

# IDAHO 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, 426 among Idaho County residents. It is estimated that almost one in two Idahoans will develop cancer during their lifetime.

Cancer Incidence 2003-2007	Idaho County	State of Idaho
All Sites/Types	426	31,924
Prostate	75	5,357
Female Breast	55	4,219
Lung & Bronchus	58	3,906
Colorectal	46	2,935

The table, *CANCER INCIDENCE 2003-2007, COMPARISON BETWEEN IDAHO COUNTY AND THE REMAINDER OF THE STATE OF IDAHO*, shows for Idaho 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 Idaho County was 559.2 cases per 100,000 person-years for the years 2003-2007. Compared with the crude incidence rate for the remainder of Idaho (446.2), this gives an estimate of the burden of disease in Idaho County.

The age- and sex-adjusted incidence rate of invasive cancer in Idaho County, all sites combined, was 384.0 cases per 100,000 persons per year for the years 2003-2007. There were statistically significantly fewer cases of cancer in Idaho County (426) than expected (495.1) 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, 197 in Idaho County. The majority of cancer deaths are from four primary sites: lung, colon, female breast, and prostate.

Mortality 2004-2008	Idaho County	State of Idaho
All Deaths	796	52,819
Cancer Deaths % of All Deaths	197 24.7%	11,781 22.3%
Lung & Bronchus	50	2,962
Colorectal	15	1,035
Female Breast	16	809
Prostate	13	777

The table, *CANCER MORTALITY 2004-2008, COMPARISON BETWEEN IDAHO COUNTY AND THE REMAINDER OF THE STATE OF IDAHO*, shows for Idaho 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 Idaho County, all sites combined, was 168.2 deaths per 100,000 persons per year for the years 2004-2008, compared with 160.5 for the remainder of the state. There were more cancer deaths in Idaho County (197) than expected (187.9) 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 IDAHO COUNTY AND THE REMAINDER OF THE STATE OF IDAHO**

