



Staying well and preventing cancer

A healthy living flipchart for
multicultural communities

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Cancer Institute NSW



Who is this flipchart for?

This flipchart is designed to be used by bilingual health and community educators. It can be used with groups or with an individual.

Users of the flipchart are encouraged to adapt the wording provided to suit their group.

The flipchart contains a lot of information and will take four hours to deliver, including breaks. If time is limited, you can use one section only based on the group's interest.

The flipchart has two sections:

Part 1 explains how cancer is linked to healthy living behaviours then provides further information on healthy eating, being more active and staying a healthy weight.

Part 2 provides information on stopping smoking, avoiding alcohol and protecting skin from UV radiation. It also provides information on participating in cancer screening.

Contributors:

The Cancer Institute NSW gratefully acknowledges the significant contributions of Multicultural Health staff at South Western Sydney LHD, Western Sydney LHD and Sydney LHD, especially the Coordinators of the Bi-lingual Community Education, and Cultural Support Programs, and their team members, and the SWS LHD Health Literacy Manager, in the development of this resource.



Acknowledgement of Country

I acknowledge the traditional custodians of the lands on which we work and live, and recognise their continuing connection to land, water and community. I pay my respects to Elders past, present and emerging.

The artwork illustrated reflects the Cancer Institute NSW; how it collaborates and shares values with other networks to foster greater knowledge, awareness and success of health services for Australian Indigenous communities. Artwork by Dennis Golding 2016.

Facilitator notes:

Wellness and good health can mean:

- spending time with your family and friends
- preparing and eating food together
- not being sick
- having a job and providing for your family
- feeling safe to go out into your community and at home
- sleeping well
- having a healthy mind/good mental health.

Discussion:

- Tell us about a time when you felt in the best of health? (Write what people say on a whiteboard or butcher's paper)
- How does your family's health affect you?

Being well can mean different things to different people and communities.
What does it mean to you and your family?



Facilitator notes:

- Cancer is the leading cause of premature death and illness in NSW.
- Cancer has a major impact on individuals, their families and the healthcare system.
- One in two Australians develop cancer and one in five die from cancer in their lifetime.
 - This doesn't mean half of this workshop group will get cancer.
 - People who smoke, drink alcohol and are overweight won't always get cancer.
 - Cancer can be treated and treatment is improving all the time. Survival rates are high in NSW.
 - Many cancers can be cured if found early.
- If you live in a healthy way there is less risk of cancer – but you may still get cancer.
 - This is why cancer screening is so important – to pick it up early.
 - If you live in a healthy way there is less chance of other diseases as well, like diabetes and heart disease.

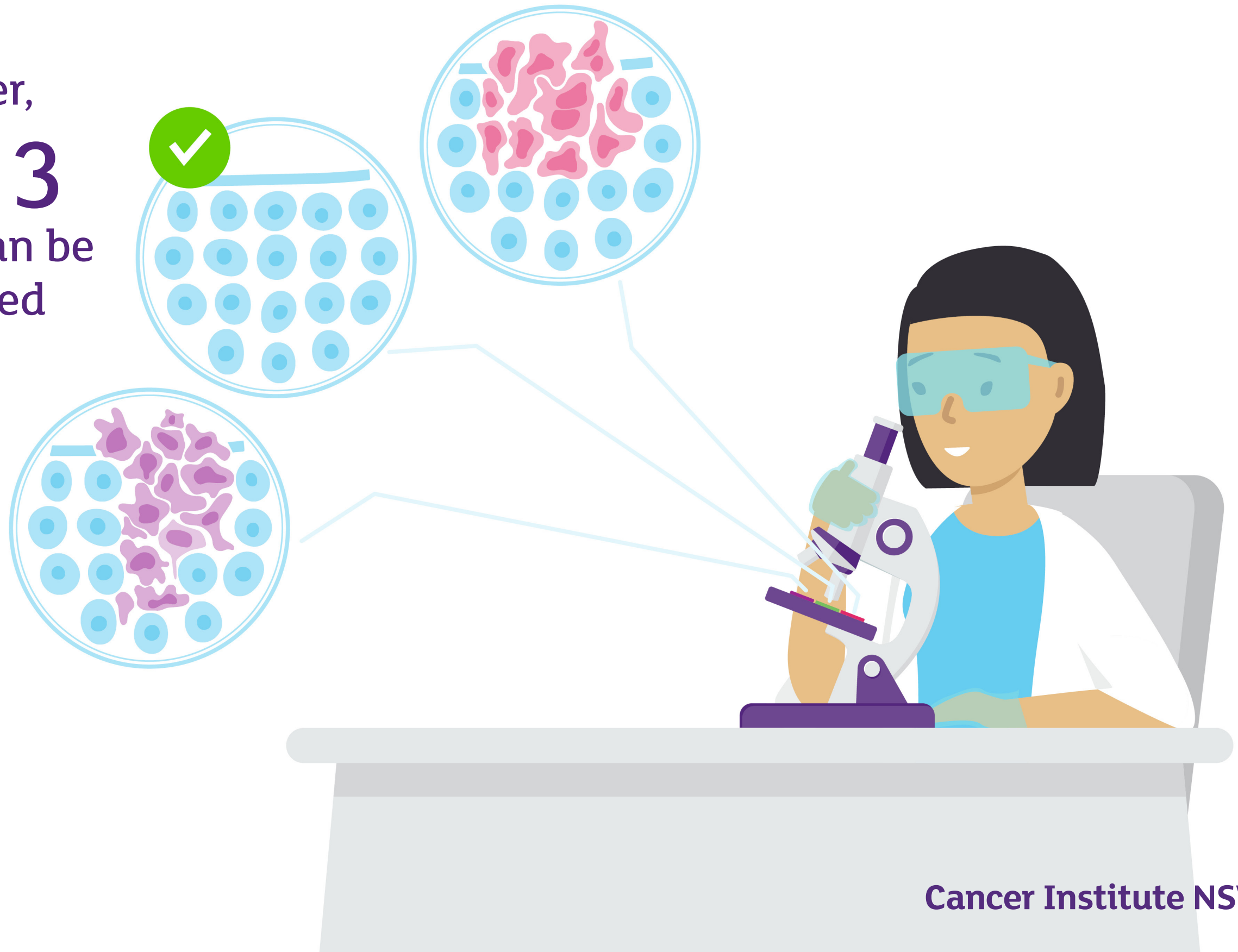
Discussion:

Discuss one of these questions:

- What do you think causes cancer?
- How many people know someone in their community with experience of cancer?
- Have you participated in a cancer information workshop before?

Many people will be affected by cancer in their lifetime.

However,
1 in 3
cancers can be
prevented



Facilitator notes:

- Some risk factors can be changed by changing your behaviour.
- Some risk factors can be changed by personal behaviour change and others can't be, for example:
 - inherited genetic problems/mistakes can be a factor in a range of cancers
 - your age – older people are more likely to experience cancer than younger people
 - exposure to cancer-causing substances including asbestos and cadmium.
- What you and your family eat, drink and do can increase or decrease the risk of cancer.
- It's not too late to change your routine to be more healthy.

There are many causes of cancer. Some can be avoided.

