

# BINGHAM 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. 7<sup>th</sup> 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, 732 among Bingham County residents. It is estimated that almost one in two Idahoans will develop cancer during their lifetime.

Cancer Incidence 2003-2007	Bingham County	State of Idaho
All Sites/Types	732	31,924
Prostate	153	5,357
Female Breast	94	4,219
Lung & Bronchus	65	3,906
Colorectal	65	2,935

The table, *CANCER INCIDENCE 2003-2007, COMPARISON BETWEEN BINGHAM COUNTY AND THE REMAINDER OF THE STATE OF IDAHO*, shows for Bingham 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 Bingham County was 342.0 cases per 100,000 person-years for the years 2003-2007. Compared with the crude incidence rate for the remainder of Idaho (450.7), this gives an estimate of the burden of disease in Bingham County.

The age- and sex-adjusted incidence rate of invasive cancer in Bingham County, all sites combined, was 368.7 cases per 100,000 persons per year for the years 2003-2007. There were statistically significantly fewer cases of cancer in Bingham County (732) than expected (894.8) based upon rates in the remainder of the state ( $p < .001$ ).

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

Mortality 2004-2008	Bingham County	State of Idaho
All Deaths	1,453	52,819
Cancer Deaths % of All Deaths	289 19.9%	11,781 22.3%
Lung & Bronchus	45	2,962
Colorectal	28	1,035
Female Breast	27	809
Prostate	34	777

The table, *CANCER MORTALITY 2004-2008, COMPARISON BETWEEN BINGHAM COUNTY AND THE REMAINDER OF THE STATE OF IDAHO*, shows for Bingham 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 Bingham County, all sites combined, was 147.2 deaths per 100,000 persons per year for the years 2004-2008, compared with 162.3 for the remainder of the state. There were fewer cancer deaths in Bingham County (289) than expected (318.6) 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 BINGHAM COUNTY AND THE REMAINDER OF THE STATE OF IDAHO**

