

BENEWAH 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, 262 among Benewah County residents. It is estimated that almost one in two Idahoans will develop cancer during their lifetime.

Cancer Incidence 2003-2007	Benewah County	State of Idaho
All Sites/Types	262	31,924
Prostate	39	5,357
Female Breast	38	4,219
Lung & Bronchus	50	3,906
Colorectal	28	2,935

The table, *CANCER INCIDENCE 2003-2007, COMPARISON BETWEEN BENEWAH COUNTY AND THE REMAINDER OF THE STATE OF IDAHO*, shows for Benewah 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 Benewah County was 578.7 cases per 100,000 person-years for the years 2003-2007. Compared with the crude incidence rate for the remainder of Idaho (446.6), this gives an estimate of the burden of disease in Benewah County.

The age- and sex-adjusted incidence rate of invasive cancer in Benewah County, all sites combined, was 442.4 cases per 100,000 persons per year for the years 2003-2007. There were fewer cases of cancer in Benewah County (262) than expected (264.5) based upon rates in the remainder of the state, but the difference was not statistically significant.

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, 115 in Benewah County. The majority of cancer deaths are from four primary sites: lung, colon, female breast, and prostate.

Mortality 2004-2008	Benewah County	State of Idaho
All Deaths	461	52,819
Cancer Deaths % of All Deaths	115 24.9%	11,781 22.3%
Lung & Bronchus	34	2,962
Colorectal	22	1,035
Female Breast	6	809
Prostate	8	777

The table, *CANCER MORTALITY 2004-2008, COMPARISON BETWEEN BENEWAH COUNTY AND THE REMAINDER OF THE STATE OF IDAHO*, shows for Benewah 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 Benewah County, all sites combined, was 188.6 deaths per 100,000 persons per year for the years 2004-2008, compared with 160.9 for the remainder of the state. There were more cancer deaths in Benewah County (115) than expected (98.1) 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 BENEWAH COUNTY AND THE REMAINDER OF THE STATE OF IDAHO