Cancer Site/Type	Sex	Idaho 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	426	76,181	559.2	384.0	495.1	0.002 <<	31,498	7,058,613	446.2
All Sites Combined	Male	228	39,273	580.6	381.6	285.5	0.000 <<	16,956	3,548,040	477.9
All Sites Combined	Female	198	36,908	536.5	382.1	214.6	0.270	14,542	3,510,573	414.2
Bladder	Total	18	76,181	23.6	15.4	23.5	0.299	1,422	7,058,613	20.1
Bladder	Male	13	39,273	33.1	20.9	19.1	0.190	1,090	3,548,040	30.7
Bladder	Female	5	36,908	13.5	9.1	5.2	1.000	332	3,510,573	9.5
Brain - malignant	Total	7	76,181	9.2	7.4	6.5	0.948	486	7,058,613	6.9
Brain - malignant	Male	4	39,273	10.2	8.2	3.6	0.965	261	3,548,040	7.4
Brain - malignant	Female	3	36,908	8.1	6.5	2.9	1.000	225	3,510,573	6.4
Brain and other CNS - non-malignant	Total	7	76,181	9.2	6.7	9.0	0.649	608	7,058,613	8.6
Brain and other CNS - non-malignant	Male	1	39,273	2.5	1.9	2.6	0.522	175	3,548,040	4.9
Brain and other CNS - non-malignant	Female	6	36,908	16.3	11.9	6.2	1.000	433	3,510,573	12.3
Breast	Total	55	76,181	72.2	50.8	64.7	0.248	4,219	7,058,613	59.8
Breast	Male	-	39,273	-	-	0.9	0.796	55	3,548,040	1.6
Breast	Female	55	36,908	149.0	105.9	61.6	0.440	4,164	3,510,573	118.6
Breast - in situ	Total	12	76,181	15.8	11.3	12.9	0.957	852	7,058,613	12.1
Breast - in situ	Male	-	39,273	-	-	0.1	1.000	4	3,548,040	0.1
Breast - in situ	Female	12	36,908	32.5	23.3	12.4	1.000	848	3,510,573	24.2
Cervix	Female	2	36,908	5.4	4.7	2.7	0.991	221	3,510,573	6.3
Colorectal	Total	46	76,181	60.4	40.2	46.9	0.978	2,889	7,058,613	40.9
Colorectal	Male	27	39,273	68.7	44.5	25.4	0.804	1,487	3,548,040	41.9
Colorectal	Female	19	36,908	51.5	34.9	21.7	0.653	1,402	3,510,573	39.9
Corpus Uteri	Female	15	36,908	40.6	28.4	11.4	0.358	761	3,510,573	21.7
Esophagus	Total	4	76,181	5.3	3.5	5.4	0.754	332	7,058,613	4.7
Esophagus	Male	4	39,273	10.2	6.7	4.6	1.000	275	3,548,040	7.8
Esophagus	Female	-	36,908	-	-	0.9	0.814	57	3,510,573	1.6
Hodgkin Lymphoma	Total	2	76,181	2.6	2.5	2.1	1.000	188	7,058,613	2.7
Hodgkin Lymphoma	Male	-	39,273	-	-	1.1	0.674	90	3,548,040	2.5
Hodgkin Lymphoma	Female	2	36,908	5.4	5.6	1.0	0.530	98	3,510,573	2.8
Kidney and Renal Pelvis	Total	12	76,181	15.8	11.0	14.7	0.579	952	7,058,613	13.5
Kidney and Renal Pelvis	Male	4	39,273	10.2	7.0	9.7	0.072	600	3,548,040	16.9
Kidney and Renal Pelvis	Female	8	36,908	21.7	15.3	5.2	0.318	352	3,510,573	10.0
Larynx	Total	2	76,181	2.6	1.8	3.4	0.672	212	7,058,613	3.0
Larynx	Male	1	39,273	2.5	1.7	2.8	0.447	168	3,548,040	4.7
Larynx	Female	1	36,908	2.7	1.8	0.7	0.984	44	3,510,573	1.3
Leukemia	Total	14	76,181	18.4	13.2	14.7	0.983	985	7,058,613	14.0
Leukemia	Male	10	39,273	25.5	17.7	9.2	0.870	575	3,548,040	16.2
Leukemia	Female	4	36,908	10.8	8.1	5.8	0.630	410	3,510,573	11.7
Liver and Bile Duct	Total	3	76,181	3.9	2.7	4.4	0.729	276	7,058,613	3.9
Liver and Bile Duct	Male	2	39,273	5.1	3.4	3.1	0.782	192	3,548,040	5.4
Liver and Bile Duct	Female	1	36,908	2.7	1.8	1.3	1.000	84	3,510,573	2.4
Lung and Bronchus	Total	58	76,181	76.1	49.3	64.2	0.485	3,848	7,058,613	54.5
Lung and Bronchus	Male	29	39,273	73.8	46.3	36.9	0.216	2,091	3,548,040	58.9
Lung and Bronchus	Female	29	36,908	78.6	52.0	27.9	0.884	1,757	3,510,573	50.0
Melanoma of the Skin	Total	19	76,181	24.9	18.8	23.8	0.381	1,662	7,058,613	23.5
Melanoma of the Skin	Male	11	39,273	28.0	19.9	15.2	0.348	974	3,548,040	27.5
Melanoma of the Skin	Female	8	36,908	21.7	17.5	9.0	0.922	688	3,510,573	19.6
Myeloma	Total	5	76,181	6.6	4.3	5.9	0.929	360	7,058,613	5.1
Myeloma	Male	4	39,273	10.2	6.6	3.8	1.000	221	3,548,040	6.2
Myeloma	Female	1	36,908	2.7	1.8	2.2	0.716	139	3,510,573	4.0
Non-Hodgkin Lymphoma	Total	21	76,181	27.6	18.9	20.5	0.973	1,302	7,058,613	18.4
Non-Hodgkin Lymphoma	Male	10	39,273	25.5	17.2	11.3	0.860	686	3,548,040	19.3
Non-Hodgkin Lymphoma	Female	11	36,908	29.8	20.6	9.4	0.680	616	3,510,573	17.5
Oral Cavity and Pharynx	Total	11	76,181	14.4	10.1	11.7	0.983	758	7,058,613	10.7
Oral Cavity and Pharynx	Male	7	39,273	17.8	12.3	8.8	0.686	549	3,548,040	15.5
Oral Cavity and Pharynx	Female	4	36,908	10.8	7.6	3.1	0.759	209	3,510,573	6.0
Ovary	Female	5	36,908	13.5	9.5	7.0	0.613	466	3,510,573	13.3
Pancreas	Total	10	76,181	13.1	8.6	13.3	0.446	812	7,058,613	11.5
Pancreas	Male	5	39,273	12.7	8.2	7.1	0.569	415	3,548,040	11.7
Pancreas	Female	5	36,908	13.5	9.0	6.3	0.808	397	3,510,573	11.3
Prostate	Male	75	39,273	191.0	120.5	92.6	0.068	5,282	3,548,040	148.9
Stomach	Total	4	76,181	5.3	3.5	5.6	0.683	348	7,058,613	4.9
Stomach	Male	1	39,273	2.5	1.6	4.1	0.165	241	3,548,040	6.8
Stomach	Female	3	36,908	8.1	5.7	1.6	0.443	107	3,510,573	3.0
Testis	Male	3	39,273	7.6	8.5	2.2	0.777	226	3,548,040	6.4
Thyroid	Total	8	76,181	10.5	9.2	11.0	0.465	888	7,058,613	12.6
Thyroid	Male	1	39,273	2.5	2.1	2.6	0.540	189	3,548,040	5.3
Thyroid	Female	7	36,908	19.0	17.0	8.2	0.852	699	3,510,573	19.9
Pediatric Age 0 to 19	Total	1	18,386	5.4	5.4	3.5	0.276	400	2,142,855	18.7
Pediatric Age 0 to 19	Male	1	9,475	10.6	10.1	1.8	0.897	205	1,095,513	18.7
Pediatric Age 0 to 19	Female	-	8,911	-	-	1.6	0.389	195	1,047,342	18.6

