

STATE HEALTH REGISTRY OF IOWA

Cancer in Black Hawk County

Mary Charlton, PhD & Sarah Nash, PhD, MPH, CPH

May 12, 2025

Who we are



Mary Charlton, PhD

- Professor, University of Iowa College of Public Health
- Director, Iowa Cancer Registry
- President, Iowa Cancer
 Consortium
- Co-Leader of the Cancer Epidemiology & Population Science Program, Holden Comprehensive Cancer Center
- Research: Rural/ Urban differences in cancer prevention, screening, & quality of care



Sarah Nash, PhD, MPH, CPH

- Assistant Professor, University of lowa Department of Epidemiology
- Director of Research, Analytics, and Dissemination, Iowa Cancer Registry
- Community Outreach and Engagement Co-Lead, Holden Comprehensive Cancer Center
- Research: Cancer health disparities for rural and underserved minority populations

99 Counties Project Team



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www.canceriowa.org



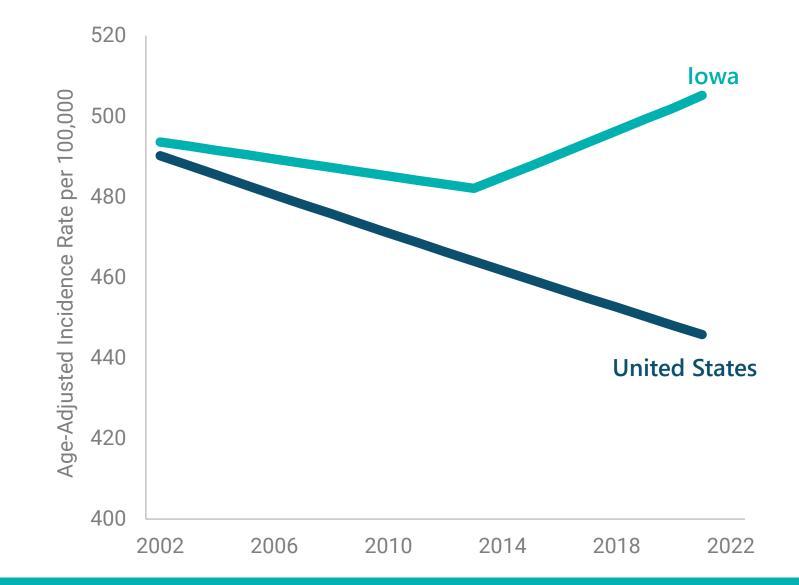


Holden Comprehensive Cancer Center



Iowa has the **#2** highest rate of new cancers in the U.S.

lowa's rate is rising while the rest of the country improves

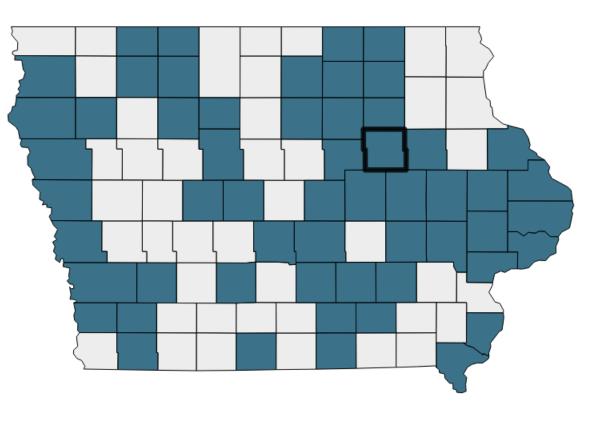




Over half of Iowa's counties have a higher incidence rate than the U.S.

56 Counties with rates **OVER** the national average

O Counties below the national average

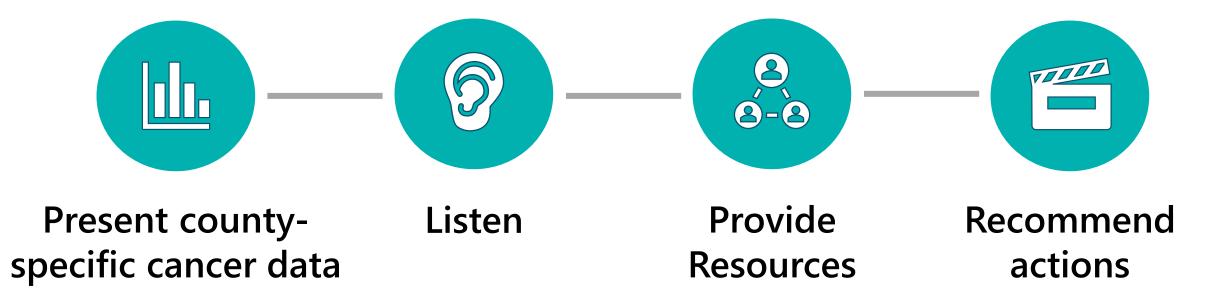






About the Project

Goal: to enhance **community engagement** & **education** around cancer prevention and control across all of Iowa's 99 counties.

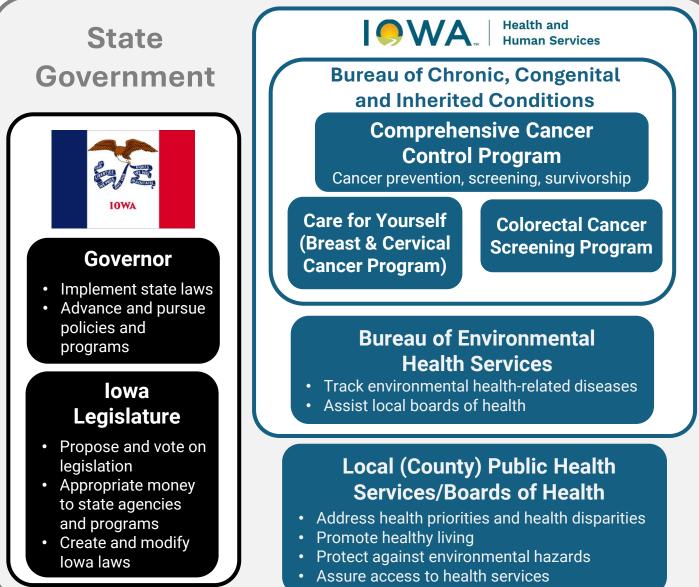


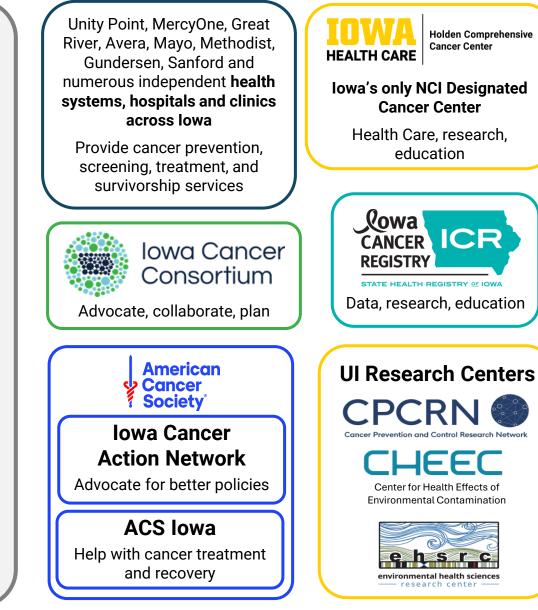


"Statistics are people with the tears wiped away"

Dr. Irving Selikoff

Cancer Control Partners in Iowa





Federal Funding for Cancer Control

- The <u>Iowa Cancer Registry</u> is funded in part with Federal funds from the **National Cancer** Institute (National Institutes of Health), Department of Health and Human Services, under Contract No. HHSN261201800012I
- The <u>Cancer in Iowa: 99 Counties Project</u> is specifically funded by Federal funds from the **National Cancer Institute** through grant award: 5R01CA254628-04S2, and through National Cancer Institute funds provided to the University of Iowa Holden Comprehensive Cancer Center (P30CA086862)
- The <u>lowa Cancer Consortium</u> acknowledges the **Centers for Disease Control and Prevention** (CDC) for its funding support under cooperative agreement NU58DP007103 awarded to the lowa Department of Health and Human Services (lowa HHS).

The contents of this presentation are solely the responsibility of the authors and do not necessarily represent the official views of CDC or the National Institutes of Health/National Cancer Institute.



Iowa Cancer Registry Goals



Assemble & report data on new cancers, cancer deaths, & survival

Respond to **data requests** from organizations & individuals

Support studies for

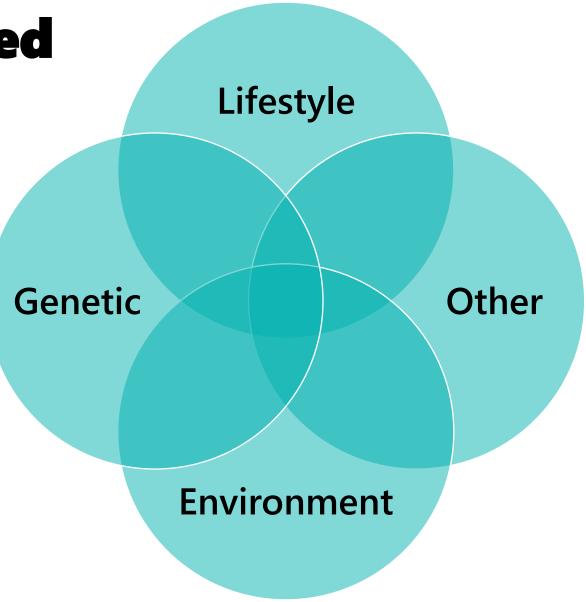
cancer prevention, research & education





Cancer is Complicated

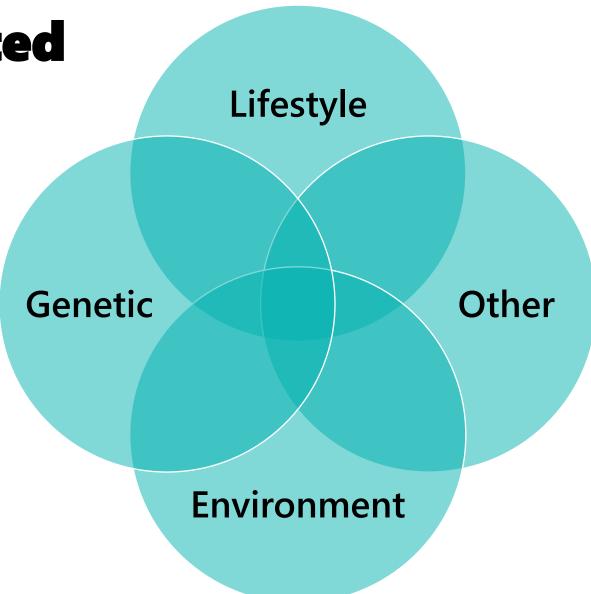
There is no one cause of cancer; it is a combination of different genetic, lifestyle, and environmental risk factors that change the function of cells



