

Cancer in

Harrison County

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Who we are



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



Whitney Zahnd, PhD

- Assistant Professor, University of Iowa College of Public Health
- Past-president of the Iowa Rural Health Association
- Member of the Cancer Epidemiology and Population Sciences Program, Holden Comprehensive Cancer Center
- Research: rural-urban differences in cancer prevention, incidence and outcomes, access to care

99 Counties Project Team







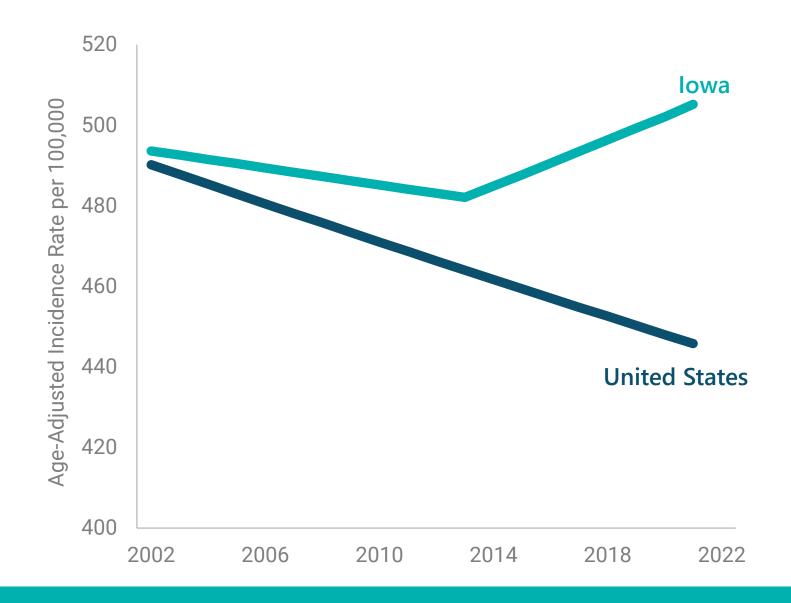


Holden Comprehensive Cancer Center



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

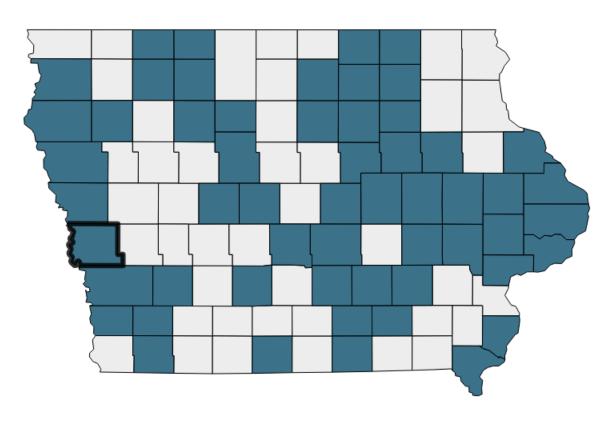




Over half of Iowa's counties have a higher incidence rate than the U.S.

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

O Counties below the national average

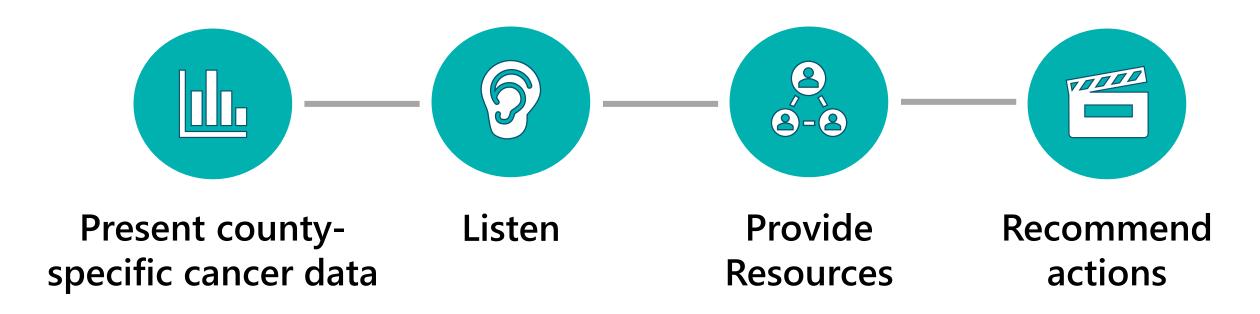


- Above National rates
- ☐ Similar to National rates



About the Project

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





"Statistics are people with the tears wiped away"

Dr. Irving Selikoff

Cancer Control Partners in Iowa

State Government



Governor

- Implement state laws
- Advance and pursue policies and programs

lowa Legislature

- Propose and vote on legislation
- Appropriate money to state agencies and programs
- Create and modify lowa laws



Health and Human Services

Bureau of Chronic, Congenital and Inherited Conditions

Comprehensive Cancer Control Program

Cancer prevention, screening, survivorship

Care for Yourself (Breast & Cervical Cancer Program)

Colorectal Cancer Screening Program

Bureau of Environmental Health Services

- · Track environmental health-related diseases
- Assist local boards of health

Local (County) Public Health Services/Boards of Health

- · Address health priorities and health disparities
- Promote healthy living
- Protect against environmental hazards
- Assure access to health services

Unity Point, MercyOne, Great River, Avera, Mayo, Methodist, Gundersen, Sanford and numerous independent health systems, hospitals and clinics across lowa

Provide cancer prevention, screening, treatment, and survivorship services



Holden Comprehensive Cancer Center

Iowa's only NCI Designated
Cancer Center

Health Care, research, education



Iowa Cancer Consortium

Advocate, collaborate, plan



Data, research, education

American
Cancer
Society

Iowa Cancer Action Network

Advocate for better policies

ACS Iowa

Help with cancer treatment and recovery

UI Research Centers





Center for Health Effects of Environmental Contamination



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

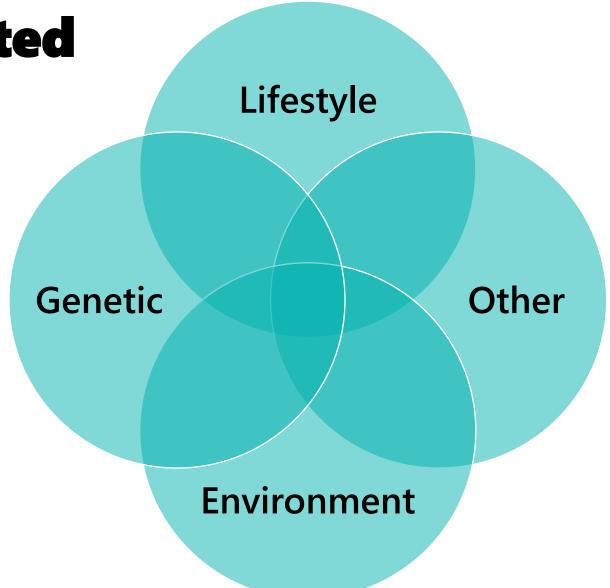
Support studies for cancer prevention, research & education



