American Cancer Society Guidelines for Nutrition and Physical Activity for Cancer Prevention

Maintain a healthy weight throughout life.
- Balance calorie intake with physical activity.
- Avoid excessive weight gain throughout life.
- Achieve and maintain a healthy weight if currently overweight or obese.

Adopt a physically active lifestyle.
- Adults should engage in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week; 45 to 60 minutes of intentional physical activity is preferable.
- Children and adolescents should engage in at least 60 minutes per day of moderate to vigorous physical activity at least 5 days per week.

Eat a healthy diet, with an emphasis on plant sources.
- Choose foods and drinks in amounts that help achieve and maintain a healthy weight.
- Eat 5 or more servings of a variety of vegetables and fruits each day.
- Choose whole grains over processed (refined) grains.
- Limit intake of processed and red meats.

If you drink alcoholic beverages, limit your intake.
- Women should drink no more than 1 drink per day (or 2 per day for men).
Which services are available?
- Clinical breast exams
- Mammograms
- Clinical pelvic exams
- Pap smears
- Some diagnostic procedures and physician referral available for individuals with abnormal mammograms, abnormal clinical breast exams and abnormal pap smears.

Who is eligible to receive services?
- Females only
- Moore County residents
- Ages 50-64 (a limited number of symptomatic patients age 40-50 may be eligible for services)
- Uninsured (no private insurance, no Medicaid, no Medicare Part B)
- Underinsured (has private insurance but insurance excludes breast or cervical cancer screening; must still meet the income eligibility guideline)
- Household income at or below 250% of the federal poverty level

Will I need a referral?
- No physician referral is required for BCCCP services

How do I schedule an appointment?
- Clients may call 910-947-3300 to set up an appointment

Mission: To protect and promote health through the prevention and control of disease and injury.