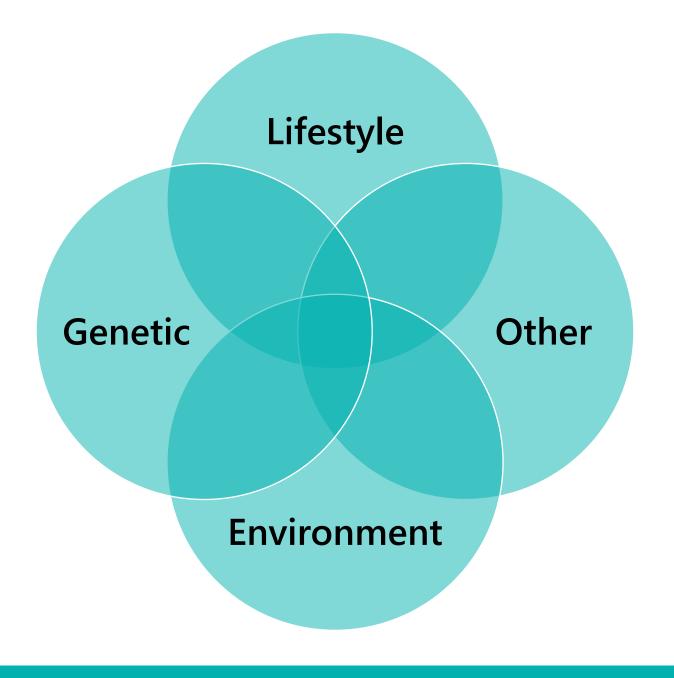


Cancer is Complicated

Risk factors are things that increase your chances of getting cancer



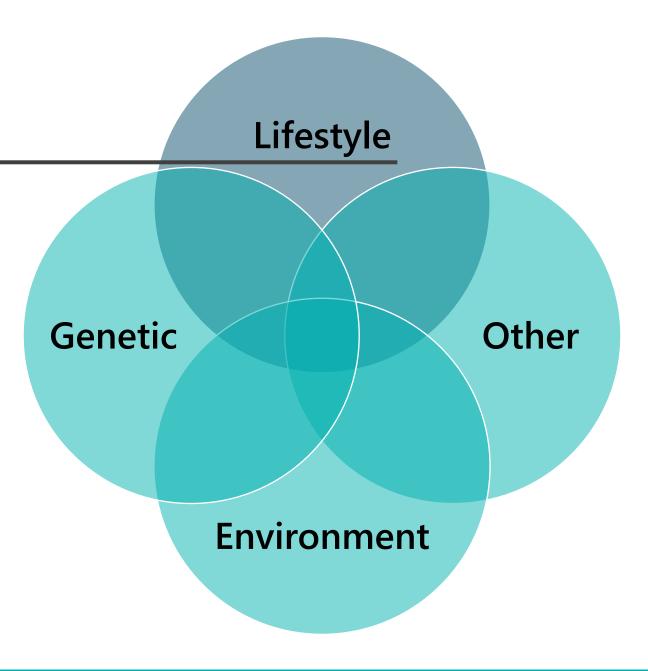




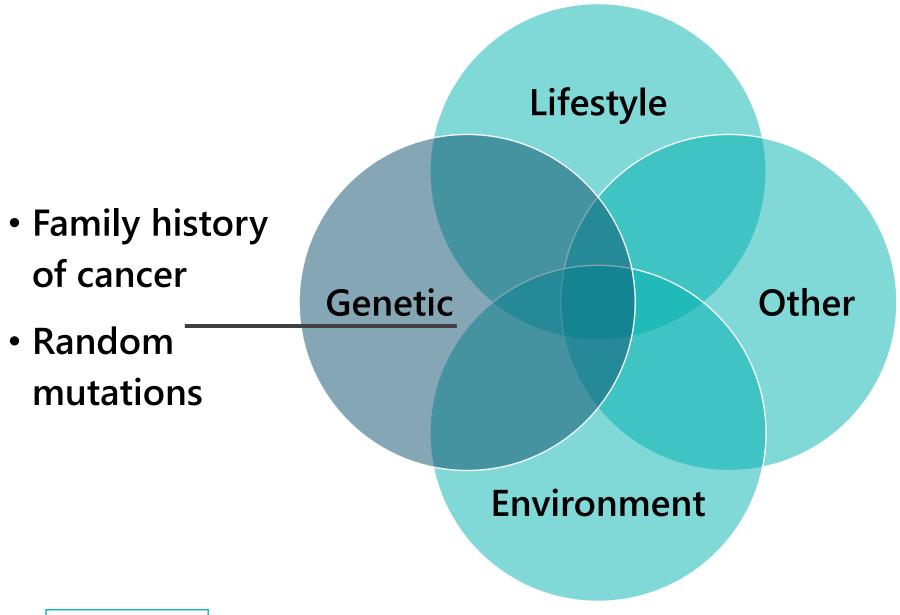




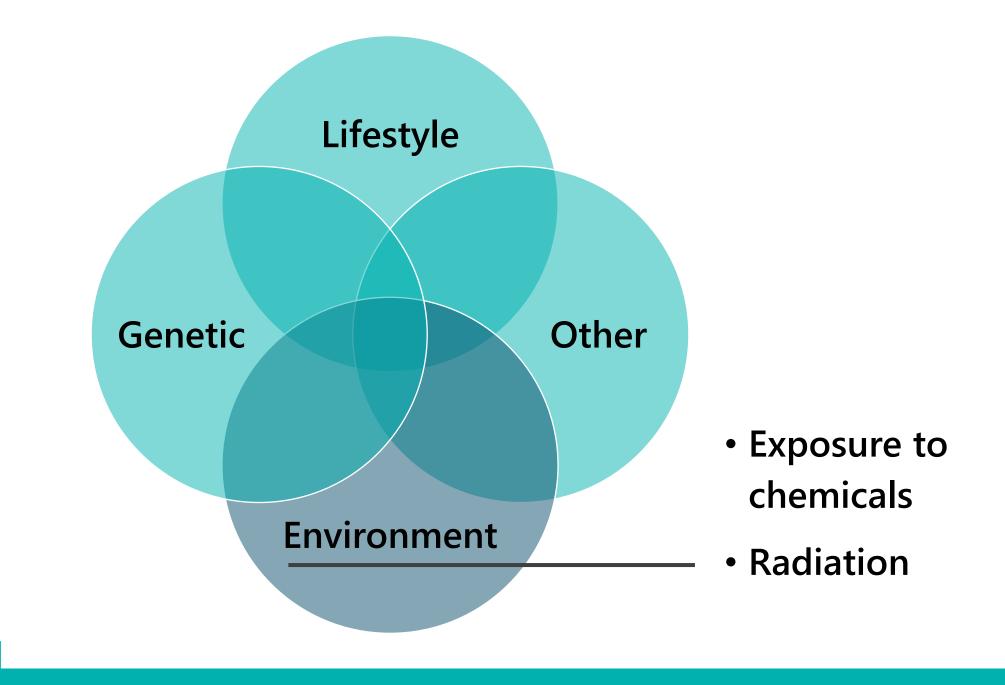
- Alcohol
- Unhealthy diet
- Not being physically active
- Sunburns



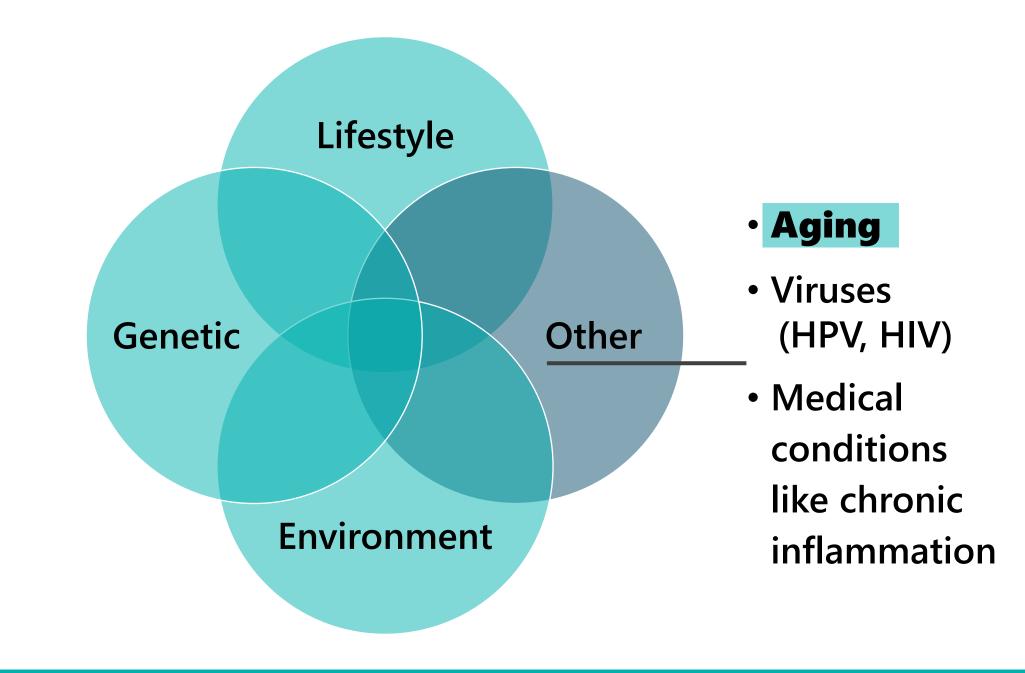














Cancer & the Environment

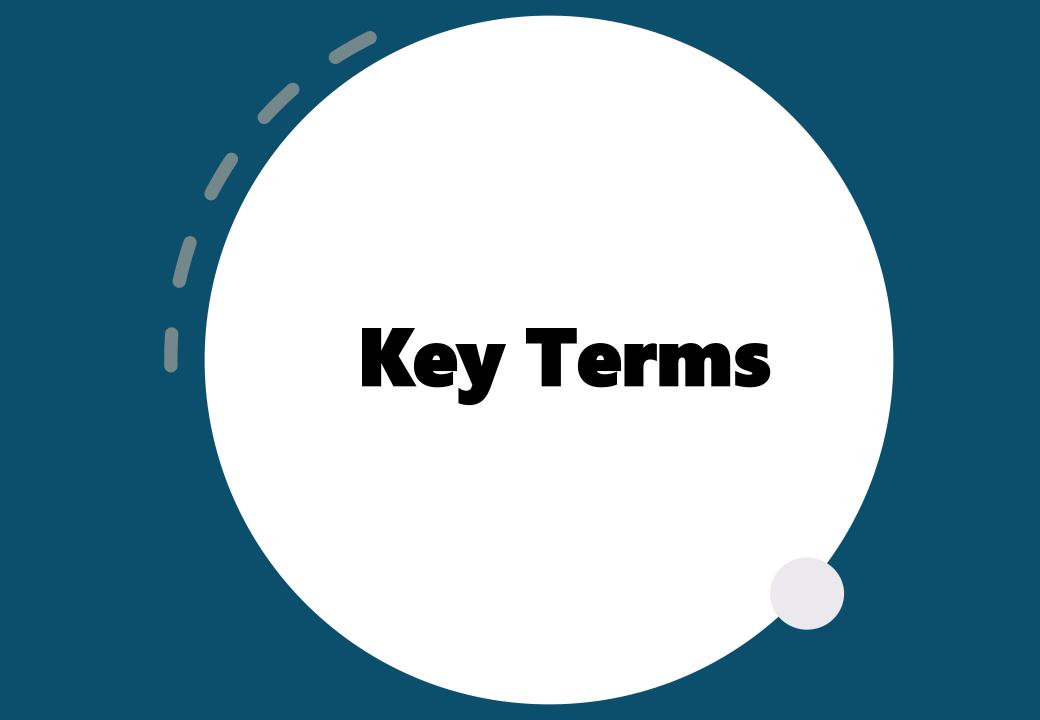
- Many lowans understandably have questions about potential links between environmental exposures and cancer
- This is an important area of continued research, and lowans are right to ask questions and be cautious
- ICR, along with other population-based cancer registries, do not collect data on environmental risk factors, but we do share our data with researchers to support studies of cancer & environmental risk factors



Risk Factors

- There can be many years between exposure to risk factors & cancer development, which makes it difficult to prove connections.
 - For example, lung cancer may not occur until 30 years after a person starts smoking
- To reduce your risk, **avoid risk factors** whenever possible
- Today we will focus on things you can do to reduce your cancer risk. These things can be addressed at the state, community, and individual levels.





Incidence & Mortality

Incidence

Number of new cases of a disease occurring during a specified time period in a population

Mortality

–Number of deaths from a disease that occur during a specified time period in a population



Rates & Counts

Counts

-The number of new cases diagnosed or deaths from cancer

Rates

-Adjusts the counts to give a **# per 100,000 people**

Age-Adjusted Rates

-Addresses the question: *If the size and age of the populations were the same, would there be a difference in outcomes?*



Stage definition used today

- Early Stage includes
 - Localized: Cancer is limited to the place where it started, with no sign that it has spread
- Late Stage includes
 - Regional: Cancer has spread to nearby lymph nodes, tissues, or organs.
 - Distant: Cancer has spread to distant parts of the body



How to read the graphs

Unless otherwise stated, bars are your county data

Black lines on bar graphs are United States data

BelowAbout theAboveNationalsame asNationalRatesNational RatesRates

Grey boxes on bar graphs are 95% Confidence Intervals.

These are used to determine if rates are statistically different from each other



Cancer in Black Hawk County

New Cancers in Black Hawk County

All cancer types, average counts and rates, 2017-2021

Each year, there are about

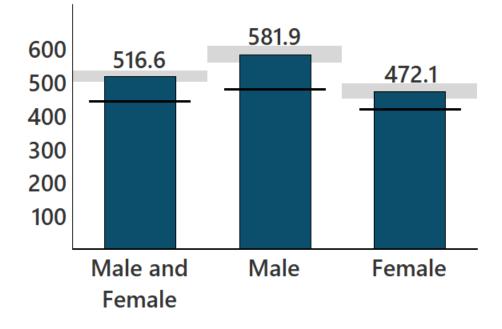


new cancers diagnosed in Black Hawk County

Cancer incidence rates in Black Hawk County are **higher than the U.S.** average

Ranks #20 of 99 counties

Cancer incidence rates are typically higher in men than women



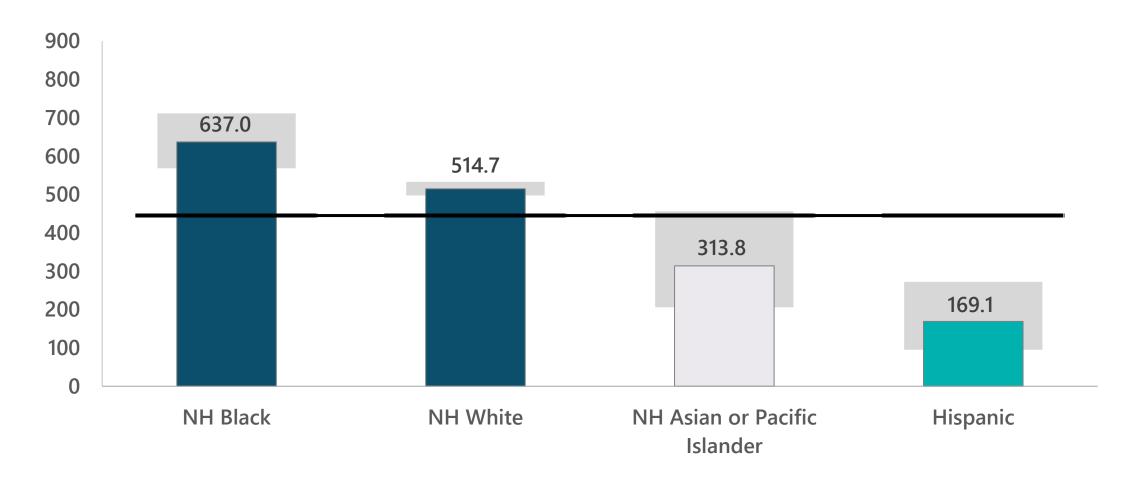


Compared to other lowa metro counties **Black Hawk** ranks **#4** of 21 for new cancers

