A Fast Look from EHHI

A Cancer Prevention Checklist

Practical Steps to Reduce Environmental & Lifestyle Risks

While not all cancers can be prevented, research shows that healthy lifestyle choices and reducing exposure to environmental hazards can lower your risk. This checklist offers practical actions you can take at home, at work, and in your community.

Healthy Habits

- ☐ Don't smoke or vape, and avoid secondhand smoke.
- ☐ Maintain a healthy body weight.
- ☐ Be physically active most days of the week.
- ☐ Eat plenty of fruits, vegetables, whole grains, and legumes.
- ☐ Limit processed meats, highly processed foods, and alcohol.
- ☐ Protect your skin from excessive sun exposure by using sunscreen and seeking shade.

Reduce Environmental Exposures

- ☐ Use pesticides only when absolutely necessary and consider organic lawn and garden practices.
- ☐ Reduce unnecessary use of harsh chemicals in your home.
- ☐ Choose fragrance-free and lower-toxicity household products.
- ☐ Ventilate your home during painting, remodeling, or when using strong cleaning products.
- ☐ Avoid heating food in plastic containers.
- ☐ If you have a private well, test your drinking water regularly.

Protect the Air You Breathe

- ☐ Avoid unnecessary exposure to wood smoke, diesel exhaust, and other combustion emissions.
- ☐ Do not allow vehicles to idle unnecessarily near homes, schools, or playgrounds.
- ☐ Improve indoor ventilation when outdoor air quality is good.
- ☐ Check the Air Quality Index (AQI) before prolonged outdoor exercise on poor air quality days.

Know Your Risk

- ☐ Learn your family's history of cancer and discuss it with your healthcare provider.
- ☐ Remember that most cancers occur in people without a family history, making healthy habits and routine screening important for everyone.
- ☐ Talk with your healthcare provider about unusual symptoms or persistent health changes.

Stay Current with Cancer Screenings

- ☐ Follow recommended screening guidelines for breast, cervical, colorectal, lung, prostate, and skin cancers based on your age and individual risk.
- ☐ Don't delay recommended follow-up testing after an abnormal screening result.
- ☐ Encourage family members to stay current with recommended screenings.

Support a Healthier Community

- ☐ Learn about environmental health issues affecting your community.
- ☐ Support efforts to improve clean air and safe drinking water.
- ☐ Share reliable information about cancer prevention with family and friends.
- ☐ Encourage schools, workplaces, and community organizations to reduce unnecessary chemical exposures.

Small Changes Can Make a Difference

No single action can eliminate cancer risk, but together these choices can help reduce environmental exposures, support overall health, and improve the chances of early detection. Prevention begins with informed decisions—at home, at work, and in our communities.

EHHI is dedicated to protecting human health from environmental harms through research, education, and the promotion of sound public policies.

Learn more and keep up to date on environmental issues that impact human health at...

EHHI.org

For additional information or to donate to EHHI research, please call us at +1 203.290.1688.

Environment & Human Heath, Inc. (EHHI) is a 501(c)(3) nonprofit organization.
© Environment & Human Health, Inc.