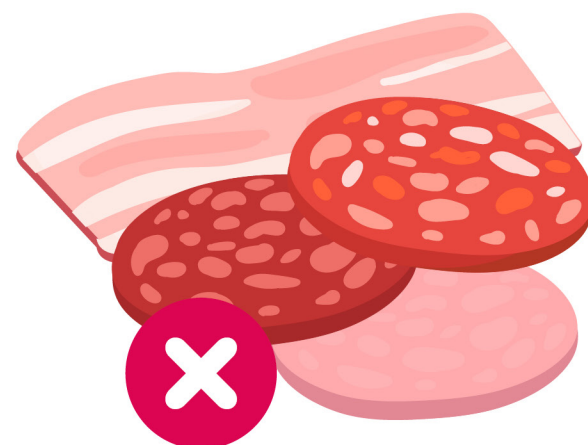
What you and your family eat, drink and do can affect your risk of getting cancer.



Smoking and waterpipe



Alcohol



Processed meat



Being physically inactive

Facilitator notes:

- With information and support you can make changes to your behaviours and habits and reduce risk of cancer.
- Over time you can add more healthy behaviours – you don't have to change everything at once.
- Making changes can be hard, so look for support.
- Mental health issues can make healthy living changes hard. However smoking, not exercising, not eating well and not sleeping can make mental health issues worse.
- It's important to talk to your doctor about your health. In NSW there are many excellent health services available.
- There are six healthy living choices that can reduce your risk. We will look at those now.

Let's look at some healthy things you can do to stay well and lower your risk of cancer. Some things might be easier for you to do than others. Even small changes can help.



Facilitator notes:

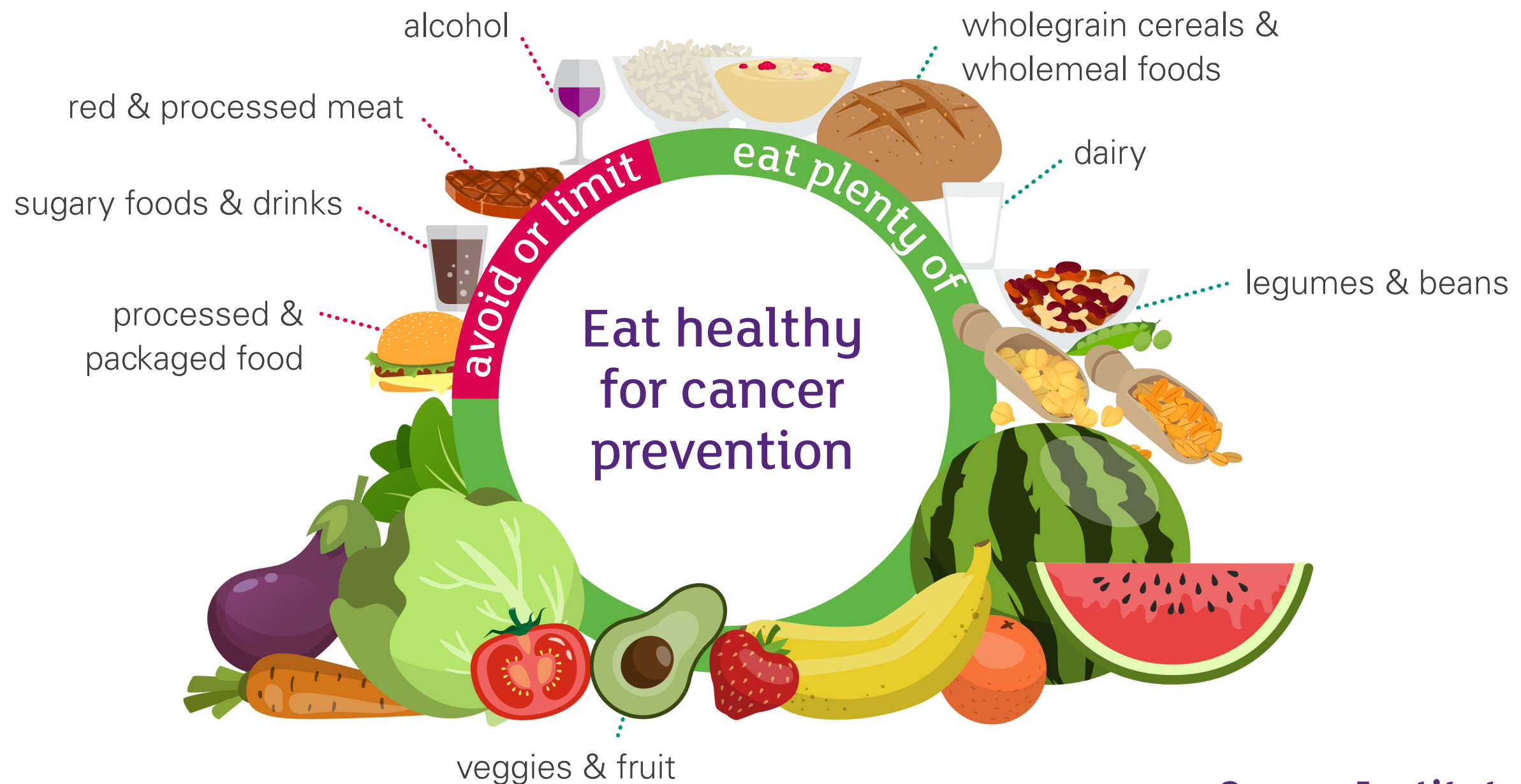
- The ingredients in food are important and also the cooking method. Grilling and steaming uses less fat than frying and roasting. Use spices to add flavour and lower the amount of salt.
- Dairy foods have also been shown to reduce the risk of bowel cancer.
- Supplements aren't necessary if you follow the Australian Guide to Healthy Eating eatforhealth.gov.au/guidelines unless they are recommended by a health professional.
- If someone in the group has a health condition, they should follow their doctor's advice. The information below may not be correct.

Discussion:

What makes it easier or harder to prepare healthy food at home? (Write up what people say on a white board or butcher's paper.)

Eat healthy foods

The food you and your family eat makes a big difference to your health.



Facilitator notes:

- Processed foods and sauces are often high in salt.
- Food and drinks with high fat and sugar have more kilojoules or calories than fruit, vegetables, legumes and grains. This can lead to overweight and obesity.
- Fibre is food material that can't be broken down in the gut. It helps keep the gut healthy as it moves through.

Eating vegetables, fruits, beans and other legumes, and wholegrains can lower your risk of cancer. These foods are nutritious and high in fibre. Nutritious foods keep your body healthy.



Facilitator notes:

- Many people don't eat the recommended amounts of vegetables, but it's easy to add more to your diet.
- A "serving" is a standardised way of referring to portions of different types of foods.
- The number of servings on the slides apply to adults 19–50 years of age. More information about serves per day for other ages is available from eatforhealth.gov.au.
- There are lots of ideas about how to increase the amount of vegetables you eat at cancer.nsw.gov.au/eat-healthy.
- Fruit and vegetables contain fibre that helps you feel full (so you eat less) and substances that can destroy cancer-causing agents (like antioxidants).
- It's ok to eat frozen and canned vegetables that don't contain added salt (sodium).

