

ECAC Messages

– to be highlighted in the App

1. Do not smoke or use tobacco.
2. Make your home & work smoke free.
3. Take action to be a healthy body weight.
4. Be physically active.
5. Have a healthy diet.
6. Drink little to no alcohol.
7. Avoid too much sun, especially for children, & use protection. No sunbeds!
8. At work, protect yourself against cancer-causing substances by following health and safety instructions.
9. Check exposure to radon at home
10. Breastfeeding reduces risk of cancer. Limit HRT due to increased risk of certain cancers.
11. Ensure children get Hepatitis B & HPV vaccines.
12. Get cancer screening for Bowel cancer, Breast cancer, & Cervical cancer.

The ECAC is currently being updated to its 5th edition and the App will incorporate this latest version.

Partners

This action is implemented by a carefully constructed consortium with many years of experience as promoters of the European Code Against Cancer (ECAC).



Project Coordinator: European Cancer Leagues (ECL)

Contact us!



BUMPER@cancer.eu



www.bumper.cancer.eu



BUMPER has received funding from the EU4Health programme under Grant Agreement No 101079924



EU4HEALTH PROGRAMME

BUMPER

BOOSTING THE USABILITY OF THE EU MOBILE APP FOR CANCER PREVENTION





BUMPER is an EU-funded project which supports the creation of an EU Mobile App for Cancer Prevention

Objectives

1. Support the design and development of the EU Mobile App for Cancer Prevention
2. Engage with potential end-users to get feedback on the effectiveness and ease of use of the App
3. Train health promoters in digital health literacy to use and disseminate the App
4. Pilot measures to promote the App to specific target groups in several countries



Added value

For the past 30 years, the European Code Against Cancer (ECAC) has been the preeminent tool to convey evidence-based information on cancer risk factors and preventive measures that individuals can take for themselves and their families to reduce their cancer risk. The app will aim to **extend coverage and adoption of the ECAC messages** amongst a broad and diverse population.

The consortium will contribute to the design, development, and ensure the targeted promotion of the app as well as its scientific validity, in collaboration with the App developers.

Outcomes

- Increased knowledge of cancer risk factors and adherence to preventative measures among the App's users.
- Widespread awareness of the App among the targeted populations.
- Enhanced skills and capabilities of organisations to promote and apply the App.

The numbers

€1.8M
FUNDING

14
PARTNERS

10
COUNTRIES

2
YEARS
2022-2024