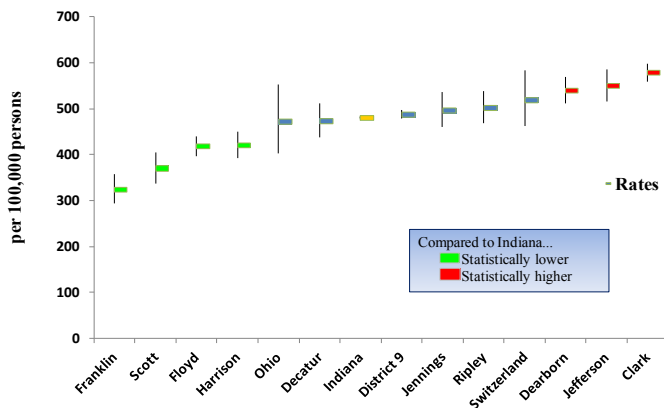




**CANCER** is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. Anyone can get cancer at any age; however, middle and older aged people are most likely to develop cancer. In Indiana, during 2006 to 2010, the overall cancer incidence rate was 480.4 per 100,000 people. Public Health District 9 (District 9), which includes Clark, Dearborn, Decatur, Floyd, Franklin, Harrison, Jefferson, Jennings, Ohio, Ripley, Scott and Switzerland counties, had a higher rate of 488.2 per 100,000 people for the same time period.

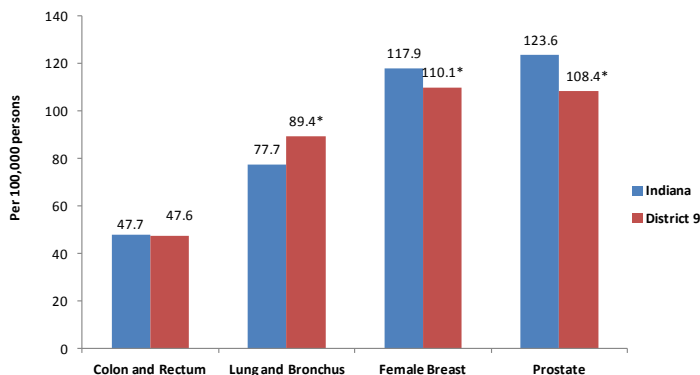
Figure 1. District 9 Overall Age-adjusted\* Incidence Rates by County, 2006-2010



Source: Indiana Cancer Registry, May 2013.  
\*Age-adjusted is a process in which statistical procedures have been applied to allow fair comparisons across populations by removing the effect of differences in age-distribution between the populations.

**THE DISTRICT'S** four highest-burden cancers mimic those of the state and include prostate, breast, colorectal and lung cancer. During 2006 to 2010, the District 9 lung cancer incidence rate of 89.4 per 100,000 people was significantly higher than the state's (77.7 per 100,000 people). For prostate and breast cancer, the District 9 incidence rate was significantly lower than the state incidence rate [see Figure 2]. In addition, five of the 12 counties in the district rank among the top 15 counties for colorectal cancer incidence. Three of which had a significantly higher incidence rate when compared to the state.

Figure 2. Age-adjusted Cancer Incidence Rates – District 9 vs. Indiana, 2006-2010



\*Significantly different than comparison group.  
Source: Indiana Cancer Registry, May 2013.

### Chances of Getting Cancer

- About 2.4 million Indiana residents, or two in five people now living in Indiana, will eventually develop cancer.
- In District 9, on average, during 2006 to 2010, 2,398 residents were diagnosed with cancer each year.
  - 1,216 of those were male
  - 1,182 of those were female

### Economic Impact of Cancer

- \$1.01 billion was spent on the direct costs of treating Indiana residents with cancer in 2003.
- \$2.76 billion is the estimate of what will be spent on the direct costs for cancer care in 2023 if current trends continue.

### Cancer and Minority Populations (2006–2010)

- Disparities between blacks and whites in cancer incidence and mortality rates have been decreasing.
- However, blacks still had almost a five percent greater incidence of cancer and over a 20 percent higher mortality rate than whites.
- In Indiana and the United States, for all cancers combined, and for the most common cancers (prostate, female breast, colorectal and lung), incidence and mortality rates have been lower among Hispanics than among non-Hispanic whites.

