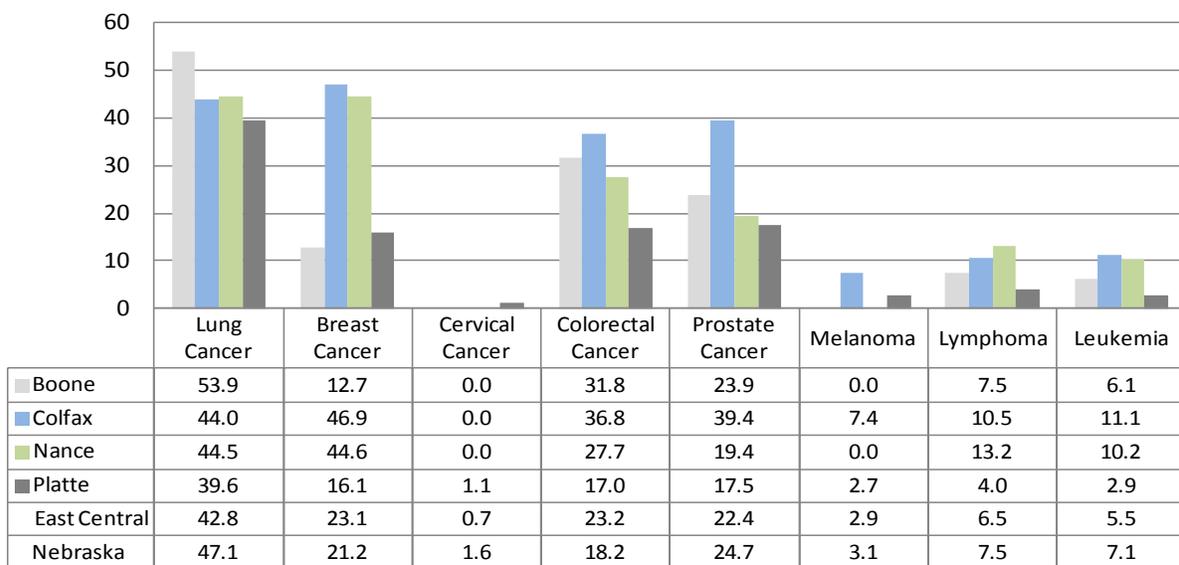


ECDHD Cancer Fact Sheet

Cancer is the second leading cause of death in the United States. The East Central District has a slightly higher incidence rate of cancer than the state which may be related to the higher percent of those over age 65 in the district. Specific cancers that occur at higher rates in the district are shown in the table below and include breast, colorectal and prostate cancer. Cancer was the top perceived health problem in three of the four counties, and the overall top perceived health problem in both the Community Health Survey and the Community Themes and Strengths Assessment Survey conducted recently/ in 2011. (Do we want to mention the period?) .

Figure 2.45: Deaths Due to Cancer by Type per 100,000 Population (2005-2009)¹⁰



Cancer Risk Factors

Most cancers develop because of changes in genes, the most common controllable cancer risk factors being:

- Tobacco use is the most preventable cause of death from cancer. (180,000/year/USA)
- Sunlight (skin cancer)
- Some viruses and bacteria
 - Human Papilloma Viruses (HPVs) the main cause of cervical cancer
 - Hepatitis B and hepatitis C viruses are associated with liver cancer
 - Human Immunodeficiency Virus (HIV) infection leads to a greater risk of cancers such as lymphoma and a rare cancer called Kaposi sarcoma.
- Certain hormones for menopause **may** increase the risk of breast cancer.
- Alcohol - Having more than two drinks each day for many years may increase the chance of developing cancers of the mouth, throat, esophagus, larynx, liver, and breast. The risk increases with the amount of alcohol that a person drinks. For most of these cancers, the risk is higher for a drinker who uses tobacco.

- Poor diet, lack of physical activity, or being overweight, studies suggest that people whose diet is high in fat have an increased risk of cancers of the colon, uterus, and prostate. Lack of physical activity and being overweight are risk factors for cancers of the breast, colon, esophagus, kidney, and uterus.

ECDHD Cancer Prevention Rates

Screening helps doctors find and treat some types of cancer early which generally reduces the death rate from cancer. In general, residents of the East Central District receive health screenings at a lower rate than the state average. When considering the high incidences of and deaths due to prostate and breast cancer in certain counties in the district, noteworthy is the relatively low rate of males over 50 that received a digital rectal exam in 2009 and the low rate of women over 40 that received mammogram screening and a clinical breast exam in 2008 (the most current year of data available).

Table 2.48	Percent of Population Receiving Health Screenings¹⁰	
Type of Health Screening	East Central District	Nebraska
Had a colonoscopy in past ten years (50+) [2009]	48.4%	50.1%
Had a prostate specific antigen (PSA) in past two years (males 50+) [2009]	66.4%	62.4%
Had a digital rectal exam (DRE) in past two years (males 50+) [2009]	44.1%	51.5%
Mammogram screening in past year (women 40+) [2008]	46.4%	54.5%
Clinical breast exam (CBE) in past year (women 40+) [2008]	54.4%	63.0%
Had PAP test in past three years [2008]	71.4%	77.9%

Evidence Based Cancer Interventions

Programs that increase sun-protective knowledge, attitudes, and intentions among adults and children help to reduce skin cancer. Sun-safety training for and role-modeling by, lifeguards, aquatic instructors, and recreation staff (programs such as pool-cool).

Making cancer screenings more available to target populations by modifying hours of service or reducing distance between service delivery settings to meet client needs

Friend to Friend is a community based intervention to increase mammograms in low income women above 50 years of age.