

MELANOMA in IDAHO

2023

2,768 cases
of malignant melanoma of the skin
were diagnosed during 2016-2020

289 deaths
from malignant melanoma of the skin
from 2017-2021

Over 4,000
Idahoans alive on July 1, 2020
had a melanoma diagnosis
within the prior 10 years

Call to Action

KNOW YOUR ABCDE'S

A

ASYMMETRY



One half does
not match the
other half

B

BORDER



Uneven
borders

C

COLOR



Variety of
colors like
brown, tan,
or black

D

DIAMETER



Grows larger
than the size
of a pencil
eraser (1/4 inch)

E

EVOLUTION



Change in size,
shape, color,
elevation,
another trait, or
new symptom

- Avoid indoor tanning beds.
- Wear sun-protective clothing: Sunglasses with UV protection, wide-brimmed hats, long-sleeved shirts, and long pants.
- Apply broad-spectrum sunscreen of 30 SPF or higher.
- Talk to your healthcare provider if you notice changes in your skin, like moles that are odd-shaped, discolored, or increasing in size.

Health Behavior

Source: Idaho
Youth Risk
Behavior
Survey, 2019

Only 15.4% of Idaho
students (9th-12th grade)
always wear sunscreen (SPF
of 30 or higher) or wear
sunscreen most of the time
when they are outside for
more than one hour.

5.1% of Idaho students
(9th-12th grade) used an indoor
tanning device (like a sunlamp,
sunbed, or tanning booth) 1 or
more times in the previous 12
months.

**Idaho ranks
1st among U.S.
states for
deaths due to
melanoma.**



Since 2000, rates of malignant melanoma have increased about **1.9%** per year in Idaho.



Mortality rates due to malignant melanoma have been decreasing by approximately **3%** per year in the past decade.



Male Idahoans are **over 2 times** more likely to die of melanoma than female Idahoans.



Cancer Data
Registry of Idaho



COMPREHENSIVE
CANCER CONTROL
OF IDAHO



IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

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