

BEAR LAKE COUNTY CANCER PROFILE

*A fact sheet from the Cancer Data Registry
of Idaho, Idaho Hospital Association.*

**Cancer Incidence 2003-2007
Cancer Mortality 2004-2008
BRFSS 2000-2008**

CANCER

Cancer is a group of more than 100 different diseases, each characterized by uncontrolled growth and spread of abnormal cells. Cancer risk increases with age, and varies by gender and race. As the average age of the population increases, the incidence of cancer will increase as well.

It is generally accepted that 65-80% of all cancers are related to personal lifestyle or environmental factors, such as smoking and diet, and are therefore preventable. Other factors such as age, gender, and family history of specific cancers are also associated with cancer and aid in the identification of people at high risk.

For some cancers, effective treatment is available. For these cancers, early detection saves lives. For example, early detection of breast cancer in women 50 years of age and older has decreased breast cancer mortality by 30%. These patterns indicate opportunities for disease control and for reducing the number of cancer deaths through prevention, early detection, and treatment of the disease. Access to detection services is a key consideration.

RISK FACTORS AND INTERVENTIONS

Aging:

Because the population is aging, the number of new cancer cases and cancer deaths that occur each year will continue to increase unless the trend is reversed by significant improvements in prevention, early detection, and treatment.

Smoking:

Smoking and the use of smokeless tobacco are responsible for the majority of all cancers of the lung, trachea, bronchus, larynx, pharynx, oral cavity, and esophagus. Smoking is the leading cause of preventable death in the United States.

Diet:

The U.S. Department of Agriculture recommends the following dietary guidelines for managing a healthy diet: eat a variety of foods; maintain a healthy weight; choose a diet low in total fat with plenty of fruits, vegetables, and grain products; limit the use of sugar, salt, and sodium; and minimize alcoholic beverage consumption.

Screening:

Early detection is extremely important for those cancers that can be cured and which can be discovered early. Breast cancer is a good example of this, as stage at diagnosis is the strongest predictor for survival from breast cancer.

FOR MORE INFORMATION

Cancer Data Registry of Idaho
615 N. 7th Street
P.O. Box 1278
Boise, ID 83701
208-338-5100 Ext. 213
<http://www.idcancer.org>

National Cancer Institute
Cancer Information Services
1-800-4CANCER
<http://cis.nci.nih.gov>

American Cancer Society
2676 South Vista Avenue
Boise, ID 83705
208-343-4609
<http://www.cancer.org>

CANCER INCIDENCE 2003-2007

During the five-year period 2003-2007, 31,924 cases of invasive cancer were diagnosed among residents of the state of Idaho, 131 among Bear Lake County residents. It is estimated that almost one in two Idahoans will develop cancer during their lifetime.

Cancer Incidence 2003-2007	Bear Lake County	State of Idaho
All Sites/Types	131	31,924
Prostate	42	5,357
Female Breast	15	4,219
Lung & Bronchus	12	3,906
Colorectal	13	2,935

The table, *CANCER INCIDENCE 2003-2007, COMPARISON BETWEEN BEAR LAKE COUNTY AND THE REMAINDER OF THE STATE OF IDAHO*, shows for Bear Lake County the number of observed cases, person-years, crude rates, age and sex-adjusted rates, expected number of cases based upon age and sex-specific rates in the remainder of Idaho, and p-values for tests comparing the number of observed and expected cases. The table also shows the number of observed cases, person-years, and crude rates for the remainder of the state of

Idaho. Comparisons were made for all cancers combined, 23 invasive cancer types, in situ breast cancer, non-malignant brain and other central nervous system tumors and pediatric cancer. Separate comparisons for males, females, and both sexes combined are included.

As the table shows, the crude rate of invasive cancer incidence in Bear Lake County was 438.3 cases per 100,000 person-years for the years 2003-2007. Compared with the crude incidence rate for the remainder of Idaho (447.5), this gives an estimate of the burden of disease in Bear Lake County.

The age- and sex-adjusted incidence rate of invasive cancer in Bear Lake County, all sites combined, was 345.6 cases per 100,000 persons per year for the years 2003-2007. There were statistically significantly fewer cases of cancer in Bear Lake County (131) than expected (169.6) based upon rates in the remainder of the state (p=.002).

There are many reasons why cancer incidence rates differ by county, related to smoking, other personal behaviors, socioeconomic status, and other factors.