Background on Cancer

Cancer is Complicated

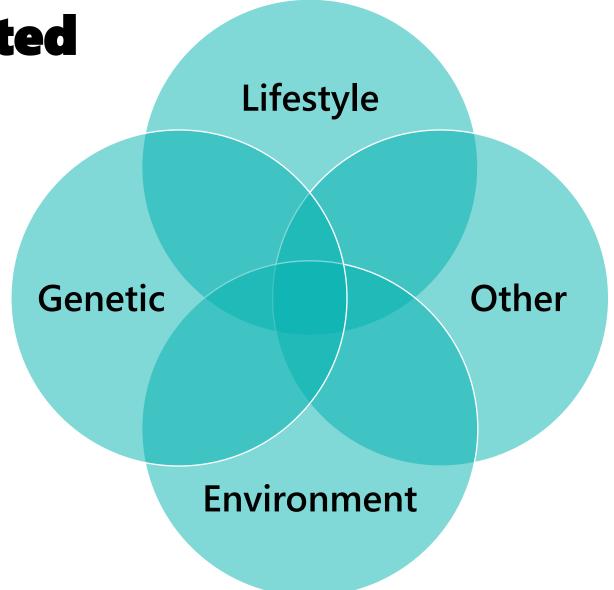
There is no one cause of cancer; it is a combination of different genetic, lifestyle, environmental, and **structural** risk factors that change the function of cells



