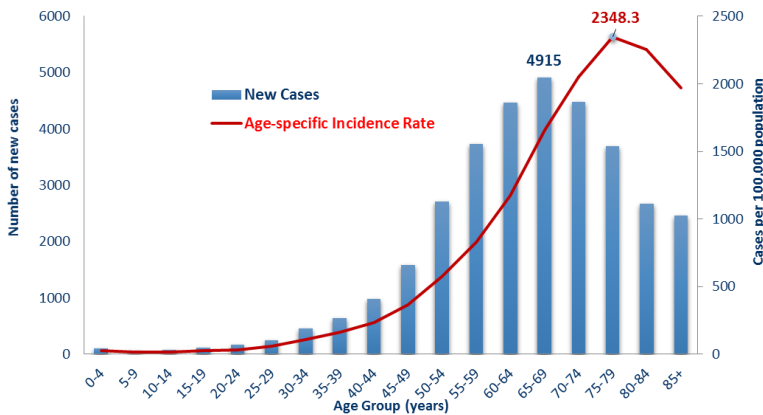




CANCER is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. Anyone can get cancer at any age; however, middle and older aged people are most likely to develop cancer. In Indiana, during 2014, 71 percent of all cancer cases occurred among people ages 55–84, including 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, 2014



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, from 2009 to 2013, was 456.2 per 100,000 people. This was not significantly different from the national rate of 456.6 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 (185.2 versus 168.5 deaths per 100,000 people).

Table 1. Incidence and death rate comparisons between Indiana and the United States by sex and race, 2009–2013*

	Incidence rate per 100,000 people (2009–2013)			Mortality rate per 100,000 people (2009–2013)		
	Indiana	United States	Difference (%)	Indiana	United States	Difference (%)
Total	456.2	456.6	-0.09	185.2 [†]	168.5	9.91
Males	503.2 [†]	511.5	-1.62	228.0 [†]	204.0	11.8
Females	425.9 [†]	418.2	1.84	155.3 [†]	143.4	8.30
Whites	453.8 [†]	457.3	-0.77	184.0 [†]	168.4	9.3
African Americans	462.6	466.9	-0.92	221.4 [†]	197.9	11.9

*Age-adjusted rates per 100,000 people.

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

Source: United States Cancer Statistics: 1999 - 2013 Incidence and Mortality, WONDER Online Database. United States Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; 2016. Accessed at <http://wonder.cdc.gov/cancer.html> on Mar 16, 2017

Chances of getting cancer

- ❑ On a national level,
 - Approximately 41 out of 100 men will develop cancer in their lifetime.¹
 - Approximately 38 out of 100 women will develop cancer in their lifetime.¹
- ❑ About 2.4 million Indiana residents, or two out of every five people now living in Indiana, will eventually develop cancer.² In Indiana there were 169,058 residents diagnosed with cancer, from 2010 to 2014.
 - 83,222 of those were male
 - 85,831 of those were female
- ❑ In Indiana, during 2010–2014, African Americans had a 3.2 percent greater incidence of cancer than whites, and more than a 20 percent higher mortality rate.

Most common cancers in Indiana (2010–2014)¹

- ❑ Breast cancer is the most common among women – 122.8 cases per 100,000 females.
- ❑ Prostate and lung, including bronchus, cancers are the most common among men – 81.6 and 83.0 cases per 100,000 males.
- ❑ Lung, including bronchus, and colon cancers are the next most common among women. Colon cancers are also 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 13,590 Indiana residents are expected to die of cancer in 2017.¹ This translates to more than 37 people every day or almost two people every hour.
- ❑ Annually, lung cancer is responsible for the most cancer-related deaths among both sexes (4,040 deaths during 2014).
- ❑ Although rare, cancer is the second leading cause of death, following deaths from accidents among children ages one to 14¹ (39 deaths during 2014).

Economic impact of cancer in Indiana³

- ❑ \$2.01 billion was spent on the direct costs of treating Indiana residents with cancer in 2016. In 2016, the estimated indirect costs totaled \$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.

For additional information on the impact of cancer in Indiana, please visit: www.chronicdisease.isdh.in.gov



Cancer screening

- ❑ Many cancers can be prevented or identified at an early stage, when treatment is more effective, if people obtain early detection screenings.
- ❑ In Indiana, during 2014⁴:
 - 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 screening (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 any 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 298,425 cancer survivors in Indiana at the end of 2015.
- ❑ The four highest-burden cancers in the state (breast, colorectal, lung, and prostate) account for approximately 54 percent of these survivors.
- ❑ The overall five-year relative survival rate for all cancers diagnosed during 2005-2014 was 60.8 percent. Over the past three decades, the five-year survival rate for all cancers has increased 20 percent for whites and 24 percent for African Americans.¹ 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.

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.
- ❑ 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.
- ❑ 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.

References:

1. American Cancer Society. *Cancer Facts & Figures 2017*. Atlanta. American Cancer Society, 2017. Accessed on March 15, 2017 at <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2017/cancer-facts-and-figures-2017.pdf>.
2. Indiana Cancer Consortium, Indiana State Department of Health and the American Cancer Society Great Lakes Division; *Indiana Cancer Facts and Figures 2015*. April, 2015. Available at <http://indianacancer.org/indiana-cancer-facts-and-figures-2015/>. Updated cancer statistics are available online from the Indiana State Cancer Registry Statistics Report Generator at <http://www.in.gov/isdh/24360.htm>.
3. Devol R, Bedroussian, A. *An Unhealthy America: The Economic Burden of Chronic Disease*. Santa Monica, CA: Milken Institute; 2007.
4. Indiana State Department of Health, Data Analysis Team. (2015). *Indiana Behavioral Risk Factor Surveillance System, 2014*.

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 lung 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 end of life.
- ❑ Become a member at www.indianacancer.org.