

# LUNG CANCER IN IOWA

Cancer in Iowa Spotlight Series

August 2024


**IOWA RANKS...**

- # 14** in the nation for rate of new cases of lung cancer
- # 18** in the nation for rate of lung cancer deaths



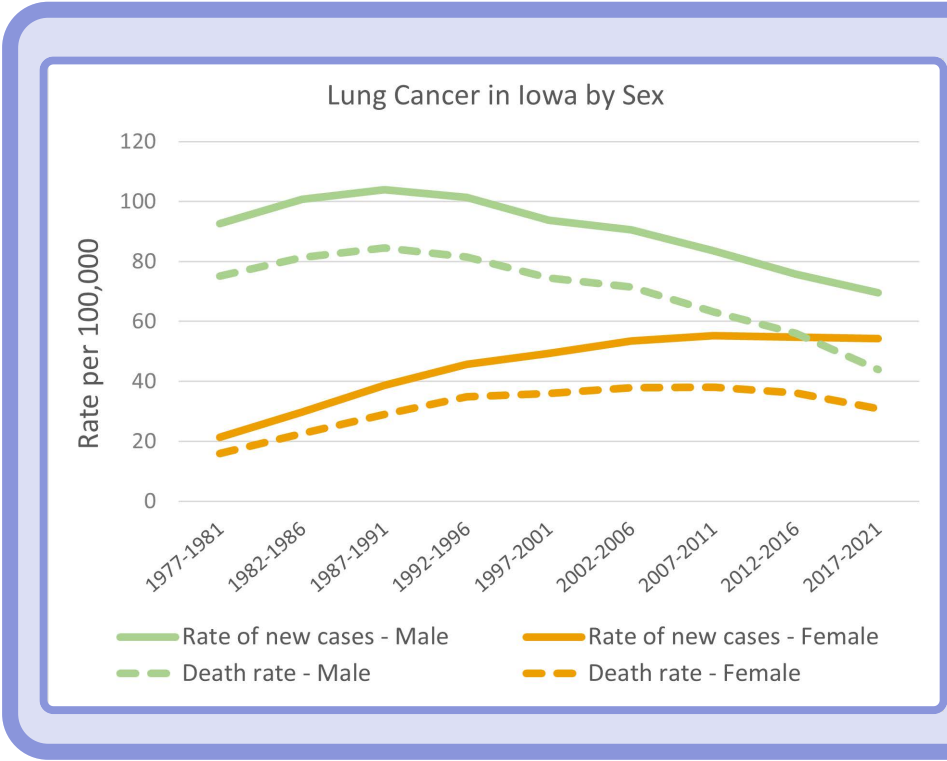
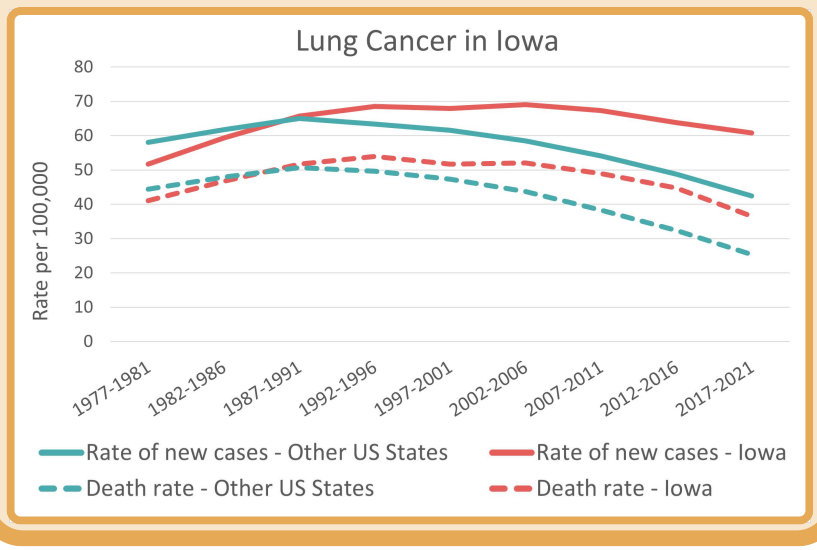
**IN 2024 THERE WILL BE...**  
 an estimated **2,700 new cases**, **1,430 deaths**, and **7,005 survivors** of lung cancer in Iowa

**ABOUT LUNG CANCER**



- There are two main types of lung cancer:
  - Non-small cell lung cancer (NSCLC) is the more common type (85%).
  - Small cell lung cancer (SCLC) is less common, grows more quickly, and usually happens in people who have smoked heavily for years.
- Lung cancer is **#1 for cancer deaths** in Iowa and the US.
- Lung cancer is **#2 for new cases of cancer** for both males and females in Iowa and the US.

