

What Can We Do To Fight Cancer?

Our goals can be achieved only if there is strong collaboration among community groups, support from elected officials, and a spirit of volunteerism throughout the state. Our ability to control cancer and reduce the cancer burden in Texas depends on efforts in the following critical areas:

Prevention:

Nearly two-thirds of all cancers are related to unhealthy lifestyle habits, such as tobacco and alcohol use, poor nutrition and lack of physical activity. Quality health education for youth provides an excellent opportunity for instilling lifelong health habits that protect against cancer.

In Texas, we have a long way to go in improving health behaviors. Current state estimates are:

- 22% of adults and 18% of youth (grades 6-12) currently smoke.
- 62% of adults and 14% of youth (grades 9-12) are overweight.
- 28% of adults do not participate in any leisure time physical activity.
- 80% of youth (grades 9-12) do not participate in moderate physical activity on an ongoing basis.
- 77% of adults and 82% of youth (grades 9-12) do not eat the recommended 5+ servings of fruits and vegetables per day.

Note: Percentages are rounded to the nearest whole.

Source: Adult and Youth Behavioral Risk Factor Surveillance System, and Youth Tobacco Survey, Center for Health Statistics and Bureau of Tobacco Control and Prevention, Texas Department of State Health Services, 2001, 2002, 2003.

Early Detection:

Screening tests are available that can help detect breast, cervical, prostate, and colorectal cancers in their early stages. When early detection screening guidelines are followed, the chances of detecting cancer at its earliest stage are increased. The five-year relative survival rates for many cancers, including breast, prostate, cervical, colorectal, and melanomas of the skin, are 90-97 percent when detected at their earliest stage.

According to findings from the Behavioral Risk Factor Surveillance System (BRFSS), current state estimates are:

- 52% of females aged 40+ have had a mammogram to screen for breast cancer within the past year.
- 82% of females aged 18+ have had a pap smear to screen for cervical cancer within the past three years.

- 16% of adults aged 50+ have had a fecal occult blood test (FOBT) to screen for colorectal cancer within the past year, and 38% have had a sigmoidoscopy or colonoscopy within the past five years.
- 49% of males aged 50+ have had a digital rectal exam (DRE), and 52% have had a prostate specific antigen (PSA) test to screen for prostate cancer within the past year.

Note: Percentages are rounded to the nearest whole.

Source: Behavioral Risk Factor Surveillance System, Center for Health Statistics, Texas Department of State Health Services, 2002.

Patient Services/Quality of Life:

There are 9.8 million cancer survivors in the United States. From the time of diagnosis until the end of life, the quality of life for every cancer survivor is affected in some way. While some are “disease free,” others continue to struggle with chronic, active disease, and many are affected by long-term and late side effects. Long-term survivorship is a realistic expectation for roughly 60% of those diagnosed with cancer today. For most cancers, when the disease is diagnosed at its earliest stage, survival rates are greatly improved.

Two recently released reports, *National Plan for Cancer Survivorship: Advancing Public Health Strategies*, and *Living Beyond Cancer: Finding a New Balance*, highlight the growing need to promote health and ensure the social, psychological, and economic well-being of cancer survivors and their families. (See reports online at www.laf.org and <http://deainfo.nci.nih.gov/ADVISORY/pcp/pcp.htm>.)

Working to Reduce the Burden of Cancer in Texas

American Cancer Society, Texas Division, Inc.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy, and service. With more than 300,000 volunteers in Texas alone, the American Cancer Society has helped lead the way in the fight against cancer.