Harrison						546.2		
Madison						528.9		
Woodbury						519.5		
Black Hawk						516.6		
Benton						513.6		
Plymouth						509.3		
Scott					Ę	507.2		
Linn					5	505.9		
Grundy					5	01.3		
Mills					49	3.8		
Jones					49	1.5		
Polk					490).6		
Bremer					487	.8		
Pottawattamie					485	.6		
Washington					480.	5		
Dubuque					475.6			
Johnson					475.4			
Warren					467.8			
Guthrie					460			
Story					453.1			
Dallas					443.4			
	0	100	200	300	400	500	600	
		Age-Adjusted Incidence per 100,000 (2017-2021)						

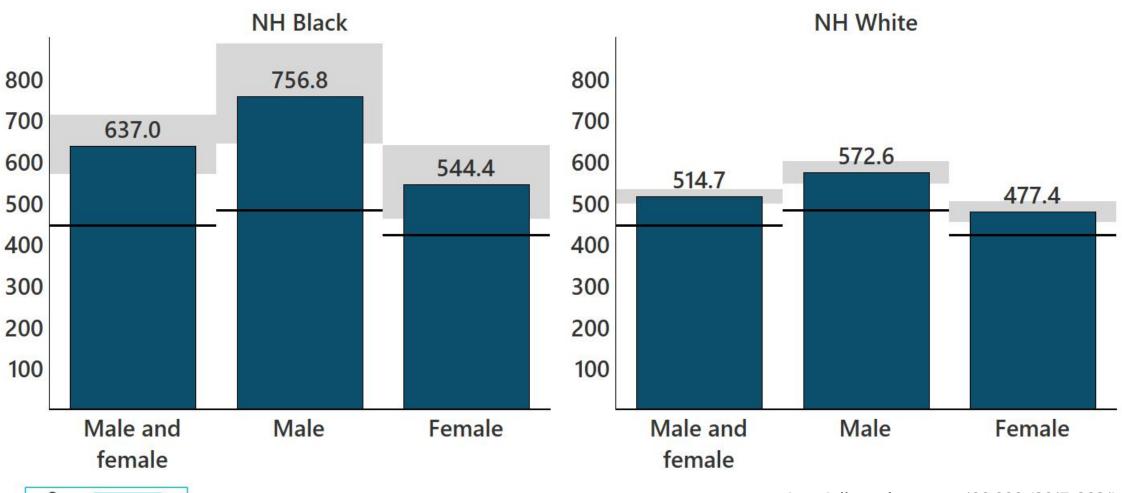


New Cancers in Black Hawk County by Race





New Cancers in Black Hawk County by Race

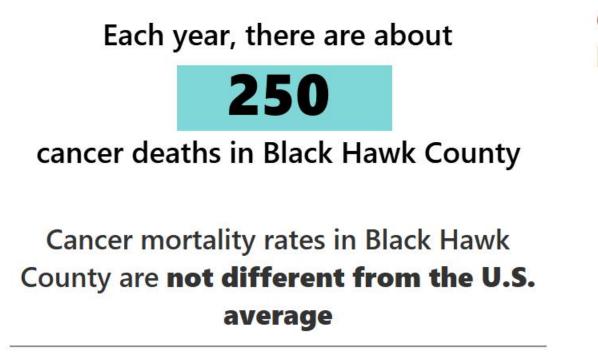




Age-Adjusted rate per 100,000 (2017-2021)

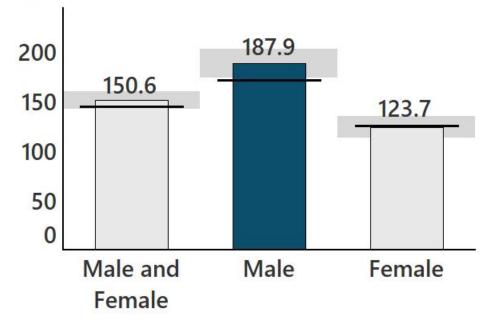
Cancer deaths in Black Hawk County

All cancer types, average counts and rates, 2018-2022



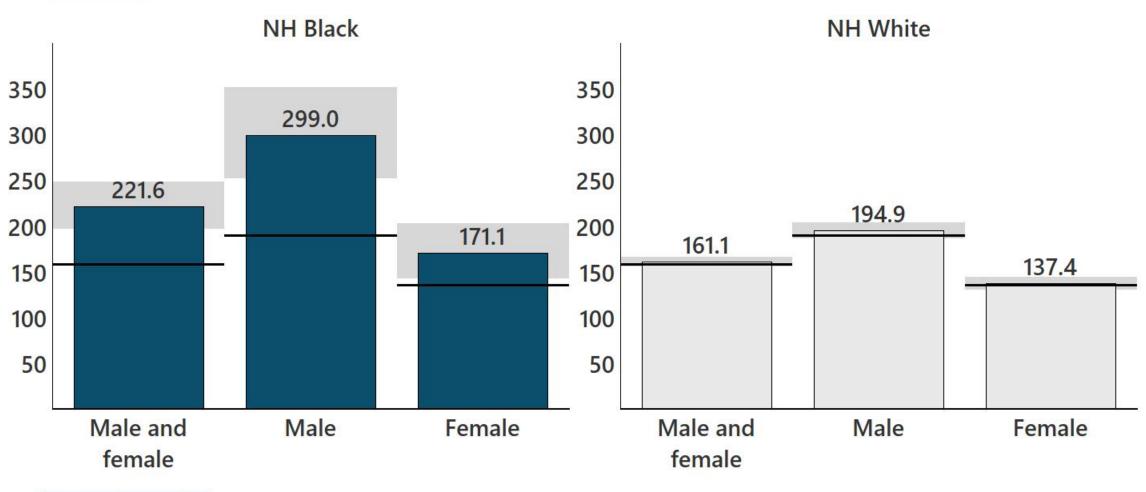
Ranks #54 of 99 counties

Cancer mortality rates are typically higher in men than women





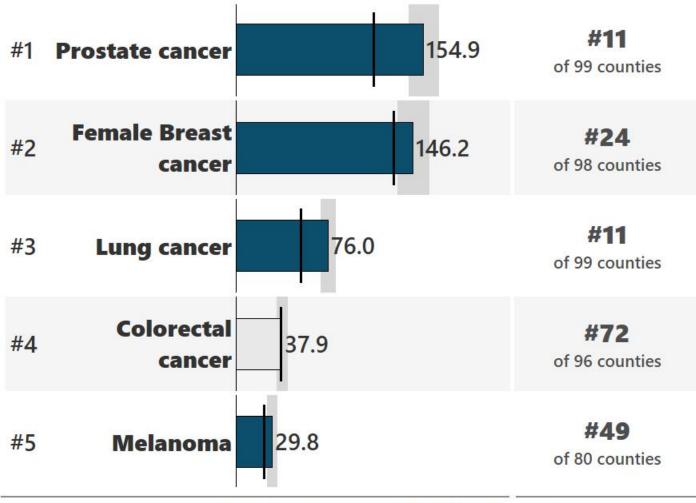
Cancer Deaths in Black Hawk County by Race





Age-Adjusted rate per 100,000 (2008-2022)

Top cancers in Black Hawk County

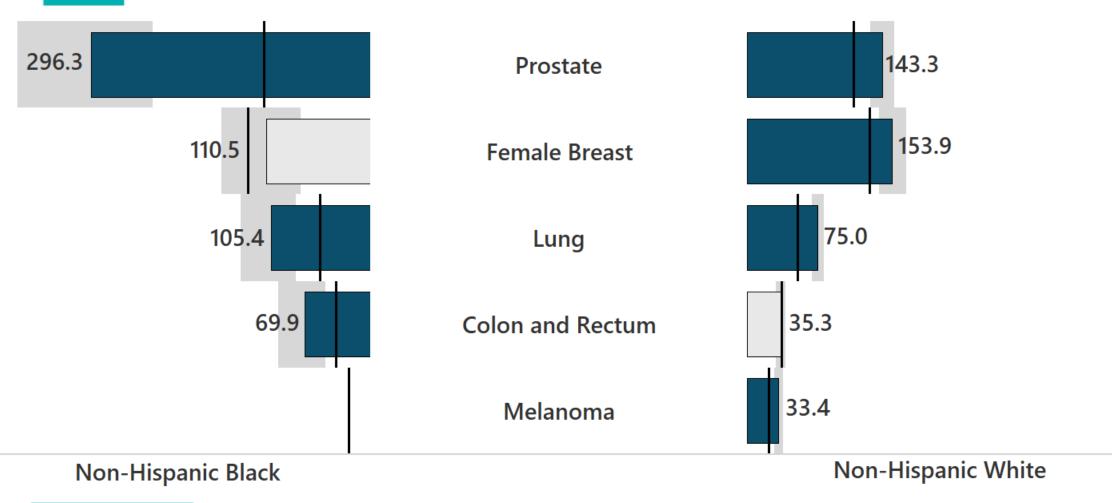


Age-Adjusted rate per 100k, 2017-2021 Rank compared to other

counties, where #1 is highest in the state



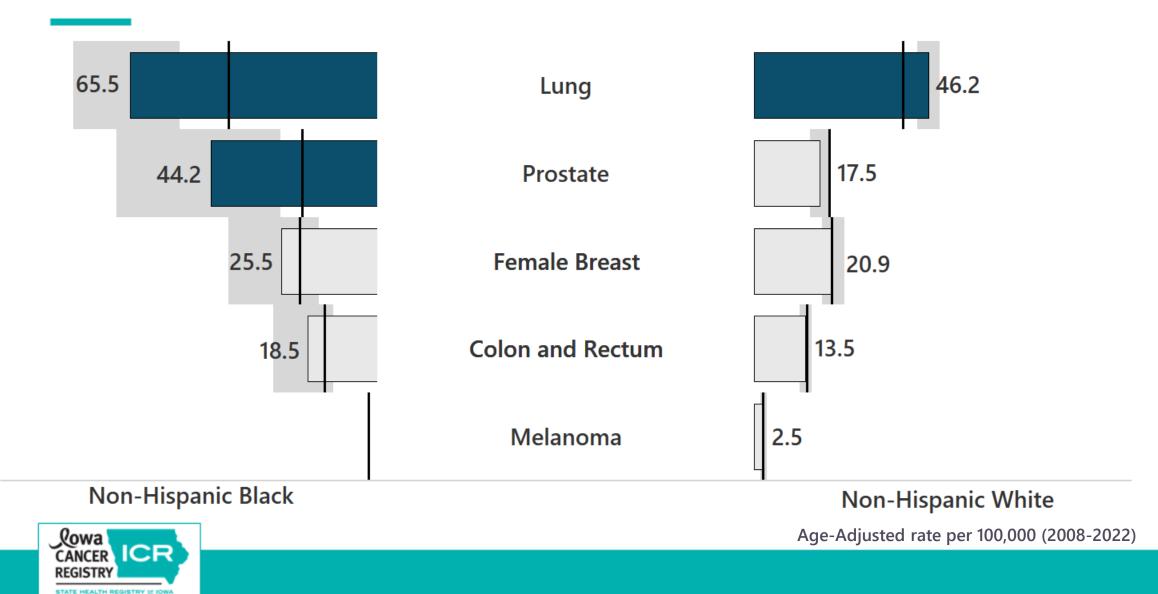
Incidence of Top Cancers in Black Hawk County by Race





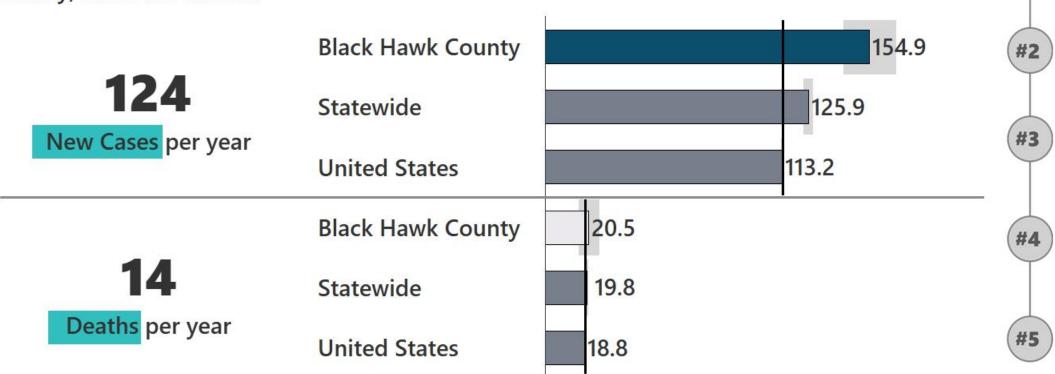
Age-Adjusted rate per 100,000 (2017-2021)

Mortality of Top Cancers in Black Hawk County by Race



#1 | Prostate cancer

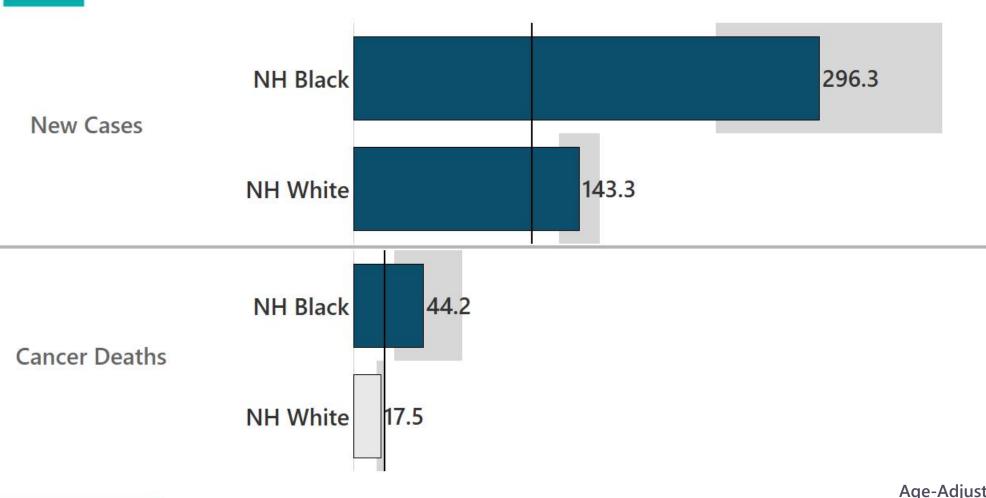
Each year in Black Hawk County, there are about...



