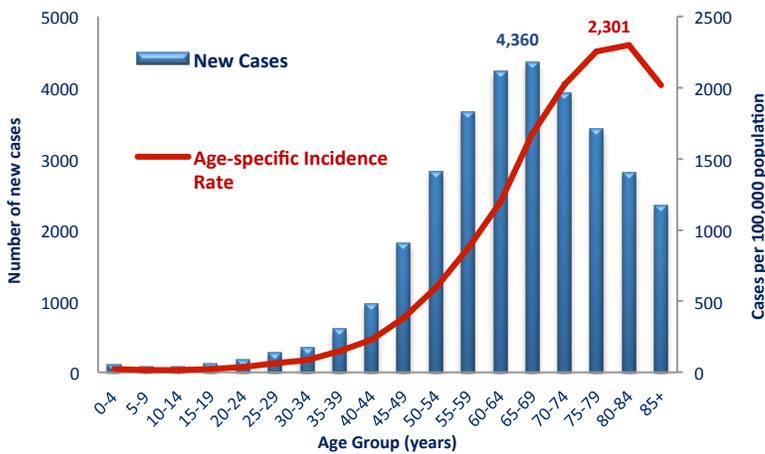




**CANCER** is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. Anyone can get cancer at any age; however, middle and older aged people are most likely to develop cancer. In Indiana, during 2010, 70 percent of all cancers cases occurred among people ages 55–84, including 25 percent among people ages 55–64, 26 percent among people ages 65–74 and 19 percent among people ages 75–84 [See Figure 1].

**Figure 1. Number and rate of new cancer diagnoses, Indiana, 2010**



Data are provided for the age groups with the largest number of cases and highest rate.  
Source: Indiana State Cancer Registry

**INDIANA'S** age-adjusted cancer incidence rate, according to data from the Centers for Disease Control and Prevention, during 2005 to 2009, was 467.8 per 100,000 people. This was significantly lower than the national rate of 472.3 per 100,000 people (<1% difference) [See Table 1]. However, during the same period, Indiana's age-adjusted mortality rate was significantly higher than the national rate (195.8 versus 178.7 deaths per 100,000 people).

**Table 1. Incidence and death rate comparisons between Indiana and the United States by sex and race, 2005–2009\***

	Incidence rate per 100,000 people (2005–2009)			Mortality rate per 100,000 people (2005–2009)		
	Indiana	United States	Difference (%)	Indiana	United States	Difference (%)
<b>Total</b>	467.8†	472.3	-0.95	195.8†	178.7	8.00
<b>Males</b>	539.3†	550	-1.95	244.9†	219.4	11.6
<b>Females</b>	421.5	417.9	0.86	163.2†	151.1	8.01
<b>Whites</b>	462.3†	471.3	-1.91	194.1†	177.6	9.29
<b>African Americans</b>	481.5	484.5	-0.62	235.8	216.5	8.91

\*Age-adjusted rates per 100,000 people.

†Indiana rate is significantly different (P<.05) than the U.S. rate.

Sources: Indiana United State Cancer Statistics: 1999-2009 Incidence and Mortality Web-based Report. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; 2013. Accessed at [wonder.cdc.gov](http://wonder.cdc.gov) on July 8, 2013 (U.S. data).

### Chances of getting cancer

- ❑ On a national level,
  - Males have almost a one in two chance of developing cancer during their lifetime.
  - Female's lifetime risk of developing cancer is slightly more than one in three.
- ❑ About 2.4 million Indiana residents, or two out of every five people now living in Indiana, will eventually develop cancer.
- ❑ On average, during 2006 to 2010, 32,563 Hoosiers were diagnosed with cancer each year.
  - 16,385 of those were male
  - 16,178 of those were female

### Most common cancers in Indiana (2010)

- ❑ Breast cancer is the most common among females (115.4 cases per 100,000 females).
- ❑ Prostate cancer is the most common among males (100.6 cases per 100,000 males).
- ❑ Lung, including bronchus and colon cancers are the next most common among both sexes.

### Deaths from cancer in Indiana

- ❑ Cancer is the second leading cause of death (13,065 deaths during 2010) following heart disease.
- ❑ About 13,250 Indiana residents are expected to die of cancer in 2013. This translates to approximately 36 people every day or almost two people every hour.
- ❑ Annually, lung cancer is responsible for the most cancer-related deaths among both sexes (4,062 deaths during 2010).
- ❑ Although rare, cancer is the second leading cause of death following deaths from accidents among children ages five to 14 (14 deaths during 2010).