### District 9 and Cancer

During 2006 to 2010, District 9 had a significantly higher rate of lung and bronchus cancer compared to the state rate. In addition, five of the 12 counties in District 9 rank among the highest counties in the state for colorectal cancer incidence. To help, you can:

- **First, learn about lung and colorectal cancer.**
  - Research has found several risk factors for lung cancer; however, approximately 90 percent of lung cancer incidence is caused by tobacco.
  - If everyone aged 50 or older had regular screening tests, as many as 60 percent of deaths from colorectal cancer could be prevented.
- **Second, support local smoke-free air policies, regular colorectal cancer screenings and public awareness campaigns.**
  - Policy, system and environmental interventions are the most cost-effective approaches to control tobacco use and prevent cancer death.
  - Use campaigns like *Screen for Life* to inform both English and Spanish speaking residents about early detection screenings.
- **Third, demonstrate leadership.**
  - Help implement evidence-based cancer control



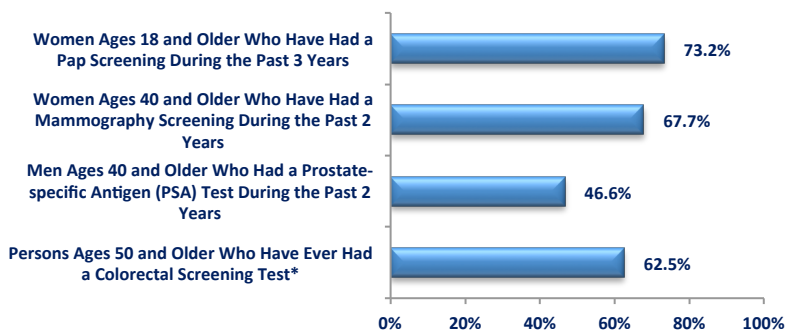
## Know Your Risk

- ❑ Smoking accounts for 87 percent of lung cancer deaths and at least 30 percent of all cancer deaths. If all tobacco smoking was stopped, the occurrence of lung cancer would decrease by an estimated 90 percent. However, 27 percent of District 9 residents continue to smoke, putting them at greater risk for developing lung and other types of cancer.
- ❑ During 2001 to 2010, 62.6 percent of Indiana adults were considered overweight or obese (defined by having a body mass index of more than 25). In District 9, Dearborn County has the lowest percentage of overweight or obese adults at 57.6 percent and Decatur County tops the list at 68.7 percent. As far as physical activity, 83.1 percent of Indiana adults reported not getting the recommended 150 minutes per week of physical activity. District 9's numbers indicate room for improvement. In Scott County alone, 86.5 percent of adults do not get recommended levels of physical activity.
- ❑ Many cancers can be prevented or identified at an early stage if people obtain early detection screenings [See Figure 3].

## TAKE ACTION: Steps you can take to prevent or control cancer

- ❑ Be tobacco free.
- ❑ Avoid secondhand smoke.
- ❑ Limit alcohol consumption.
- ❑ Maintain a healthy weight throughout life.
- ❑ Consume a healthy diet that:
  - Emphasizes plant sources.
  - Supports a healthy weight.
  - Includes five or more servings of a variety of vegetables and fruit each day.
  - Includes whole grains in preference to processed (refined) grains.
  - Has minimal processed and red meats.
- ❑ Adopt a physically active lifestyle.
- ❑ Protect yourself from too much sun exposure.
- ❑ Talk to your primary health care provider about:
  - Any potential signs and symptoms of cancer, including unexplained weight loss, fever, fatigue, pain and skin changes.
  - Cancer screening options for breast, cervical, colorectal and prostates cancers.
  - Vaccine options that can protect you from developing cancer, like against hepatitis B and human papillomavirus (HPV).

Figure 3. Cancer Screening Rates — Indiana, 2012



\* Sigmoidoscopy or colonoscopy  
Source: Indiana Behavioral Risk Factor Surveillance System.

## GET INVOLVED

- ❑ Join your regional cancer control coalition! Learn more about local cancer control efforts and become a member at [www.indianacancer.org](http://www.indianacancer.org).
- ❑ Join the Indiana Cancer Consortium (ICC)! The ICC is a statewide network of over 100 agencies including the Indiana State Department of Health.
- ❑ Help reduce the cancer burden in Indiana through the development, implementation and evaluation of a comprehensive plan that addresses cancer across the continuum from prevention through palliation.
- ❑ Become a member at [www.indianacancer.org](http://www.indianacancer.org).

## Community resources

- ❑ To get help with tobacco cessation, call the [Indiana Tobacco Quitline](http://www.quitnowindiana.com) at 1-800-QUIT-NOW (800-784-8669) or visit [www.quitnowindiana.com](http://www.quitnowindiana.com).
- ❑ To help Hoosiers and their families eat better, move more and avoid tobacco, go to INShape Indiana at [www.inshapeindiana.org](http://www.inshapeindiana.org).
- ❑ To learn more about how to support healthy eating and physical activity throughout Indiana, visit the Indiana Healthy Weight Initiative at [www.inhealthyweight.org](http://www.inhealthyweight.org).
- ❑ To learn more about cancer, visit the American Cancer Society at [www.cancer.org](http://www.cancer.org).

Reference: Indiana Cancer Consortium, Indiana State Department of Health and the American Cancer Society Great Lakes Division; *Indiana Cancer Facts and Figures 2012*. March, 2012. Available at <http://indianacancer.org/resources-for-indiana-cancer-consortium-members/indianacancerfactsandfigures2012/>.