Age-Adjusted Rate per 100,000 Incidence (2017-2021); Mortality (2018-2022) #1

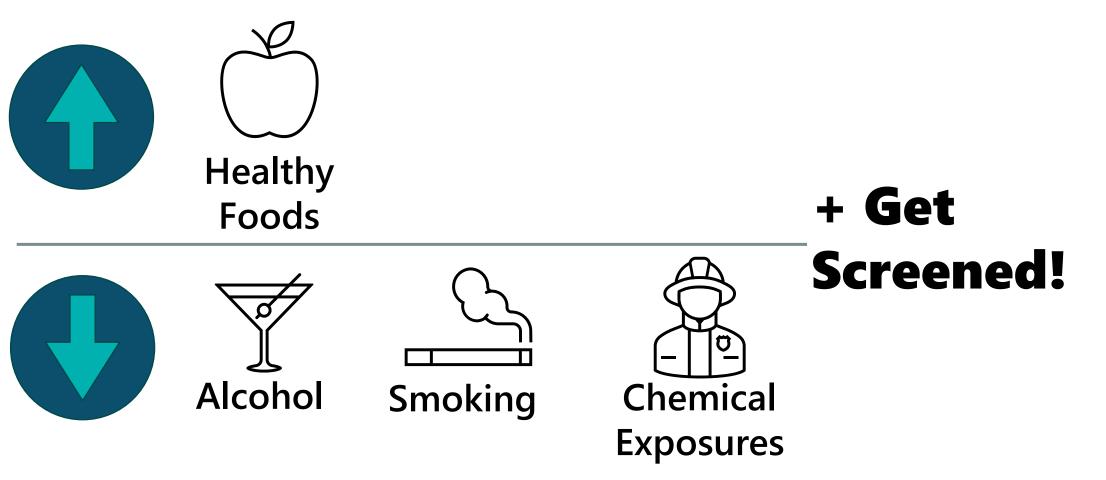


Prostate Cancer by Race in Black Hawk County





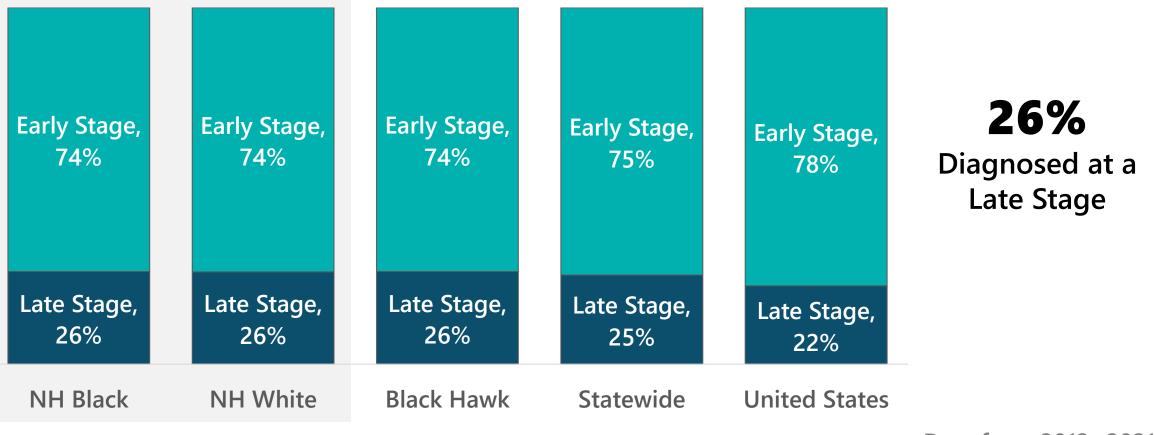
What can you do to prevent prostate cancer?





Prostate cancer | Stage at Diagnosis by Race

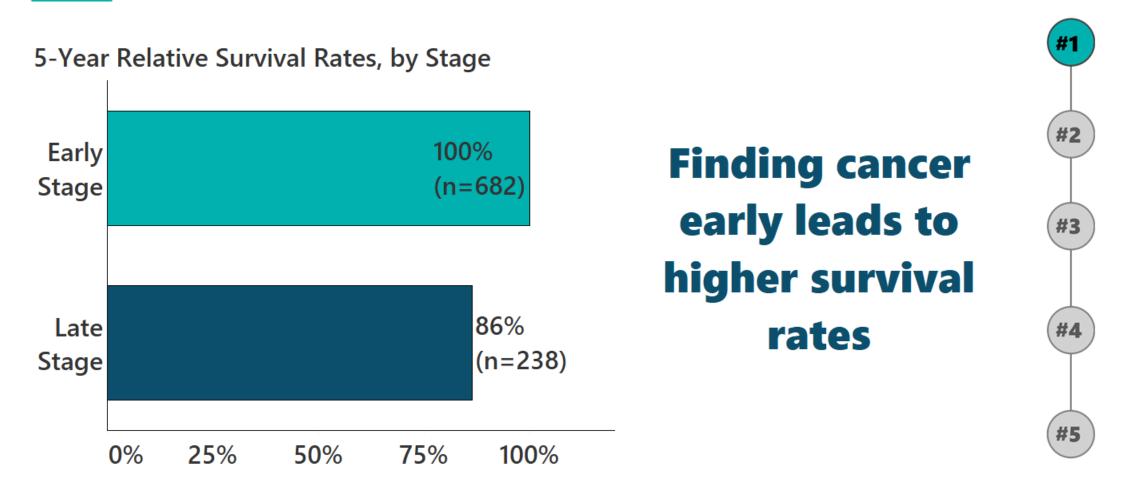
Early stage = Easier to treat, Higher survival rates





Data from 2012- 2021

#1 | Prostate cancer | 5-Year Survival





Data from 2011-2020

Prostate Cancer Screening Guidelines

Screening test is a Prostate-specific antigen (PSA) blood test

U.S. Preventative Services Task Force Guidelines

If you have a prostate and are 55-69 years old, discuss with your doctor if a PSA test is right for you

https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/pro state-cancer-screening

American Cancer Society Guidelines

The <u>American Cancer Society</u> recommends that men have a chance to make an informed decision with their health care provider about whether to be screened for prostate cancer.

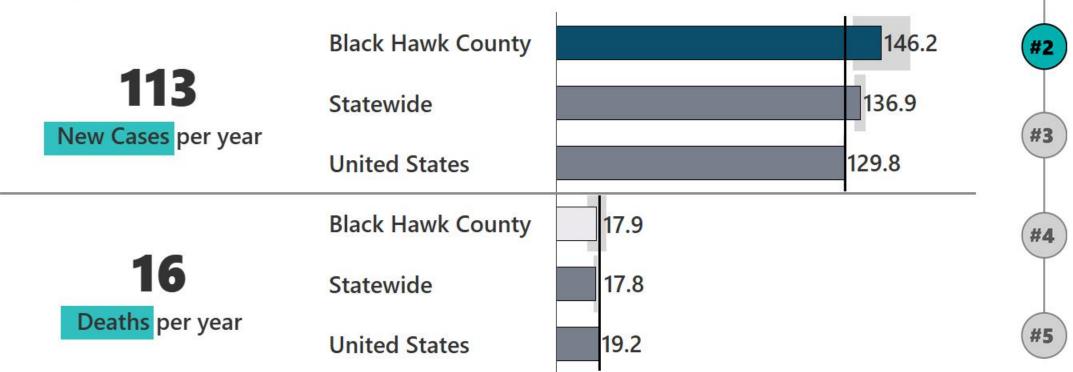
The discussion about screening should take place at:

- Age 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years
- Age 45 for men at high risk of developing prostate cancer. This includes <u>African American men</u> and men who have a first-degree relative (father or brother) diagnosed with prostate cancer at an early age (younger than age 65).
- Age 40 for men at even higher risk (those with more than one first-degree relative who had prostate cancer at an early age)



#2 | Female Breast cancer

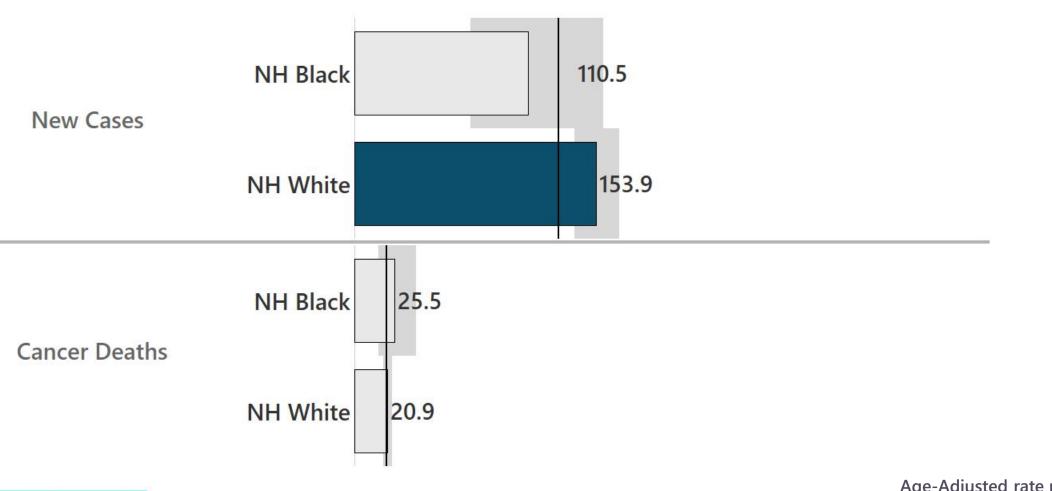
Each year in Black Hawk County, there are about...