### Economic impact of cancer in Indiana<sup>1</sup>

- ❑ \$1.01 billion was spent on the direct costs of treating Indiana residents with cancer in 2003.
- ❑ \$2.76 billion is the estimate of what will be spent on the direct costs for cancer care in 2023 if current trends continue.



## Cancer screening

- ❑ Many cancers can be prevented or identified at an early stage if people obtain early detection screenings.
- ❑ In Indiana, during 2012<sup>2</sup>:
  - 73.2 percent of women ages 18 and older had a Pap test during the past three years (cervical cancer).
  - 67.7 percent of women ages 40 and older had a mammogram during the past two years (breast cancer).
  - 57.7 percent of men ages 40 and older had ever had a prostate-specific antigen (PSA) test (prostate cancer).
  - 62.5 percent of people ages 50 and older had ever had a colonoscopy or sigmoidoscopy (colorectal cancer).

## Burden of cancer among African Americans in Indiana (2006–2010)

- ❑ Incidence: 496 cases per 100,000 people.
- ❑ Mortality: 224.6 deaths per 100,000 people.
- ❑ The overall disparities between African Americans and whites in cancer incidence and mortality rates have been gradually decreasing.
- ❑ However, African Americans still had almost a five percent greater incidence of cancer and over a 20 percent higher mortality rate than whites.

## Burden of cancer among Hispanics in Indiana (2006–2010)

- ❑ Incidence (2005–2009): 343.4 cases per 100,000 people.
- ❑ Mortality (2005–2009): 87.7 deaths per 100,000 people.
- ❑ In Indiana and the United States, for all cancers combined and for the most common cancers (prostate, female breast, colorectal, and lung), incidence and mortality rates have been lower among Hispanics than among non-Hispanic whites.

## Community resources

- ❑ To learn more about cancer, and what you can do to reduce Indiana's cancer burden, visit the Indiana Cancer Consortium at [www.indianacancer.org](http://www.indianacancer.org).
- ❑ To get help with tobacco cessation, call the [Indiana Tobacco Quitline](http://www.quitnowindiana.com) at 1-800-QUIT-NOW (800-784-8669) or visit [www.quitnowindiana.com](http://www.quitnowindiana.com).
- ❑ To help Hoosiers and their families eat better, move more and avoid tobacco, go to INShape Indiana at [www.inshapeindiana.org](http://www.inshapeindiana.org).

### Reference:

1. Indiana Cancer Consortium, Indiana State Department of Health and the American Cancer Society Great Lakes Division; *Indiana Cancer Facts and Figures 2012*. March, 2012. Available at <http://indianacancer.org/resources-for-indiana-cancer-consortium-members/indianacancerfactsandfigures2012/>.
2. Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2012.

## TAKE ACTION: Steps to Prevent or Control Cancer

- ❑ Be tobacco free.
- ❑ Avoid secondhand smoke.
- ❑ Limit alcohol consumption.
- ❑ Maintain a healthy weight throughout life.
- ❑ Consume a healthy diet that:
  - Emphasizes plant sources.
  - Supports a healthy weight.
  - Includes five or more servings of a variety of vegetables and fruit each day.
  - Includes whole grains in preference to processed (refined) grains.
  - Has minimal processed and red meats.
- ❑ Adopt a physically active lifestyle.
- ❑ Protect yourself from too much sun exposure.
- ❑ Talk to your primary health care provider about:
  - Any potential signs and symptoms of cancer, including unexplained weight loss, fever, fatigue, pain and skin changes.
  - Cancer screening options for breast, cervical, colorectal and prostate cancers.
  - Vaccines that can reduce your risk for developing cancer, like hepatitis B and human papillomavirus (HPV)

## GET INVOLVED: Join the Indiana Cancer Consortium (ICC)

- ❑ The ICC is a statewide network of over 100 agencies including the Indiana State Department of Health.
- ❑ Help reduce the cancer burden in Indiana through the development, implementation and evaluation of a comprehensive plan that addresses cancer across the continuum from prevention through palliation.
- ❑ Become a member at [www.indianacancer.org](http://www.indianacancer.org).