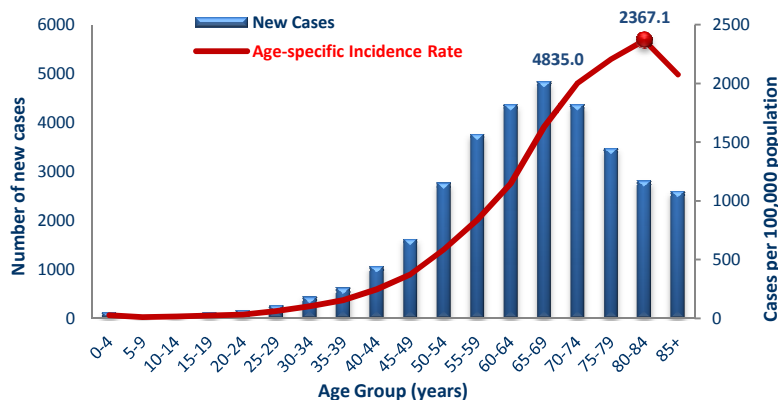




**CANCER** is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. Anyone can get cancer at any age; however, middle and older aged people are most likely to develop cancer. In Indiana, during 2013, 71 percent of all cancer cases occurred among people ages 55–84, including 24 percent among people ages 55–64, 28 percent among people ages 65–74 and 19 percent among people ages 75–84 [See Figure 1].

**Figure 1. Number and rate of new cancer diagnoses, Indiana, 2013**



Data are provided for the age groups with the largest number of cases and highest rate. Source: Indiana State Cancer Registry.

**INDIANA'S** age-adjusted cancer incidence rate, according to data from the Centers for Disease Control and Prevention, during 2008 to 2012, was 460.0 per 100,000 people. This was not significantly different from the national rate of 461.9 per 100,000 people (<1% difference) [See Table 1]. However, during the same period, Indiana's age-adjusted mortality rate was significantly higher than the national rate (183.3 versus 171.2 deaths per 100,000 people).

**Table 1. Incidence and death rate comparisons between Indiana and the United States by sex and race, 2008–2012\***

	Incidence rate per 100,000 people (2008–2012)			Mortality rate per 100,000 people (2008–2012)		
	Indiana	United States	Difference (%)	Indiana	United States	Difference (%)
<b>Total</b>	460.0	461.9	-0.41	183.3†	171.2	9.99
<b>Males</b>	513.0†	522.8	-1.87	232.4†	207.9	11.78
<b>Females</b>	425.1†	418.8	1.50	157.8†	145.4	8.53
<b>Whites</b>	456.6†	462.2	-1.21	187.0†	170.9	9.42
<b>African-Americans</b>	466.6	472.3	-1.21	224.4†	202.0	11.09

\*Age-adjusted rates per 100,000 people.

†Indiana rate is significantly different (P<.05) than the U.S. rate.

Sources: United States Cancer Statistics: 1999 - 2012 Incidence, WONDER Online Database. United States Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; 2015.

Accessed at <http://wonder.cdc.gov/cancer-v2012.html> on Mar 21, 2016 3:40:25 PM).

## Chances of getting cancer

- ❑ On a national level,
  - Men have a 42 percent (1 in 2) lifetime risk of developing cancer.<sup>1</sup>
  - Women have a 38 percent (1 in 3) lifetime risk of developing cancer.<sup>1</sup>
- ❑ About 2.4 million Indiana residents, or two out of every five people now living in Indiana, will eventually develop cancer.<sup>2</sup> In Indiana, during 2009 to 2013, there were 167,935 residents diagnosed with cancer.
  - 83,122 of those were male
  - 84,813 of those were female
- ❑ In Indiana, during 2009–2013, African-Americans had a 3.4 percent greater incidence of cancer than whites, and more than a 21 percent higher mortality rate.<sup>1</sup>

## Most common cancers in Indiana (2013)

- ❑ Breast cancer is the most common among women – 120.5 cases per 100,000 females.
- ❑ Prostate and lung, including bronchus cancers, are the most common among men – 85.9 and 86.0 cases per 100,000 males.
- ❑ Lung, including bronchus, and colon cancers are the next most common among women. Colon cancers are the next most common for men.

## Deaths from cancer in Indiana

- ❑ Cancer is the second leading cause of death (13,494 deaths during 2014) following heart disease.
- ❑ About 13,510 Indiana residents are expected to die of cancer in 2016.<sup>1</sup> This translates to approximately 37 people every day or almost two people every hour.
- ❑ Annually, lung cancer is responsible for the most cancer-related deaths among both sexes (4,016 deaths during 2013).
- ❑ Although rare, cancer is the second leading cause of death following deaths from accidents among children ages five to 14<sup>1</sup> (20 deaths during 2011).

## Economic impact of cancer in Indiana<sup>3</sup>

- ❑ \$2.01 billion is expected to be spent on the direct costs of treating Indiana residents with cancer in 2016. In 2016, the estimated indirect costs total \$12.33 billion.
- ❑ \$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 2014<sup>4</sup>:
  - 78 percent of women ages 21 to 65 had a Pap test during the past three years (cervical cancer).
  - 72.4 percent of women ages 50 to 74 had a mammogram during the past two years (breast cancer).
  - 61.6 percent of people ages 50 and older met the United States Preventive Services Task Force recommendations for colorectal cancer (fecal occult blood test, sigmoidoscopy or colonoscopy).

## Survivorship

- ❑ Due to advances in treatment and earlier screenings, more people are living after a cancer diagnosis. The American Cancer Society (ACS) defines a cancer survivor as a person who has been diagnosed with cancer, from the time of diagnosis through the balance of life.
- ❑ According to the Indiana State Cancer Registry, there were almost 287,000 cancer survivors at the end of 2012.
- ❑ The four highest-burden cancers in the state (breast, colorectal, lung and prostate) account for approximately 56 percent of these survivors.
- ❑ The overall five-year relative survival rate for all cancers diagnosed during 2005-2011 was 69 percent. This is an increase over cancers diagnosed during 1975-1977, which had a survival rate of 49 percent. Improvement in survival is a result of earlier diagnosis of certain cancers, and improvements in treatment. According to the ACS, the five-year relative survival rate varies depending on the cancer type and the cancer stage at diagnosis.

## TAKE ACTION: Steps to prevent and 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 the sun and indoor tanning devices.
- ❑ 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.
  - Vaccines that can reduce your risk for developing cancer.
- ❑ Maintain healthcare coverage.
- ❑ Have your home tested for radon.

## 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.
- ❑ 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 learn more about cancer, and what you can do to reduce Indiana's cancer burden, visit the ICC at [www.indianacancer.org](http://www.indianacancer.org).
- ❑ 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).
- ❑ For 24 hour cancer support, contact the ACS Cancer Helpline at 1-800-227-2345. A live chat option is also available online at [www.Cancer.org](http://www.Cancer.org).

## References:

1. American Cancer Society. *Cancer Facts & Figures 2016*. Atlanta. American Cancer Society, 2016.
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