Cancer Site/Type	Sex	Bingham 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	732	214,031	342.0	368.7	894.8	0.000 <<	31,192	6,920,763	450.7
All Sites Combined	Male	424	107,192	395.6	422.4	483.4	0.006 <<	16,760	3,480,121	481.6
All Sites Combined	Female	308	106,839	288.3	313.2	412.5	0.000 <<	14,432	3,440,642	419.5
Bladder	Total	36	214,031	16.8	18.4	39.6	0.636	1,404	6,920,763	20.3
Bladder	Male	29	107,192	27.1	29.2	30.6	0.862	1,074	3,480,121	30.9
Bladder	Female	7	106,839	6.6	7.3	9.1	0.614	330	3,440,642	9.6
Brain - malignant	Total	18	214,031	8.4	8.8	14.1	0.359	475	6,920,763	6.9
Brain - malignant	Male	7	107,192	6.5	6.8	7.6	1.000	258	3,480,121	7.4
Brain - malignant	Female	11	106,839	10.3	10.8	6.4	0.128	217	3,440,642	6.3
Brain and other CNS - non-malignant	Total	20	214,031	9.3	10.1	17.1	0.542	595	6,920,763	8.6
Brain and other CNS - non-malignant	Male	6	107,192	5.6	6.0	4.9	0.740	170	3,480,121	4.9
Brain and other CNS - non-malignant	Female	14	106,839	13.1	14.2	12.2	0.672	425	3,440,642	12.4
Breast	Total	97	214,031	45.3	48.7	120.2	0.034 <<	4,177	6,920,763	60.4
Breast	Male	3	107,192	2.8	3.0	1.5	0.375	52	3,480,121	1.5
Breast	Female	94	106,839	88.0	94.9	118.7	0.022 <<	4,125	3,440,642	119.9
Breast - in situ	Total	15	214,031	7.0	7.4	24.8	0.050 <<	849	6,920,763	12.3
Breast - in situ	Male	-	107,192	-	-	0.1	1.000	4	3,480,121	0.1
Breast - in situ	Female	15	106,839	14.0	15.0	24.6	0.052	845	3,440,642	24.6
Cervix	Female	2	106,839	1.9	2.0	6.4	0.092	221	3,440,642	6.4
Colorectal	Total	65	214,031	30.4	33.1	81.4	0.072	2,870	6,920,763	41.5
Colorectal	Male	38	107,192	35.5	38.1	42.3	0.569	1,476	3,480,121	42.4
Colorectal	Female	27	106,839	25.3	28.0	39.1	0.053	1,394	3,440,642	40.5
Corpus Uteri	Female	21	106,839	19.7	21.2	21.8	0.985	755	3,440,642	21.9
Esophagus	Total	8	214,031	3.7	4.0	9.5	0.795	328	6,920,763	4.7
Esophagus	Male	7	107,192	6.5	6.9	7.9	0.931	272	3,480,121	7.8
Esophagus	Female	1	106,839	0.9	1.0	1.6	1.000	56	3,440,642	1.6
Hodgkin Lymphoma	Total	7	214,031	3.3	3.4	5.5	0.616	183	6,920,763	2.6
Hodgkin Lymphoma	Male	5	107,192	4.7	4.8	2.5	0.228	85	3,480,121	2.4
Hodgkin Lymphoma	Female	2	106,839	1.9	2.0	2.9	0.886	98	3,440,642	2.8
Kidney and Renal Pelvis	Total	19	214,031	8.9	9.5	27.3	0.124	945	6,920,763	13.7
Kidney and Renal Pelvis	Male	13	107,192	12.1	12.9	17.1	0.385	591	3,480,121	17.0
Kidney and Renal Pelvis	Female	6	106,839	5.6	6.1	10.2	0.237	354	3,440,642	10.3
Larynx	Total	4	214,031	1.9	2.0	6.1	0.543	210	6,920,763	3.0
Larynx	Male	3	107,192	2.8	3.0	4.8	0.579	166	3,480,121	4.8
Larynx	Female	1	106,839	0.9	1.0	1.3	1.000	44	3,440,642	1.3
