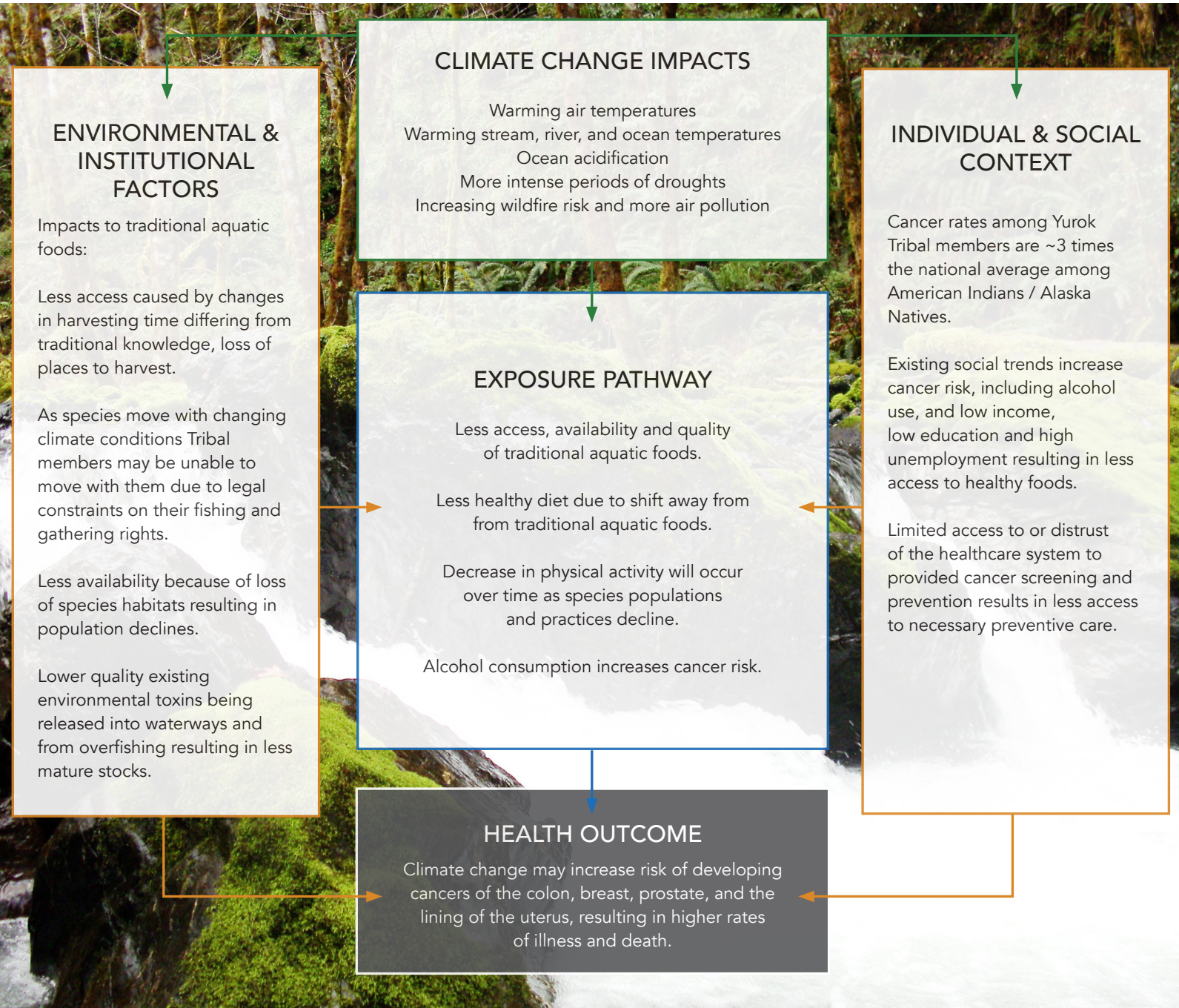
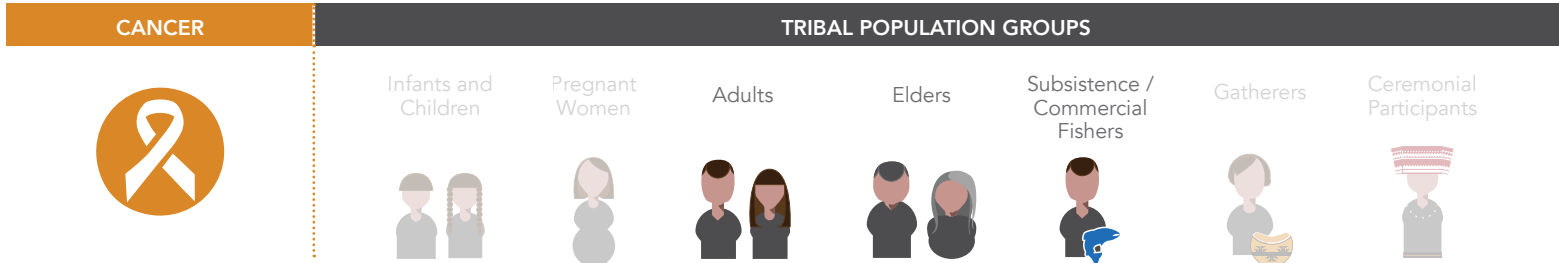




## YUROK TRIBE CLIMATE CHANGE ADAPTATION PLAN FOR WATER AND AQUATIC RESOURCES

Adults, elders, and subsistence/commercial fishers  
have an increased risk of **cancer**.







# CANCER

Cancer is a condition where cells in the body divide and multiply without control, invading tissues of nearby body systems. Research shows that ~20% of all cancers diagnosed in the U.S. could be prevented through a healthy diet, increasing exercise and less alcohol consumption. Yurok Tribal members may have higher rates of cancer than are seen nationally.



## ADAPTATION STRATEGIES

Listed below are strategies that can be implemented to reduce the risk of cancer among Tribal members.

### Institutional

- Explore opportunities for “food sovereignty” to return to sustainable food harvesting and replace need for commodity foods.
- Expand opportunities for physical activity.
- Continue and enhance opportunities for fish sharing, including provision of fish for single or pregnant moms and elders.
- Consider improving reporting of cancers through existing health systems to understand the depth of the problem and obtain funds to target these illnesses (cancer burden for Native Americans has been historically underestimated).
- Work to increase healthcare funding to expand access for Tribal members.
- Consider designing and implementing culturally grounded smoking, alcohol and other cancer risk-prevention education programs.
- Consider working to make changes to fire regimes (e.g., cultural burns) to increase access and availability of traditional foods.

### Individual

- Consider eating more traditional foods when available, particularly fish, as a high quality protein, low fat option with excellent health-protective components (e.g., Omega 3).
- Consider decreasing alcohol consumption to prevent cancer.
- Consider seeing a health professional regularly when possible (to catch health problems early).
- Consider increasing physical activity to maintain a healthy body weight.
- If you are a smoker, consider quitting to eliminate an important risk factor for cancer.

*“I cannot see seven generations ahead on this River. I have had three family members die from cancer. I pray for the River to come back and show my children the way of life, as it did for me.”*  
— Yurok Male, born 1976