CANCER MORTALITY 2004-2008

Cancer is the second leading cause of deaths in Idaho and in the United States. From 2004-2008, 11,781 persons in Idaho died from cancer, 57 in Bear Lake County. The majority of cancer deaths are from four primary sites: lung, colon, female breast, and prostate.

Mortality 2004-2008	Bear Lake County	State of Idaho
All Deaths	313	52,819
Cancer Deaths % of All Deaths	57 18.2%	11,781 22.3%
Lung & Bronchus	9	2,962
Colorectal	7	1,035
Female Breast	3	809
Prostate	7	777

The table, *CANCER MORTALITY 2004-2008, COMPARISON BETWEEN BEAR LAKE COUNTY AND THE REMAINDER OF THE STATE OF IDAHO*, shows for Bear Lake County the number of observed deaths, person-years, crude rates, age and sex-adjusted rates, expected number of deaths based upon age and sex-specific rates in the remainder of Idaho, and p-values for tests comparing the number of observed and expected deaths. The table also shows the number of observed deaths, person-years, and crude rates for the remainder of the state of Idaho. Comparisons were made for all deaths, all cancer deaths, and 21 specific cancer types. Separate comparisons for males, females, and both sexes combined are included.

The age- and sex-adjusted cancer mortality rate for Bear Lake County, all sites combined, was 143.2 deaths per 100,000 persons per year for the years 2004-2008, compared with 161.4 for the remainder of the state. There were fewer cancer deaths in Bear Lake County (57) than expected (64.2) based upon rates in the remainder of the state, but the difference was not statistically significant.

Statistical Note: Rates and percentages based upon 12 or fewer cases or deaths (numerator) should be interpreted with caution.

Data Note: Mortality data may differ slightly from published official statistics from the Bureau of Vital Records and Health Statistics.