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

Cause of Death Cancer Site/Type	Sex	Idaho 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	796	76,438	1,041.4	696.6	823.5	0.348	52,023	7,219,162	720.6
All Causes of Death	Male	432	39,432	1,095.6	718.9	435.1	0.909	26,280	3,629,921	724.0
All Causes of Death	Female	364	37,006	983.6	663.4	393.6	0.140	25,743	3,589,241	717.2
All Malignant Cancers	Total	197	76,438	257.7	168.2	187.9	0.527	11,584	7,219,162	160.5
All Malignant Cancers	Male	97	39,432	246.0	155.3	105.4	0.447	6,125	3,629,921	168.7
All Malignant Cancers	Female	100	37,006	270.2	180.3	84.4	0.105	5,459	3,589,241	152.1
Bladder	Total	5	76,438	6.5	4.1	5.0	1.000	298	7,219,162	4.1
Bladder	Male	5	39,432	12.7	7.7	3.9	0.704	219	3,629,921	6.0
Bladder	Female	-	37,006	-	-	1.3	0.564	79	3,589,241	2.2
Brain and Other Nervous System	Total	5	76,438	6.5	4.8	5.4	1.000	371	7,219,162	5.1
Brain and Other Nervous System	Male	2	39,432	5.1	3.7	2.8	0.946	187	3,629,921	5.2
Brain and Other Nervous System	Female	3	37,006	8.1	5.9	2.6	0.970	184	3,589,241	5.1
Breast	Total	16	76,438	20.9	14.0	12.6	0.405	797	7,219,162	11.0
Breast	Male	-	39,432	-	-	0.1	1.000	4	3,629,921	0.1
Breast	Female	16	37,006	43.2	29.4	12.0	0.315	793	3,589,241	22.1
Cervix	Female	3	37,006	8.1	6.2	0.9	0.143	71	3,589,241	2.0
Colorectal	Total	15	76,438	19.6	12.8	16.6	0.817	1,020	7,219,162	14.1
Colorectal	Male	8	39,432	20.3	12.9	8.4	1.000	491	3,629,921	13.5
Colorectal	Female	7	37,006	18.9	12.5	8.3	0.834	529	3,589,241	14.7
Corpus Uteri	Female	2	37,006	5.4	3.6	1.2	0.685	78	3,589,241	2.2
Esophagus	Total	5	76,438	6.5	4.3	5.1	1.000	314	7,219,162	4.3
Esophagus	Male	5	39,432	12.7	8.2	4.3	0.868	256	3,629,921	7.1
Esophagus	Female	-	37,006	-	-	0.9	0.815	58	3,589,241	1.6
Hodgkin Lymphoma	Total	-	76,438	-	-	0.4	1.000	29	7,219,162	0.4
Hodgkin Lymphoma	Male	-	39,432	-	-	0.2	1.000	13	3,629,921	0.4
Hodgkin Lymphoma	Female	-	37,006	-	-	0.2	1.000	16	3,589,241	0.4
Kidney	Total	3	76,438	3.9	2.6	4.5	0.684	279	7,219,162	3.9
Kidney	Male	1	39,432	2.5	1.6	2.9	0.439	169	3,629,921	4.7
Kidney	Female	2	37,006	5.4	3.6	1.7	1.000	110	3,589,241	3.1
Larynx	Total	1	76,438	1.3	0.9	0.9	1.000	57	7,219,162	0.8
Larynx	Male	1	39,432	2.5	1.6	0.8	1.000	45	3,629,921	1.2
Larynx	Female	-	37,006	-	-	0.2	1.000	12	3,589,241	0.3
Leukemia	Total	9	76,438	11.8	7.9	8.6	0.974	540	7,219,162	7.5
Leukemia	Male	3	39,432	7.6	4.9	5.1	0.516	298	3,629,921	8.2
Leukemia	Female	6	37,006	16.2	11.2	3.6	0.317	242	3,589,241	6.7
Liver and Bile Duct	Total	4	76,438	5.2	3.5	4.4	1.000	275	7,219,162	3.8
Liver and Bile Duct	Male	2	39,432	5.1	3.3	3.2	0.775	191	3,629,921	5.3
Liver and Bile Duct	Female	2	37,006	5.4	3.6	1.3	0.739	84	3,589,241	2.3
