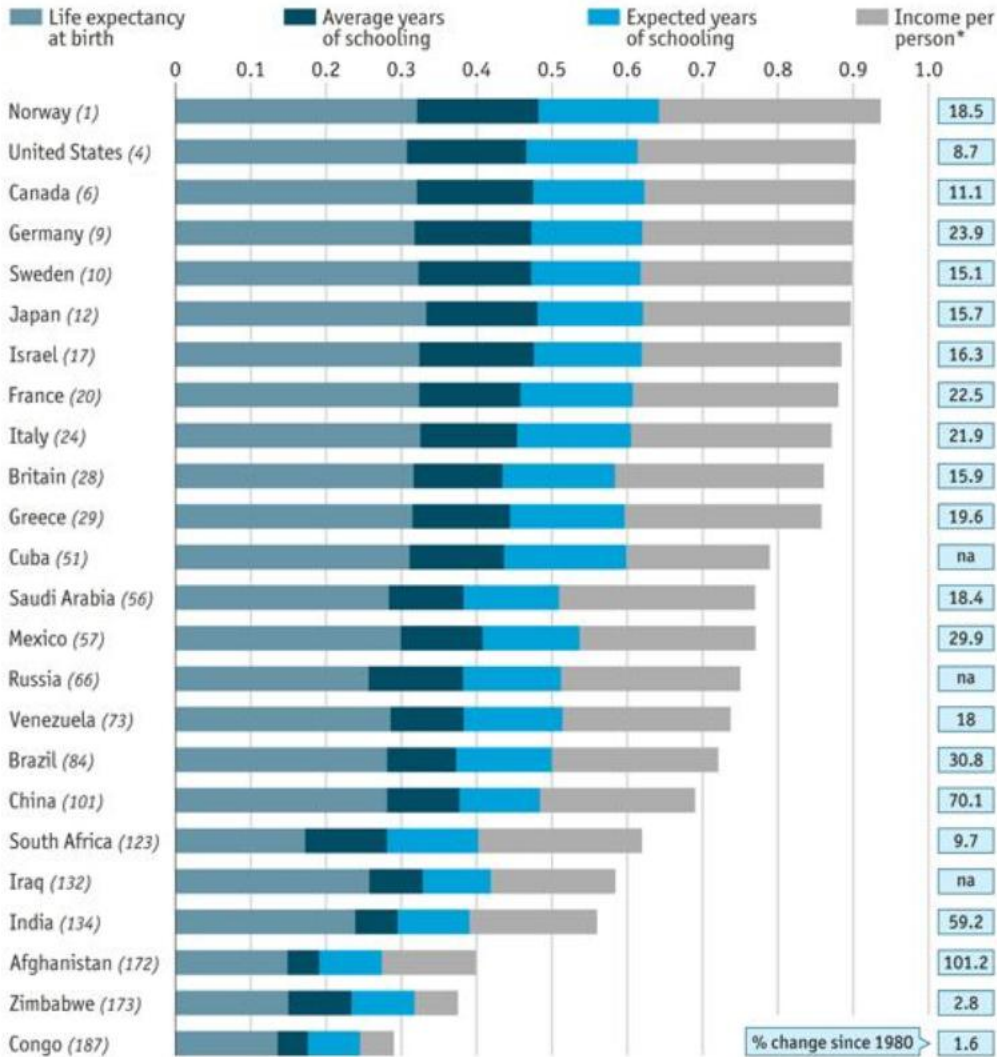


Human Development Index

1=best (rank out of 187)



Source: UN Human Development Report

The Economist

All cancers

- 100% Prevention**: Living and love commitments. Measurement: Therapy
- 50%**: Having at least 5 grains a day
- 40%**: Drinking less than 10 units for men, 5 for women
- 30%**: Being moderately active for less than 150 minutes a week
- 20%**: Having less than 11 grams of fat a day
- 15%**: Being exposed to air, ionizing radiation, including background levels such as those received from the earth
- 10%**: Being an old or genetically bad
- 5%**: Exposure to cancer-causing infections like HPV and Hepatitis B or C
- 3%**: Getting more UV than accepted for people from 0-1000
- 2%**: Being exposed to cancer-causing chemicals at work
- 1%**: Drinking too much alcohol
- 0%**: Getting more than five portions a day
- 0%**: Having a BMI of 20, 25 or over
- 0%**: Smoking or chewing any form of tobacco or exposure to environmental tobacco smoke