Age-Adjusted Rate per 100,000 Incidence (2017-2021); Mortality (2018-2022) #1



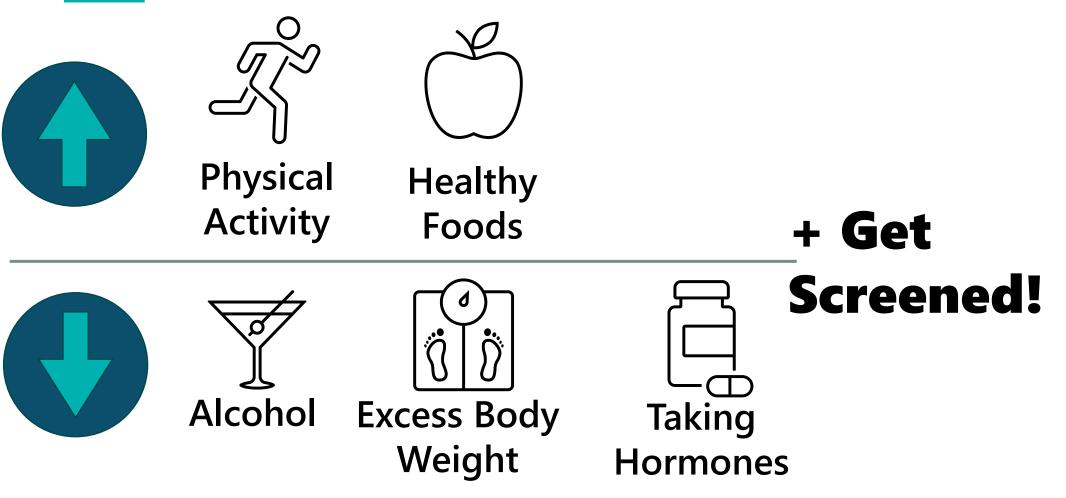
Breast Cancer by Race in Black Hawk County





Age-Adjusted rate per 100,000 Incidence (2017-2021); Mortality (2008-2022)

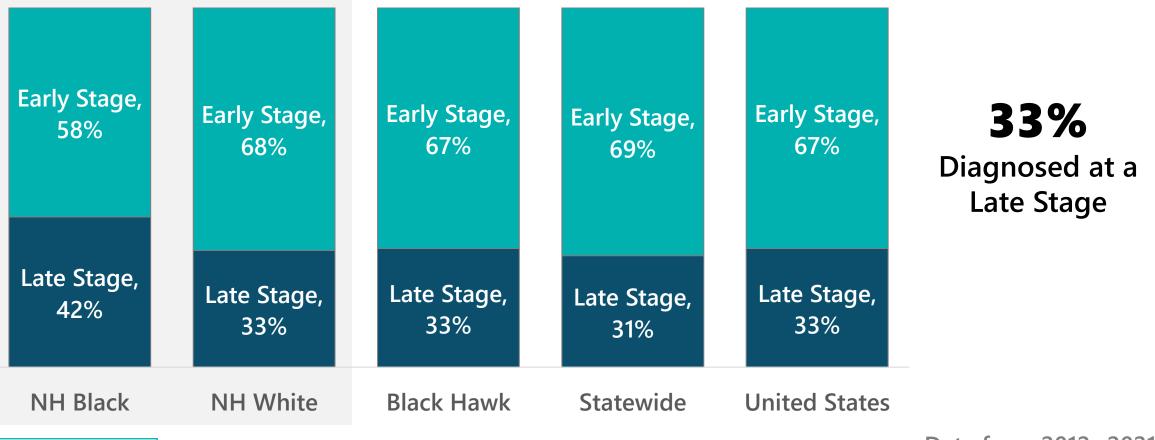
What can you do to prevent breast cancer?





Breast cancer | Stage at Diagnosis by Race

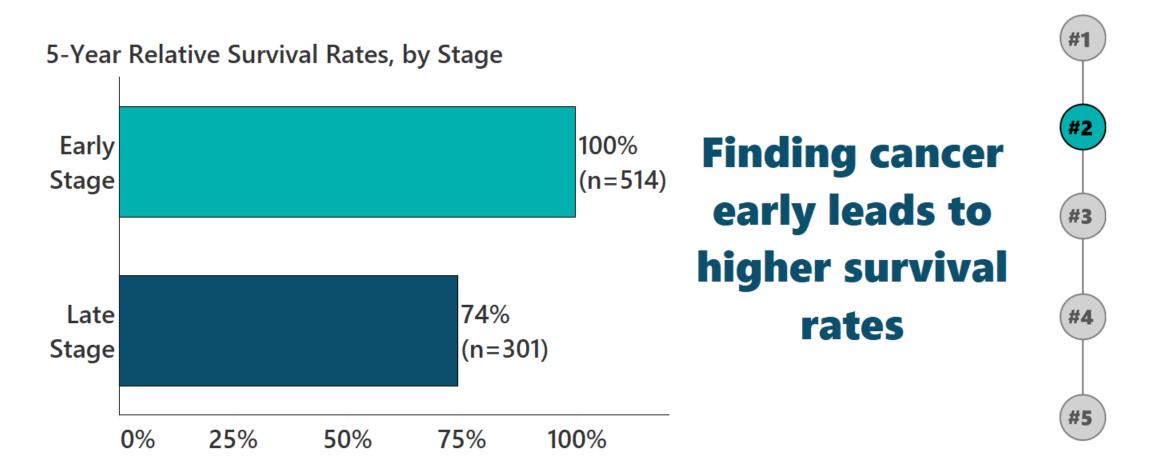
Early stage = Easier to treat, Higher survival rates





Data from 2012- 2021

#2 | Female Breast cancer | 5-Year Survival

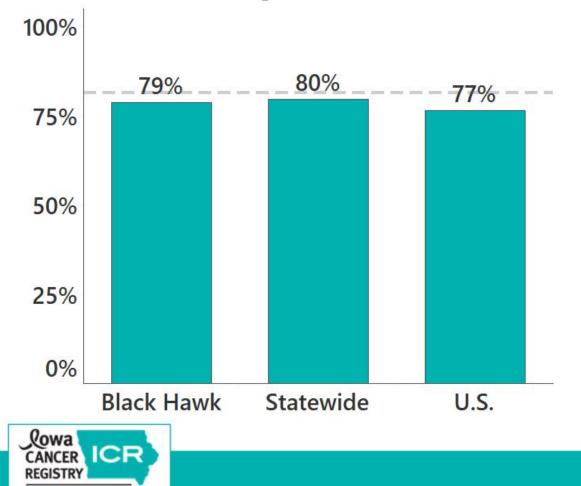




Data from 2011-2020

Breast Cancer Screening

Women age 50+ who are up to date with their breast cancer screening



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Screening Guidelines

People with breasts ages 40-74 should screen with a mammogram every 2 years

Talk to your doctor if you have a family history of breast cancer

(U.S. Preventative Services Task Force)

Data from 2022 BRFSS Goal: 81.4% by 2027

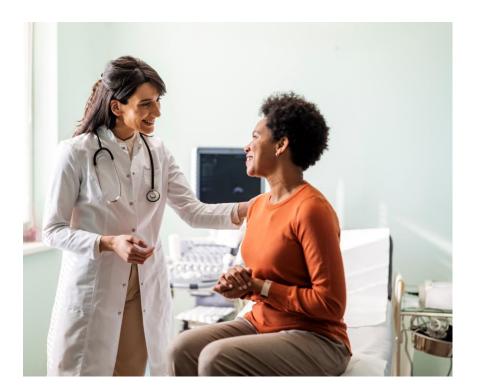
The Care for Yourself – Breast and Cervical Cancer Program (CFY-BCC)

We provide free breast and cervical cancer screenings across lowa.

- ► CFY-BCC is also called the Iowa Breast and Cervical Cancer Early Detection Program.
- ► CFY-BCC serves lowans between 21 and 64 years of age.
- ► Are at or earn less than 250% of the Federal Poverty Level.
- ► Call (866) 339-7909 to speak to a confidential coordinator immediately.
- CFY-BCC coordinators are available to help you Monday-Friday, 8:00 a.m. to 4:00 p.m.

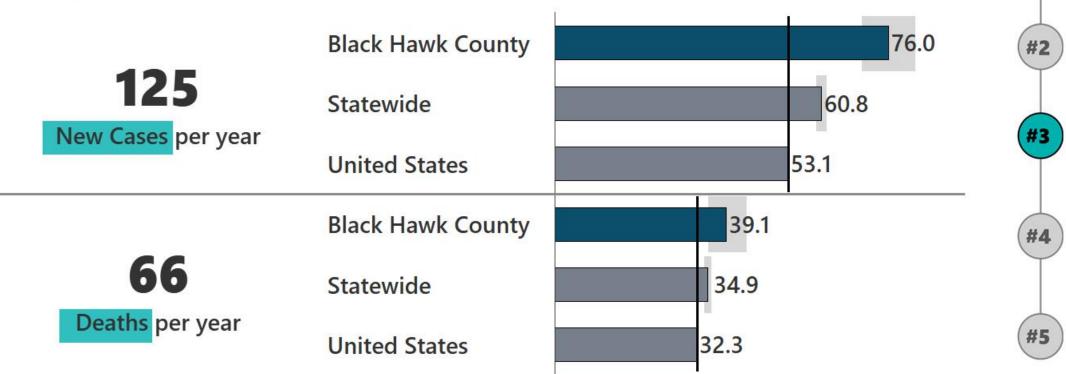
https://hhs.iowa.gov/public-health/cancer/cfy

A | Health and Human Services



#3 | Lung cancer

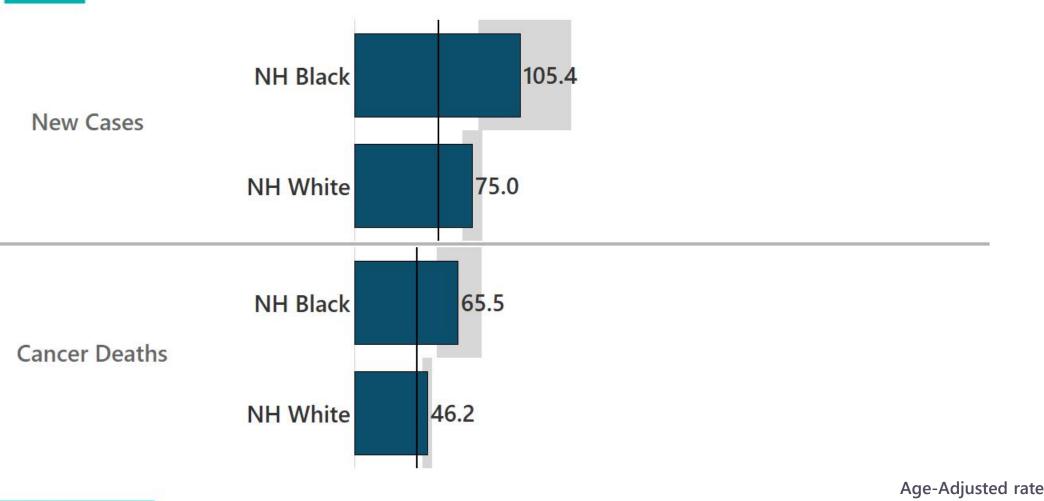
Each year in Black Hawk County, there are about...



Age-Adjusted Rate per 100,000 Incidence (2017-2021); Mortality (2018-2022) #1



Lung Cancer by Race in Black Hawk County





What can you do to prevent lung cancer?





for Radon







Smoking



What is Radon?

- Radon is an invisible, tasteless, odorless, radioactive gas
- It is naturally produced by radium and uranium in the soil
- Radon becomes harmful when it becomes trapped and concentrated in the air
 - For example, when it leaks into a basement through a crack in the foundation or a space around a pipe

Learn more about Radon testing and mitigation:

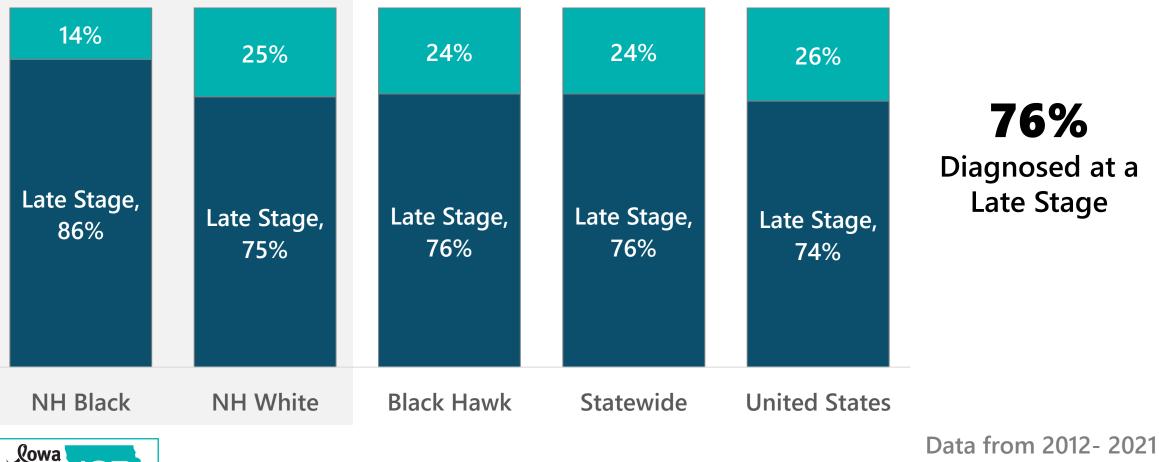
Iowa Health & Human Services <u>hhs.iowa.gov/radiological-</u> <u>health/radon</u>

> Iowa Cancer Consortium <u>canceriowa.org/radon/</u>



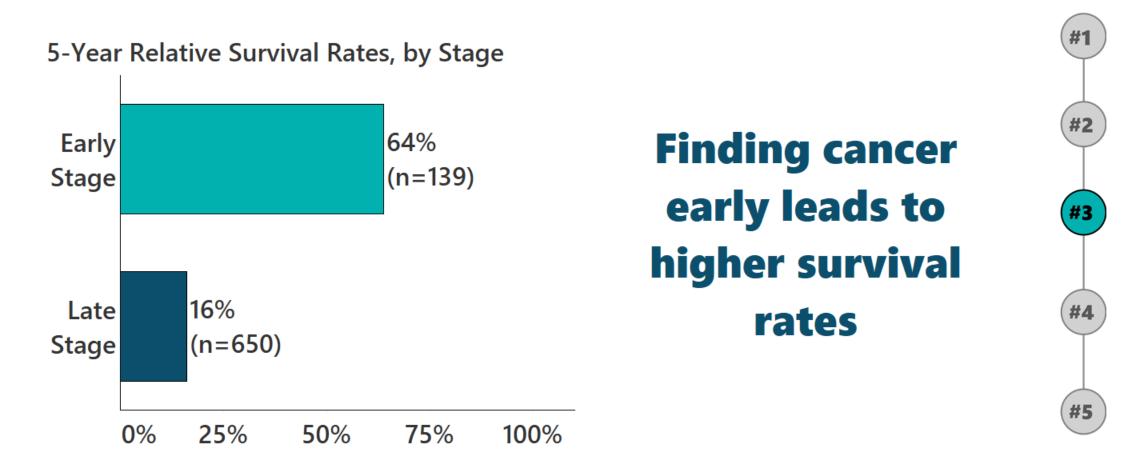
Lung cancer | Stage at Diagnosis by Race