Discussion:

What are some ways to include more vegetables in your diet? (E.g. Make a dip out of spiced roast vegetables, or add grated or finely diced vegetables to stews, curries, fritters, etc.)

Vegetables

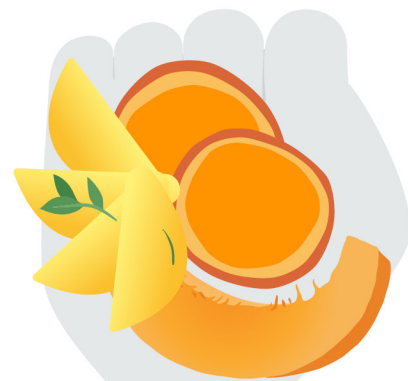
Try to eat a variety of different coloured fruits and vegetables. Adults should eat at least five serves of vegetables every day.

Number of serves per day: 5

Serving size 75 grams. Examples of 1 serve:



1 handful
of cooked
vegetables



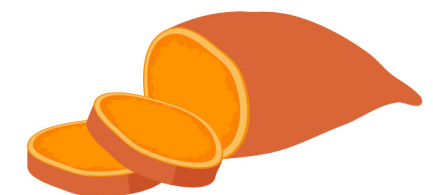
1 fist-size
of starchy
vegetables



1/2 cup
of frozen
vegetables



1 cup
of raw salad
vegetables



1
small sweet
potato

Facilitator notes:

- Fruit provides important vitamins and minerals.
- Fruit is a good source of fibre in your diet.
- One serve of fruit is 150g of fruit (e.g. a small banana or an apple).
- Having fruit visible in your kitchen is a good reminder to eat more fruit.
- Fruit that is in season will usually be cheaper.
- It's ok to eat canned fruit in natural juice (not syrup).

Discussion:

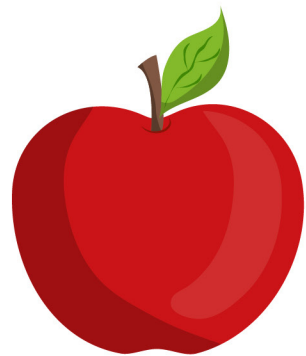
Is fresh fruit eaten at family gatherings and events? Cutting up fruit encourages children to eat it – does this work for adults?

Fruit

Adults should eat two serves of fruit every day.

Number of serves per day: 2

Serving size 150 grams. Examples of 1 serve:



1 medium size
fruit



2 small
fruits or dried fruits



1 cup
fruit

Facilitator notes:

- Legumes are the seeds of plants that can be eaten fresh, canned or dried (after soaking).
- Legumes are a vegetable and are also a source of protein. They can be rich in protein and fibre. Protein is important to build bones, muscles, skin and blood.
- Examples include lentils, soya beans, white or red beans and chickpeas.

Legumes

Legumes, like beans, lentils and chickpeas, are good for you and can help prevent cancer.



1/2 cup
of legumes
or beans =

1 serve
of vegetables

or



1 cup
of legumes
or beans =

1 serve
of protein
rich food

Facilitator notes:

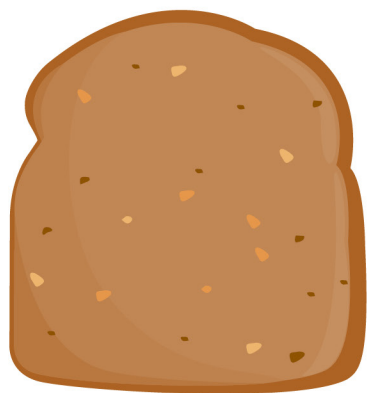
- A diet with fibre provided by 4–6 serves of wholemeal and whole grain foods per day can help prevent 1 in 6 bowel cancer cases.
- Adults up to 50 years of age should eat 6 serves of mostly whole grain cereals and wholemeal foods every day.
- Adults between the ages of 50–70 years should eat 4–6 serves every day.
- Adults over 70 years of age need less food so should eat 3 serves per day.

Wholemeal & wholegrain foods

Eat at least 4–6 serves of grain foods every day. Grain foods are breads, rice, pasta, oats or other cereals made from wholegrains and corn.

Number of serves per day: 4–6

Examples of 1 serve:



1 slice of wholemeal or wholegrain bread



3 wholemeal or mixed grain crisp breads



1/2 cup of cooked porridge or oats



1/2 cup of cooked brown rice or quinoa



1/2 cup of cooked wholemeal pasta

Discussion:

What wholegrain or wholemeal foods do you look for at the market?

Wholegrains are good for your gut. Look for words like 'wholemeal' or 'wholegrain'. They are usually brown or with seeds, instead of white.



Facilitator notes:

- Processed meats are a type 1 carcinogen which means they are known to cause cancer. (More information on next page.)
- Avoid salted fish that is prepared with salt and is allowed to ferment. Research is clear that Cantonese style salted fish increases cancer risk. More research is needed into other salted fermented fish products.
- It is advised not to eat any foods preserved by salting.
- Including dairy foods in your diet protects against bowel cancer and lowers the risk of breast cancer (pre-menopause). However, there is also evidence that suggests dairy can increase the risk of prostate cancer.

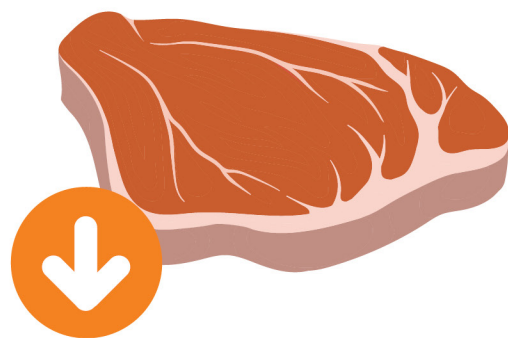
Meat

Processed meat and too much red meat can increase your risk of cancer.

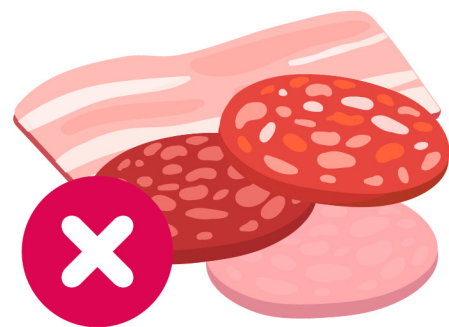
Processed meat is meat that has been cured/preserved, such as salami, prosciutto, ham, bacon and mortadella. Avoid or reduce how much you eat.

Salted fermented fish can increase your risk of cancer too.