Lung and Bronchus	Total	50	76,438	65.4	41.8	48.3	0.843	2,912	7,219,162	40.3
Lung and Bronchus	Male	25	39,432	63.4	39.3	28.5	0.594	1,623	3,629,921	44.7
Lung and Bronchus	Female	25	37,006	67.6	44.1	20.4	0.356	1,289	3,589,241	35.9
Melanoma of the Skin	Total	4	76,438	5.2	3.6	3.4	0.889	222	7,219,162	3.1
Melanoma of the Skin	Male	3	39,432	7.6	5.1	2.5	0.895	153	3,629,921	4.2
Melanoma of the Skin	Female	1	37,006	2.7	1.9	1.0	1.000	69	3,589,241	1.9
Myeloma	Total	1	76,438	1.3	0.8	4.1	0.163	250	7,219,162	3.5
Myeloma	Male	1	39,432	2.5	1.6	2.5	0.557	145	3,629,921	4.0
Myeloma	Female	-	37,006	-	-	1.7	0.376	105	3,589,241	2.9
Non-Hodgkin Lymphoma	Total	6	76,438	7.8	5.1	7.8	0.686	474	7,219,162	6.6
Non-Hodgkin Lymphoma	Male	2	39,432	5.1	3.2	4.4	0.370	256	3,629,921	7.1
Non-Hodgkin Lymphoma	Female	4	37,006	10.8	7.1	3.4	0.900	218	3,589,241	6.1
Oral Cavity and Pharynx	Total	4	76,438	5.2	3.5	2.9	0.656	180	7,219,162	2.5
Oral Cavity and Pharynx	Male	1	39,432	2.5	1.7	2.0	0.821	120	3,629,921	3.3
Oral Cavity and Pharynx	Female	3	37,006	8.1	5.3	0.9	0.142	60	3,589,241	1.7
Ovary	Female	8	37,006	21.6	14.5	4.9	0.249	320	3,589,241	8.9
Pancreas	Total	11	76,438	14.4	9.3	12.5	0.802	765	7,219,162	10.6
Pancreas	Male	7	39,432	17.8	11.3	6.3	0.895	370	3,629,921	10.2
Pancreas	Female	4	37,006	10.8	7.1	6.2	0.513	395	3,589,241	11.0
Prostate	Male	13	39,432	33.0	19.8	13.9	0.961	764	3,629,921	21.0
Stomach	Total	4	76,438	5.2	3.4	3.4	0.889	211	7,219,162	2.9
Stomach	Male	1	39,432	2.5	1.6	2.3	0.682	132	3,629,921	3.6
Stomach	Female	3	37,006	8.1	5.4	1.2	0.248	79	3,589,241	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	Idaho 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%	31.2%
<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%	64.8%
Mammogram and CBE Past 2 Years, Age 40+	62.5%	62.5%	62.4%	58.8%	69.9%	59.1%	58.8%	56.8%	56.9%
Pap Test Past 3 Years, Cervix Intact	80.7%	82.0%	80.6%	81.5%	85.9%	77.2%	77.5%	72.1%	76.6%
Sigmoidoscopy/Colonoscopy Past 5 Years, Age 50+	41.9%	40.4%	47.2%	36.9%	48.4%	39.1%	36.6%	39.0%	36.4%
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%	55.9%
<b>Tobacco Use</b>									
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%	5.3%
<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%	49.1%
Eat 5+ Servings Fruits & Veggies / Day	21.6%	22.0%	22.4%	19.2%	23.0%	22.8%	20.7%	20.4%	23.2%
Neither Obese Nor Overweight (BMI<25.0)	40.1%	39.0%	39.6%	36.4%	42.9%	39.9%	39.0%	41.3%	37.1%
Sunburn in Previous 12 Months	47.3%	45.1%	46.1%	42.1%	47.7%	46.7%	50.0%	54.4%	44.6%
BRFSS Respondents	45,701	6,622	6,523	6,475	6,593	6,514	6,509	6,465	1,182

### 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.

