

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



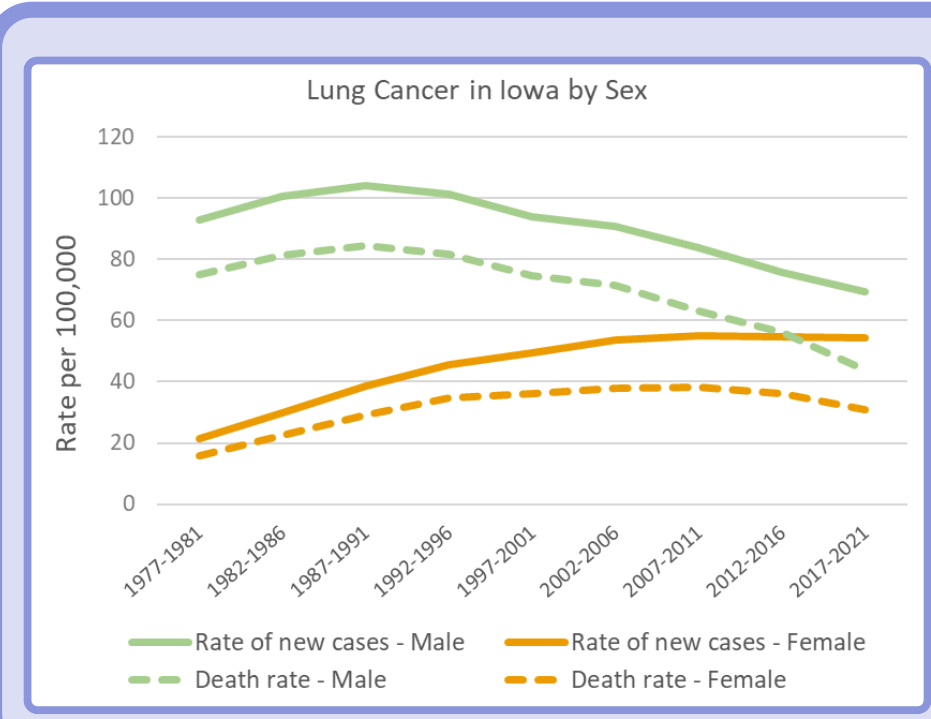
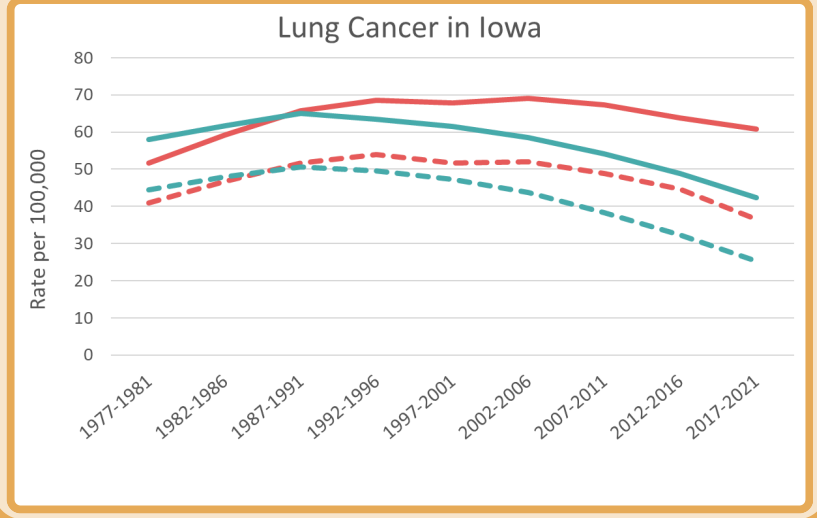
IN 2024 THERE WILL BE...
 an estimated **2,700 new cases**, **1,430 deaths**, and **7,005 survivors** of lung cancer in Iowa

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

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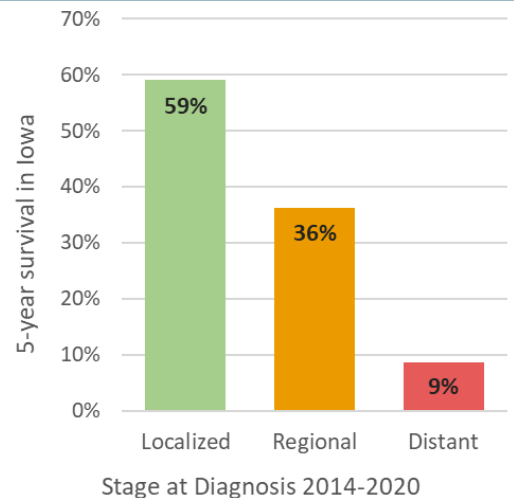
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SURVIVAL

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](#)
[GO2 for Lung Cancer](#)

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
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
4. **Lung cancer.** mayoclinic.org/diseases-conditions/lung-cancer/symptoms-causes/syc-20374620
5. **Lung Cancer: Screening.** uspreventiveservicestaskforce.org/uspstf/recommendation

6. **IOWA BRSS BRIEF: 2022 Survey Findings.** Iowa Department of Health and Human Services. publications.iowa.gov/
7. **State of Lung Cancer 2023.** American Lung Association. lung.org/research/state-of-lung-cancer
8. **Lung Cancer Facts and Figures 2023.** American Cancer Society. 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