Although the rates of new lung cancer cases and deaths in Iowa are declining, **Iowa's rates are still higher compared to other states.** Most counties in the US have declining or stable lung cancer rates. For a few Iowa counties (Greene, Clark, Appanoose, Van Buren, and Winnebago), the rate of new lung cancer is still rising.



**Iowa has had one of the slowest declines in the US for both new lung cancer cases and lung cancer deaths, especially for females.**

Lung cancer trends are strongly driven by **smoking, which accounts for 85% of all lung cancer cases.** Rates of smoking have decreased among males more quickly than females. As a result, new lung cancer cases and deaths have declined much faster among Iowa males, whereas the rate of new cases is still leveling off for Iowa females.

**In Iowa, 13% of females and 17% of males currently smoke**

# LUNG CANCER IN IOWA

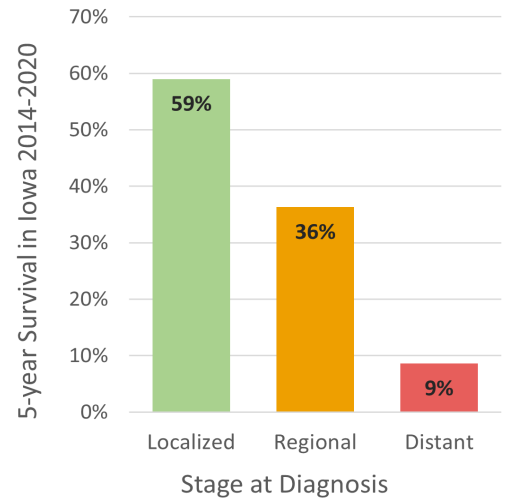
Cancer in Iowa Spotlight Series

## SURVIVAL

Finding lung cancer as soon as possible can greatly increase chances of survival.

For cases found early (localized stage) **59%** of people are still alive 5 years after diagnosis, whereas only **9%** are still alive 5 years after diagnosis for cases found later (distant stage).

**In Iowa, only 28% of lung cancer cases are found early while 52% are found late**



**Yearly lung cancer screening is recommended for:**

- People who smoke or those who have quit within the past 15 years, **and**
- have a 20 pack-year\* or more smoking history, **and**
- between age 50 and 80 years old

\* defined as smoking 1 pack/day for 20 years, or 1/2 pack/day for 40 years, or 2 packs/day for 10 years

## SCREENING



Lung cancer screening can help to detect tumors earlier when they are more treatable.

[Find lung cancer screening in Iowa](#)

**In Iowa, 12% of those at high risk for lung cancer were screened in 2022**

## TOBACCO CONTROL POLICIES

Tobacco control efforts have led to a large decline in use of tobacco products over the last 50 years.

**Increasing tax on tobacco products is one of the most effective tobacco control measures.**



Other effective measures have included laws against smoking in public places, increasing tobacco sales to 21, insurance coverage of tobacco cessation, and counteradvertising.

## HOW CAN I PREVENT LUNG CANCER?...



**Do not smoke**, or quit smoking, and avoid secondhand smoke.  
[Tobacco Quitline: 1-800-QUIT-NOW](#)

Radon is the leading cause of non-smoking related lung cancers. Radon levels in Iowa are high and can be found in any type of home. **[Get your home tested for radon!](#)**



Reduce exposure to other cancer-causing substances in the workplace and elsewhere. **Wear protective equipment like masks or respirators when necessary.**

1. **State Cancer Profiles.** [statecancerprofiles.cancer.gov](http://statecancerprofiles.cancer.gov)
2. **Surveillance, Epidemiology, and End Results (SEER) Data**, November 2023 Submission, SEER 12 Registries
3. **PDQ Lung Cancer Prevention.** [cancer.gov/types/lung/patient/lung-prevention-pdq](http://cancer.gov/types/lung/patient/lung-prevention-pdq)
4. **Lung cancer.** [mayoclinic.org/diseases-conditions/lung-cancer/symptoms-causes/syc-20374620](http://mayoclinic.org/diseases-conditions/lung-cancer/symptoms-causes/syc-20374620)
5. **Lung Cancer: Screening.** [uspreventiveservicestaskforce.org/uspstf/recommendation](http://uspreventiveservicestaskforce.org/uspstf/recommendation)

6. **IOWA BRFS BRIEF: 2022 Survey Findings.** Iowa Department of Health and Human Services. [publications.iowa.gov/](http://publications.iowa.gov/)
7. **State of Lung Cancer 2023.** American Lung Association. [lung.org/research/state-of-lung-cancer](http://lung.org/research/state-of-lung-cancer)
8. **Lung Cancer Facts and Figures 2023.** American Cancer Society. [cancer.org](http://cancer.org)
9. Jani CT, Singh H, Abdallah N, et al. Trends in Lung Cancer Incidence and Mortality (1990-2019) in the United States: A Comprehensive Analysis of Gender and State-Level Disparities. *JCO Glob Oncol.* 2023;9:e2300255. PMC10752493

Note: In this report males/females refer to people assigned male/female at birth