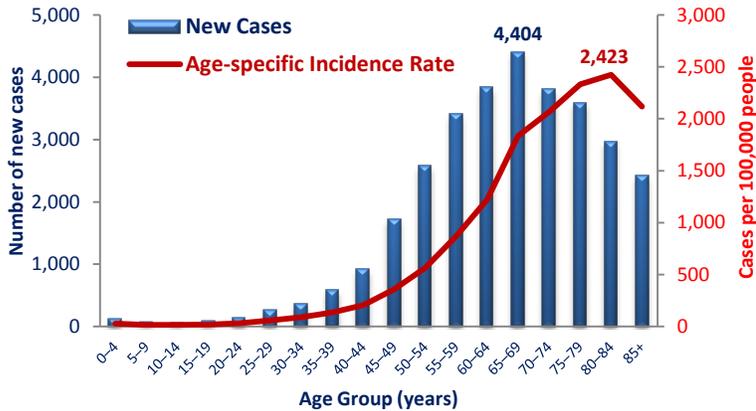




CANCER is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. Anyone can get cancer at any age; however, middle and older aged people are most likely to develop cancer. In Indiana, during 2008, 70% of all cancers cases occurred among people ages 55–84, including 23% among people ages 55–64, 26% among people ages 65–74, and 21% among people ages 75–84 [Fig 1].

Figure 1. Number and rate of new cancer diagnoses, Indiana, 2008



INDIANA'S age-adjusted cancer incidence rate during 2004–2008 was 475.6 per 100,000 people. This was statistically higher than, but very similar to, the national rate of 471.8 per 100,000 people (<1% difference) [Table 1]. However, during the same period, Indiana's age-adjusted mortality rate was 8% higher than the national rate (195.8 versus 181.3 deaths per 100,000 people). This included being over 10% higher among Indiana males and almost 7% higher among Indiana females.

Table 1. Incidence and death rate comparisons between Indiana and the United States by sex and race, 2004–2008*

	Incidence rates			Mortality rates		
	Indiana	United States	Difference (%)	Indiana	United States	Difference (%)
Total	475.6 [†]	471.8	+0.8	195.8 [†]	181.3	+8.0
Males	556.2	552.1	+0.7	245.8 [†]	223.1	+10.2
Females	422.4 [†]	415.9	+1.6	163.6 [†]	153.3	+6.7
Whites	470.0	470.9	-0.2	194.1 [†]	180.0	+7.8
Blacks	490.7	483.1	+1.6	236.3 [†]	220.9	+7.0

*Age-adjusted rates per 100,000 people

[†]Indiana rate is significantly higher (P<.05) than the U.S. rate

Sources for Table 1: Indiana State Cancer Registry (Indiana data); U.S. Cancer Statistics Working Group. United State Cancer Statistics: 1999-2008 Incidence and Mortality Web-based Report. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; 2011. Accessed at wonder.cdc.gov on Dec 21, 2011 (U.S. data)

Chances of getting cancer

- ❑ On a national level,
 - Males have almost a 1 in 2 chance of developing cancer during their lifetime
 - Female's lifetime risk of developing cancer is slightly more than 1 in 3
- ❑ About 2.4 million Indiana residents, or 2 in 5 people now living in Indiana, will eventually develop cancer.
- ❑ On average, during 2004–2008, 30,272 Hoosiers were diagnosed with cancer each year.
 - 15,434 of those were male
 - 14,838 of those were female

Most common cancers in Indiana (2008)

- ❑ Breast cancer is the most common among females (116.6 cases per 100,000 females).
- ❑ Prostate cancer is the most common among males (124.0 cases per 100,000 males).
- ❑ Lung, including bronchus, and colon cancers are the next most common among both sexes.

Deaths from cancer in Indiana

- ❑ Cancer is the second leading cause of death (2008: 13,126 deaths) following heart disease.
- ❑ About 12,960 Indiana residents were expected to have died of cancer in 2011. This translates to approximately 36 people every day or almost 2 people every hour.
- ❑ Annually, lung cancer is responsible for the most cancer-related deaths among both sexes (2008: 4,166 deaths).
- ❑ Although rare, cancer is the second leading cause of death following deaths from accidents among children ages 5 to 14 (2008: 137 deaths).

Economic impact of cancer in Indiana

- ❑ \$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 screening

- ❑ Many cancers can be prevented or identified at an early stage if people obtain early detection screenings.
- ❑ In Indiana, during 2010:
 - 80.2% of women ages 18 and older had a Pap test during the past 3 years (cervical cancer).
 - 71.3% of women ages 40 and older had a mammogram during the past 2 years (breast cancer).
 - 64.4% of men ages 40 and older had ever had a prostate-specific antigen (PSA) test (prostate cancer).
 - 62.8% of people ages 50 and older had ever had a colonoscopy or sigmoidoscopy (colorectal cancer).

Burden of cancer among blacks in Indiana (2004–2008)

- ❑ Incidence: 490.7 cases per 100,000 people
- ❑ Mortality: 236.3 deaths per 100,000 people
- ❑ The overall disparities between blacks and whites in cancer incidence and mortality rates have been gradually decreasing.
- ❑ However, blacks still had almost a 5% greater incidence of cancer and over a 21% higher mortality rate than whites.

Burden of cancer among Hispanics in Indiana

- ❑ Incidence (2004–2008): 341.3 cases per 100,000 people
- ❑ Mortality (2002–2006): 88.7 deaths per 100,000 people
- ❑ 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.

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.
- ❑ To help Hoosiers and their families eat better, move more, and avoid tobacco go to INShape Indiana at 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.
- ❑ To learn more about cancer, visit the American Cancer Society at www.cancer.org.

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 5 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 prostate cancers
 - Vaccine options that can protect you from developing cancer, like against hepatitis B and human papillomavirus (HPV)

GET INVOLVED: Join the Indiana Cancer Consortium (ICC)

- ❑ The ICC is a statewide network of over 100 agencies including the Indiana State Department of Health.
- ❑ Seeks to 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.