Cancer Site/Type	Sex	Benevah 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	262	45,273	578.7	442.4	264.5	0.910	31,662	7,089,521	446.6
All Sites Combined	Male	140	22,972	609.4	434.7	154.0	0.276	17,044	3,564,341	478.2
All Sites Combined	Female	122	22,301	547.1	443.7	114.0	0.479	14,618	3,525,180	414.7
Bladder	Total	10	45,273	22.1	16.5	12.2	0.652	1,430	7,089,521	20.2
Bladder	Male	7	22,972	30.5	21.4	10.0	0.432	1,096	3,564,341	30.7
Bladder	Female	3	22,301	13.5	10.7	2.6	0.987	334	3,525,180	9.5
Brain - malignant	Total	2	45,273	4.4	3.8	3.7	0.579	491	7,089,521	6.9
Brain - malignant	Male	2	22,972	8.7	7.3	2.0	1.000	263	3,564,341	7.4
Brain - malignant	Female	-	22,301	-	-	1.6	0.386	228	3,525,180	6.5
Brain and other CNS - non-malignant	Total	5	45,273	11.0	8.9	4.9	1.000	610	7,089,521	8.6
Brain and other CNS - non-malignant	Male	1	22,972	4.4	3.4	1.4	1.000	175	3,564,341	4.9
Brain and other CNS - non-malignant	Female	4	22,301	17.9	14.8	3.3	0.858	435	3,525,180	12.3
Breast	Total	38	45,273	83.9	64.8	35.0	0.661	4,236	7,089,521	59.8
Breast	Male	-	22,972	-	-	0.5	1.000	55	3,564,341	1.5
Breast	Female	38	22,301	170.4	136.3	33.1	0.433	4,181	3,525,180	118.6
Breast - in situ	Total	4	45,273	8.8	6.8	7.1	0.330	860	7,089,521	12.1
Breast - in situ	Male	-	22,972	-	-	0.0	1.000	4	3,564,341	0.1
Breast - in situ	Female	4	22,301	17.9	14.3	6.8	0.390	856	3,525,180	24.3
Cervix	Female	-	22,301	-	-	1.6	0.416	223	3,525,180	6.3
Colorectal	Total	28	45,273	61.8	46.6	24.6	0.548	2,907	7,089,521	41.0
Colorectal	Male	18	22,972	78.4	55.6	13.6	0.289	1,496	3,564,341	42.0
Colorectal	Female	10	22,301	44.8	35.7	11.2	0.870	1,411	3,525,180	40.0
Corpus Uteri	Female	5	22,301	22.4	17.6	6.2	0.827	771	3,525,180	21.9
Esophagus	Total	1	45,273	2.2	1.6	2.9	0.435	335	7,089,521	4.7
Esophagus	Male	1	22,972	4.4	3.1	2.6	0.554	278	3,564,341	7.8
Esophagus	Female	-	22,301	-	-	0.5	1.000	57	3,525,180	1.6
Hodgkin Lymphoma	Total	1	45,273	2.2	2.2	1.2	1.000	189	7,089,521	2.7
Hodgkin Lymphoma	Male	1	22,972	4.4	4.1	0.6	0.914	89	3,564,341	2.5
Hodgkin Lymphoma	Female	-	22,301	-	-	0.6	1.000	100	3,525,180	2.8
Kidney and Renal Pelvis	Total	6	45,273	13.3	10.1	8.0	0.630	958	7,089,521	13.5
Kidney and Renal Pelvis	Male	6	22,972	26.1	19.1	5.3	0.864	598	3,564,341	16.8
Kidney and Renal Pelvis	Female	-	22,301	-	-	2.8	0.117	360	3,525,180	10.2
Larynx	Total	-	45,273	-	-	1.8	0.314	214	7,089,521	3.0
Larynx	Male	-	22,972	-	-	1.6	0.421	169	3,564,341	4.7
Larynx	Female	-	22,301	-	-	0.4	1.000	45	3,525,180	1.3
Leukemia	Total	10	45,273	22.1	17.7	7.9	0.535	989	7,089,521	14.0
Leukemia	Male	6	22,972	26.1	19.8	4.9	0.745	579	3,564,341	16.2
Leukemia	Female	4	22,301	17.9	15.2	3.1	0.736	410	3,525,180	11.6
Liver and Bile Duct	Total	2	45,273	4.4	3.3	2.4	1.000	277	7,089,521	3.9
Liver and Bile Duct	Male	-	22,972	-	-	1.7	0.349	194	3,564,341	5.4
Liver and Bile Duct	Female	2	22,301	9.0	7.1	0.7	0.289	83	3,525,180	2.4
Lung and Bronchus	Total	50	45,273	110.4	81.0	33.6	0.010 >>	3,856	7,089,521	54.4
Lung and Bronchus	Male	30	22,972	130.6	89.5	19.6	0.035 >>	2,090	3,564,341	58.6
Lung and Bronchus	Female	20	22,301	89.7	69.7	14.4	0.185	1,766	3,525,180	50.1
Melanoma of the Skin	Total	8	45,273	17.7	14.5	13.1	0.195	1,673	7,089,521	23.6
Melanoma of the Skin	Male	3	22,972	13.1	9.9	8.3	0.069	982	3,564,341	27.6
Melanoma of the Skin	Female	5	22,301	22.4	19.6	5.0	1.000	691	3,525,180	19.6
Myeloma	Total	4	45,273	8.8	6.6	3.1	0.746	361	7,089,521	5.1
Myeloma	Male	1	22,972	4.4	3.1	2.0	0.797	224	3,564,341	6.3
Myeloma	Female	3	22,301	13.5	10.5	1.1	0.202	137	3,525,180	3.9
Non-Hodgkin Lymphoma	Total	13	45,273	28.7	22.1	10.9	0.591	1,310	7,089,521	18.5
Non-Hodgkin Lymphoma	Male	6	22,972	26.1	19.3	6.0	1.000	690	3,564,341	19.4
Non-Hodgkin Lymphoma	Female	7	22,301	31.4	25.2	4.9	0.440	620	3,525,180	17.6
Oral Cavity and Pharynx	Total	8	45,273	17.7	13.5	6.3	0.609	761	7,089,521	10.7
Oral Cavity and Pharynx	Male	5	22,972	21.8	16.0	4.8	1.000	551	3,564,341	15.5
Oral Cavity and Pharynx	Female	3	22,301	13.5	10.9	1.6	0.457	210	3,525,180	6.0
Ovary	Female	3	22,301	13.5	10.8	3.7	0.996	468	3,525,180	13.3
Pancreas	Total	6	45,273	13.3	9.9	7.0	0.905	816	7,089,521	11.5
Pancreas	Male	3	22,972	13.1	9.2	3.8	0.942	417	3,564,341	11.7
Pancreas	Female	3	22,301	13.5	10.5	3.2	1.000	399	3,525,180	11.3
Prostate	Male	39	22,972	169.8	115.8	50.2	0.121	5,318	3,564,341	149.2
Stomach	Total	2	45,273	4.4	3.3	3.0	0.860	350	7,089,521	4.9
Stomach	Male	1	22,972	4.4	3.1	2.2	0.701	241	3,564,341	6.8
Stomach	Female	1	22,301	4.5	3.7	0.8	1.000	109	3,525,180	3.1
Testis	Male	1	22,972	4.4	5.0	1.3	1.000	228	3,564,341	6.4
Thyroid	Total	1	45,273	2.2	2.0	6.3	0.026 <<	895	7,089,521	12.6
Thyroid	Male	-	22,972	-	-	1.5	0.467	190	3,564,341	5.3
Thyroid	Female	1	22,301	4.5	4.1	4.8	0.093	705	3,525,180	20.0
Pediatric Age 0 to 19	Total	4	12,210	32.8	33.1	2.2	0.375	397	2,149,031	18.5
Pediatric Age 0 to 19	Male	3	6,408	46.8	47.2	1.2	0.230	203	1,098,580	18.5
Pediatric Age 0 to 19	Female	1	5,802	17.2	17.4	1.1	1.000	194	1,050,451	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 BENEWAH COUNTY AND THE REMAINDER OF THE STATE OF IDAHO

