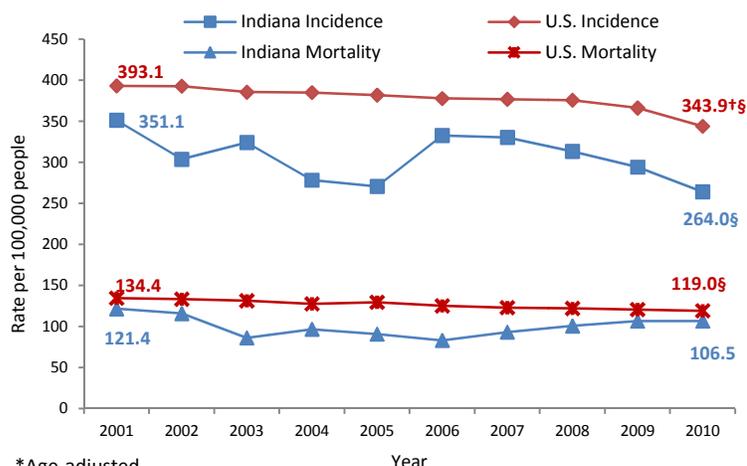


HISPANICS are the largest, fastest-growing and youngest minority group in the United States, and the second largest minority group in Indiana. In 2012, 389,094 Indiana residents, or 6 percent of the population, identified themselves as Hispanic or Latino.¹ Nationally, cancer is the leading cause of death among Hispanics, accounting for 21 percent of deaths overall and 15 percent of deaths in children.²

Figure 1. Cancer Incidence and Mortality (Death) Rates among Hispanics* —Indiana and United States, 2001-2010



*Age-adjusted

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

§Rate is significantly lower than in 2001.

Table 1. Leading Sites of New Cancer Cases and Deaths among Hispanics by Sex — Indiana, 2006-2010

Estimated New Cases*		Estimated Deaths	
Males	Females	Males	Female
Prostate 289 (25.5%)	Breast 310 (27.1%)	Lung & Bronchus 61 (18.5%)	Breast 33 (13.1%)
Lung & Bronchus 103 (9.1%)	Colon & Rectum 117 (10.2%)	Prostate 35 (10.6%)	Lung & Bronchus 31 (12.3%)
Colon & Rectum 101 (8.9%)	Corpus Uteri 82 (7.2%)	Colon & Rectum 29 (8.8%)	Colon & Rectum 26 (10.3%)
Kidney & Renal Pelvis 69 (6.1%)	Lung & Bronchus 78 (6.8%)	Liver 24 (7.3%)	Pancreas 21 (8.3%)
Other Cancers† 340 (30%)	Other Cancers† 389 (34.0%)	Pancreas 24 (7.3%)	Leukemias 19 (7.5%)
All Sites 1,133	All Sites 1,145	All Sites 330	All Sites 252

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

†Other sites listed as leading sites of cancers combined.

Source: Indiana State Cancer Registry

What are the Indiana and U.S. Trends for Cancer Rates?

Figure 1 shows how cancer incidence and mortality rates among Hispanics in Indiana and the United States have gradually decreased over time. From 2001 to 2010:

- The incidence rate decreased 25 percent in Indiana and 10 percent in the United States.
- The mortality rate decreased 11 percent in both Indiana and the United States.

It is important to note that most cancer data in Indiana and the United States are reported for Hispanics as an aggregate group, which masks important differences that exist between Hispanic sub-populations according to country of origin.²

Also, because the U.S. Hispanic population is very dynamic as a result of the influx of new immigrants, trends reflect the cancer risk of incoming Hispanics as well as changes in the risk of established residents.²

Burden of cancer among Hispanics in Indiana (2006-2010)

- Incidence: 305.3 cases per 100,000 people
- Mortality: 98.5 deaths per 100,000 people

Deaths from cancer among Hispanics

- About 33,200 Hispanics were expected to die from cancer in the U.S. during 2012.²
- Lung cancer accounts for the largest number of cancer deaths among Hispanic men (18.5 percent) in Indiana.³
- In Indiana, among Hispanic women, breast cancer is the leading cause of cancer death, accounting for 13.1 percent of cancer deaths.³ In contrast, the leading cause of cancer death in non-Hispanic women is lung cancer.²

Economic impact of cancer in Indiana⁵

- \$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 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, 18.9 percent of Hispanic adults reported being current smokers.⁴
- ❑ Limit alcohol consumption.
- ❑ Maintain a healthy weight.
 - During 2012, in Indiana, just over 30.3 percent of Hispanic adults were considered obese.⁴
 - 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 — about 60 percent of Hispanic adults did not get the recommended 150 minutes of exercise per week. In addition, only 27 percent of Hispanic adults reported consuming two or more fruits per day, and only 16.2 percent reported eating three or more vegetables per day.⁴
- ❑ 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; and
 - 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 breast, cervix and colon and rectum.

- ❑ Screening can detect cancer at an earlier stage, when treatment is most effective.
- ❑ During 2012, nationally among Hispanics:⁴
 - 70.6 percent of women ages 40 and older had a mammogram within the past two years (breast cancer).
 - 76.6 percent of women ages 18 and older had a Pap test within the past three years (cervical cancer).
 - 52.4 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 ICC website 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. *Services are available in Spanish.*
- ❑ To help Hoosiers and their families eat better, move more, and avoid tobacco go to INShape Indiana at www.inshapeindiana.org.

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