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

**TODAY, INUIT HAVE THE HIGHEST RATES OF SMOKING IN CANADA**

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

1 in 5 non-smoking Inuit are exposed to second-hand smoke in the home.

**ALCOHOL**

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.

**CANCERS RELATED TO DRINKING ALCOHOL**

- Breast
- Mouth
- Throat
- Esophagus
- Liver
- Colon

**BINGE DRINKING**

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.
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.

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.

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

Stop smoking, limit alcohol use, eat country food, fruit, vegetables & whole grains, be physically active.

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?
1-877-280-8538, TTY 1-800-855-0511, info@ontariohealth.ca

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

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