American Cancer Society 2015 Challenge Goals:

- Reduce age-adjusted cancer mortality (death) rates by 50%
- Reduce age-adjusted cancer incidence (new cases) rates by 25%
- Improve the quality of life for all cancer survivors

American Cancer Society

1-800-ACS-2345 • (24 hours a day/7 days a week) • www.cancer.org

Texas Cancer Registry and Center for Health Statistics, Texas Department of State Health Services

The Texas Cancer Registry (TCR) is a statewide population-based registry that serves as the foundation for Texas cancer prevention and control. The overall goal of the TCR is to collect timely, complete, and accurate data on all cancer cases newly diagnosed in the state. The Center for Health Statistics (CHS) is the focal point for the analysis and dissemination of information that is used to improve public health in Texas. Other cancer-related programs of the Department of State Health Services include the Texas Comprehensive Cancer Control Program, Breast and Cervical Cancer Control Program, and Tobacco Prevention and Control Program.

Texas Department of State Health Services

1-512-458-7111 • www.dshs.state.tx.us

Texas Cancer Council

The Texas Cancer Council is a results-oriented agency with a proven ability to make a substantial impact with relatively few dollars. The Council, created by the Texas Legislature in 1985, funds approximately thirty programs that focus on cancer awareness, education, and outreach. Texas Cancer Council programs and initiatives are guided by the Texas Cancer Plan, a statewide blueprint for cancer prevention and control in Texas. The Plan is a consensus-based, strategic document used by public and private cancer control organizations, and provides a planned, evidence-based approach to reducing the cancer burden in Texas.

Texas Cancer Council

1-512-463-3190 • www.tcc.state.tx.us

Texas Cancer Data Center, The University of Texas M. D. Anderson Cancer Center

The Texas Cancer Data Center (TCDC) provides web-based information on health professionals, health facilities, demographics and statistics, community resources, and reviewed cancer web sites at no charge. TCDC is an information service, funded by the Texas Cancer Council (TCC) and M. D. Anderson Cancer Center. Since 1986, TCDC has been dedicated to empowering Texans with the knowledge needed to reduce the human and economic impact of cancer. The University of Texas M. D. Anderson Cancer Center is one of the world's most productive and highly regarded academic institutions devoted to cancer patient care, research, education, and prevention.

Texas Cancer Data Center, M. D. Anderson Cancer Center

1-713-792-2277 • www.txcancer.org

Texas

Cancer Facts & Figures 2004



At a Glance



Texas Division, Inc.

Hope. Progress. Answers.



Introduction

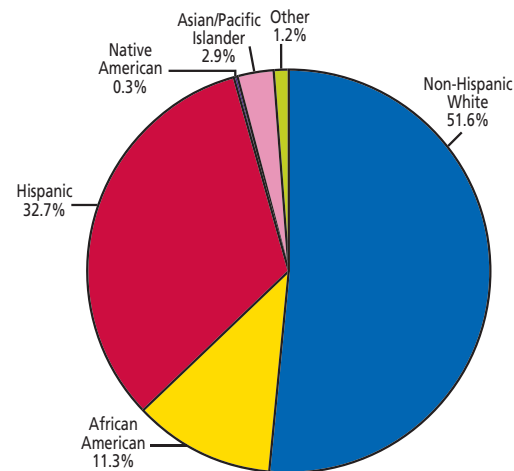
The challenge of cancer is clear. In 2004, it is estimated that more than 85,000 Texans will be diagnosed with cancer and close to 37,000 will die from the disease. Overall, cancer is the second-leading cause of death, accounting for nearly one fourth of all deaths statewide. Among Texans aged 45-65, cancer is the leading cause of death.

To lessen the high personal and community cost of cancer, the American Cancer Society; the Texas Cancer Registry and Center for Health Statistics of the Texas Department of State Health Services; the Texas Cancer Council; the Texas Cancer Data Center, and other partners are committed to reducing the burden of cancer in our state.

Meeting the Needs of a Diverse State

Texas is a large and diverse state in both its geography and demographics. According to 2003 projections based on the 2000 U.S. Census, there are close to 22 million Texans, with approximately 52% non-Hispanic white, 33% Hispanic, 11% African American, and 4% all other races combined.