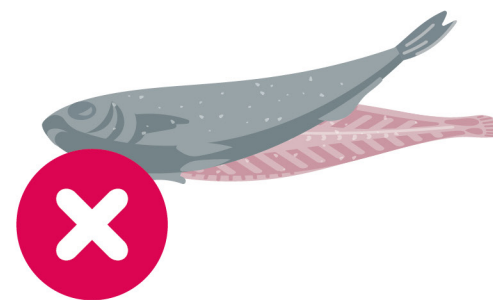
Avoid or eat less



too much red meat



processed meat



salted and
fermented fish

Facilitator notes:

- Red meat, including beef, lamb, pork and goat, has been classified as Group 2A carcinogen which means it probably causes cancer. That's why it is better to eat meat less often.
- Cooking meat on the BBQ can increase burning of the meat/charring which increases risk of cancer.
- Fish, other seafood, chicken, eggs, nuts, seeds and tofu are other good sources of protein.
- If someone doesn't eat meat or other animal foods, it is important to ensure they are getting enough protein, Vitamin B12, iron, zinc, calcium and omega 3 fatty acids.
- It is not yet clear whether vegetarians are at less risk of cancer. A vegetarian diet can be high in fat and sugar. It is very important vegetarians participate in cancer screening.
- More information available at cancer.nsw.gov.au/eat-healthy.

Discussion:

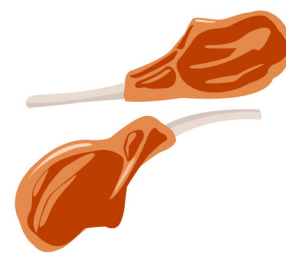
- How often does your family or community eat meat? Discuss how people feel about meat.
- Do people eat more or less meat than they used to?

Eat no more than 455g cooked lean red meat per week. This is about 65 grams a day – the size of your palm.

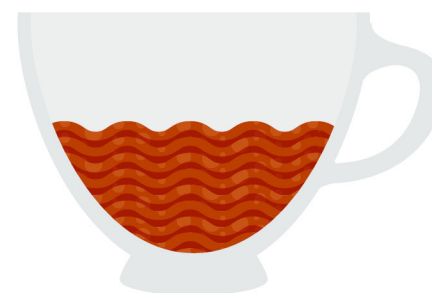
Serving size 65 grams. Examples of 1 serve:



1 palm sized
lean steak



2 small
chops



1/2 cup
of mince



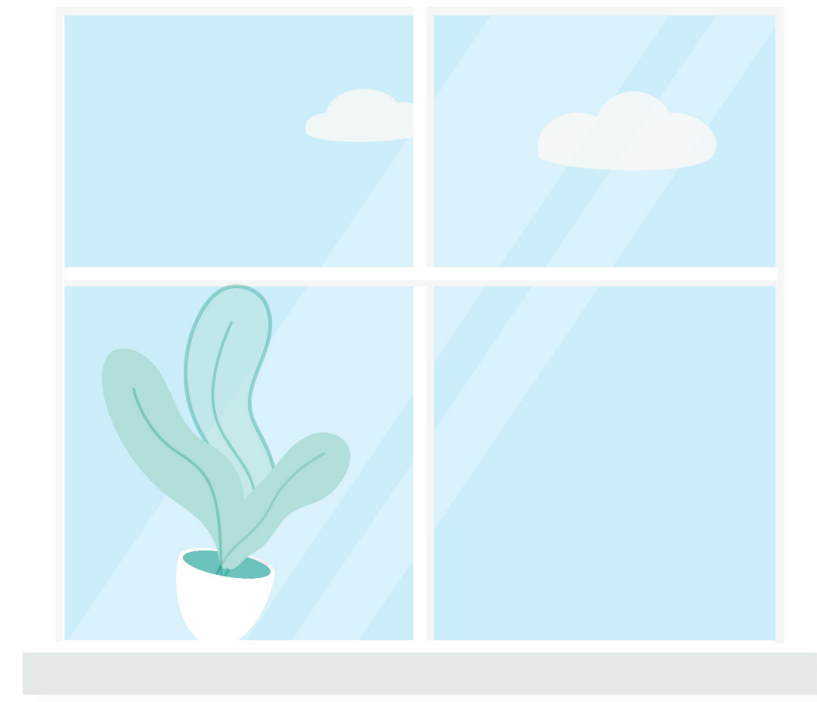
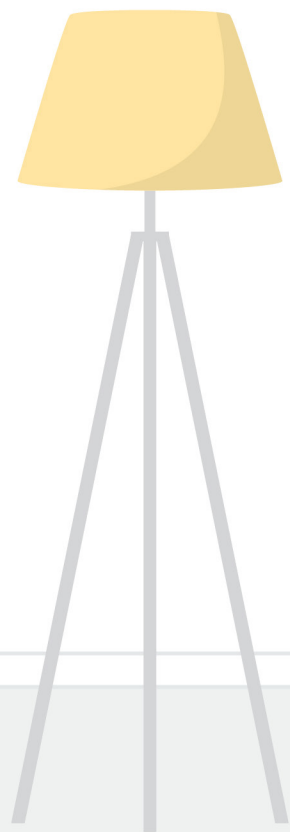
2 slices
lean roast meat

Facilitator notes:

- Physical inactivity (being sedentary, which means sitting too much) is one of the top four biggest causes of cancer in Australia.
- Sitting less and moving more cuts your risk of cancer.
- There is evidence that exercise may help stop some cancers, like breast cancer, from returning.
- One hour of moderate activity (heart beats a bit faster) or 30 minutes or more vigorous exercise (makes your heart beat faster and you breathe more rapidly) is recommended every day.
- Exercise moves waste and cancer-causing toxins out of your body more quickly.
- Exercise also strengthens the immune system to prevent cancer cells growing.
- Moving your body improves your mood, helping you feel better.
- It's okay to start with a small amount of activity and build up to more.

Be more active

Many people sit too much.



Facilitator notes:

- There are many ways you can add more activity while you go about your day:
 - take the bus rather than driving
 - park further away from the shops
 - play with the kids rather than watching
 - mow the lawns
 - start a walking group.
 - Other ideas? See cancer.nsw.gov.au/be-more-active.
- Vigorous exercise includes jogging, aerobics, football, netball or boxing.
- Get help from a health professional if you are starting vigorous exercise after a break.

Activity:

Do a simple activity with the group during the break or at the end of the session. Take a 20-minute walk outside or use the stairs instead of the lift, for example.

It's also a good idea to encourage people to stand up and stretch between each topic.

Moving your body can help you maintain a healthy weight and reduce your cancer risk. Be active every day – small activities throughout the day all add up.