Early stage = Easier to treat, Higher survival rates



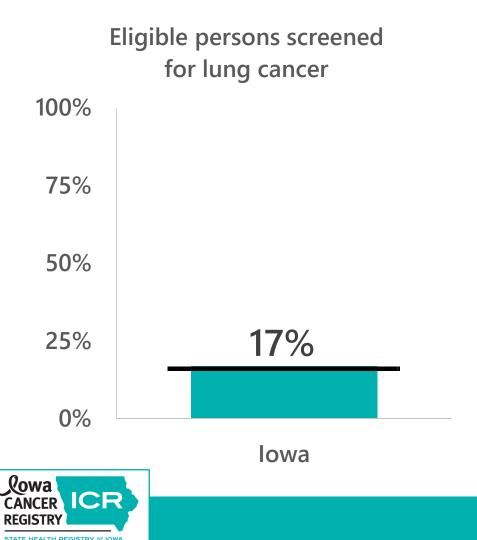


#3 | Lung cancer | 5-Year Survival





Lung Cancer Screening



Screening Guidelines

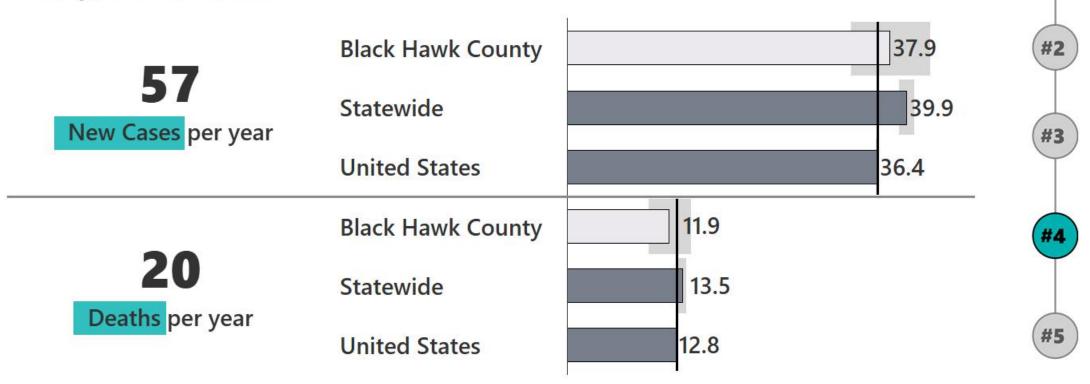
Lung cancer screening is a lowdose CT scan

If you have smoked in the last 15 years and are between the ages 50-80 years talk to your doctor about being screened for lung cancer

(U.S. Preventative Services Task Force)

#4 | Colorectal cancer

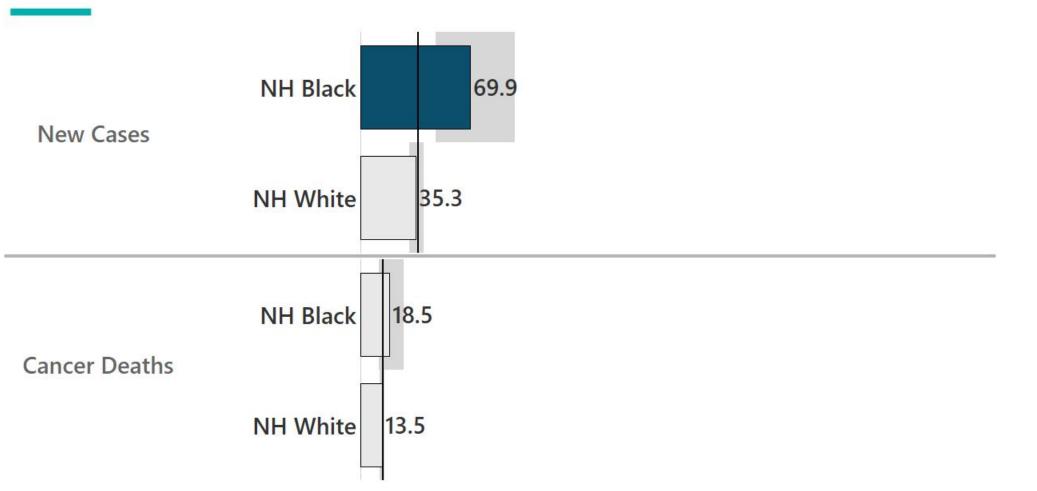
Each year in Black Hawk County, there are about...



Age-Adjusted Rate per 100,000 Incidence (2017-2021); Mortality (2018-2022) #1



Colon and Rectum Cancer by Race in Black Hawk County





What can you do to prevent colorectal cancer?



REGISTRY

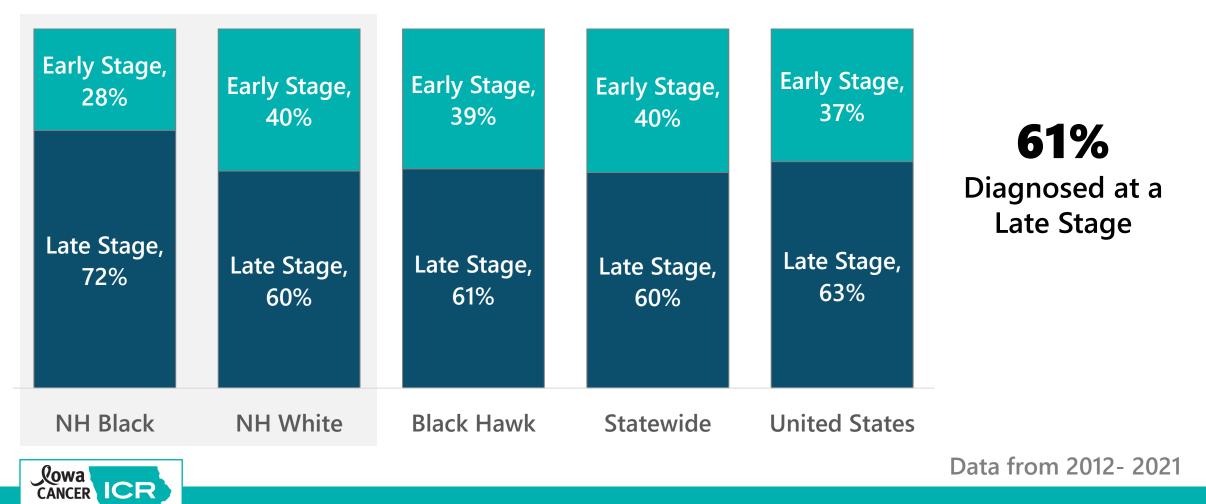
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Colorectal cancer | Stage at Diagnosis by Race

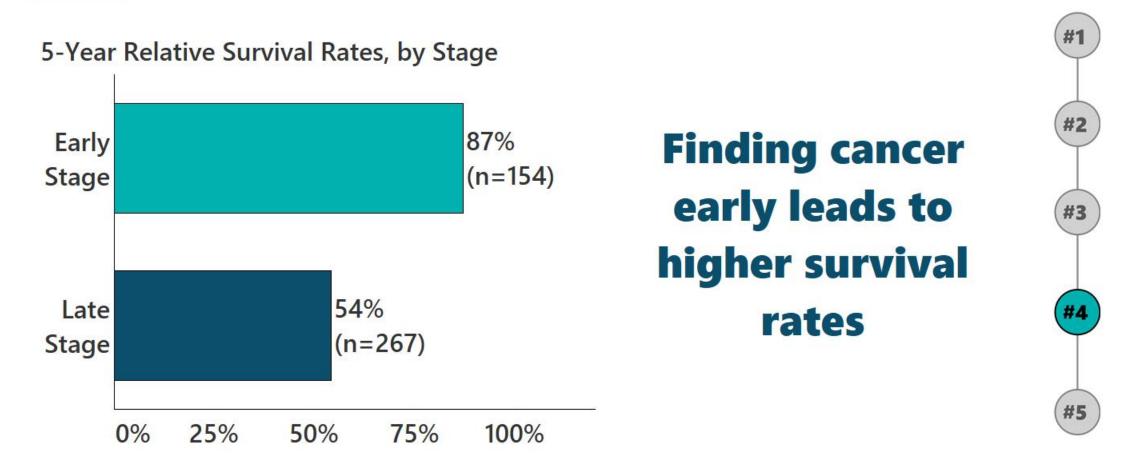
Early stage = Easier to treat, Higher survival rates

REGISTRY

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#4 | Colorectal cancer | 5-Year Survival

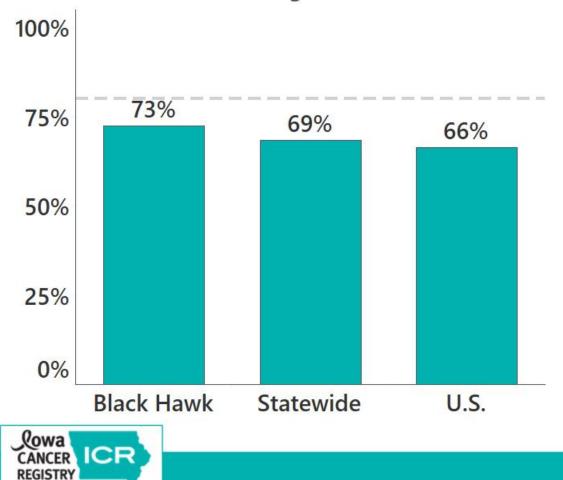




Data from 2011-2020

Colorectal Cancer Screening

Adults ages 45-75 who are up to date with their colorectal cancer screening



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Screening Guidelines

Adults ages 45-75 can screen with either (1) an at-home, stool-based test, or (2) a colonoscopy.

Talk to your doctor about which is best for you.

(U.S. Preventative Services Task Force)

Data from 2022 BRFSS Goal: 80% by 2027

Iowa Get Screened (IGS): Colorectal Cancer Program

We partner with Iowa's Federally Qualified Health Centers (FQHCs) and local public health agencies to increase colorectal cancer screening.

Through a collaboration with the Iowa Primary Care Association (Iowa PCA) and FQHCs, the program serves low-income Iowans, ages 45-75, to:

- Increase the number of cancers prevented
- Increase the diagnosis of early-stage colorectal cancer
- Reduce colorectal cancer incidence and mortality in the state

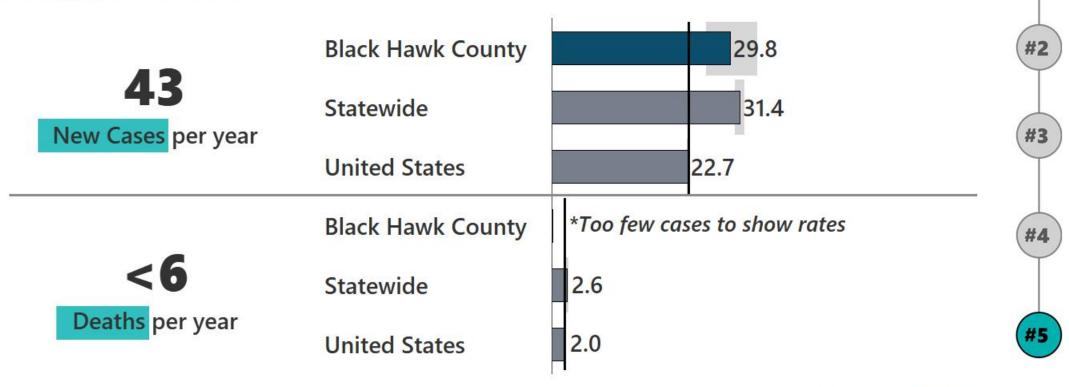


https://hhs.iowa.gov/public-health/cancer/colorectal-cancer-screening-program

A Health and Human Servi

#5 | Melanoma

Each year in Black Hawk County, there are about...



Age-Adjusted Rate per 100,000 Incidence (2017-2021); Mortality (2018-2022) #1



What can you do to prevent melanoma?









Sit in the shade when possible



Avoid being in the sun from 10am – 2pm

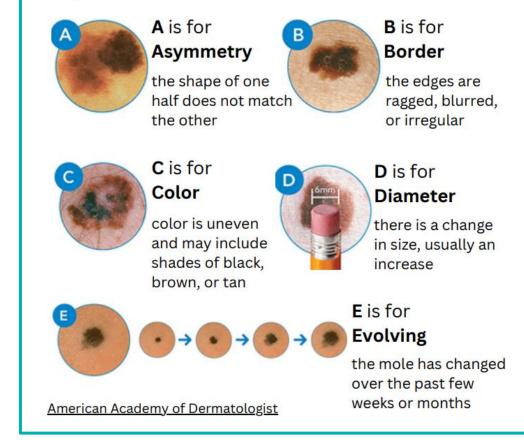
Do not use indoor tanning beds



Melanoma Self-Exams

Perform regular **self-examinations** using a mirror. Look for new spots or changes in existing spots.

