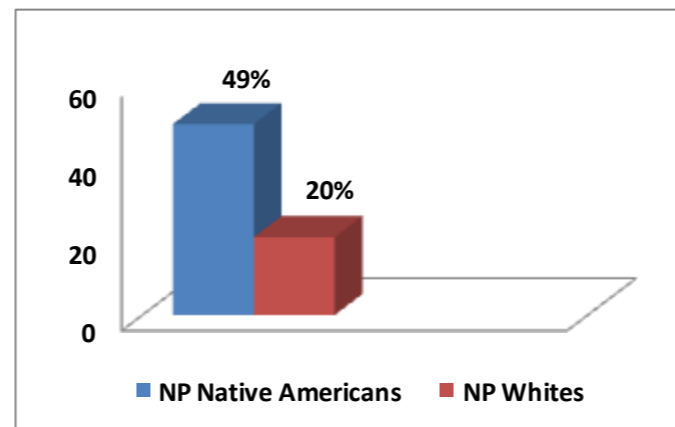
- Take a walk.
- Play a sport.
- Participate in traditional dance.

Smoke-Free Environment!

Did you know?

- One in two Northern Plains Native American adults currently smokes commercial tobacco.
- Not smoking or quitting may lower your risk of getting lung, cervical, stomach, kidney, and many more cancers.

Percentage of current smokers in the Northern Plains



What you can do:

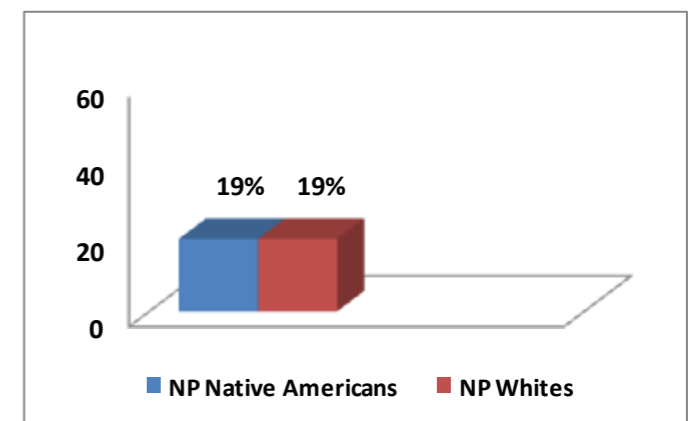
- If you use a commercial tobacco product, call a Quit Line or talk to your health care provider about quitting.
- Promote smoke-free homes and cars.

Healthy Eating!

Did you know?

- Only one in four Northern Plains Native Americans eat five servings of vegetables and fruits everyday.
- Eating vegetables, fruits, and fiber-rich foods can lower your risk of getting some cancers and other diseases.

Percentage of people who have 5 daily servings of vegetables and fruits



What you can do:

- Grow fresh vegetables and fruits.
- Cook healthy traditional foods.

Source: Behavioral Risk Factor Surveillance System 2003-2006