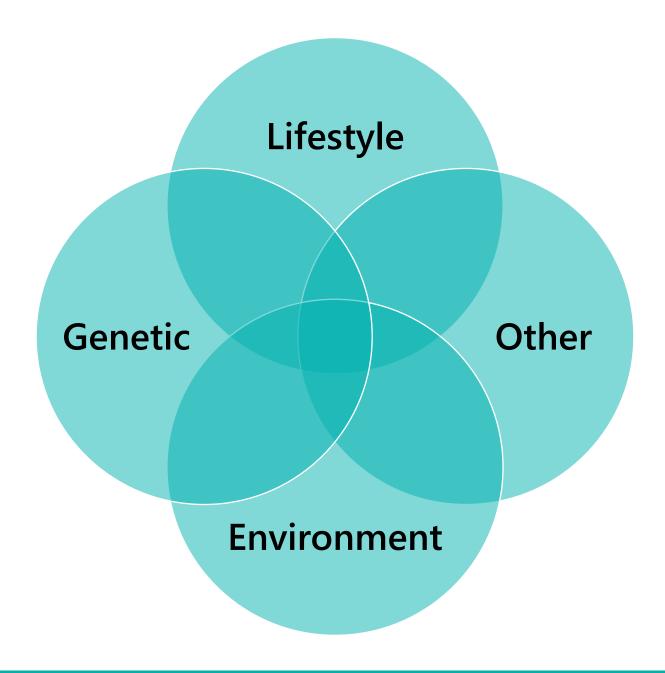


Cancer is Complicated

Risk factors are things that increase your chances of getting cancer

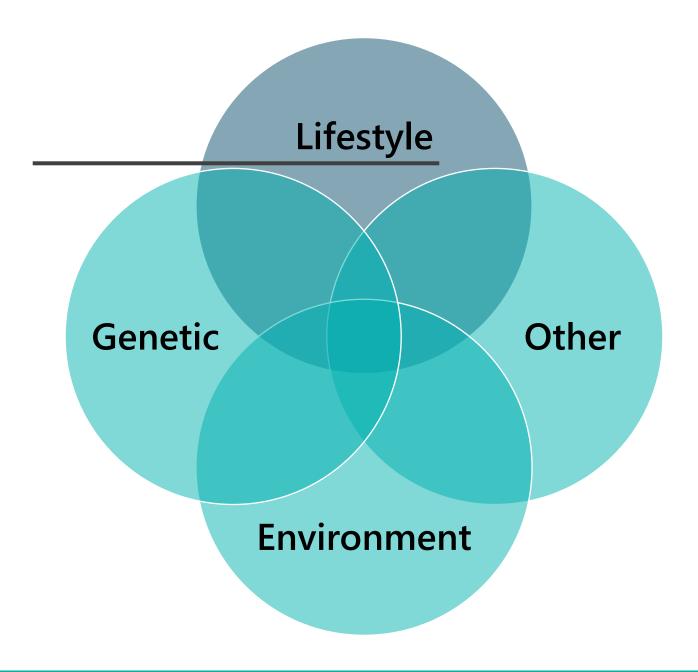




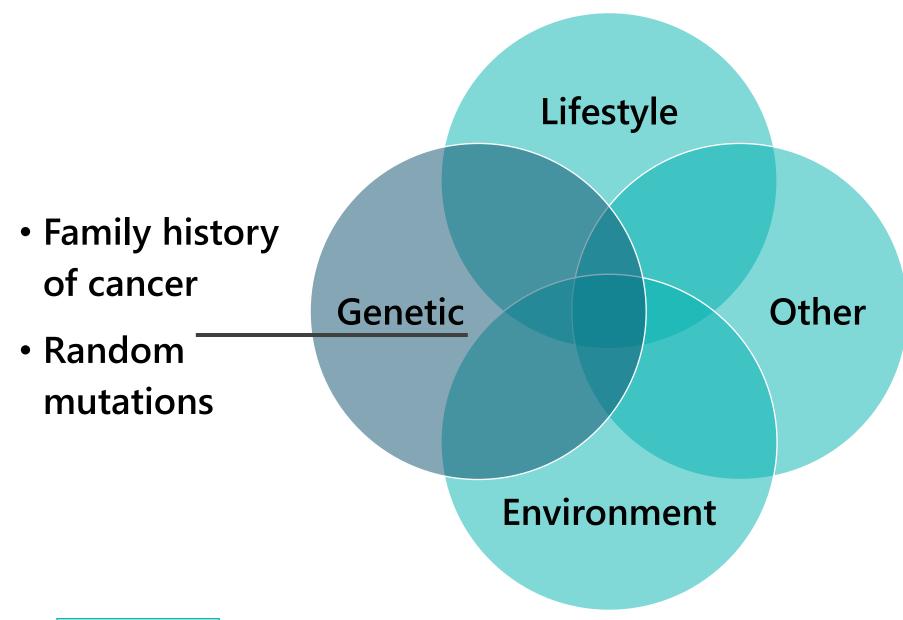




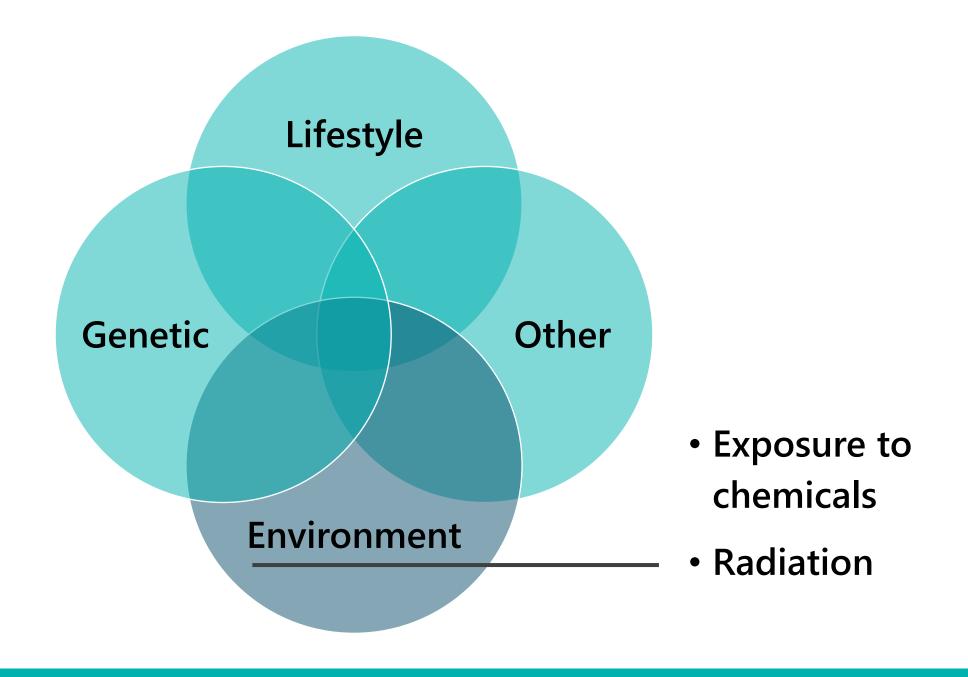
- Tobacco
- Alcohol
- Unhealthy diet
- Not being physically active
- Sunburns



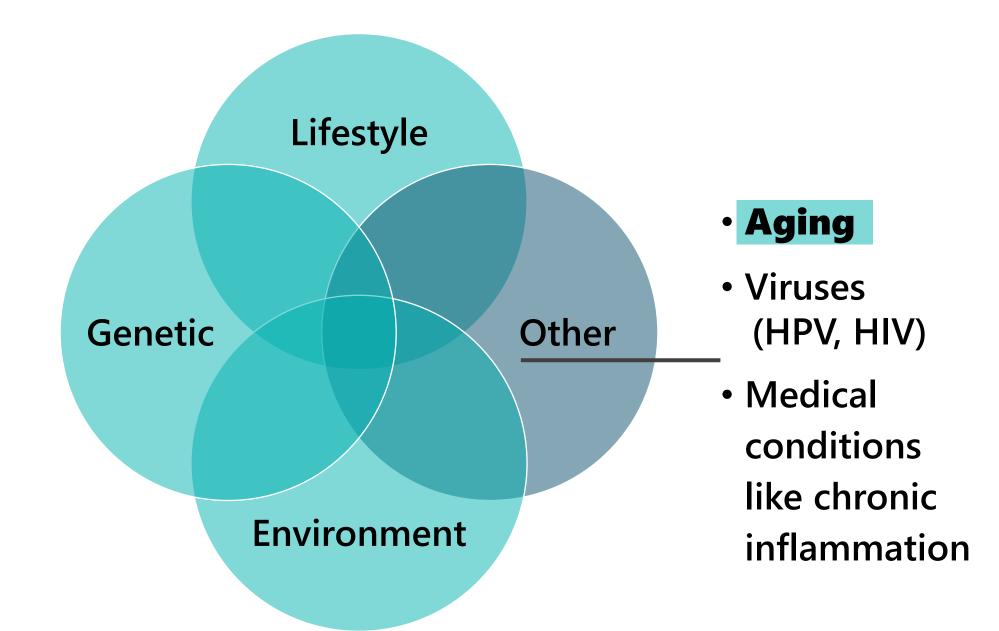














Cancer & the Environment

- Many Iowans 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.



Key Terms

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

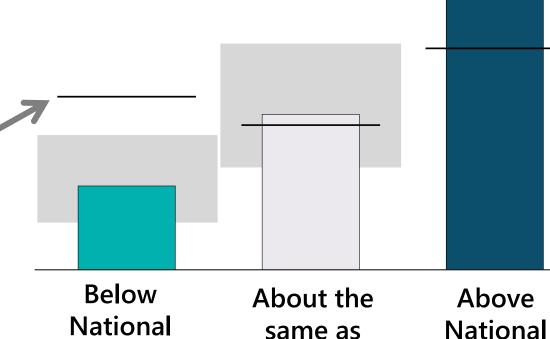
- Early Stage includes
 - Localized: Cancer is limited to the place where it started, with no sign that it has spread
- Late Stage includes
 - Regional: Cancer has spread to nearby lymph nodes, tissues, or organs.
 - Distant: Cancer has spread to distant parts of the body



How to read the graphs

Unless otherwise stated, bars are your county data

Black lines on bar graphs are United States data



National Rates

Rates

Rates

Grey boxes on bar graphs are 95% Confidence Intervals.

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



Cancer in Harrison County

New Cancers in Harrison County

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

Each year, there are about

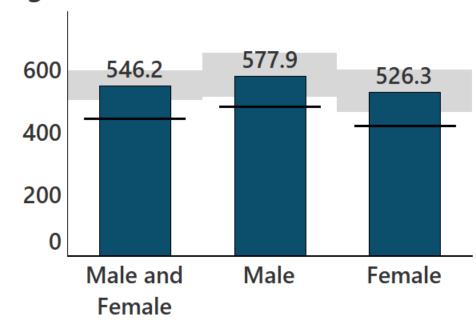
112

new cancers diagnosed in Harrison County

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

Ranks #5 of 99 counties

Cancer incidence rates are typically higher in men than women





Cancer deaths in Harrison County

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

Each year, there are about

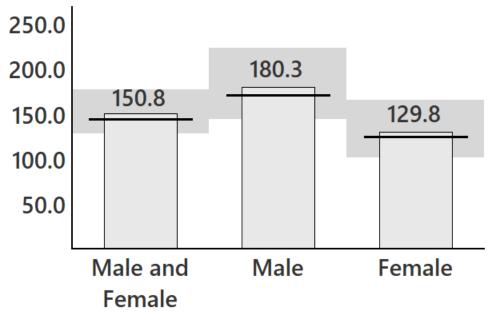
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cancer deaths in Harrison County

Cancer mortality rates in Harrison County are **not different from the U.S. average**