Leukemia	Total	28	214,031	13.1	14.0	28.1	1.000	971	6,920,763	14.0
Leukemia	Male	15	107,192	14.0	14.8	16.6	0.812	570	3,480,121	16.4
Leukemia	Female	13	106,839	12.2	13.1	11.5	0.741	401	3,440,642	11.7
Liver and Bile Duct	Total	6	214,031	2.8	3.0	7.9	0.645	273	6,920,763	3.9
Liver and Bile Duct	Male	4	107,192	3.7	3.9	5.6	0.691	190	3,480,121	5.5
Liver and Bile Duct	Female	2	106,839	1.9	2.0	2.4	1.000	83	3,440,642	2.4
Lung and Bronchus	Total	65	214,031	30.4	32.8	110.0	0.000 <<	3,841	6,920,763	55.5
Lung and Bronchus	Male	40	107,192	37.3	39.8	60.0	0.008 <<	2,080	3,480,121	59.8
Lung and Bronchus	Female	25	106,839	23.4	25.5	50.3	0.000 <<	1,761	3,440,642	51.2
Melanoma of the Skin	Total	15	214,031	7.0	7.5	47.9	0.000 <<	1,666	6,920,763	24.1
Melanoma of the Skin	Male	11	107,192	10.3	11.0	28.1	0.000 <<	974	3,480,121	28.0
Melanoma of the Skin	Female	4	106,839	3.7	4.0	19.9	0.000 <<	692	3,440,642	20.1
Myeloma	Total	9	214,031	4.2	4.6	10.2	0.877	356	6,920,763	5.1
Myeloma	Male	6	107,192	5.6	6.0	6.3	1.000	219	3,480,121	6.3
Myeloma	Female	3	106,839	2.8	3.1	3.9	0.910	137	3,440,642	4.0
Non-Hodgkin Lymphoma	Total	44	214,031	20.6	22.4	36.4	0.240	1,279	6,920,763	18.5
Non-Hodgkin Lymphoma	Male	22	107,192	20.5	22.1	19.3	0.596	674	3,480,121	19.4
Non-Hodgkin Lymphoma	Female	22	106,839	20.6	22.7	17.1	0.283	605	3,440,642	17.6
Oral Cavity and Pharynx	Total	10	214,031	4.7	5.0	21.9	0.008 <<	759	6,920,763	11.0
Oral Cavity and Pharynx	Male	8	107,192	7.5	7.9	15.9	0.048 <<	548	3,480,121	15.7
Oral Cavity and Pharynx	Female	2	106,839	1.9	2.0	6.0	0.121	211	3,440,642	6.1
Ovary	Female	14	106,839	13.1	14.2	13.1	0.874	457	3,440,642	13.3
Pancreas	Total	15	214,031	7.0	7.7	22.8	0.112	807	6,920,763	11.7
Pancreas	Male	9	107,192	8.4	9.0	11.8	0.516	411	3,480,121	11.8
Pancreas	Female	6	106,839	5.6	6.3	11.0	0.156	396	3,440,642	11.5
Prostate	Male	153	107,192	142.7	152.0	150.5	0.860	5,204	3,480,121	149.5
Stomach	Total	7	214,031	3.3	3.6	9.8	0.473	345	6,920,763	5.0
Stomach	Male	2	107,192	1.9	2.0	6.9	0.065	240	3,480,121	6.9
Stomach	Female	5	106,839	4.7	5.2	2.9	0.346	105	3,440,642	3.1
Testis	Male	5	107,192	4.7	5.1	6.4	0.777	224	3,480,121	6.4
Thyroid	Total	29	214,031	13.5	14.5	25.1	0.483	867	6,920,763	12.5
Thyroid	Male	7	107,192	6.5	7.0	5.3	0.551	183	3,480,121	5.3
Thyroid	Female	22	106,839	20.6	21.9	20.0	0.706	684	3,440,642	19.9
Pediatric Age 0 to 19	Total	17	75,605	22.5	22.5	13.9	0.469	384	2,085,636	18.4
Pediatric Age 0 to 19	Male	9	38,690	23.3	23.3	7.1	0.580	197	1,066,298	18.5
Pediatric Age 0 to 19	Female	8	36,915	21.7	21.7	6.8	0.728	187	1,019,338	18.3