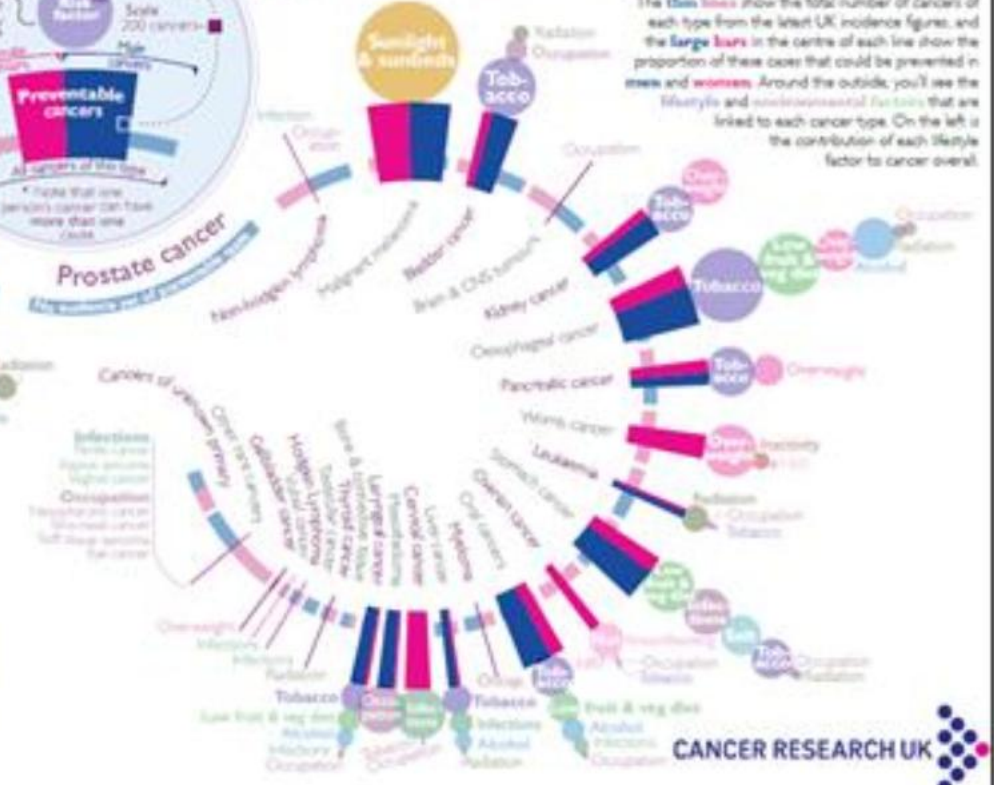


How many cancers can be prevented?

Although there are some things we can't control about our cancer risk, decades of research have clearly shown that by living a **healthy life**, people can reduce the risk of developing the disease. But how many cancers in the UK are really caused by things we can change?

This diagram shows the results of new research funded by Cancer Research UK, which aims to show the number of cancer cases in the UK that could be prevented by known lifestyle and environmental factors, like being a **non-smoker**, keeping a **healthy weight**, drinking **less alcohol**, eating a healthy **balanced diet**, and **avoiding** being exposed to certain infections or radiation.

The **thin lines** show the total number of cancers of each type from the latest UK incidence figures, and the **large bars** in the centre of each line show the proportion of these cases that could be prevented in **men and women**. Around the outside, you'll see the **lifestyle and environmental factors** that are linked to each cancer type. On the left is the contribution of each lifestyle factor to cancer overall.



Together we will beat cancer

Cancer Research UK



The listed positions are expected to have the greatest growth amongst health professions from 2004 to 2014.



Median Wage by Position

Graph by: Tom Paper

www.data360.org