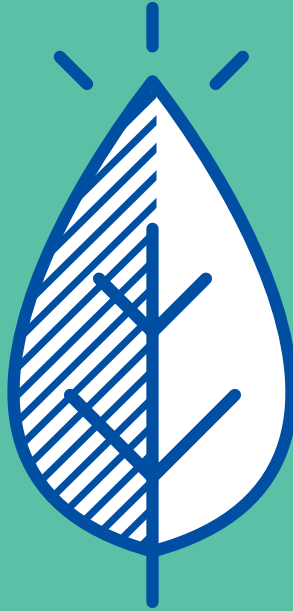


**WORLD  
CANCER  
DAY 2016**

**WE CAN**



**CREATE HEALTHY  
ENVIRONMENTS**



**ON 4 FEB**

**#WeCanICan  
#WorldCancerDay**

**WWW.WORLDCANCERDAY.ORG**

# WE CAN — CREATE HEALTHY ENVIRONMENTS



**Schools and workplaces have important roles to play in preventing cancer. Every school can foster a culture of health by providing nutritional meals and time for recreation and sport, and putting practical food and physical education on the school curriculum<sup>1,2</sup>.**

Workplaces of all sizes can put in place policies and programmes that motivate employees to adopt healthier behaviours. Measures such as creating 100% smoke-free workplaces and providing information and access to smoking cessation tools; providing access to healthy food options; promoting active transport to and from work; and increasing movement in the workplace for example, through use of stairs, are all effective ways to support a healthier workforce<sup>3-5</sup>. Workplace wellness programmes can also promote early detection by using communication channels to communicate about the signs and symptoms of some cancers and where appropriate, encourage and support participation in screening programmes for early diagnosis<sup>6</sup>.

Workplaces can also put in place policies to prevent occupational exposure to cancer-causing agents, such as asbestos and other workplace carcinogens<sup>7</sup>.

**SCHOOLS AND WORKPLACES CAN BE ENCOURAGED TO IMPLEMENT MEASURES THAT WILL MOTIVATE AND SUSTAIN HEALTHY HABITS THROUGHOUT A PERSON'S EVERYDAY LIFE.**

1. Food Revolution Day. School Resources. <http://www.foodrevolutionday.com/schools/#DVCHyR8LzJQL3Elf.97>
2. Kitchen Garden Foundation. Teaching Resources. <http://www.kitchengardenfoundation.org.au/free-resources/teaching-resources>
3. UICC, Bupa. (2014). Cancer – It's everyone's business. <http://www.iccp-portal.org/cancer-its-everyones-business>
4. UICC, Bupa (2014). Less Smoking, Better Business. <http://www.iccp-portal.org/less-smoking-better-business>
5. Global Smokefree Partnership. Smokefree-in-a-box. [www.globalsmokefreepartnership.org](http://www.globalsmokefreepartnership.org)
6. UICC, Bupa (2015). Tackling breast cancer in the workplace. <http://www.iccp-portal.org/tackling-breast-cancer-workplace>
7. International Labour Office. Safety in the Use of Asbestos. [http://www.ilo.org/wcmsp5/groups/public/@ed\\_protect/@protrav/@safework/documents/normativeinstrument/wcms\\_107843.pdf](http://www.ilo.org/wcmsp5/groups/public/@ed_protect/@protrav/@safework/documents/normativeinstrument/wcms_107843.pdf)