Population by Race/Ethnicity, Texas, 2003



Notes: Texas totals may vary from other reports due to rounding. 2003 Population projections based on U.S. Census 2000. Source: Thomson Medstate, Copyright ©2004, Claritas Inc., Copyright ©2004. ALL RIGHTS RESERVED.

Who Gets Cancer in Texas?

Men in Texas account for approximately 52 percent of all newly diagnosed cancers in Texas, and have higher overall cancer rates. Women account for approximately 48 percent of new cases of the disease. Approximately two-thirds of the new cases of cancer diagnosed in Texas each year occur in adults age 60 and older. Less than 1% of all cancers occur before the age of 15.

Projected Number of New Cancer Cases and Deaths, Selected Cancer Sites, Texas, 2004

| Cancer Sites | Incidence Counts (New Cases) | Percentage of Total Cancer Incidence | Mortality Counts (Deaths) | Percentage of Total Cancer Mortality |
|----------------------|------------------------------|--------------------------------------|---------------------------|--------------------------------------|
| Breast (Female) | 13,590 | 16.0 | 2,722 | 7.4 |
| Cervix | 1,150 | 1.4 | 374 | 1.0 |
| Colon and Rectum | 9,168 | 10.8 | 3,647 | 9.9 |
| Lung and Bronchus | 11,431 | 13.4 | 10,505 | 28.5 |
| Melanoma of the Skin | 2,944 | 3.5 | 503 | 1.4 |
| Prostate | 12,284 | 14.4 | 2,047 | 5.6 |
| All Sites | 85,031 | 100.0 | 36,823 | 100.0 |

All sites includes all malignant cancers and in situ bladder cancer. Projected 2004 Cancer Cases (malignant cancers and in situ bladder cancer) are estimated by applying California 1995-1999 age-, sex-, and race/ethnic-specific average annual incidence rates to the 2004 Texas population. Projected 2004 cancer deaths are estimated by applying Texas 1997-2001 age-, sex-, and race/ethnic-specific average annual mortality rates to the 2004 Texas population. Source: Texas Cancer Registry, 1995-2001 incidence file as of 12/02/2003 and Bureau of Vital Statistics, Texas Department of State Health Services.

Cancer Health Disparities

Cancer health disparities are differences in the incidence, prevalence, mortality, and burden of cancer and related adverse health conditions that exist among population groups in the United States. These population groups may be characterized by gender, age, ethnicity, income, social class, disability, geographic location, or sexual orientation.

National Cancer Institute, Division of Cancer Control and Population Sciences, 2004.

Cancer Rates by Race/Ethnicity in Texas

Consistent with national patterns, for every 100,000 population, African Americans are more likely to develop cancer and more likely to die from the disease. In Texas, African Americans have cancer mortality rates approximately 1.5 times higher than mortality rates for non-Hispanic whites, and 2 times higher than mortality rates for Hispanics. Overall, Texas Hispanics and other racial/ethnic groups, including Asian/Pacific Islanders and American Indians, have lower incidence and mortality rates when compared to non-Hispanic whites and African Americans in the state.

Average Annual Cancer Incidence Rates by Site and Race/Ethnicity, Texas, 1997-2001

| | Non-Hispanic White Rate | African American Rate | Hispanic Rate | Other Rate |
|-------------------|-------------------------|-----------------------|---------------|--------------|
| Breast (Female) | 130.5 | 113.1 | 81.8 | 87.2 |
| Colon and Rectum | | | | |
| Male | 61.8 | 76.5 | 46.8 | 45.4 |
| Female | 43.3 | 57.3 | 29.9 | 40.7 |
| Lung and Bronchus | | | | |
| Male | 102.4 | 139.3 | 54.8 | 60.6 |
| Female | 58.9 | 52.7 | 21.4 | 32.6 |
| Prostate | 152.4 | 218.8 | 106.0 | 112.4 |
| All Sites | | | | |
| Male | 555.5 | 663.5 | 396.2 | 395.7 |
| Female | 405.6 | 396.5 | 291.2 | 310.1 |

Source: Texas Cancer Registry, Texas Department of State Health Services.