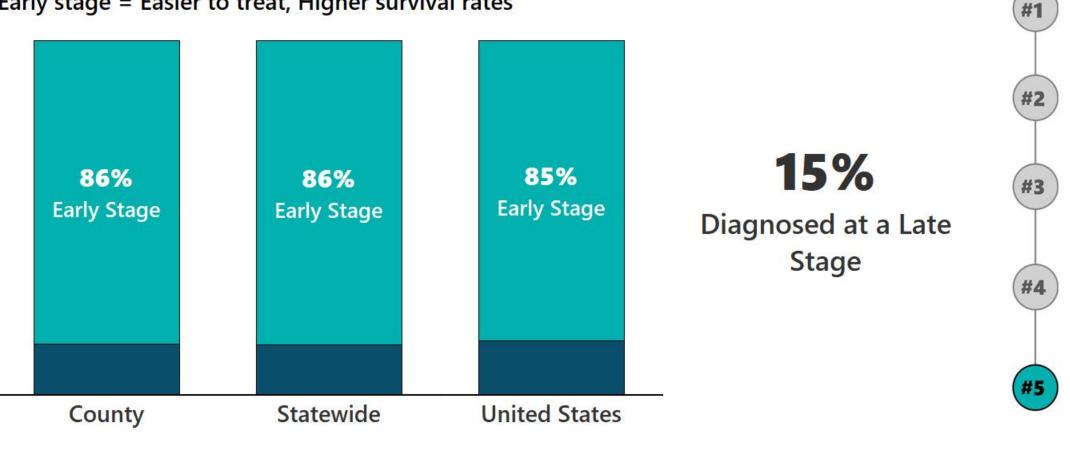
If you are concerned about a spot, talk to your doctor or a dermatologist Most moles and brown spots are harmless, but following the **ABCDE's** can help you detect melanoma early.



CANCER ICR REGISTRY Check out the Iowa Cancer Registry Melanoma Spotlight

#5 | Melanoma | Stage at Diagnosis

Early stage = Easier to treat, Higher survival rates

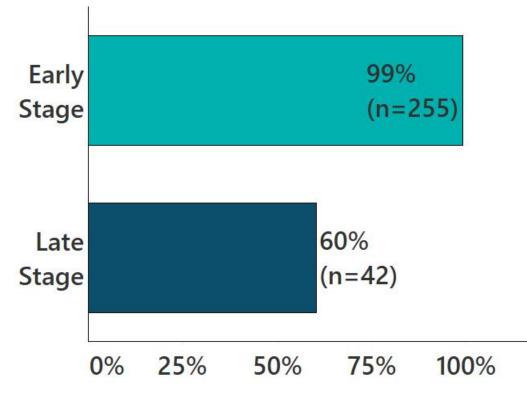




Data from 2012-2021

#5 | Melanoma | 5-Year Survival

5-Year Relative Survival Rates, by Stage



Finding cancer early leads to higher survival rates

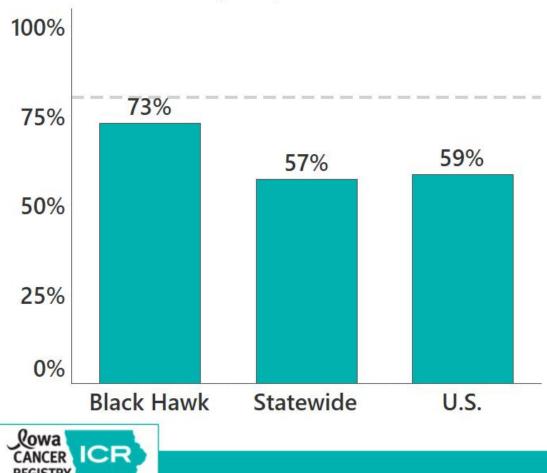




Data from 2011-2020

A vaccine that prevents cancer: HPV

Adolescents ages 13-15 who have completed their HPV vaccine series (2022)

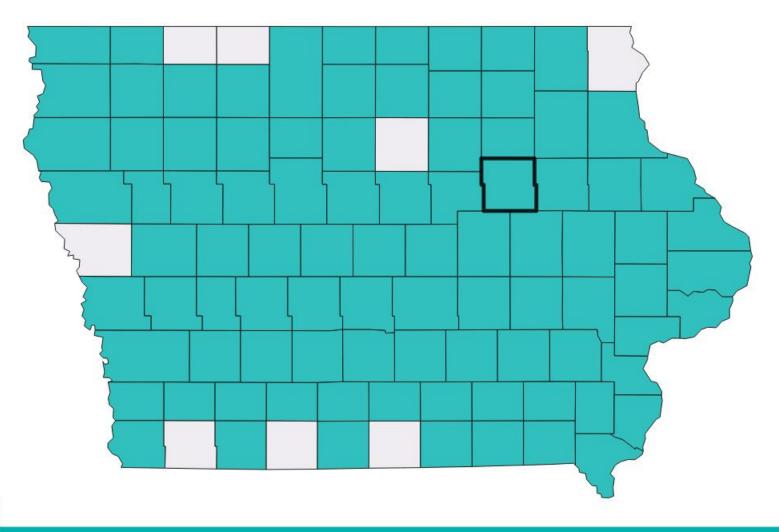


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- HPV infection can cause cancers of the cervix, mouth and throat, anus, rectum, penis, vulva, and vagina.
- Iowa has the highest rate of oropharyngeal cancer in the U.S.
- Vaccine provides safe, effective, and lasting protection against HPV, thus reducing cancer risk
- Recommended at age 11 or 12 years, when immune response is best & before HPV exposure

Data from 2022 IHHS & NIS-Teen Goal: 80% by 2027

After the last tobacco tax was passed in 2007, smoking rates decreased in **92%** of Iowa counties

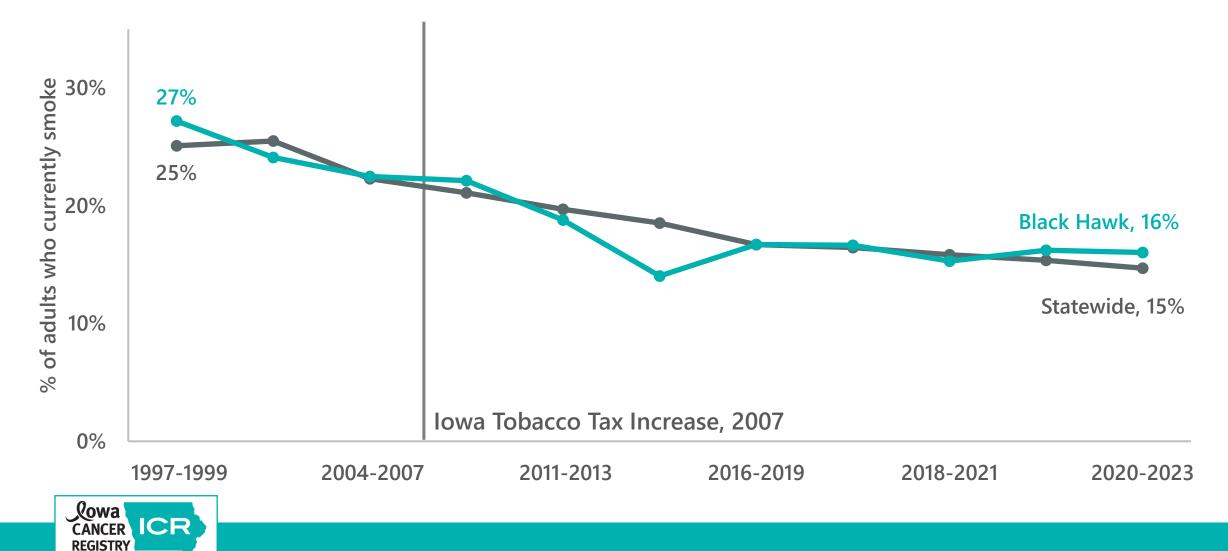




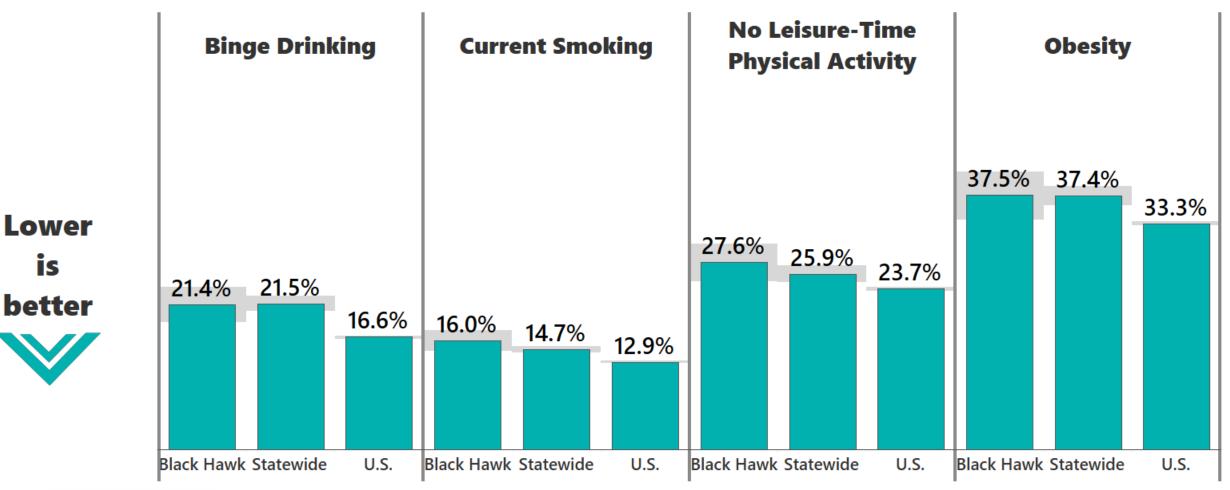
After the last increase to the tobacco tax was passed in 2007, smoking rates **decreased** in Black Hawk County

* Determined by comparing data from 2004-2007 combined to 2011-2013 combined

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Other Cancer Risk Factors





CDC PLACES 2022 model-based county-level estimates Iowa BRFSS 2020-2023 smoking county data **Resources** to help understand and address cancer in Iowa communities

Iowa Comprehensive Cancer Control Program (CCCP)

We work with partners to prevent cancer whenever possible and support cancer survivors across lowa.

- The CCCP partners with many organizations, including the Iowa Cancer Consortium, Iowa's cancer coalition.
- CCCP is involved in the revision and implementation of the Iowa Cancer Plan.
- Currently CCCP is focused on increasing HPV vaccination, increasing lung cancer screening, and supporting cancer survivors.



Photo from the Iowa Cancer Consortium, taken at the Iowa Cancer Summit

https://hhs.iowa.gov/public-health/cancer https://canceriowa.org/iowa-cancer-plan/

Health and Human Services

Iowa Cancer Consortium

A non-profit cancer coalition that provides

- Connections and partnership
- Latest news and cancer updates via email
- Training and educational opportunities
- Grant opportunities and technical assistance
- Free cancer educational materials for distribution
- The Iowa Cancer Plan

Virtually-hosted workgroups include:

- Cancer Screening & Early Detection
- Health Equity
- HPV (w/ Iowa Immunizes coalition)
- Policy
- Radon
- Research & Clinical Trials
- Rural Cancer
- Quality of Life
- Cancer & the Environment Task Force

www.canceriowa.org



Mission: To advance cancer prevention and control through advocacy, equity, and collaboration. **Vision**: An Iowa where cancer is not a burden.



Blueprint for cancer control, the *Iowa Cancer Plan*

Chapters with sections that include priorities, strategies, and specific action steps which may be tailored to many settings to guide cancer control activities.

- **1. Health Equity:** identify and eliminate cancer health disparities.
- **2. Prevention and Risk Reduction:** whenever possible, prevent cancer from occurring.
- **3. Early Detection and Screening:** promote the benefits of screening tests to ensure early diagnosis.
- **4. Diagnosis and Cancer-Directed Therapy:** reduce barriers to care, promote evidence-based practices, and encourage participation in clinical trials and other forms of research.
- 5. Survivorship and End-of-Life Care: ensure resources to optimize quality-of-life for cancer survivors and their families.



2023-2027



https://canceriowa.org/ iowa-cancer-plan/

What to do if you suspect a cancer cluster in your community

- If you are concerned about cancer excess in your area, please email us at ICR-CancerConcerns@uiowa.edu
- We will ask you about:
 - Geographic area of concern
 - Cancer types diagnosed in the area
 - Time frame
 - Exposure(s) of concern
- If possible, ICR will conduct an analysis comparing the expected number of cancers to what's been observed
- A meeting will be held to discuss the results of the analysis and a written copy of the report will be sent to you

Guidelines for Examining Unusual Patterns of Cancer and Environmental Concerns



https://www.cdc.gov/cancer-environment/media/pdfs/Guidelines-for-Examining-Unusual-Patterns-of-Cancer-and-Environmental-Concerns-h.pdf

This is only the first step.

