

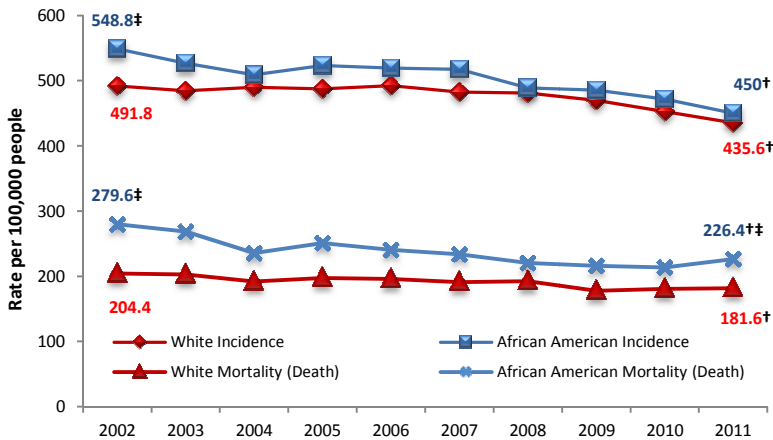


CANCER AMONG AFRICAN AMERICANS



AFRICAN-AMERICANS have the highest mortality rate and shortest survival of any racial and ethnic group in the United States for most cancers.¹ In Indiana, during 2007-2011, African-Americans had a 4.3 percent greater incidence of cancer than whites, and more than a 20 percent higher mortality rate.²

Figure 1. Cancer Incidence and mortality rates by Race* — Indiana, 2002-2011



*Age-adjusted

†Rate is significantly lower than in 2002

‡African-American rate is significantly higher ($P < .05$) than the white rate

Source: Indiana State Cancer Registry

IN INDIANA during 2011, lung and bronchus cancer was the most common cause of cancer-related death among all African-Americans [See Table 1].² The second leading cause of cancer death among men was prostate cancer, and breast cancer was the second leading cause of cancer death among women. Colorectal cancer was the third leading cause of cancer deaths among both sexes.²

Table 1. Leading Sites of New Cancer Cases and Deaths among African-Americans by Sex — Indiana, 2011

Estimated New Cases*		Estimated Deaths	
Males	Females	Males	Female
Prostate 330 (31.1%)	Breast 376 (31.3%)	Lung & Bronchus 173 (32.6%)	Lung & Bronchus 121 (23.2%)
Lung & Bronchus 173 (16.3%)	Lung & Bronchus 164 (13.7%)	Prostate 68 (12.8%)	Breast 95 (18.2%)
Colon & Rectum 100 (9.4%)	Colon & Rectum 114 (9.5%)	Colon & Rectum 46 (8.6%)	Colon & Rectum 45 (8.6%)
Kidney 57 (5.4%)	Brain & Other Nervous System 63 (5.25%)	Pancreas 35 (6.6%)	Pancreas 30 (5.8%)
All Sites 1,060	All Sites 1,200	All Sites 531	All Sites 52

*Excludes basal and squamous cell skin cancers and in situ carcinoma except urinary bladder

Source: Indiana State Cancer Registry

Indiana's Cancer Disparities

- While African-Americans, compared to whites, continue to be unequally burdened by cancer in Indiana, the disparities between the two groups have been gradually decreasing [Figure 1].
- For example, when comparing 2002-2006 to 2007-2011, the disparity in incidence rates was cut almost in half from 7.3 percent to 4.2 percent and the disparity in mortality rates was cut almost a third from 28.3 percent to 20.3 percent.²
- Despite these gains, continued work needs to be done to address the differences among the races, especially the difference in cancer mortality rates.

Burden of cancer among African-Americans in Indiana (2007–2011)

- Incidence: 487.1 cases per 100,000 people
- Mortality: 222.1 deaths per 100,000 people

Deaths from cancer in Indiana

- About 32,970 African-American men and 31,910 African-American women are expected to die from cancer in 2013.¹
- Lung cancer accounts for the largest number of cancer deaths among African-American men (29 percent) and women (21 percent) nationally.¹
- In Indiana, approximately 300 men per every 100,000, and 197 women per every 100,000 die as a result of cancer.¹

Economic impact of cancer in Indiana²

- \$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.



TAKE ACTION: Steps to Prevent or Control Cancer

- ❑ Be tobacco free and avoid secondhand smoke
 - During 2012, African-American men had the highest prevalence of current smokers (29.2 percent) among adults in Indiana.³
- ❑ Limit alcohol consumption
- ❑ Maintain a healthy weight
 - During 2012, in Indiana, just over 40 percent of African-American adults were considered obese.³
 - Consume a healthy diet that emphasizes plant sources, includes five or more servings of a variety of vegetables and fruit each day, includes whole grains in preference to processed (refined) grains, and has minimal processed and red meats.
 - Adopt a physically active lifestyle
 - During 2012, 56 percent of African-American adults did not get the recommended 150 minutes of exercise per week, and almost 80 percent failed to eat the daily recommended servings of fruits and vegetables.³
- ❑ 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
 - Vaccines that can reduce your risk for developing cancer, like hepatitis B and human papillomavirus (HPV)

Early Detection

Early detection tests can lead to prevention of cancer through the identification and removal of precancerous lesions, particularly for cancer of the cervix and colon and rectum.

- ❑ Screening can detect cancer at an earlier stage, when treatment is most effective.
- ❑ In general, race did not play a role in cancer screening rates among Indiana adults during 2012.³
- ❑ African-Americans in Indiana, during 2012³:
 - 76.6 percent of women ages 18 and older had a Pap test within the past 3 years (cervical cancer).
 - 68 percent of women ages 40 and older had a mammogram within the past two years (breast cancer).
 - 85.1 percent of men ages 40 and older had ever had a prostate-specific antigen (PSA) test (prostate cancer).
 - 62.1 percent of people ages 50 and older had ever had a colonoscopy or sigmoidoscopy (colorectal cancer).

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.

Community resources

- ❑ To learn more about cancer, and what you can do to reduce Indiana's cancer burden, visit the Indiana Cancer Consortium 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.
- ❑ To help Hoosiers and their families eat better, move more, and avoid tobacco go to INShape Indiana at www.inshapeindiana.org.

Reference:

1. American Cancer Society; *Cancer Facts and Figures for African Americans 2013-2014*. Atlanta. American Cancer Society, 2013. Accessed online on August 22, 2013 at <http://www.cancer.org/Research/CancerFactsStatistics/2013-2014-cancer-facts-figures-african-americans.pdf>.
2. 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/>.
3. Indiana Behavioral Risk Factor Surveillance Systems, Data Analysis Team, Indiana State Department of Health.