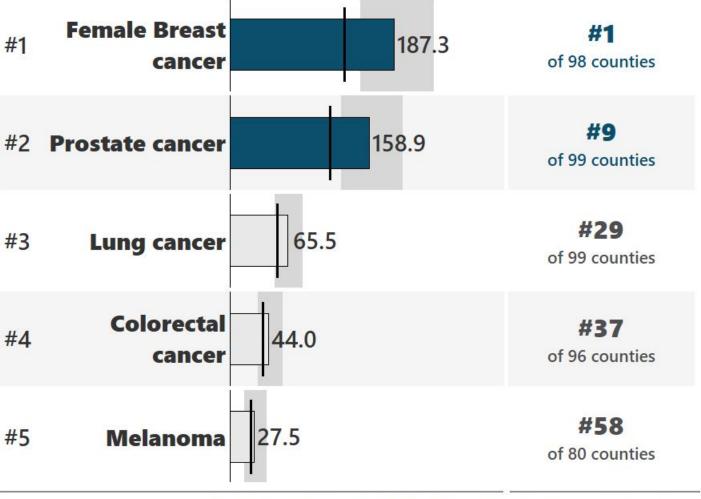
Ranks #53 of 99 counties

Cancer mortality rates are typically higher in men than women





Top cancers in Harrison County

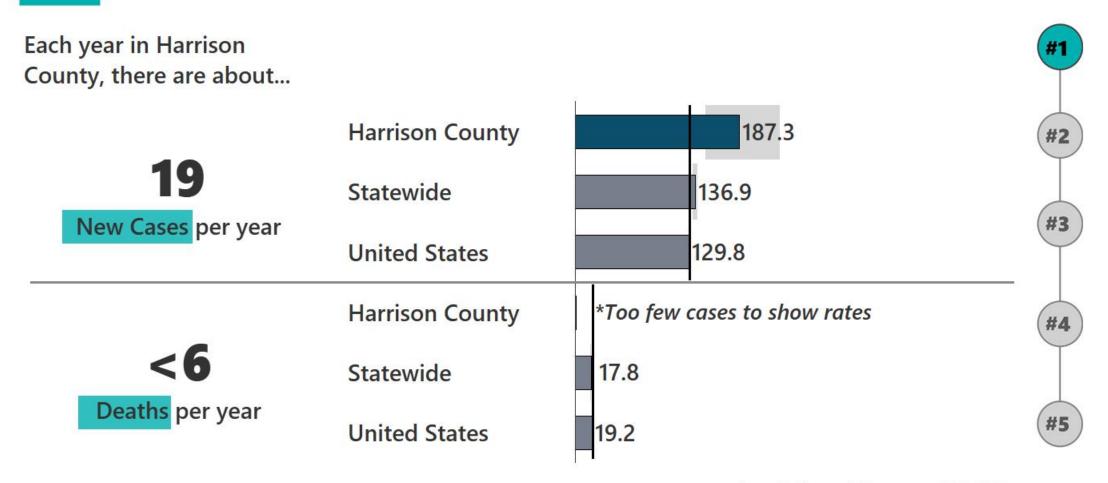


Age-Adjusted rate per 100k, 2017-2021

Rank compared to other counties, where #1 is highest in the state



#1 | Female Breast cancer





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

What can you do to prevent breast cancer?

Taking

Hormones







Physical Activity

Healthy **Foods**



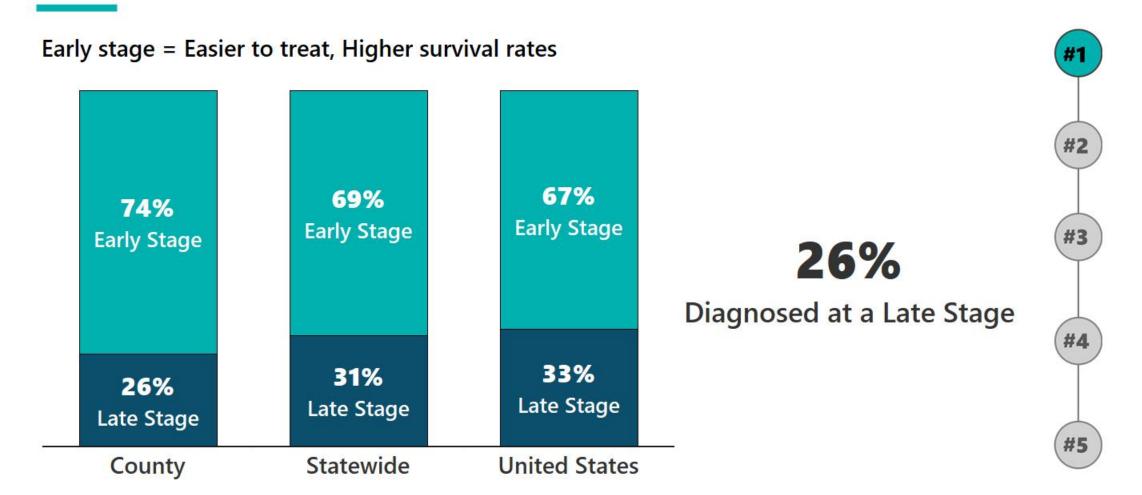






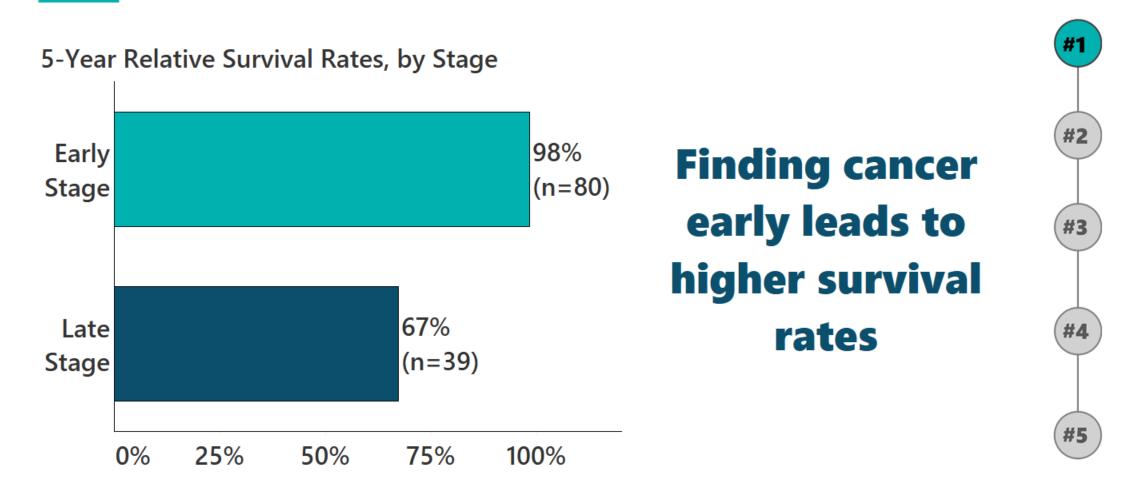


#1 | Female Breast cancer Stage at Diagnosis





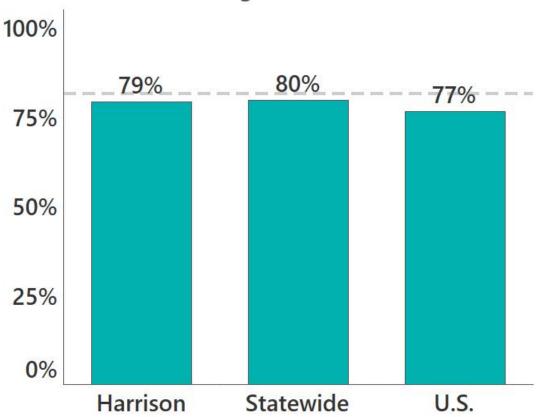
#1 | Female Breast cancer | 5-Year Survival





Breast Cancer Screening

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



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 Iowans 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

#2 Prostate cancer

Each year in Harrison County, there are about... 158.9 **Harrison County** #2 18 125.9 Statewide **New Cases** per year #3 **United States** 113.2 **Harrison County** *Too few cases to show rates #4 Statewide 19.8 **Deaths** per year #5 **United States** 18.8



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

What can you do to prevent prostate cancer?