CANCER INCIDENCE 2003-2007
COMPARISON BETWEEN BEAR LAKE COUNTY AND THE REMAINDER OF THE STATE OF IDAHO

Cancer Site/Type	Sex	Bear Lake County						Remainder of Idaho		
		Observed Cases	Person Years	Crude Rate (1)	A.A.I. Rate (1,2)	Expected Cases (3)	P-Value (4)	Observed Cases	Person Years	Crude Rate (1)
All Sites Combined	Total	131	29,889	438.3	345.6	169.6	0.002 <<	31,793	7,104,905	447.5
All Sites Combined	Male	84	14,872	564.8	430.3	93.4	0.356	17,100	3,572,441	478.7
All Sites Combined	Female	47	15,017	313.0	255.3	76.6	0.000 <<	14,693	3,532,464	415.9
Bladder	Total	5	29,889	16.7	12.4	8.2	0.352	1,435	7,104,905	20.2
Bladder	Male	5	14,872	33.6	24.2	6.3	0.785	1,098	3,572,441	30.7
Bladder	Female	-	15,017	-	-	1.9	0.297	337	3,532,464	9.5
Brain - malignant	Total	2	29,889	6.7	5.9	2.3	1.000	491	7,104,905	6.9
Brain - malignant	Male	1	14,872	6.7	6.0	1.2	1.000	264	3,572,441	7.4
Brain - malignant	Female	1	15,017	6.7	5.8	1.1	1.000	227	3,532,464	6.4
Brain and other CNS - non-malignant	Total	3	29,889	10.0	8.4	3.1	1.000	612	7,104,905	8.6
Brain and other CNS - non-malignant	Male	2	14,872	13.4	11.3	0.9	0.425	174	3,572,441	4.9
Brain and other CNS - non-malignant	Female	1	15,017	6.7	5.6	2.2	0.697	438	3,532,464	12.4
Breast	Total	15	29,889	50.2	41.1	21.9	0.161	4,259	7,104,905	59.9
Breast	Male	-	14,872	-	-	0.3	1.000	55	3,572,441	1.5
Breast	Female	15	15,017	99.9	83.3	21.4	0.190	4,204	3,532,464	119.0
Breast - in situ	Total	3	29,889	10.0	8.5	4.3	0.759	861	7,104,905	12.1
Breast - in situ	Male	-	14,872	-	-	0.0	1.000	4	3,572,441	0.1
Breast - in situ	Female	3	15,017	20.0	17.2	4.2	0.781	857	3,532,464	24.3
Cervix	Female	-	15,017	-	-	1.0	0.757	223	3,532,464	6.3
Colorectal	Total	13	29,889	43.5	33.0	16.2	0.514	2,922	7,104,905	41.1
Colorectal	Male	9	14,872	60.5	45.1	8.4	0.926	1,505	3,572,441	42.1
Colorectal	Female	4	15,017	26.6	20.4	7.9	0.217	1,417	3,532,464	40.1
Corpus Uteri	Female	4	15,017	26.6	22.1	4.0	1.000	772	3,532,464	21.9
Esophagus	Total	1	29,889	3.3	2.6	1.8	0.916	335	7,104,905	4.7
Esophagus	Male	1	14,872	6.7	5.1	1.5	1.000	278	3,572,441	7.8
Esophagus	Female	-	15,017	-	-	0.3	1.000	57	3,532,464	1.6
Hodgkin Lymphoma	Total	2	29,889	6.7	6.6	0.8	0.384	188	7,104,905	2.6
Hodgkin Lymphoma	Male	-	14,872	-	-	0.4	1.000	90	3,572,441	2.5
Hodgkin Lymphoma	Female	2	15,017	13.3	13.7	0.4	0.125	98	3,532,464	2.8
Kidney and Renal Pelvis	Total	3	29,889	10.0	8.1	5.0	0.529	961	7,104,905	13.5
Kidney and Renal Pelvis	Male	3	14,872	20.2	16.2	3.1	1.000	601	3,572,441	16.8
Kidney and Renal Pelvis	Female	-	15,017	-	-	1.9	0.300	360	3,532,464	10.2