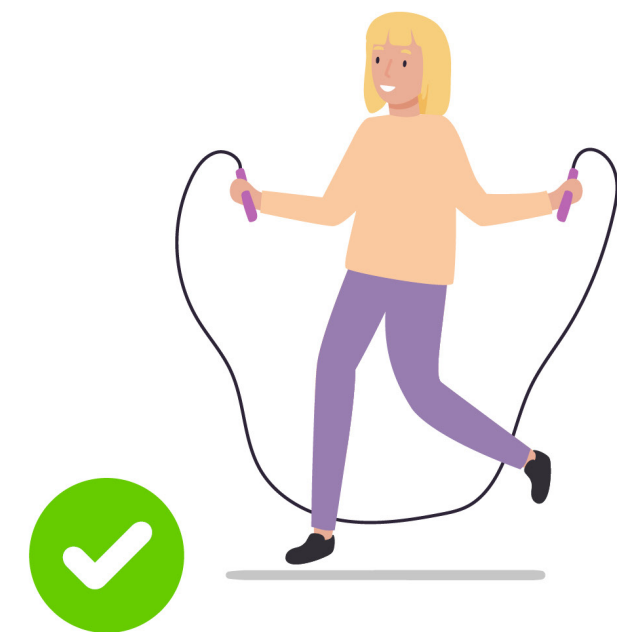
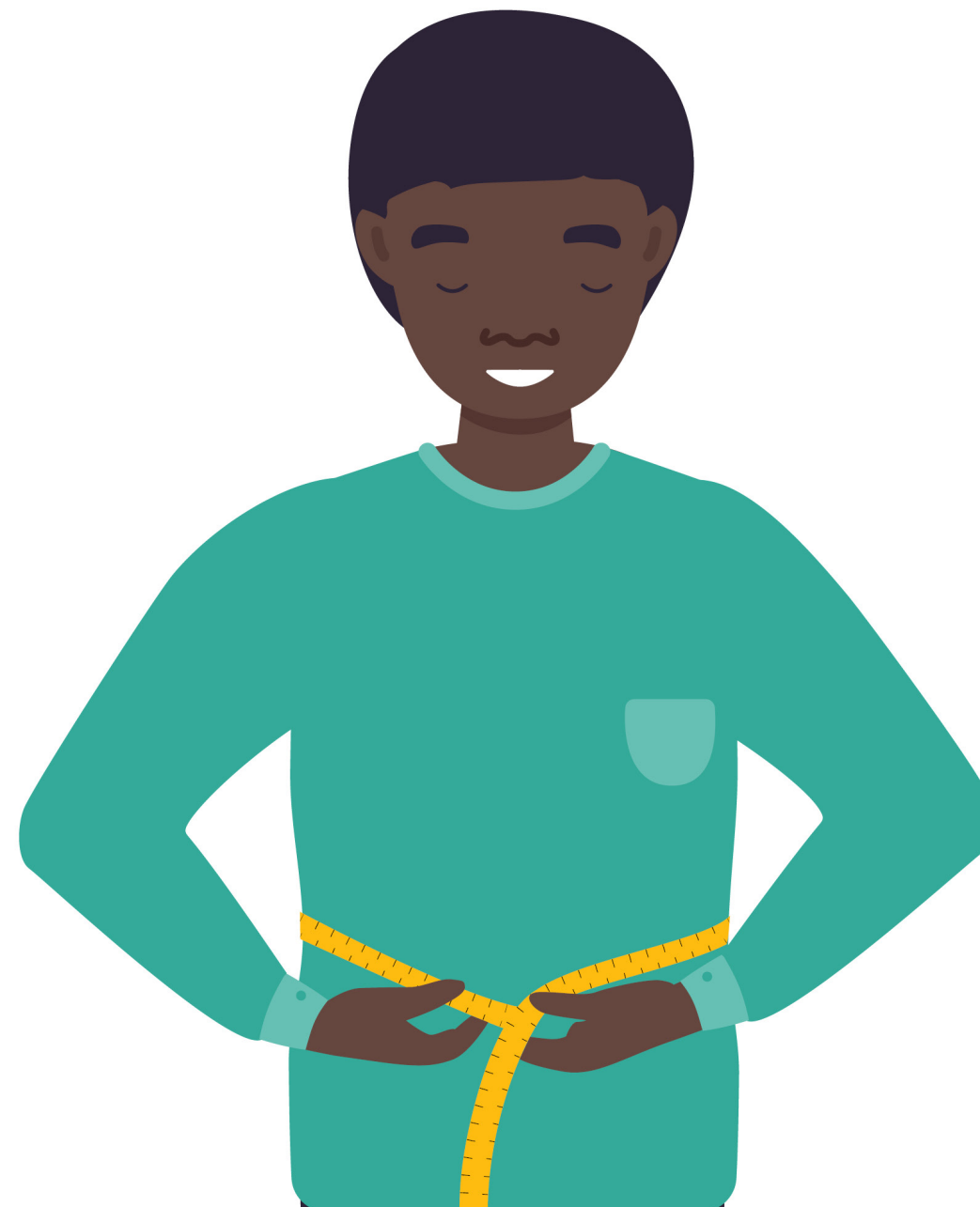
Facilitator notes:

- Staying at a healthy weight can help reduce the risk of breast cancer (in women after menopause), as well as bowel, kidney, liver, endometrial, ovarian, stomach, oesophagus, gall bladder, pancreas and (advanced) prostate cancer.
- Your healthy weight range and ideal healthy weight is individual to you. Your doctor will help you work out a healthy weight for you.
- Measure your waist to find out if your weight is affecting your health. Increased risk is over 94cm or more for men, and 80cm or more for women. Greatly increased risk is 102cm or more for men and 88cm or more for women. Check with your doctor if this is an accurate guide for you.
- BMI (body mass index) is a way of seeing if you are overweight for your height. It can be measured using a BMI calculator. Use it as a guide only, as BMI can be influenced by gender, age and ethnicity.
- More information (including a BMI calculator) is available at cancer.nsw.gov.au/maintain-a-healthy-weight.

Stay a healthy weight

You can lower your cancer risk by being a healthy weight.

This also prevents other problems, like heart disease and stroke.



Facilitator notes:

- We all need some fats in our diet. Limit the amount of saturated fats you eat, including butter, fat from meat, whole milk cheeses and foods with hydrogenated oils in the ingredient list. Unsaturated fats from plants, such as olive oil, canola oil and oily fish, which contains omega 3, are healthier. (Find more information on food labelling and illustrated examples in the facilitator manual *Frequently asked questions* section.)
- There are many benefits of eating healthier and being more active to lose weight, including meeting new friends, clearing your mind, feeling happier and sleeping better.
- Trying to lose weight can be challenging.
- Sometimes people lose weight on a diet and then regain it quickly. Ask for support or coaching if needed, so it is a sustainable change. Call the Get Healthy Service at 1300 806 258 or find out more at their website gethealthynsw.com.au.

Reducing the saturated fats and sugars you eat and doing exercise will help you to maintain a healthy weight. Being above a healthy weight increases your risk of cancer. If you buy packaged foods you can look at the nutrition label.



Facilitator notes:

Find out what a healthy weight is for you by visiting the Get Healthy website, gethealthynsw.com.au, or talking to your doctor.

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Facilitator notes:

- Tobacco smoking is the largest cause of preventable ill health and death in NSW.
- Smoking is known to cause 16 different types of cancer.
- Someone who smokes and who doesn't quit loses 10 years of their life on average.
- Inhaling someone else's smoke is harmful, this is called secondhand smoke.
- The smoke inhaled in an hour-long waterpipe/shisha session is estimated to be the equivalent of smoking between 100 and 200 cigarettes. See more information at shishanothanks.org.au.
- The smoking of non-tobacco products in a waterpipe is also not safe. The smoke contains highly toxic substances. The addition of fruit flavouring and sweeteners does not reduce the harmful effects of the smoke. Using a waterpipe also increases the risk of sharing coughs, colds, flus and other viruses.
- E-cigarettes (also known as vaping) are battery-operated devices that heat up a liquid to turn it into a vapour, which is inhaled. The liquid contains a mix of chemicals, including toxic chemicals, so they are harmful.