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 BINGHAM COUNTY AND THE REMAINDER OF THE STATE OF IDAHO**

Cause of Death Cancer Site/Type	Sex	Bingham 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	1,453	215,573	674.0	760.1	1,386.8	0.079	51,366	7,080,027	725.5
All Causes of Death	Male	772	107,978	715.0	785.7	715.6	0.039 >>	25,940	3,561,375	728.4
All Causes of Death	Female	681	107,595	632.9	731.8	672.5	0.753	25,426	3,518,652	722.6
All Malignant Cancers	Total	289	215,573	134.1	147.2	318.6	0.100	11,492	7,080,027	162.3
All Malignant Cancers	Male	164	107,978	151.9	164.4	169.6	0.701	6,058	3,561,375	170.1
All Malignant Cancers	Female	125	107,595	116.2	129.1	149.5	0.045 <<	5,434	3,518,652	154.4
Bladder	Total	14	215,573	6.5	7.3	7.8	0.059	289	7,080,027	4.1
Bladder	Male	10	107,978	9.3	10.2	5.9	0.153	214	3,561,375	6.0
Bladder	Female	4	107,595	3.7	4.3	2.0	0.285	75	3,518,652	2.1
Brain and Other Nervous System	Total	13	215,573	6.0	6.4	10.4	0.502	363	7,080,027	5.1
Brain and Other Nervous System	Male	9	107,978	8.3	8.8	5.2	0.163	180	3,561,375	5.1
Brain and Other Nervous System	Female	4	107,595	3.7	4.0	5.2	0.805	183	3,518,652	5.2
Breast	Total	27	215,573	12.5	13.8	21.8	0.311	786	7,080,027	11.1
Breast	Male	-	107,978	-	-	0.1	1.000	4	3,561,375	0.1
Breast	Female	27	107,595	25.1	27.8	21.6	0.293	782	3,518,652	22.2
Cervix	Female	1	107,595	0.9	1.0	2.1	0.765	73	3,518,652	2.1
Colorectal	Total	28	215,573	13.0	14.4	27.6	0.994	1,007	7,080,027	14.2
Colorectal	Male	14	107,978	13.0	14.1	13.5	0.969	485	3,561,375	13.6
Colorectal	Female	14	107,595	13.0	14.7	14.1	1.000	522	3,518,652	14.8
Corpus Uteri	Female	1	107,595	0.9	1.0	2.2	0.711	79	3,518,652	2.2
Esophagus	Total	4	215,573	1.9	2.0	8.9	0.116	315	7,080,027	4.4
Esophagus	Male	2	107,978	1.9	2.0	7.4	0.044 <<	259	3,561,375	7.3
Esophagus	Female	2	107,595	1.9	2.1	1.5	0.901	56	3,518,652	1.6
Hodgkin Lymphoma	Total	-	215,573	-	-	0.8	0.881	29	7,080,027	0.4
Hodgkin Lymphoma	Male	-	107,978	-	-	0.4	1.000	13	3,561,375	0.4
Hodgkin Lymphoma	Female	-	107,595	-	-	0.5	1.000	16	3,518,652	0.5
Kidney	Total	4	215,573	1.9	2.0	7.8	0.229	278	7,080,027	3.9
Kidney	Male	3	107,978	2.8	3.0	4.7	0.607	167	3,561,375	4.7
Kidney	Female	1	107,595	0.9	1.0	3.0	0.390	111	3,518,652	3.2
Larynx	Total	-	215,573	-	-	1.6	0.388	58	7,080,027	0.8
Larynx	Male	-	107,978	-	-	1.3	0.542	46	3,561,375	1.3
Larynx	Female	-	107,595	-	-	0.3	1.000	12	3,518,652	0.3
Leukemia	Total	17	215,573	7.9	8.7	14.7	0.611	532	7,080,027	7.5
Leukemia	Male	8	107,978	7.4	8.0	8.2	1.000	293	3,561,375	8.2
Leukemia	Female	9	107,595	8.4	9.4	6.5	0.416	239	3,518,652	6.8
Liver and Bile Duct	Total	6	215,573	2.8	3.0	7.8	0.688	273	7,080,027	3.9
Liver and Bile Duct	Male	3	107,978	2.8	2.9	5.5	0.411	190	3,561,375	5.3
Liver and Bile Duct	Female	3	107,595	2.8	3.0	2.3	0.827	83	3,518,652	2.4
Lung and Bronchus	Total	45	215,573	20.9	22.7	81.7	0.000 <<	2,917	7,080,027	41.2
Lung and Bronchus	Male	35	107,978	32.4	34.8	45.6	0.126	1,613	3,561,375	45.3
Lung and Bronchus	Female	10	107,595	9.3	10.2	36.3	0.000 <<	1,304	3,518,652	37.1
Melanoma of the Skin	Total	2	215,573	0.9	1.0	6.2	0.104	224	7,080,027	3.2
Melanoma of the Skin	Male	2	107,978	1.9	2.0	4.3	0.388	154	3,561,375	4.3
Melanoma of the Skin	Female	-	107,595	-	-	1.9	0.290	70	3,518,652	2.0
Myeloma	Total	8	215,573	3.7	4.1	6.7	0.708	243	7,080,027	3.4
Myeloma	Male	5	107,978	4.6	5.0	3.9	0.713	141	3,561,375	4.0
Myeloma	Female	3	107,595	2.8	3.1	2.8	1.000	102	3,518,652	2.9
Non-Hodgkin Lymphoma	Total	14	215,573	6.5	7.2	12.7	0.799	466	7,080,027	6.6
Non-Hodgkin Lymphoma	Male	7	107,978	6.5	7.1	7.0	1.000	251	3,561,375	7.0
Non-Hodgkin Lymphoma	Female	7	107,595	6.5	7.4	5.8	0.721	215	3,518,652	6.1
Oral Cavity and Pharynx	Total	6	215,573	2.8	3.0	5.0	0.755	178	7,080,027	2.5
Oral Cavity and Pharynx	Male	3	107,978	2.8	3.0	3.4	1.000	118	3,561,375	3.3
Oral Cavity and Pharynx	Female	3	107,595	2.8	3.2	1.6	0.440	60	3,518,652	1.7
Ovary	Female	10	107,595	9.3	10.3	8.8	0.763	318	3,518,652	9.0
Pancreas	Total	20	215,573	9.3	10.2	20.9	0.955	756	7,080,027	10.7
Pancreas	Male	10	107,978	9.3	9.9	10.4	1.000	367	3,561,375	10.3
Pancreas	Female	10	107,595	9.3	10.5	10.6	1.000	389	3,518,652	11.1
Prostate	Male	34	107,978	31.5	35.7	19.9	0.005 >>	743	3,561,375	20.9
Stomach	Total	2	215,573	0.9	1.0	5.9	0.130	213	7,080,027	3.0
Stomach	Male	1	107,978	0.9	1.0	3.7	0.226	132	3,561,375	3.7
Stomach	Female	1	107,595	0.9	1.0	2.2	0.705	81	3,518,652	2.3