Larynx	Total	2	29,889	6.7	5.3	1.1	0.619	212	7,104,905	3.0
Larynx	Male	-	14,872	-	-	0.9	0.810	169	3,572,441	4.7
Larynx	Female	2	15,017	13.3	10.9	0.2	0.043 >>	43	3,532,464	1.2
Leukemia	Total	6	29,889	20.1	15.9	5.3	0.859	993	7,104,905	14.0
Leukemia	Male	5	14,872	33.6	26.1	3.1	0.407	580	3,572,441	16.2
Leukemia	Female	1	15,017	6.7	5.4	2.2	0.726	413	3,532,464	11.7
Liver and Bile Duct	Total	-	29,889	-	-	1.5	0.461	279	7,104,905	3.9
Liver and Bile Duct	Male	-	14,872	-	-	1.0	0.728	194	3,572,441	5.4
Liver and Bile Duct	Female	-	15,017	-	-	0.5	1.000	85	3,532,464	2.4
Lung and Bronchus	Total	12	29,889	40.1	29.9	22.0	0.030 <<	3,894	7,104,905	54.8
Lung and Bronchus	Male	6	14,872	40.3	29.2	12.2	0.083	2,114	3,572,441	59.2
Lung and Bronchus	Female	6	15,017	40.0	30.5	9.9	0.271	1,780	3,532,464	50.4
Melanoma of the Skin	Total	5	29,889	16.7	14.4	8.2	0.347	1,676	7,104,905	23.6
Melanoma of the Skin	Male	3	14,872	20.2	16.4	5.0	0.525	982	3,572,441	27.5
Melanoma of the Skin	Female	2	15,017	13.3	12.2	3.2	0.754	694	3,532,464	19.6
Myeloma	Total	2	29,889	6.7	5.1	2.0	1.000	363	7,104,905	5.1
Myeloma	Male	2	14,872	13.4	10.1	1.2	0.705	223	3,572,441	6.2
Myeloma	Female	-	15,017	-	-	0.8	0.922	140	3,532,464	4.0
Non-Hodgkin Lymphoma	Total	1	29,889	3.3	2.6	7.1	0.013 <<	1,322	7,104,905	18.6
Non-Hodgkin Lymphoma	Male	1	14,872	6.7	5.2	3.7	0.227	695	3,572,441	19.5
Non-Hodgkin Lymphoma	Female	-	15,017	-	-	3.4	0.066	627	3,532,464	17.7
Oral Cavity and Pharynx	Total	2	29,889	6.7	5.5	4.0	0.488	767	7,104,905	10.8
Oral Cavity and Pharynx	Male	2	14,872	13.4	10.8	2.9	0.911	554	3,572,441	15.5
Oral Cavity and Pharynx	Female	-	15,017	-	-	1.1	0.653	213	3,532,464	6.0
Ovary	Female	-	15,017	-	-	2.5	0.169	471	3,532,464	13.3
Pancreas	Total	3	29,889	10.0	7.5	4.6	0.653	819	7,104,905	11.5
Pancreas	Male	1	14,872	6.7	5.0	2.3	0.645	419	3,572,441	11.7
Pancreas	Female	2	15,017	13.3	9.9	2.3	1.000	400	3,532,464	11.3
Prostate	Male	42	14,872	282.4	211.1	29.6	0.037 >>	5,315	3,572,441	148.8
Stomach	Total	1	29,889	3.3	2.6	1.9	0.846	351	7,104,905	4.9
Stomach	Male	-	14,872	-	-	1.3	0.523	242	3,572,441	6.8
Stomach	Female	1	15,017	6.7	5.2	0.6	0.891	109	3,532,464	3.1
Testis	Male	-	14,872	-	-	0.8	0.871	229	3,572,441	6.4
Thyroid	Total	2	29,889	6.7	6.6	3.8	0.527	894	7,104,905	12.6
Thyroid	Male	-	14,872	-	-	0.9	0.849	190	3,572,441	5.3
Thyroid	Female	2	15,017	13.3	13.4	3.0	0.855	704	3,532,464	19.9
Pediatric Age 0 to 19	Total	-	9,371	-	-	1.8	0.345	401	2,151,870	18.6
Pediatric Age 0 to 19	Male	-	4,716	-	-	0.9	0.806	206	1,100,272	18.7
Pediatric Age 0 to 19	Female	-	4,655	-	-	0.9	0.851	195	1,051,598	18.5