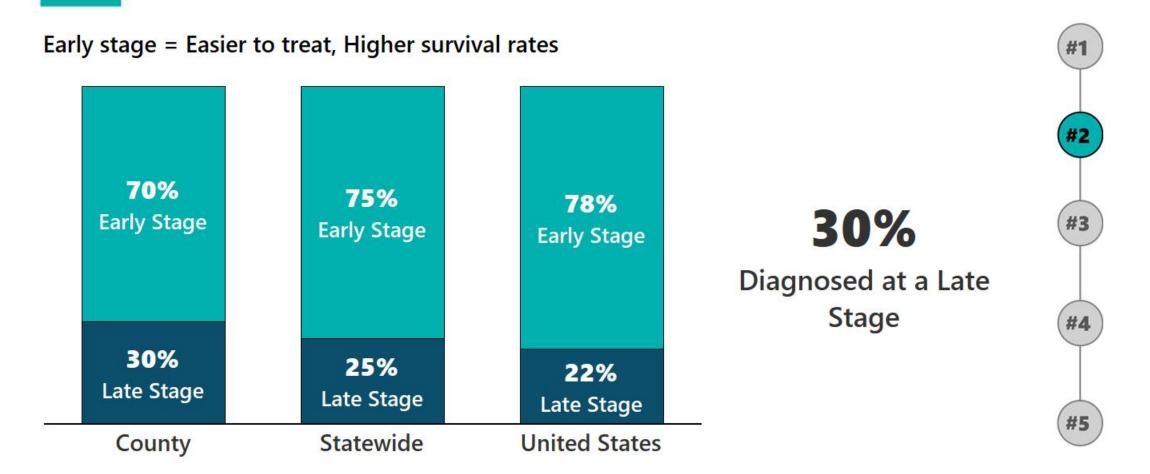






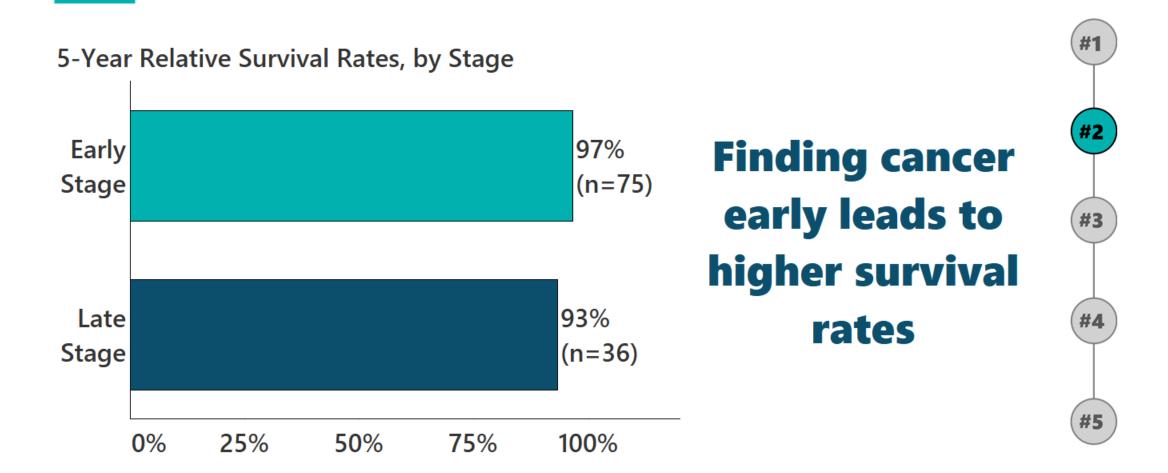


#2 | Prostate cancer | Stage at Diagnosis





#2 | Prostate cancer | 5-Year Survival





Prostate Cancer Screening

Screening Guidelines

Screening test: Prostate-specific antigen (PSA) blood test

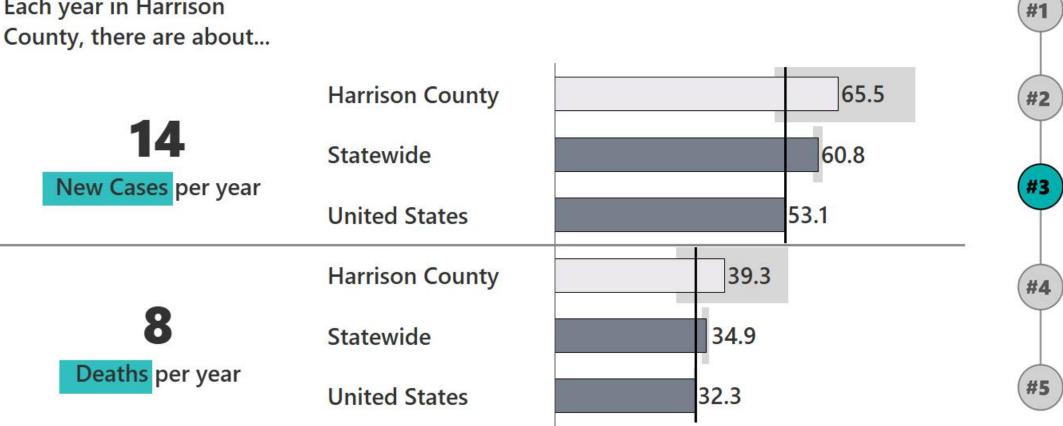
If you have a prostate and are 55-69 years old, discuss with your doctor if a PSA test is right for you

(U.S. Preventative Services Task Force)



#3 | Lung cancer

Each year in Harrison





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

What can you do to prevent lung cancer?





Test your home for Radon

+ Get Screened!







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 hhs.iowa.gov/radiological-health/radon

Iowa Cancer Consortium canceriowa.org/radon/

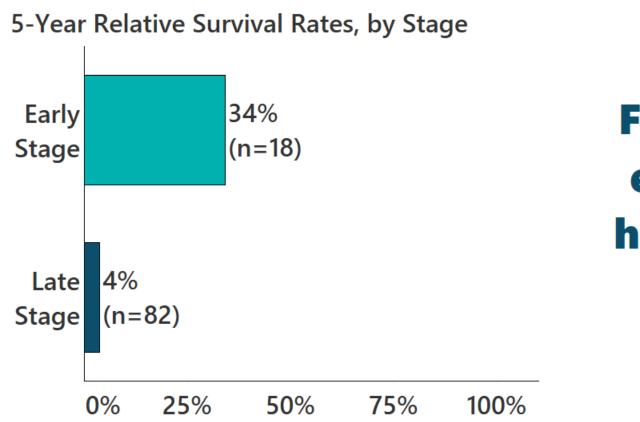


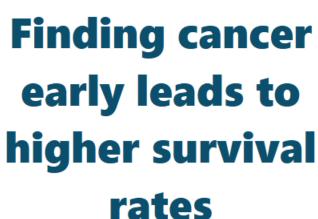
#3 | Lung cancer | Stage at Diagnosis

Early stage = Easier to treat, Higher survival rates #1 23% 24% 26% #2 **Early Stage Early Stage Early Stage 77%** (#3 Diagnosed at a Late 77% 76% 74% Late Stage Late Stage Stage Late Stage #4 #5 County Statewide **United States**