Cause of Death Cancer Site/Type	Sex	Benevah 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	461	45,727	1,008.2	791.5	420.6	0.055	52,358	7,249,873	722.2
All Causes of Death	Male	233	23,215	1,003.7	756.7	223.6	0.548	26,479	3,646,138	726.2
All Causes of Death	Female	228	22,512	1,012.8	817.8	200.2	0.058	25,879	3,603,735	718.1
All Malignant Cancers	Total	115	45,727	251.5	188.6	98.1	0.104	11,666	7,249,873	160.9
All Malignant Cancers	Male	66	23,215	284.3	200.6	55.5	0.186	6,156	3,646,138	168.8
All Malignant Cancers	Female	49	22,512	217.7	172.0	43.6	0.448	5,510	3,603,735	152.9
Bladder	Total	2	45,727	4.4	3.3	2.5	1.000	301	7,249,873	4.2
Bladder	Male	2	23,215	8.6	6.1	2.0	1.000	222	3,646,138	6.1
Bladder	Female	-	22,512	-	-	0.6	1.000	79	3,603,735	2.2
Brain and Other Nervous System	Total	2	45,727	4.4	3.5	3.0	0.862	374	7,249,873	5.2
Brain and Other Nervous System	Male	1	23,215	4.3	3.3	1.6	1.000	188	3,646,138	5.2
Brain and Other Nervous System	Female	1	22,512	4.4	3.7	1.4	1.000	186	3,603,735	5.2
Breast	Total	6	45,727	13.1	10.0	6.7	0.995	807	7,249,873	11.1
Breast	Male	-	23,215	-	-	0.0	1.000	4	3,646,138	0.1
Breast	Female	6	22,512	26.7	21.1	6.3	1.000	803	3,603,735	22.3
Cervix	Female	-	22,512	-	-	0.6	1.000	74	3,603,735	2.1
Colorectal	Total	22	45,727	48.1	36.3	8.5	0.000 >>	1,013	7,249,873	14.0
Colorectal	Male	12	23,215	51.7	36.8	4.4	0.004 >>	487	3,646,138	13.4
Colorectal	Female	10	22,512	44.4	35.1	4.2	0.021 >>	526	3,603,735	14.6
Corpus Uteri	Female	1	22,512	4.4	3.4	0.6	0.948	79	3,603,735	2.2
Esophagus	Total	2	45,727	4.4	3.2	2.7	0.977	317	7,249,873	4.4
Esophagus	Male	2	23,215	8.6	6.0	2.4	1.000	259	3,646,138	7.1
Esophagus	Female	-	22,512	-	-	0.5	1.000	58	3,603,735	1.6
Hodgkin Lymphoma	Total	-	45,727	-	-	0.2	1.000	29	7,249,873	0.4
Hodgkin Lymphoma	Male	-	23,215	-	-	0.1	1.000	13	3,646,138	0.4
Hodgkin Lymphoma	Female	-	22,512	-	-	0.1	1.000	16	3,603,735	0.4
Kidney	Total	2	45,727	4.4	3.3	2.4	1.000	280	7,249,873	3.9
Kidney	Male	2	23,215	8.6	6.1	1.5	0.897	168	3,646,138	4.6
Kidney	Female	-	22,512	-	-	0.9	0.828	112	3,603,735	3.1
Larynx	Total	-	45,727	-	-	0.5	1.000	58	7,249,873	0.8
Larynx	Male	-	23,215	-	-	0.4	1.000	46	3,646,138	1.3
Larynx	Female	-	22,512	-	-	0.1	1.000	12	3,603,735	0.3
Leukemia	Total	4	45,727	8.7	6.7	4.5	1.000	545	7,249,873	7.5
Leukemia	Male	2	23,215	8.6	6.2	2.7	1.000	299	3,646,138	8.2
Leukemia	Female	2	22,512	8.9	7.2	1.9	1.000	246	3,603,735	6.8
Liver and Bile Duct	Total	1	45,727	2.2	1.6	2.4	0.638	278	7,249,873	3.8
Liver and Bile Duct	Male	1	23,215	4.3	3.0	1.7	0.965	192	3,646,138	5.3
Liver and Bile Duct	Female	-	22,512	-	-	0.7	1.000	86	3,603,735	2.4
Lung and Bronchus	Total	34	45,727	74.4	54.3	25.3	0.114	2,928	7,249,873	40.4
