

10 Simple Steps to a Healthier Lifestyle

- [1] Eat at least 5 portions of fruit & vegetables a day.
- [2] Eat more fibre.
- [3] Eat less fat, salt and sugar.
- [4] Don't smoke.



- [5] Keep active and take time to relax.
- [6] Moderate alcohol intake (max 21 units for men or 14 units for women per week).
- [7] Take care in the sun.
- [8] Be aware of your body and know what is normal for you.
- [9] Go to the doctor with persistent health worries.
- [10] Attend for breast & cervical screening when called.

Your Health Promotion Team

Action Cancer's health promotion team travel throughout Northern Ireland delivering a wide variety of programmes.

The BIG BUS, a state-of-the-art mobile unit provides counselling and complementary therapy rooms, a training suite and hi-tech computer terminals. This will afford an additional facility on which to offer the services of the health promotion team. If you would like to utilise this mobile service for your health promotion provision, contact a member of the team.

If you would like to book a session or programme for your school, community group or workplace please call 028 9080 3344.

Action Cancer is Northern Ireland's local cancer charity. All of the services we provide are confidential. We depend on public support to keep our services going.

Action
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Saving Lives Supporting People

Action Cancer House
1 Marlborough Park Belfast BT9 6XS
Telephone: 028 9080 3344
Fax: 028 9080 3356
Email: info@actioncancer.org
Web: www.actioncancer.org
Charity Registration No: XN48533
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Health Promotion



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Health Promotion Service

At Action Cancer our two key health promotion messages are prevention and early detection.

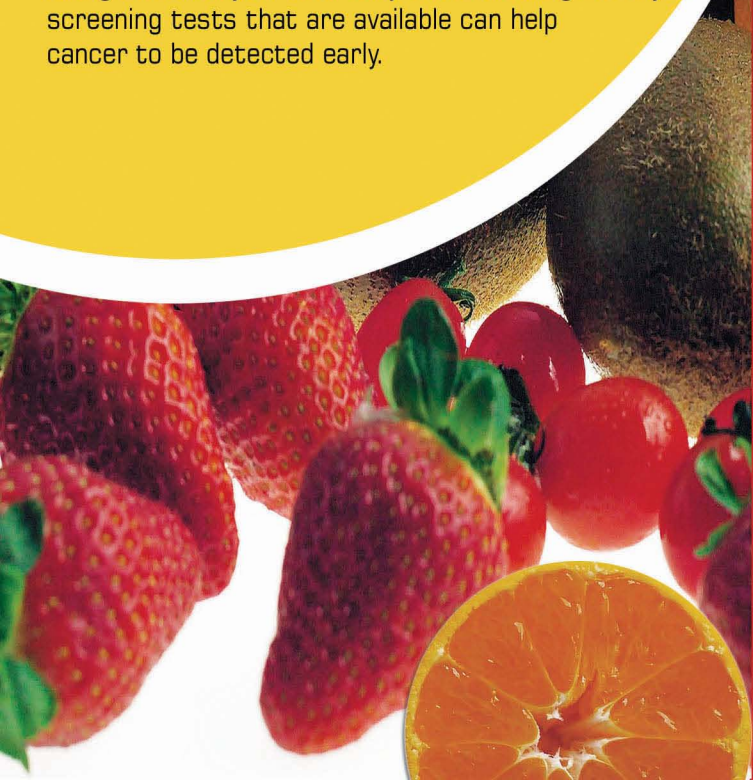
Prevention

Up to 80% of cancers can be prevented. We can all make some small, simple changes to our lifestyle to help prevent or lower our risk of developing certain cancers. By not smoking and eating a healthy diet many cancers could be prevented.

Early Detection

The earlier a cancer can be diagnosed, the better the chance of successful treatment and longer survival.

Being aware of your own body and attending for any screening tests that are available can help cancer to be detected early.



Action Cancer's Health Promotion Programmes

Cancer Awareness Sessions

Delivered in workplace and community group settings, these sessions focus on male and female specific cancers as well as general cancers. Breast and testicular awareness is taught and healthy lifestyle messages are also covered.

Health Action Programme

This programme is aimed at 11-18 year olds in schools, colleges or youth groups. It explores health issues in a relevant and engaging way, using a variety of resources such as visual aids, activity sheets and practical sessions. A Wally & Wise puppet show also travels to primary schools throughout Northern Ireland, teaching 3 to 11 year olds the importance of a healthy diet, exercise, care in the sun and the dangers of smoking.

Healthy Living Programmes

These are ideal for use in community settings and allow groups of men and women to address their health behaviours in relation to body awareness, smoking, diet, exercise and stress.

Smoking Cessation Programme

Our smoking cessation programmes are tailored to either adult or youth settings. They are run by trained smoking cessation counsellors who provide information and advice on quitting as well as exploring reasons for smoking and wanting to quit. These are available as either group or one to one sessions.

Cook It Programmes

Delivered in community group settings, these enjoyable programmes combine theory about healthy eating with practical low-budget cookery sessions.

Health Information Stands

Leaflets and advice on cancer and healthy lifestyles are available at health fairs and other events.

Special Screening Clinics

Action Cancer can provide clinics that are tailored towards groups of people who may experience more difficulty in accessing screening services than others. Each clinic will be tailored to the group's particular needs, for example providing disabled access, interpreters, or sign language provision.