Stop smoking

Smoking is not healthy for you and your family.

All types of tobacco use is harmful, including, shisha, chewing tobacco and loose tobacco. This can cause cancer and other diseases.



Facilitator notes:

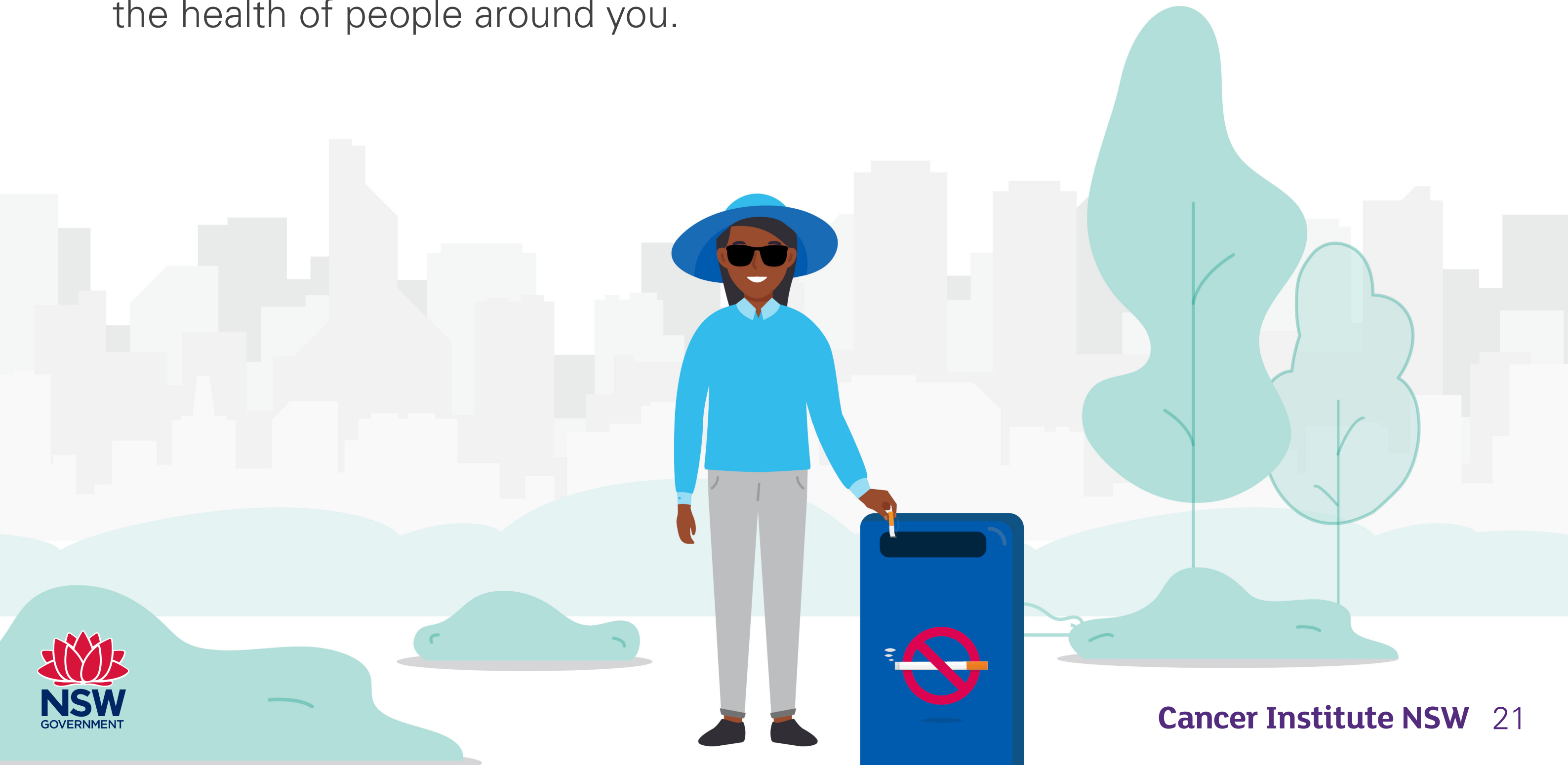
- People can find it hard to give up smoking, but support is available.
- Use of tobacco over time can cause a physical and psychological addiction. Nicotine is the main chemical in tobacco that is addictive. Nicotine can cause a rush of adrenaline when absorbed into the body. Dopamine – the brain’s “happy chemical” – can also be released when smoking tobacco.
- When a person stops using tobacco, their body starts recovering straight away.
- Smoking costs a lot of money and quitting can save that money.

Discussion:

How you ever helped someone who wanted to quit smoking? What worked/what didn't?

Smoking is addictive and it can be hard to stop.

If you stop smoking, it will be good for you and better for the health of people around you.