Lung and Bronchus	Male	19	23,215	81.8	55.7	15.2	0.397	1,629	3,646,138	44.7
Lung and Bronchus	Female	15	22,512	66.6	51.8	10.4	0.217	1,299	3,603,735	36.0
Melanoma of the Skin	Total	2	45,727	4.4	3.4	1.8	1.000	224	7,249,873	3.1
Melanoma of the Skin	Male	1	23,215	4.3	3.1	1.4	1.000	155	3,646,138	4.3
Melanoma of the Skin	Female	1	22,512	4.4	3.6	0.5	0.823	69	3,603,735	1.9
Myeloma	Total	1	45,727	2.2	1.6	2.1	0.749	250	7,249,873	3.4
Myeloma	Male	-	23,215	-	-	1.3	0.535	146	3,646,138	4.0
Myeloma	Female	1	22,512	4.4	3.4	0.8	1.000	104	3,603,735	2.9
Non-Hodgkin Lymphoma	Total	5	45,727	10.9	8.3	4.0	0.724	475	7,249,873	6.6
Non-Hodgkin Lymphoma	Male	3	23,215	12.9	9.3	2.3	0.787	255	3,646,138	7.0
Non-Hodgkin Lymphoma	Female	2	22,512	8.9	7.1	1.7	1.000	220	3,603,735	6.1
Oral Cavity and Pharynx	Total	1	45,727	2.2	1.6	1.5	1.000	183	7,249,873	2.5
Oral Cavity and Pharynx	Male	1	23,215	4.3	3.1	1.1	1.000	120	3,646,138	3.3
Oral Cavity and Pharynx	Female	-	22,512	-	-	0.5	1.000	63	3,603,735	1.7
Ovary	Female	1	22,512	4.4	3.5	2.6	0.545	327	3,603,735	9.1
Pancreas	Total	7	45,727	15.3	11.4	6.5	0.959	769	7,249,873	10.6
Pancreas	Male	5	23,215	21.5	15.0	3.4	0.513	372	3,646,138	10.2
Pancreas	Female	2	22,512	8.9	6.9	3.2	0.771	397	3,603,735	11.0
Prostate	Male	8	23,215	34.5	24.8	6.8	0.746	769	3,646,138	21.1
Stomach	Total	2	45,727	4.4	3.3	1.8	1.000	213	7,249,873	2.9
Stomach	Male	-	23,215	-	-	1.2	0.588	133	3,646,138	3.6
Stomach	Female	2	22,512	8.9	7.1	0.6	0.261	80	3,603,735	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	Benewah 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%	21.9%
Cancer Screening									
Mammogram Past 2 Years, Age 50+	71.8%	71.5%	71.7%	66.7%	78.3%	68.8%	70.9%	67.9%	65.0%
Mammogram and CBE Past 2 Years, Age 40+	62.5%	62.5%	62.4%	58.8%	69.9%	59.1%	58.8%	56.8%	53.8%
Pap Test Past 3 Years, Cervix Intact	80.7%	82.0%	80.6%	81.5%	85.9%	77.2%	77.5%	72.1%	86.7%
Sigmoidoscopy/Colonoscopy Past 5 Years, Age 50+	41.9%	40.4%	47.2%	36.9%	48.4%	39.1%	36.6%	39.0%	41.4%
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%	57.6%
Tobacco Use									
Current Smoker	18.8%	21.8%	18.8%	20.7%	18.4%	20.8%	17.0%	13.0%	24.1%
Current Smokeless Tobacco User	4.4%	5.4%	5.6%	4.6%	4.2%	4.8%	3.7%	3.2%	5.6%
Other Cancer-Related									
Sufficient Moderate/Vigorous Physical Activity	58.8%	57.9%	58.9%	55.0%	60.8%	57.9%	58.3%	61.1%	51.0%
Eat 5+ Servings Fruits & Veggies / Day	21.6%	22.0%	22.4%	19.2%	23.0%	22.8%	20.7%	20.4%	18.3%
Neither Obese Nor Overweight (BMI<25.0)	40.1%	39.0%	39.6%	36.4%	42.9%	39.9%	39.0%	41.3%	30.9%
Sunburn in Previous 12 Months	47.3%	45.1%	46.1%	42.1%	47.7%	46.7%	50.0%	54.4%	50.7%
BRFSS Respondents	45,701	6,622	6,523	6,475	6,593	6,514	6,509	6,465	391

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.