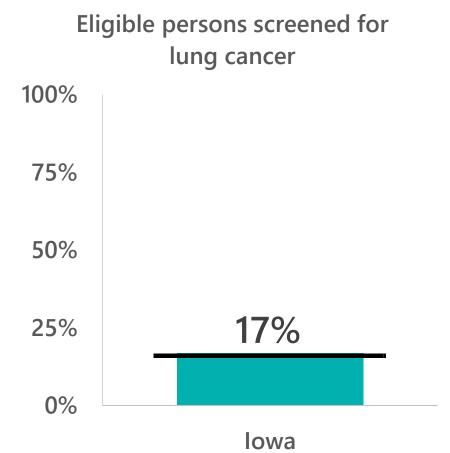
#3 | Lung cancer | 5-Year Survival







Lung Cancer Screening



Screening Guidelines

Lung cancer screening is a low-dose CT scan

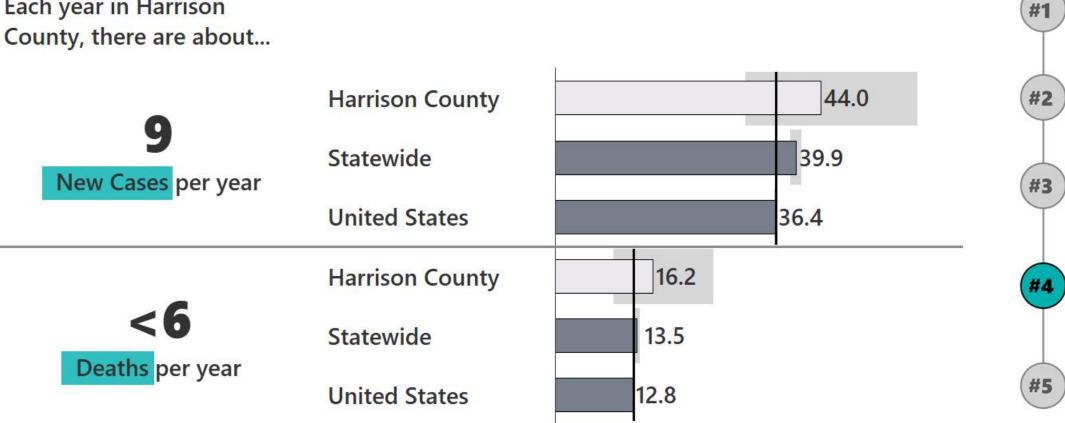
If you have smoked in the last 15 years and are between the ages 50-80 years talk to your doctor about being screened for lung cancer

(U.S. Preventative Services Task Force)



#4 | Colorectal cancer

Each year in Harrison





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

What can you do to prevent colorectal cancer?







Physical Activity

Healthy Foods



Smoking/ Tobacco

+ Get Screened!







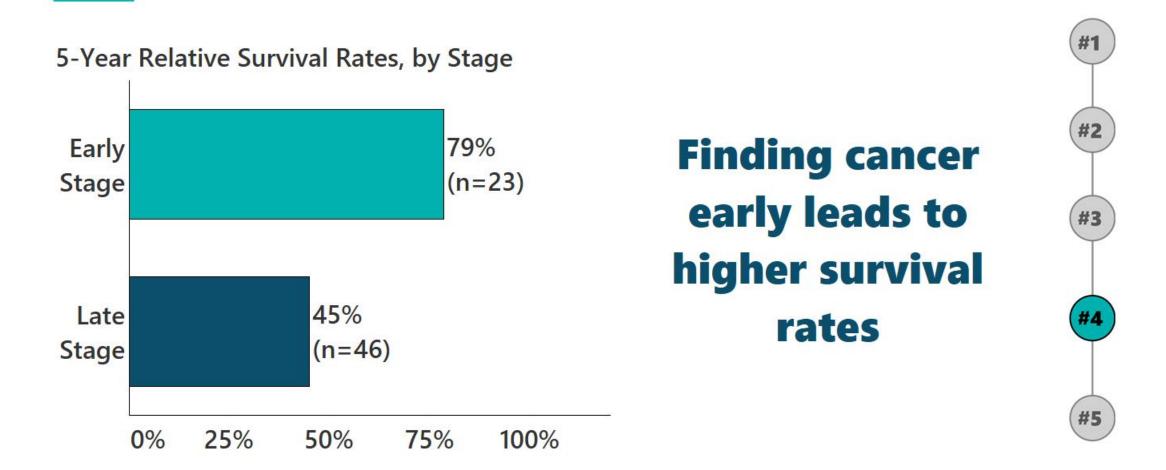


#4 | Colorectal cancer | Stage at Diagnosis

Early stage = Easier to treat, Higher survival rates #1 35% 37% 40% #2 **Early Stage Early Stage Early Stage 65%** #3 Diagnosed at a Late 65% 63% 60% Stage #4 Late Stage Late Stage **Late Stage** #5 County Statewide **United States**



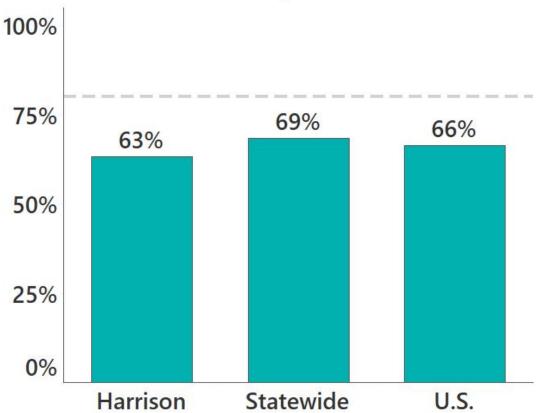
#4 | Colorectal cancer | 5-Year Survival





Colorectal Cancer Screening

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



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)





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:

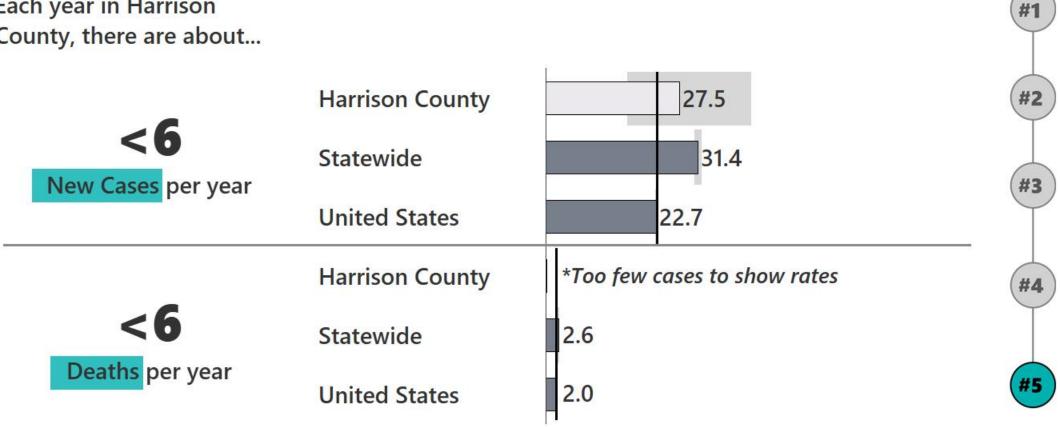
- ► Increase the number of cancers prevented
- ► Increase the diagnosis of early-stage colorectal cancer
- ► Reduce colorectal cancer incidence and mortality in the state



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

#5 | Melanoma

Each year in Harrison County, there are about...