Average Annual Cancer Mortality Rates by Site and Race/Ethnicity, Texas, 1997-2001

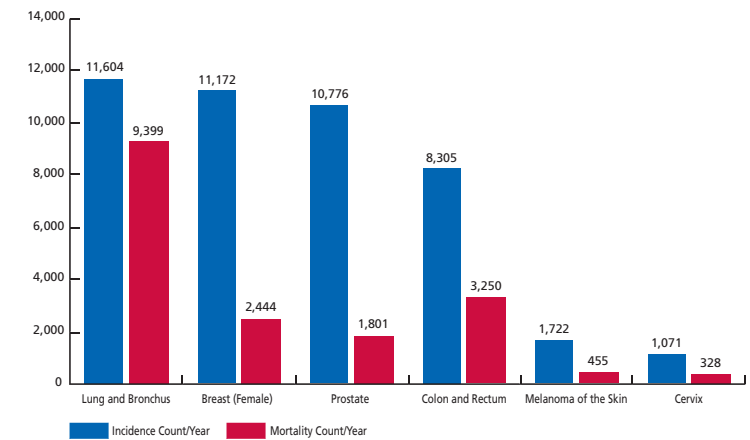
| | Non-Hispanic White Rate | African American Rate | Hispanic Rate | Other Rate |
|-------------------|-------------------------|-----------------------|---------------|--------------|
| Breast (Female) | 26.0 | 38.3 | 19.6 | 10.0 |
| Colon and Rectum | | | | |
| Male | 24.6 | 39.3 | 20.1 | 10.2 |
| Female | 16.5 | 26.8 | 11.2 | 8.4 |
| Lung and Bronchus | | | | |
| Male | 87.2 | 124.8 | 45.3 | 39.1 |
| Female | 45.9 | 44.1 | 15.5 | 19.6 |
| Prostate | 29.8 | 70.4 | 22.8 | 7.7 |
| All Sites | | | | |
| Male | 259.6 | 383.7 | 195.9 | 127.3 |
| Female | 166.9 | 210.6 | 123.8 | 89.4 |

Source: Texas Cancer Registry, and Bureau of Vital Statistics, Texas Department of State Health Services.

Leading Cancer Sites in Texas

As is true for the United States as a whole, four cancer sites account for more than half of Texas' cancer burden. These include lung and bronchus, colorectal, breast (female), and prostate cancer. It is interesting to note that, although the number of breast, prostate, and colorectal cancers diagnosed each year is greater than the number of lung and bronchus cancer cases diagnosed, the total number of lung and bronchus cancer deaths each year exceeds deaths from the other three sites combined.

Average Annual Incidence (New Cases) and Mortality (Deaths) Counts for Selected Cancers, Texas, 1997-2001



Notes: Average annual cases and deaths are rounded to the nearest whole. Melanoma cases are under-reported. Source: Texas Cancer Registry, 1995-2001 incidence file as of 12/02/2003 and Bureau of Vital Statistics, Texas Department of State Health Services.

Texas Comprehensive Cancer Control Coalition: Partnering to Reduce the Burden of Cancer

The purpose of the Texas Comprehensive Cancer Control Program (TCCCP), managed by the Texas Department of State Health Services (DSHS) in partnership with the Texas Cancer Council (TCC), is to work toward a coordinated approach to reduce the incidence, morbidity and mortality of cancer. Through a coalition of public, private, and non-profit organizations, the program works to advance the goals of the *Texas Cancer Plan*: cancer prevention, early detection and treatment, professional training, cancer data and planning, and survivorship.

This brochure is designed to highlight our state cancer risk, and what can be done to ease the burden of cancer for the people of Texas. For a copy of the complete *Texas Cancer Facts & Figures 2004* booklet, call 1-800-ACS-2345 or view *Texas Cancer Facts & Figures* online at www.cancer.org/texasfacts.