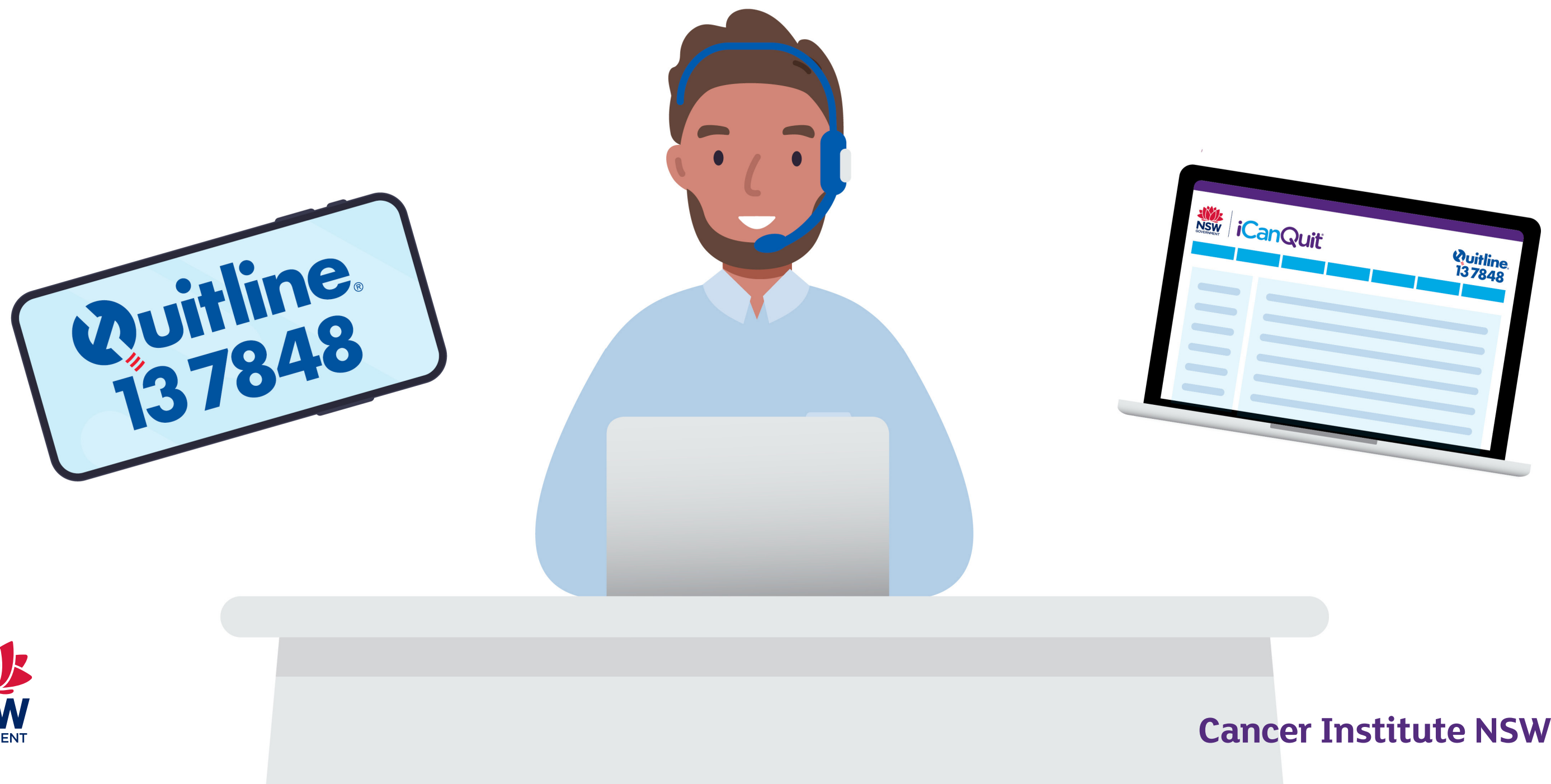


Facilitator notes:

- The NSW Quitline is a confidential phone information and advice service. Phone 137848 (13QUIT) or go to icanquit.com.au.
- You can ask to talk to a Quitline advisor in Arabic, Chinese (Cantonese and Mandarin) and Vietnamese. For all other languages, Quitline can arrange a telephone interpreter service.
- Your doctor can help you manage cravings with nicotine replacement therapy (NRT) and some prescription medications. Using these medications with multi-session behavioural intervention, such as that provided by Quitline, is the most effective way to quit smoking.
- From October 2021, authorised general practitioners (GPs) can prescribe e-cigarettes for smoking cessation.

It is never too late to change even if you have smoked for a long time.

There are professional support advisors and services who can help you stop smoking.



Facilitator notes:

- Alcohol is linked to eight different types of cancer: mouth, upper throat, larynx, oesophagus, female breast, liver, stomach and bowel.
- Alcohol is a group 1 carcinogen, which means there is convincing evidence that alcohol causes cancer in humans.
- Even small amounts of alcohol increase your cancer risk. So there is no level of alcohol consumption that is entirely safe.
- More than 3,200 cancer cases each year in Australia could be prevented if people limited their alcohol consumption.
- The Australian Alcohol Guidelines for adults will reduce the short- and long-term harm from alcohol if followed. The guidelines recommend no more than 10 standard drinks over a week, and no more than four standard drinks on any day. Anyone under 18 years should not drink at all. Women who are pregnant, planning a pregnancy or breastfeeding should not drink at all.
- One standard drink is 10 grams of pure alcohol. Find out more about standard drinks at [drinksmeter.com](https://www.drinksmeter.com). Often a serving of alcohol in a pub or club is larger than a standard drink.

Discussion:

Is drinking alcohol part of celebrations in your community? What are ways of having social fun without alcohol?

Avoid alcohol

Drinking alcohol can cause cancer. The less alcohol you drink, the better it is for you.

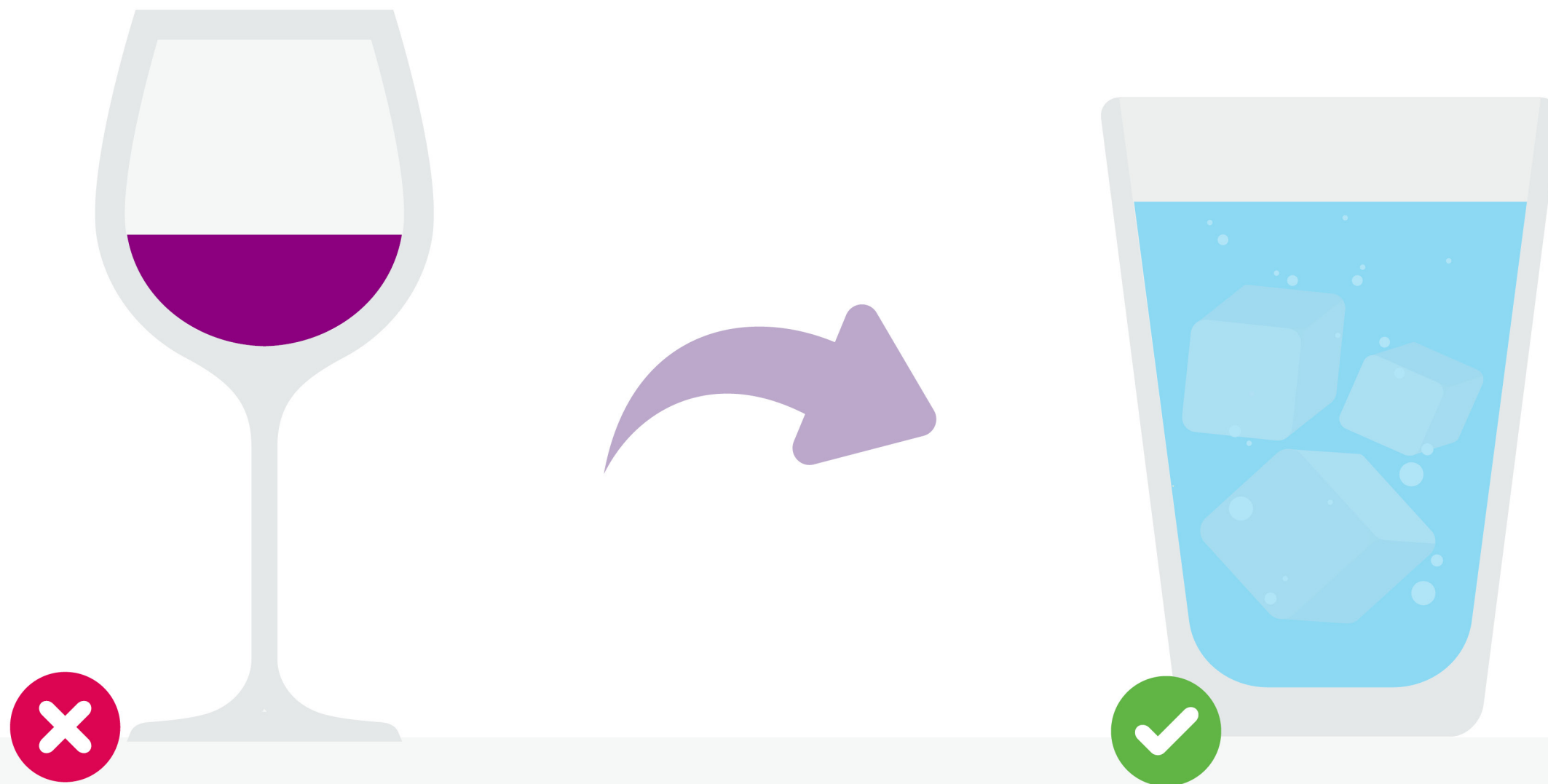
Examples of standard drinks:



Facilitator notes:

- Alcohol can be hard to give up, but any reduction – no matter how small or large – can reduce your risk of cancer. Get more practical tips to start cutting down and taking steps towards a healthier future at cancer.nsw.gov.au/drink-less-alcohol.
- Other benefits from not drinking alcohol include better sleep, increased energy and a balanced mood.
- Popular non-alcoholic drinks include:
 - soda water with lemon or lime
 - kombucha
 - mocktails instead of cocktails
 - half juice, half tap or soda water.