Notes: 1. Rates are expressed as the number of cases per 100,000 persons per year (person-years).
2. Age and sex-adjusted incidence (A.A.I.) rates for county use age and sex-specific crude rates for the remainder of the state as standard.
3. Expected cases are based upon age and sex-specific rates for the remainder of the state of Idaho (compare to observed).
4. P-values compare observed and expected cases, are two tailed, based upon the Poisson probability distribution.
"<<" denotes significantly fewer cases observed than expected, ">>" denotes significantly more cases observed than expected (p=.05).

Statistical Note: Rates based upon 12 or fewer cases (numerator) should be interpreted with caution.

CANCER MORTALITY 2004-2008
COMPARISON BETWEEN BEAR LAKE COUNTY AND THE REMAINDER OF THE STATE OF IDAHO

Cause of Death Cancer Site/Type	Sex	Bear Lake County						Remainder of Idaho		
		Observed Deaths	Person Years	Crude Rate (1)	A.A.M. Rate (1,2)	Expected Deaths (3)	P-Value (4)	Observed Deaths	Person Years	Crude Rate (1)
All Causes of Death	Total	313	29,550	1,059.2	775.9	291.5	0.221	52,506	7,266,050	722.6
All Causes of Death	Male	171	14,685	1,164.5	862.7	143.9	0.031 >>	26,541	3,654,668	726.2
All Causes of Death	Female	142	14,865	955.3	688.6	148.3	0.644	25,965	3,611,382	719.0
All Malignant Cancers	Total	57	29,550	192.9	143.2	64.2	0.404	11,724	7,266,050	161.4
All Malignant Cancers	Male	30	14,685	204.3	148.4	34.2	0.534	6,192	3,654,668	169.4
All Malignant Cancers	Female	27	14,865	181.6	137.3	30.1	0.649	5,532	3,611,382	153.2
Bladder	Total	-	29,550	-	-	1.8	0.346	303	7,266,050	4.2
Bladder	Male	-	14,685	-	-	1.3	0.538	224	3,654,668	6.1
Bladder	Female	-	14,865	-	-	0.5	1.000	79	3,611,382	2.2
Brain and Other Nervous System	Total	4	29,550	13.5	11.3	1.8	0.221	372	7,266,050	5.1
Brain and Other Nervous System	Male	1	14,685	6.8	5.7	0.9	1.000	188	3,654,668	5.1
Brain and Other Nervous System	Female	3	14,865	20.2	16.9	0.9	0.128	184	3,611,382	5.1
Breast	Total	3	29,550	10.2	7.8	4.3	0.751	810	7,266,050	11.1
Breast	Male	-	14,685	-	-	0.0	1.000	4	3,654,668	0.1
Breast	Female	3	14,865	20.2	15.7	4.3	0.767	806	3,611,382	22.3
Cervix	Female	1	14,865	6.7	6.3	0.3	0.552	73	3,611,382	2.0
Colorectal	Total	7	29,550	23.7	17.4	5.7	0.691	1,028	7,266,050	14.1
Colorectal	Male	3	14,685	20.4	14.9	2.7	1.000	496	3,654,668	13.6
Colorectal	Female	4	14,865	26.9	19.7	3.0	0.698	532	3,611,382	14.7
Corpus Uteri	Female	-	14,865	-	-	0.4	1.000	80	3,611,382	2.2
Esophagus	Total	1	29,550	3.4	2.6	1.7	0.996	318	7,266,050	4.4
Esophagus	Male	1	14,685	6.8	5.2	1.4	1.000	260	3,654,668	7.1
Esophagus	Female	-	14,865	-	-	0.3	1.000	58	3,611,382	1.6
Hodgkin Lymphoma	Total	-	29,550	-	-	0.1	1.000	29	7,266,050	0.4
Hodgkin Lymphoma	Male	-	14,685	-	-	0.1	1.000	13	3,654,668	0.4
Hodgkin Lymphoma	Female	-	14,865	-	-	0.1	1.000	16	3,611,382	0.4
Kidney	Total	1	29,550	3.4	2.6	1.5	1.000	281	7,266,050	3.9
Kidney	Male	1	14,685	6.8	5.0	0.9	1.000	169	3,654,668	4.6
Kidney	Female	-	14,865	-	-	0.6	1.000	112	3,611,382	3.1
Larynx	Total	1	29,550	3.4	2.6	0.3	0.520	57	7,266,050	0.8
Larynx	Male	-	14,685	-	-	0.2	1.000	46	3,654,668	1.3
Larynx	Female	1	14,865	6.7	5.0	0.1	0.118	11	3,611,382	0.3
Leukemia	Total	3	29,550	10.2	7.5	3.0	1.000	546	7,266,050	7.5
Leukemia	Male	2	14,685	13.6	9.9	1.6	0.981	299	3,654,668	8.2
Leukemia	Female	1	14,865	6.7	5.0	1.4	1.000	247	3,611,382	6.8
Liver and Bile Duct	Total	-	29,550	-	-	1.5	0.463	279	7,266,050	3.8
Liver and Bile Duct	Male	-	14,685	-	-	1.0	0.725	193	3,654,668	5.3
Liver and Bile Duct	Female	-	14,865	-	-	0.5	1.000	86	3,611,382	2.4
Lung and Bronchus	Total	9	29,550	30.5	22.4	16.3	0.074	2,953	7,266,050	40.6
Lung and Bronchus	Male	4	14,685	27.2	19.6	9.2	0.099	1,644	3,654,668	45.0
Lung and Bronchus	Female	5	14,865	33.6	25.2	7.2	0.555	1,309	3,611,382	36.2
Melanoma of the Skin	Total	2	29,550	6.8	5.3	1.2	0.644	224	7,266,050	3.1
Melanoma of the Skin	Male	2	14,685	13.6	10.6	0.8	0.378	154	3,654,668	4.2
Melanoma of the Skin	Female	-	14,865	-	-	0.4	1.000	70	3,611,382	1.9
Myeloma	Total	1	29,550	3.4	2.5	1.4	1.000	250	7,266,050	3.4
Myeloma	Male	1	14,685	6.8	4.8	0.8	1.000	145	3,654,668	4.0
Myeloma	Female	-	14,865	-	-	0.6	1.000	105	3,611,382	2.9
Non-Hodgkin Lymphoma	Total	3	29,550	10.2	7.4	2.7	0.998	477	7,266,050	6.6
Non-Hodgkin Lymphoma	Male	2	14,685	13.6	9.8	1.4	0.836	256	3,654,668	7.0
Non-Hodgkin Lymphoma	Female	1	14,865	6.7	4.9	1.2	1.000	221	3,611,382	6.1
Oral Cavity and Pharynx	Total	-	29,550	-	-	1.0	0.746	184	7,266,050	2.5
Oral Cavity and Pharynx	Male	-	14,685	-	-	0.6	1.000	121	3,654,668	3.3
Oral Cavity and Pharynx	Female	-	14,865	-	-	0.4	1.000	63	3,611,382	1.7
Ovary	Female	1	14,865	6.7	5.2	1.8	0.952	327	3,611,382	9.1
Pancreas	Total	4	29,550	13.5	10.0	4.2	1.000	772	7,266,050	10.6
Pancreas	Male	2	14,685	13.6	10.1	2.0	1.000	375	3,654,668	10.3
Pancreas	Female	2	14,865	13.5	10.0	2.2	1.000	397	3,611,382	11.0
Prostate	Male	7	14,685	47.7	32.2	4.6	0.360	770	3,654,668	21.1
Stomach	Total	1	29,550	3.4	2.5	1.2	1.000	214	7,266,050	2.9
Stomach	Male	-	14,685	-	-	0.7	0.969	133	3,654,668	3.6
Stomach	Female	1	14,865	6.7	5.0	0.5	0.726	81	3,611,382	2.2