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	Bingham County
<b>Access to Care</b>									
No Health Insurance, Age <65	19.5%	22.5%	19.6%	24.3%	15.2%	24.7%	16.3%	18.0%	18.8%
<b>Cancer Screening</b>									
Mammogram Past 2 Years, Age 50+	71.8%	71.5%	71.7%	66.7%	78.3%	68.8%	70.9%	67.9%	70.2%
Mammogram and CBE Past 2 Years, Age 40+	62.5%	62.5%	62.4%	58.8%	69.9%	59.1%	58.8%	56.8%	59.2%
Pap Test Past 3 Years, Cervix Intact	80.7%	82.0%	80.6%	81.5%	85.9%	77.2%	77.5%	72.1%	76.3%
Sigmoidoscopy/Colonoscopy Past 5 Years, Age 50+	41.9%	40.4%	47.2%	36.9%	48.4%	39.1%	36.6%	39.0%	33.5%
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%	62.2%
<b>Tobacco Use</b>									
Current Smoker	18.8%	21.8%	18.8%	20.7%	18.4%	20.8%	17.0%	13.0%	17.6%
Current Smokeless Tobacco User	4.4%	5.4%	5.6%	4.6%	4.2%	4.8%	3.7%	3.2%	2.8%
<b>Other Cancer-Related</b>									
Sufficient Moderate/Vigorous Physical Activity	58.8%	57.9%	58.9%	55.0%	60.8%	57.9%	58.3%	61.1%	58.1%
Eat 5+ Servings Fruits & Veggies / Day	21.6%	22.0%	22.4%	19.2%	23.0%	22.8%	20.7%	20.4%	20.6%
Neither Obese Nor Overweight (BMI<25.0)	40.1%	39.0%	39.6%	36.4%	42.9%	39.9%	39.0%	41.3%	36.8%
Sunburn in Previous 12 Months	47.3%	45.1%	46.1%	42.1%	47.7%	46.7%	50.0%	54.4%	48.8%
BRFSS Respondents	45,701	6,622	6,523	6,475	6,593	6,514	6,509	6,465	1,667

### 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 6<sup>th</sup> 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 46<sup>th</sup> 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.