Choose non-alcoholic drinks. Drinking water is the best choice.



Facilitator notes:

- UV radiation levels are high in NSW most of the time (UV index 3 and above) so skin needs to be protected from the sun all year.
- When the weather is cool UV radiation levels can still be high. UV radiation can move through clouds and cause damage to skin. Check UV radiation levels each day at the Bureau of Meteorology bom.gov.au/uv or on weather apps.
- Children's skin is particularly vulnerable to burning and skin damage can result in skin cancer later in life.
- If you stay home but spend time outdoors, for example in your garden or on a balcony, you still need to protect your skin.

Discussion:

What are the differences for children growing up in Australia compared to the northern hemisphere?

Protect your skin

No matter what colour your skin is, you should protect it from ultraviolet (UV) radiation from the sun.

Almost all skin cancers are caused by UV radiation from the sun. Even when it is cool or cloudy, the UV level can be high and damage your skin.



Facilitator notes:

- You can prevent nearly all types of skin cancer by protecting your skin from UV radiation.
- Some people worry that they will not get enough vitamin D if they protect their skin. Your doctor can help you work out how much sun exposure you need. For example, it has been estimated that in summer people with brown, dark brown or black skin need under an hour sun exposure on exposed arms or equivalent each day to gain sufficient Vitamin D.
- If you wear clothes that cover your entire body every day, you may not get enough sun exposure and should talk to your doctor about your vitamin D levels. Supplements can be provided by your doctor if you are lacking in vitamin D.
- See more information at cancer.nsw.gov.au/protect-your-skin.

When you are going outdoors, apply sunscreen 20 minutes before going outdoors. Wear clothing that covers your skin, a wide-brimmed hat and sunglasses. Try to find shade.



Slip
on protective clothing



Slop
SPF 30-50+ sunscreen



Slap
on a wide-brimmed hat



Seek
shade



Slide
on sunglasses

Facilitator notes:

- Regular screening, or health checks, are an important part of looking after your health. In Australia there are three national screening programs.
- Cancer screening involves simple tests that look for early signs of cancer, or the conditions that cause cancer, before you can see or feel any changes to your body.
- When you find cancer early, it is easier to treat successfully.

Take part in cancer screening

Regular screening, or health checks, are an important part of looking after your health. In Australia there are three national screening programs.



BreastScreen
NSW

**NATIONAL
BOWELCANCER**
SCREENING PROGRAM

NATIONAL
CERVICAL SCREENING
PROGRAM

A joint Australian, State and Territory Government Program



Breast
screening



Bowel
screening



Cervical
screening

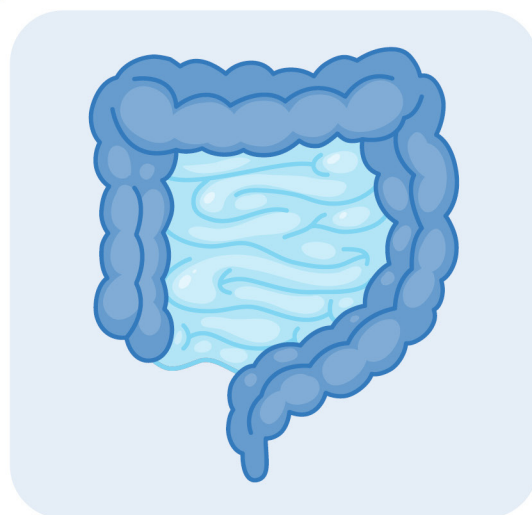
Facilitator notes:

- BreastScreen NSW recommends women aged 50–74 have a free breast screen every two years. You don't need a doctor's referral. Find out more at breastscreen.nsw.gov.au. Book online or call 13 20 50 to make an appointment. (Use the Translating and Interpreting Service on 131 450 to access services in other languages.)
- Bowel cancer screening can detect cancers at an earlier stage, when treatment can be more successful. Eligible Australians from 50–74 years of age are sent a free, simple test every two years that is done at home. Find out more at cancer.nsw.gov.au/dothetest.
- A cervical screening test prevents cervical cancer by detecting the human papillomavirus (HPV). HPV is the cause of almost all cervical cancers. The cervix surrounds the opening to the uterus or womb at the top of the vagina. The test is free for most people, but sometimes there is a small fee, so check with your GP or clinic to see if there is a cost. Find out more at cancer.nsw.gov.au/cervical-screening.
- Check with the group if they would like to have a breast, bowel or cervical screening information session. Flipcharts are available for each in multiple community languages.



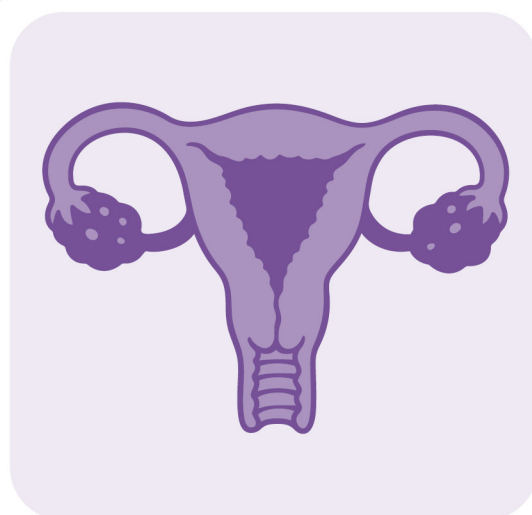
Breast screening

BreastScreen NSW recommends women aged 50–74 have a free breast screen every 2 years.



Bowel screening

Eligible Australians aged 50–74 are sent a free bowel cancer screening test in the mail every 2 years.



Cervical screening

Women and people with a cervix aged 25–74 who have ever been sexually active, are eligible for a cervical screening test every 5 years.



Facilitator notes:

- You can ask your doctor about these programs.
- It is important for everyone to take part in the right screening programs for you.

By making these healthy choices you can help to lower your risk of getting cancer. We can help each other to stay well every day.



Discussion:

- What do you think is the most important thing to tell your family about this workshop?
- What will you do differently now?

Facilitator notes:

- Please complete the evaluation form so we can improve.
- There has been a lot of information we have covered. You can find the information and more support at the Cancer Institute NSW website, cancer.nsw.gov.au/reduce-your-cancer-risk.
- Check with the group if they would like to ask you anything after the session.
- Have information ready to help people find more information about:
 - local walking groups
 - Get Healthy coaching service
 - your local community health centre.

For more information

Talk to your doctor or local health service or visit one of the websites listed here.





Cancer Institute NSW

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