Notes: 1. Rates are expressed as the number of cases per 100,000 persons per year (person-years).

2. Age and sex-adjusted mortality (A.A.M.) rates for county use age and sex-specific crude rates for the remainder of the state as standard.

3. Expected cases are based upon age and sex-specific rates for the remainder of the state of Idaho (compare to observed).

4. P-values compare observed and expected cases, are two tailed, based upon the Poisson probability distribution.

"<<" denotes significantly fewer cases observed than expected, ">>" denotes significantly more cases observed than expected (p=.05).

Statistical Notes: Rates based upon 12 or fewer cases (numerator) should be interpreted with caution.

Mortality statistics presented differ from BVRHS official statistics due to differences in methodology.

Data Source: Bureau of Vital Records and Health Statistics (BVRHS), Division of Health, Idaho Department of Health and Welfare, 2009.

Cancer Screening and Risk Factors: Behavioral Risk Factor Surveillance System (BRFSS)

The Bureau of Vital Records and Health Statistics (BVRHS), Division of Health, Idaho Department of Health and Welfare, under a cooperative agreement with the Centers for Disease Control and Prevention, has conducted telephone Behavioral Risk Factor Surveys (BRFS) since 1984 of random samples of adult Idahoans to measure population prevalences of risk factors for the major causes of death, including cancer. The BVRHS provided data sets containing BRFSS data from 2000 through 2008 to CDRI staff, who performed the analyses reported in these *County Profiles*. Data were weighted by probability of selection, and poststratified to 2008 Idaho population estimates by age group, sex, and county. Not all questions were asked in all years. Beginning in 2005, the BRFS was offered in both Spanish and English. A minimum of 30 respondents was required to generate county-level statistics. The cancer screening and risk factor measures were selected to assist in monitoring *Comprehensive Cancer Alliance for Idaho* objectives.

BRFSS: Cancer Screening and Risk Factor Prevalence Estimates, 2000-2008

	State of Idaho	HD 1	HD 2	HD 3	HD 4	HD 5	HD 6	HD 7	Bear Lake County
Access to Care									
No Health Insurance, Age <65	19.5%	22.5%	19.6%	24.3%	15.2%	24.7%	16.3%	18.0%	24.5%
Cancer Screening									
Mammogram Past 2 Years, Age 50+	71.8%	71.5%	71.7%	66.7%	78.3%	68.8%	70.9%	67.9%	62.4%
Mammogram and CBE Past 2 Years, Age 40+	62.5%	62.5%	62.4%	58.8%	69.9%	59.1%	58.8%	56.8%	43.4%
Pap Test Past 3 Years, Cervix Intact	80.7%	82.0%	80.6%	81.5%	85.9%	77.2%	77.5%	72.1%	78.7%
Sigmoidoscopy/Colonoscopy Past 5 Years, Age 50+	41.9%	40.4%	47.2%	36.9%	48.4%	39.1%	36.6%	39.0%	29.7%
Prostate-Specific Antigen Test Past 2 Years, Age 50+	64.9%	60.6%	62.6%	62.1%	71.3%	66.9%	62.2%	62.3%	35.5%
Tobacco Use									
Current Smoker	18.8%	21.8%	18.8%	20.7%	18.4%	20.8%	17.0%	13.0%	17.2%
Current Smokeless Tobacco User	4.4%	5.4%	5.6%	4.6%	4.2%	4.8%	3.7%	3.2%	2.2%
Other Cancer-Related									
Sufficient Moderate/Vigorous Physical Activity	58.8%	57.9%	58.9%	55.0%	60.8%	57.9%	58.3%	61.1%	59.2%
Eat 5+ Servings Fruits & Veggies / Day	21.6%	22.0%	22.4%	19.2%	23.0%	22.8%	20.7%	20.4%	20.5%
Neither Obese Nor Overweight (BMI<25.0)	40.1%	39.0%	39.6%	36.4%	42.9%	39.9%	39.0%	41.3%	39.9%
Sunburn in Previous 12 Months	47.3%	45.1%	46.1%	42.1%	47.7%	46.7%	50.0%	54.4%	47.9%
BRFSS Respondents	45,701	6,622	6,523	6,475	6,593	6,514	6,509	6,465	311