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

What can you do to prevent melanoma?



Wear broad spectrum sunscreen with at least SPF 30





Wear long sleeves and hats when outdoors



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.

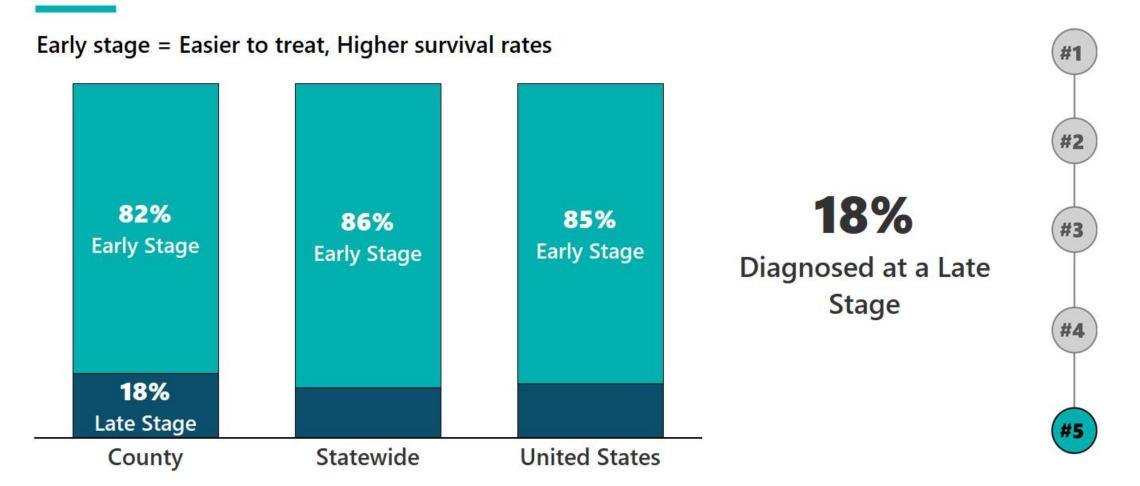
If you are concerned about a spot, talk to your doctor or a dermatologist

Most moles and brown spots are harmless, but following the ABCDE's can help you detect melanoma early. B is for A is for Border Asymmetry the shape of one the edges are half does not match ragged, blurred, the other or irregular C is for D is for Color Diameter color is uneven there is a change and may include in size, usually an shades of black. increase brown, or tan E is for **Evolving** the mole has changed over the past few weeks or months American Academy of Dermatologist



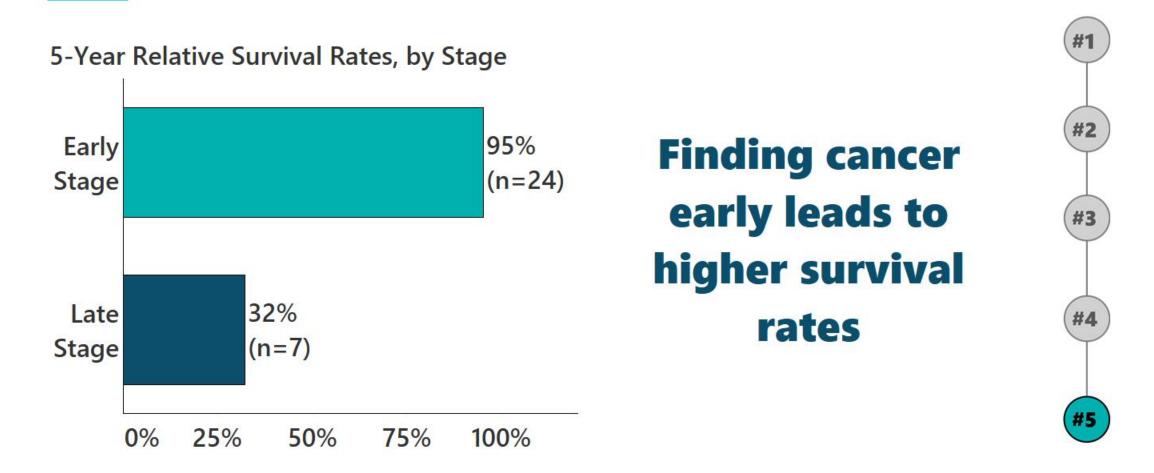
Check out the Iowa Cancer Registry Melanoma Spotlight

#5 | Melanoma | Stage at Diagnosis





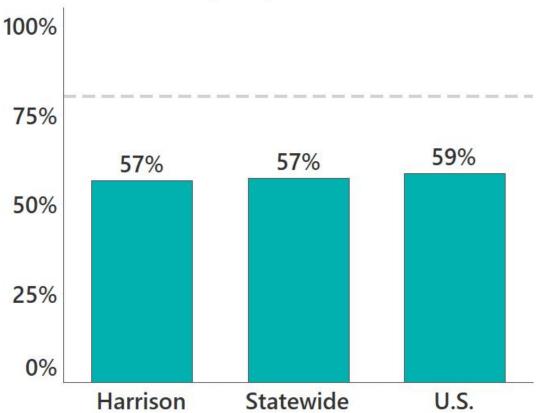
#5 | Melanoma | 5-Year Survival





A vaccine that prevents cancer: HPV

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

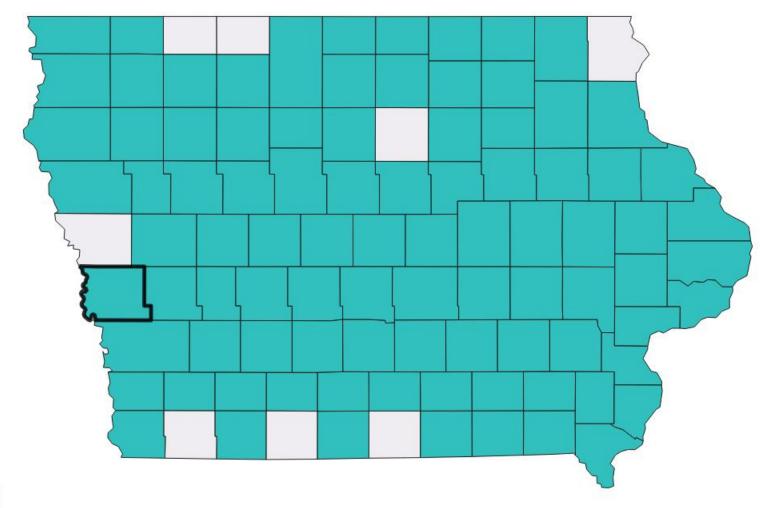


- HPV infection can cause cancers of the cervix, mouth and throat, anus, rectum, penis, vulva, and vagina.
- Iowa has the highest rate of oropharyngeal cancer in the U.S.
- Vaccine provides safe, effective, and lasting protection against HPV, thus reducing cancer risk
- Recommended at age 11 or 12 years,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





