

County of Tioga  
EXECUTIVE PROCLAMATION

WHEREAS: Cancer is the second leading cause of death in Tioga County; and

WHEREAS: The leading types of cancer deaths in the county are lung, prostate, breast, and colorectal cancer; and

WHEREAS: Individuals can decrease their risk for developing these types of cancer by staying at a healthy weight, exercising regularly, eating a balanced diet, avoiding tobacco and limiting alcohol intake; and

WHEREAS: Getting regular screening tests for cancer can detect certain types of cancer in earlier stages before they have grown or spread; and

WHEREAS: Tioga County Public Health will be working with local schools, businesses, and community partners through the five year Community Cancer Prevention in Action Grant geared toward cancer prevention efforts; and


WHEREAS: Continued education can help individuals know the early signs and symptoms of certain types of cancer and accessible locations for screenings can help increase the number of individuals who are getting regular cancer screenings, therefore

THE TIOGA COUNTY LEGISLATURE does hereby Proclaim and designate the month of February 2019 as:

**CANCER PREVENTION MONTH IN TIOGA COUNTY**

and encourages Tioga County residents to live a healthy lifestyle and to speak with their primary care physician about the recommended cancer screenings that they should receive.

Dated: February 12, 2019

  
MARTHA SAUERBREY, CHAIR  
TIOGA COUNTY LEGISLATURE