Access to Care

Health Insurance – 2000 to 2008

Statewide, 19.5% of adults aged 18-64 reported having no health care coverage. Health care coverage differed significantly by race/ethnicity, with 17.8% of white non-Hispanics, compared to 41.2% of Hispanics and 32.8% of Native Americans, lacking health insurance. Spanish-speaking respondents were significantly more likely to be uninsured (78.6%) than English-speaking respondents (18.6%). Health care coverage differed significantly by age of respondent, with 30.5% of persons aged 18-24, and 13.0% of persons aged 55-64, lacking health insurance. Health care coverage differed significantly by county, with a range of 11.7% (Oneida County) to 35.2% (Owyhee County) lacking health insurance. Counties with higher proportions of uninsured had significantly higher rates of invasive cancer.

Cancer Screening

Mammogram – 2000, 2002, 2004, 2006-2008

Statewide, 71.8% of women aged 50 and older reported having a mammogram in the past 2 years. Mammography rates differed significantly by county, with a range in screening of 50.2% (Butte County) to 85.8% (Teton County). In 2008, Idaho had the 6th lowest mammography screening rate among states for women aged 50 and older.

Mammogram and CBE – 2000, 2002, 2004, 2006, 2008

Statewide, 62.5% of women aged 40 and older reported having a mammogram and clinical breast exam (CBE) in the past 2 years. Screening rates differed significantly by age of

respondent, with 69.3% of women aged 55-64, but only 50.4% of women aged 40-44, being screened. Mammogram/CBE utilization differed significantly by county, with a range in screening of 42.6% (Butte) to 70.8% (Blaine County).

Pap Test – 2000, 2002, 2004, 2006, 2008

Statewide, 80.7% of women aged 18 and older (with intact cervix) reported having a Pap test in the past 3 years. Pap screening differed significantly by age of respondent, with 89.5% of women aged 25-34, but only 62.8% of women aged 65 and older, screened in the past 3 years. Pap screening did not differ significantly by race/ethnicity. Pap screening decreased significantly from 84.1% in 2000 to 77.8% in 2008. Pap screening differed significantly by county, with a range of 58.8% (Madison County) to 90.1% (Blaine County). In 2008, Idaho had the third lowest Pap screening rate among states.

Sigmoidoscopy/Colonoscopy – 2001-2002, 2004, 2006-2008

Statewide, 41.9% of adults aged 50 and older reported having a sigmoidoscopy or colonoscopy within the past 5 years. This type of colorectal cancer screening differed significantly by age of respondent, with 26.6% of persons aged 50-54, and 50.9% of persons aged 65 and older being screened. Males (43.4%) were more likely to have been screened than females (40.5%). Persons with health insurance were almost three times more likely to be screened. There was a significant trend by year of survey, from 33.0% in 2001 to 47.1% in 2008. Screening differed significantly by county, with a range of 22.4% (Gem County) to 55.4% (Nez Perce County). In 2008, Idaho ranked 46th among states in the percentage of adults aged 50 and older who reported ever having a sigmoidoscopy or colonoscopy.

Cancer Screening and Risk Factors: Behavioral Risk Factor Surveillance System (BRFSS)

Prostate-Specific Antigen (PSA) Test – 2001-2002, 2004, 2006, 2008

Statewide, 64.9% of males aged 50 and older reported having a PSA test in the past 2 years to screen for prostate cancer. PSA test utilization differed significantly by age of respondent, with 48.3% of males aged 50-54 and 73.0% of males aged 65 and older screened in the past 2 years. PSA test utilization differed significantly by race/ethnicity, with 65.4% of white non-Hispanics, compared to 50.9% of Hispanics and 50.6% of Native Americans, screened in the past 2 years. In 2008, Idaho ranked 35th among states (1st = highest) in the proportion of males aged 40+ who had a PSA test within the past two years.

