

March

...is Colorectal Cancer Awareness Month



Colorectal Cancer Screening:

Screening for cancer is part of early detection. Colorectal cancer has a screening that is recommended for those 50 and older. However an earlier age may be recommended if there is a family history or other circumstances. There are different types of screenings, for which sharing the types and where they can be accessed could be helpful.

You can also encourage people over 50 to use [this interactive tool](https://healthfinder.gov/HealthTopics/shared-decision-making/colorectal-cancer-screening) to decide which colorectal cancer screening test they prefer.
<https://healthfinder.gov/HealthTopics/shared-decision-making/colorectal-cancer-screening>

Sample Announcement for Newsletter, Listserv, or Media Release

Cut and paste this text into your newsletter, listserv, or media release. Add local details and quotes from your organization.

Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened.

To increase awareness about the importance of colorectal cancer screening, [your organization] is proudly participating in Colorectal Cancer Awareness Month. Locally, [fill in statistics] are affected by colorectal cancer.

- [Add details about your local activities.]
- [Include quote from your organization.]

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke, or have a family history of colorectal cancer.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.
- Encourage your family members and friends over age 50 to get screened.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy.

For more information, visit [insert your organization information].

Ideas & Activities

Heavy on the fiber please.... Consider a cooking demonstration that shows easy ways to incorporate fiber. Salads are a wonderful way to introduce foods that average households would not eat. Choose a low fat dressing or make one during the demo.

Challenges

Meatless Monday is an international movement to help people reduce their meat consumption by 15%.

On average, Americans consume 8 ounces of meat per day – 45% more than the USDA recommends. Going meatless one day a week can reduce the risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes and obesity. It can also help limit people's carbon footprint and save precious resources like fresh water and fossil fuel.

For more information on the benefits of reducing meat consumption along with delicious meatless recipes and other resources visit MeatlessMonday.com.

March is National Nutrition Month

Blue Review

Choose a Sunday and ask members to wear blue. You can even encourage "selfies"