Recommended Actions



Iowa Cancer Plan

Use to identify strategies aligned with communityspecific needs

canceriowa.org/iowa-cancer-plan/

American Cancer Society Cancer Action Network



Engage American Cancer Society Cancer Action Network (ACSCAN) to promote cancer-relevant legislation

www.fightcancer.org



Iowa Cancer Consortium

Connect for state-wide collaboration and potential community-level funding

www.canceriowa.org

Include cancer in needs assessments

Include cancer-relevant strategies in your hospital's community health needs assessments or public health department's needs assessment

hhs.iowa.gov/lphs/cha-chip





What can you do next?

Reduce Lung Cancer

We know tobacco- and nicotine-free policies, reducing out-of-pocket costs for cessation treatments, and mass communications can help reduce lung cancer

Breast Cancer

We know engaging community health workers, developing clinic-specific interventions, and supporting care navigation are effective in addressing breast cancer.

Prevent Skin Cancer

We know providing sunscreen and UV-safety education in outdoor occupational, recreation/tourism, and childcare settings can help prevent skin cancer.

Prostate Cancer

We know educating about the link between

- tobacco, alcohol, and obesity and prostate cancer;
- chemical exposures and prostate cancer; as well as promoting shared decision-making between individuals and providers helps reduce the burden of prostate cancer.



Every community is different

Your expertise is key

- Your expertise as community members and leaders and local policy makers is key to answering the question of what to do next. You know best what your community needs and what will work.
- **Cancer control partners** like the Iowa Cancer Registry, the Iowa Cancer Consortium, Iowa HHS, and your local public health department can provide ideas, advise, and help find data, evidence, and other resources, but ultimately you are the experts.
- A good place to start is by taking stock of the information presented today and where the opportunities for change might be within your county, town, or organization. Use the Iowa Cancer Plan for inspiration and reach out to the Iowa Cancer Consortium for partnership in moving forward.



Black Hawk County Resources Breast Cancer

Beyond Pink TEAM

The Beyond Pink TEAM takes action by providing free newsletters, educational programs, information, and advocacy focused on breast cancer.

Financial assistance is available for qualifying individuals in breast cancer treatment.

For more information, visit: https://www.beyondpinkteam.org

Splash of Color Breast Cancer Support Group

The mission is to educate, inform, and provide programs and services to women of color who have been living with breast cancer and currently going through breast cancer treatment.

SoC offers financial assistance to women going through breast cancer treatment that may include: rent/mortgage payments, transportation costs to/from treatment, in-home care, utilities/gas/water bills, medical supplies, telephone bills, groceries, prescriptions, etc.

Support group meetings are offered quarterly (February, May, August, and November) or upon request. Childcare provided with advance notice.

For more information and/or to volunteer, call (319) 233-2819 or email <u>Splashofcolor3_wloo@yahoo.com</u>

Black Hawk County Resources Cancer Screening and Survivorship

Care For Yourself

The program offers free or low-cost cancer screenings for eligible individuals. Covered services include well woman physicals, pelvic exams and/or pap smears, mammograms, and diagnostic testing, if needed.

To qualify, individuals must be:

- A woman 21-64 years old (those 64 and older may be eligible if they meet the criteria)
- Meet income guidelines
- Have no insurance or insurance copay is more than you can afford

Contact the Black Hawk County Public Health Care for Yourself program at (319) 292-2225.

For more information, visit: https://www.bhcpublichealth.org/services/chr onic-diseases-prevention

Iowa Get Screened

The program offers free colon cancer screenings for eligible individuals.

To qualify, individuals must be:

- 45 or older
- Be uninsured or underinsured
- Meet income guidelines

Contact the Black Hawk County Public Health Iowa Get Screened program at (319) 292-2225.

For more information, visit: https://www.bhcpublichealth.org/ser vices/chronic-diseases-prevention

Survivorship 101

Survivorship 101 is a free nine-week course for cancer survivors and their caregivers.

This course provides practical guidance for your next steps, including researchbased advice on topics like building resilience, nutrition, exercise, and reducing anxiety.

To register, receive more information, or be added to the contact list for future classes, contact social worker Mary Kobliska at Allen Hospital Community Cancer Center by calling (319) 236-4721 or emailing Mary.Kobliska@unitypoint.org.

Black Hawk County Resources Pathways Behavioral Services

Prevention Services

Prevention activities work to educate and support individuals and communities to address substance use and misuse, mental health, and problem gambling. Community Prevention Educators provide evidencebased programming and activities to individuals across the lifespan, including school-based youth curriculum, community group and organization presentations, assistance with community and workplace policies, and more.

For more information, visit: https://pathwaysb.org/preventionservices/

Cedar Valley Substance Misuse & Overdose Prevention Coalition

Pathways Behavioral Services Community Prevention Educators **facilitate a monthly coalition meeting** (Cedar Valley Substance Misuse & Overdose Prevention Coalition) whose mission is to diminish substance abuse and overdose across the lifespan through awareness, prevention, and collaboration by sharing of information, resources, and opportunities that support the vision of safe, healthy, and drug-free communities.

For more information, visit: https://pathwaysb.org/prevention-services/

Screening, Brief Intervention, and Referral to Treatment (SBIRT)

Pathways Behavioral Services Prevention Services **provide SBIRT screening opportunities** throughout the community and can be performed in as little as 5-10 minutes.

SBIRT is an evidence-based screening approach used to identify those who use alcohol and other drugs in high-risk amounts. The goal of SBIRT is to reduce and prevent the various health-related consequences, accidents, and injuries associated with using substances at elevated levels.

For more information, visit: https://pathwaysb.org/prevention-services/

Black Hawk County Resources Pathways Behavioral Services, continued Tobacco Cessation

Smoke Free Homes Program Education & Policy Adoption/Technical Assistance

Pathways Behavioral Services Prevention Services Department provides education on the Smoke Free Homes Program for rental properties, along with technical assistance needed in adopting Smoke Free Homes Policies.

For more information, visit: <u>https://pathwaysb.org/pre</u> vention-services/

Tobacco Free/ Nicotine Free Policies

Pathways Behavioral Services Prevention Services provides **assistance with policy adoption and policy updates** for area businesses, community events, schools, parks, etc.

For more information, visit: <u>https://pathwaysb.org/</u> <u>prevention-services/</u>

Youth Tobacco Initiation Prevention Services

Pathways Behavioral Services Prevention Services provides evidence-based multilesson curriculum that **educates youth on the negative effects of tobacco use**, as well as the harms associated with electronic smoking devices and other new and emerging products.

Pathways Behavioral Services Prevention Services also provides tobacco/nicotine prevention services among young people through the formation of Iowa Students for Tobacco Education and Prevention (ISTEP) Chapters within youth-serving organizations.

For more information, visit: https://pathwaysb.org/prevention-services/

https://hhs.iowa.gov/programs/programsand-services/tobacco-use-preventioncontrol/youth-prevention-istep

Quitline Iowa

Quitline Iowa is a free program that has helped over 1.5 million people quit tobacco. The professional quit coaches and online community provide support, including connections to resources like nicotine quit medications.

For more information on Quitline Iowa and to connect with a personal coach: Visit https://quitlineiowa.org/ Call 1-800-QUIT-NOW (784-8669) Text START to 300500

Ask, Advise, Connect

Pathways Behavioral Services Prevention Services provides educational training opportunities for medical providers and community organizations on Quitline Iowa programs and referral systems for treating commercial tobacco/nicotine use.

For more information, visit: https://pathwaysb.org/prevention-services/

Black Hawk County Resources Vaccine Services

Vaccines for Children (VFC) Program

Black Hawk County Public Health offers free vaccines, including the HPV vaccine, to qualifying individuals.

To qualify, individuals must be:

- Children up to 18 years old
- Uninsured (no insurance)
- Underinsured (insurance doesn't cover vaccines)
- Enrolled in Medicaid*
- Are American Indian or Alaskan Native*

*Some healthcare providers also offer the Vaccines for Children program. If your child has a provider, contact their office for information on vaccines available.

Contact (319) 291-2413 to schedule an appointment.

For more information, visit:

https://www.bhcpublichealth.org/services/well-child-examsblood-lead-testing

Vaccines for Adults (VFA) Program

Black Hawk County Public Health offers free vaccines, including the HPV vaccine, for qualifying individuals.

To qualify, individuals must be uninsured (no insurance) or underinsured, meaning:

- Have health insurance that does not cover vaccines (eligible only for the specific vaccine that insurance does not cover)
- Have health insurance that caps prevention services (eligible after cap is reached)
- Have insurance that does not provide first-dollar coverage for vaccines
- First dollar coverage: Insurance covers ACIP-recommended vaccines without any cost sharing (copay or deductible) to the patient

Contact (319) 291-2413 to schedule an appointment.

For more information, visit:

https://www.bhcpublichealth.org/services/vaccines-for-adultsprogram

Black Hawk County Resources Environment

Radon Testing

Black Hawk County Public Health has radon test kits available for purchase at our office during business hours.

For pricing and more information, visit: https://www.bhcpublichealth.org/services/radoneducation-kit-sales

Private Well Water Testing

Black Hawk County Public Health offers free water testing for private wells located in Black Hawk County. Testing can be done yearly.

Wells are tested for:

- Coliform bacteria
- E. coli bacteria
- Nitrates
- Manganese
- Arsenic

Certain wells may also qualify for additional testing, such as PFAS.

Contact the Black Hawk County Public Health Environmental Health Program at (319) 291-2413.

For more information, visit: https://www.bhcpublichealth.org/services/water-safety

Cancer in Iowa: 99 Counties Project Resource Guide

- Organizations and programs we presented today
- IHHS Programs
 - Tobacco Use Prevention and Control
 - Immunization Program
 - The Hepatitis Program
 - Radon
- Iowa Rural Health Association

In the next slides we will highlight the...

- Agricultural Health Study
- Environmental Exposures and Health Risks Fact Sheets
- Center for Health Effects of Environmental Contamination
- Iowa Private Well Grants Program





Agricultural Health Study



The Agricultural Health Study (AHS) has been working for more than 30 years to understand factors that impact the health of farmers and their families.

- Includes over 50,000 pesticide applicators from Iowa
 - Study is also following applicator's spouses and children
- Linked with Iowa Cancer Registry data to study risk of developing cancer among pesticide applicators

The aim of this study is to understand what risks there are to farmers and how they can protect themselves.

aghealth.nih.gov

Visit the Ag Health website to read their annual study updates related to pesticides and other agricultural exposures and cancer.

Environmental Exposures and Health Risks Fact Sheets

These facts sheets include information on

- Cancer and non-cancer health risks for each environmental exposure
- How the exposures are regulated
- What you can do to limit your exposure

Environmental Health Fact Sheets

- <u>Arsenic</u>
- <u>Atrazine</u>
- Glyphoste
- <u>Nitrate</u>
- <u>Radon</u>



NEW Environmental Exposures & Health Risks Fact Sheets

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https://ehsrc.public-health.uiowa.edu/communityengagement/resources-information/

Center for Health Effects of Environmental Contamination (CHEEC)

The University of Iowa Center for Health Effects of Environmental Contamination (CHEEC) supports and conducts research to identify, measure and study adverse health outcomes related to exposure to environmental toxins. CHEEC was established through the 1987 Iowa Groundwater Protection Act and has focused its efforts to date mainly on drinking water contaminants.

For questions about environmental contaminants, please contact Dr. Cwiertny at the email address below.

cheec.uiowa.edu





Email: cheec@uiowa.edu

CHEEC

Iowa Private Well Grants Program Iowa Health & Human Services

Iowa's <u>Private Well Grants Program</u> (PWG) provides free water testing to all private well owners and users for the analytes listed. The Iowa DNR recommends that all private well owners have their water tested at least annually.

Follow the steps outlined on the Iowa DNR website.



To get your private well tested, please contact your local county health department.

County Health Department - contact list (click here)

- <u>Bacteria/coliform</u> (annually)
- <u>E.coli/fecal coliform</u> (annually)
- <u>Nitrate</u> (annually)
- <u>Arsenic</u> (every 3 years)
- <u>Manganese</u> (every 3 years)
- <u>PFAS</u> (requires pre-approval from the DNR)

https://hhs.iowa.gov/public-health/environmental-health/private-well-grants

https://www.iowadnr.gov/Environmental-Protection/Water-Quality/Private-Well-Program/Private-Well-Testing

Main Takeaways

Cancer is an important health issue facing your county There are proven ways to prevent cancer & find it early You can avoid risk factors and get screened Iowa has a strong Cancer Plan, resources, & organizations to help fight cancer Policy changes at the local and state levels can have a huge impact!

Please communicate your concerns & needs with your state representatives and local policymakers

And let us know how we can help!



These slides will be posted

These slides will be posted to the Iowa Cancer Registry website: <u>www.iowacancerregistry.org/99</u>



If you have questions, please email us at ICR-99countiesproject@uiowa.edu

Media

If you are a representative of the media and would like more information on this presentation or to speak with someone from the Iowa Cancer Registry, contact <u>ICR-Media@uiowa.edu</u>.



Thank you for attending!

If you would like to **share your thoughts** on this meeting, please participate in our brief survey. The QR code will direct you to the survey.

This brief survey should take no more than 5-10 minutes of your time.