Tobacco Use

Current Smoking – 2000 to 2008

Statewide, 18.8% of adults aged 18 and older were current smokers. Smoking prevalence differed significantly by age of respondent, with 22.8% of persons aged 18-24, and 9.0% of persons aged 65 and older reporting current smoking. About twenty percent of males (20.1%) and 17.4% of females were current smokers, and smoking prevalence was lower among white non-Hispanics (18.3%) than among Native Americans (37.8%). There was a significant trend by year of survey, with lower smoking rates in more recent years. Smoking prevalence differed significantly by county, with a range of 3.7% (Madison County) to 26.1% (Shoshone County). Counties with higher rates of current smoking had significantly higher rates of lung cancer.

Smokeless Tobacco Use – 2000-2001, 2003-2006

Statewide, 4.4% of adults aged 18 and older were current users of smokeless tobacco. Smokeless tobacco use differed significantly by race/ethnicity, ranging from 2.1% among Hispanics to 8.5% among Native Americans. Smokeless tobacco use differed significantly by age group, ranging from 6.9% of persons aged 25-34 to 1.4% of persons aged 65 and older. Almost nine percent of males (8.6%) and 0.2% of females were current users of smokeless tobacco. There was no significant trend by year of survey. Smokeless tobacco use differed significantly by county, with a range of 0.7% (Madison County) to 20.1% (Camas County).

Other Cancer-Related

Physical Activity – 2001, 2003, 2005

Statewide, 58.8% of adults aged 18 and older exercised the recommended amount (30 minutes or more per day of moderate physical activity on 5 or more days per week or 20 minutes or more of vigorous physical activity on 3 or more days per week). White non-Hispanics (59.3%) were more likely to exercise the recommended amount than Hispanics (51.2%). Physical activity differed significantly by age of respondent, with 67.9% of persons aged 18-24, but only 47.4% of persons aged 65+, exercising the recommended amount. Males (61.4%) were significantly more likely to exercise the recommended amount than females (56.2%). Physical activity differed significantly by county, with a range of 49.1% (Idaho County) to 81.6% (Valley County) exercising the recommended amount.

Fruit & Vegetable Consumption – 2000, 2002-2003, 2005, 2007 Statewide, 21.6% of adults aged 18 and older reported eating 5 or more servings of fruits and vegetables per day. Fruit and vegetable consumption differed significantly by race/ethnicity, with 19.2% of Hispanics and 33.4% of Native Americans eating 5 or more servings per day. Males (16.4%) were significantly less likely to eat 5-a-day than females (26.9%). 5-a-day consumption differed significantly by age of respondent, with 17.7% of persons aged 18-24, and 30.9% of persons aged 65+ eating 5-a-day. 5-a-day consumption differed significantly by county, with a range of 14.8% (Owyhee County) to 30.7% (Camas County).

Body Mass Index – 2000 to 2008

Statewide, 40.1% of adults aged 18 and older were neither obese nor overweight as measured by body mass index (BMI <25). BMI differed significantly by race/ethnicity, with 40.4% of white non-Hispanics, compared to 35.6% of Hispanics and 32.0% of Native Americans, being neither obese nor overweight. Males (32.1%) were significantly less likely to have the recommended BMI than females (48.6%). BMI differed significantly by age of respondent, with 63.1% of persons aged 18-24, and 29.3% of persons aged 55-64, being neither obese nor overweight. BMI increased at a dramatic rate in Idaho, with 46.2% of adults in 2000 compared to 35.9% in 2008 being neither obese nor overweight. BMI differed significantly by county, with a range of 30.8% (Lewis County) to 57.7% (Blaine County) being neither obese nor overweight. Counties with higher rates of recommended BMI (neither obese nor overweight) had significantly lower rates of colorectal cancer.

Sun Exposure – 2003-2004, 2008

Statewide, 47.3% of adults aged 18 and older reported having sunburn in the past 12 months. Sunburn rates were higher for white non-Hispanics (48.8%) than for Hispanics (30.4%) or Native Americans (44.9%). Males (52.3%) were significantly more likely than females (42.5%) to have had sunburn in the past 12 months. Sunburn rates differed significantly by age group, with 69.3% of persons aged 18-24 and 13.8% of persons aged 65 and older having sunburn in the past 12 months. Sunburn rates differed significantly by county, with a range of 23.7% (Butte County) to 65.0% (Teton County) having sunburn in the past 12 months.