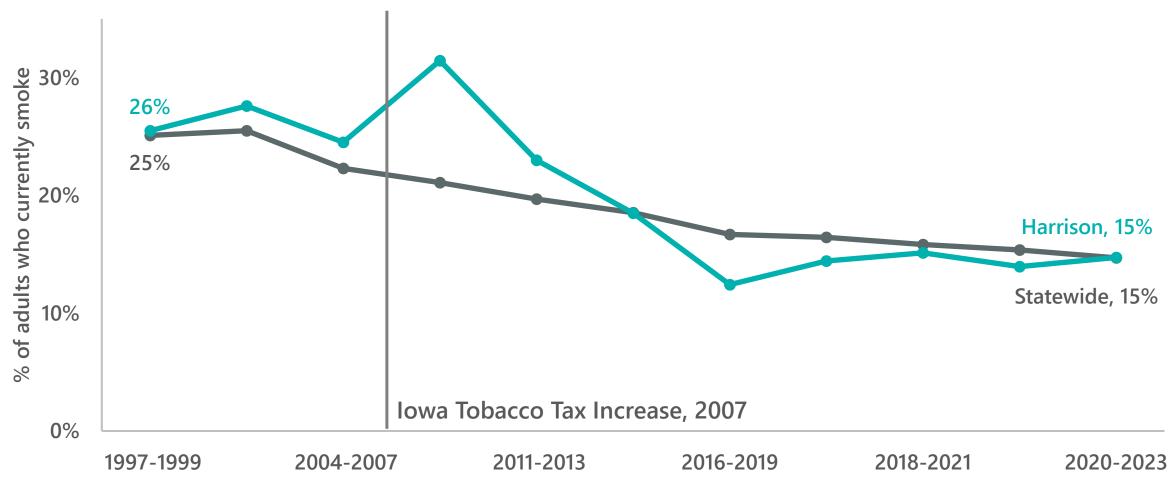
After the last tobacco tax was passed in 2007, smoking rates decreased in 92% of Iowa counties





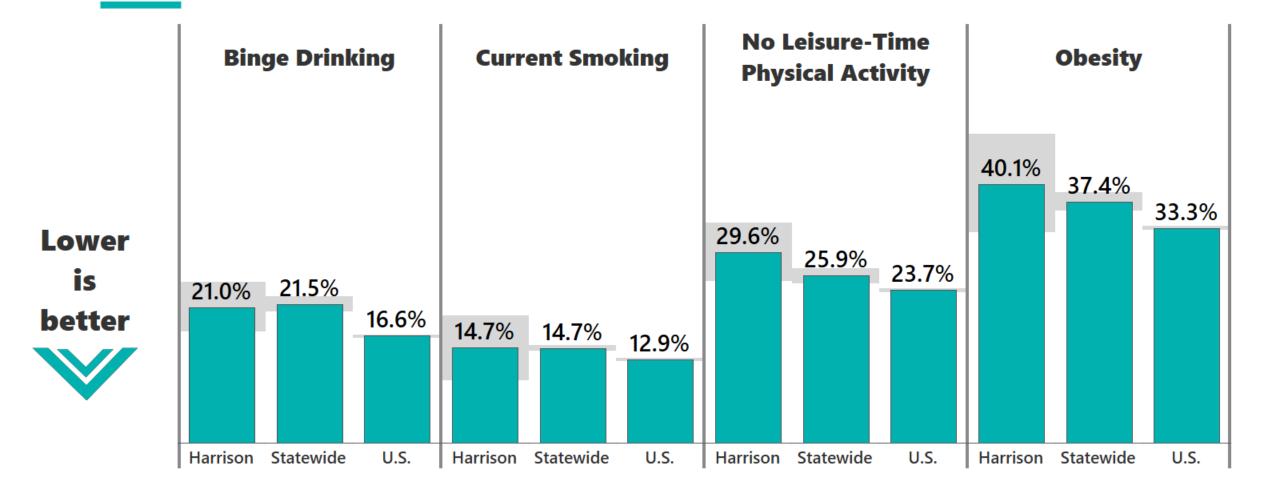
After the last increase to the tobacco tax was passed in 2007, smoking rates decreased in Harrison County

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





Other Cancer Risk Factors





Resources to help understand and address cancer in lowa 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.

DELVERY DELVERY

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/



Iowa Cancer Consortium



- 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
- Blueprint for cancer control, 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



Blueprint for cancer control, the *lowa 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.



Iowa Cancer Plan

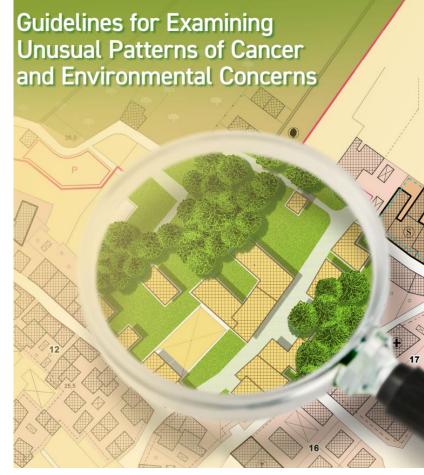
2023-2027



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





This is only the first step.

Recommended Actions



Iowa Cancer Plan

Use to identify strategies aligned with community-specific needs

canceriowa.org/iowa-cancer-plan/





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

www.fightcancer.org



lowa 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; and about the link between 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 lowa Cancer Plan for inspiration and reach out to the lowa Cancer Consortium for partnership in moving forward.



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!



Harrison County Resources

Water Testing/ Well Closure/Well Rehabilitation Assistance

The Iowa Department of Public Health gives grants to Iowa counties for free well water testing for private well owners. Cost sharing is also available for well plugging and well rehabilitation. Cost share of up to \$500 and \$1000, respectively.

Homeowners may also qualify for cost sharing on well assessments and shock chlorination of contaminated wells. This work must be done by a certified well contractor.

All applications for grant funds must be turned in on approved state forms, along with a copy of a paid invoice, and all state regulations must have been followed.

Follow this link for a contact form:

http://www.harrisoncountyhealth.org/environmental-health-planning---zoning.html

Immunizations

Harrison County Home and Public Health (HCHPH) is a Vaccines for Children provider. HCHPH can administer vaccines to children 18 years and younger at low to no cost to the individual.

HCHPH provides some adult immunizations such as Influenza, Covid-19, Tdap and Hepatitis B vaccines.

HCHPH holds clinics in-office for immunizations as well as traveling clinics into the county service area

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
 - Iowa Private Well Grants
 Program
 - Radon

- Iowa Rural Health Association
- Agricultural Health Study
- Environmental Exposures and Health Risks Fact Sheets
- Center for Health Effects of Environmental Contamination



And more!



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.

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

- Arsenic
- Atrazine
- Glyphoste
- Nitrate
- Radon



NEW Environmental Exposures & Health Risks Fact Sheets







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.



David Cwiertny
Director of CHEEC



Iowa Private Well Grants Program Iowa Health & Human Services

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

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)
- Arsenic (every 3 years)
- Manganese (every 3 years)
- <u>PFAS</u> (requires pre-approval from the DNR)

These slides will be posted

These slides will be posted to the Iowa Cancer Registry website:

www.iowacancerregistry.org/99



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 lowa Cancer Registry, contact ICR-Media@uiowa.edu.



Thank you!

→ www.iowacancerregistry.org/99

Email questions here: ICR-99countiesproject@uiowa.edu