

Cancer in Emmet County

Whitney Zahnd, PhD & Sarah Nash, PhD, MPH, CPH

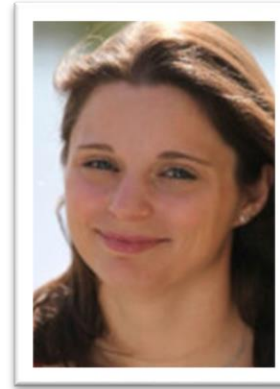
July 15, 2025

Who we are



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



Sarah Nash, PhD, MPH, CPH

- Assistant Professor, University of Iowa 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



Iowa Cancer
Consortium
www.canceriowa.org



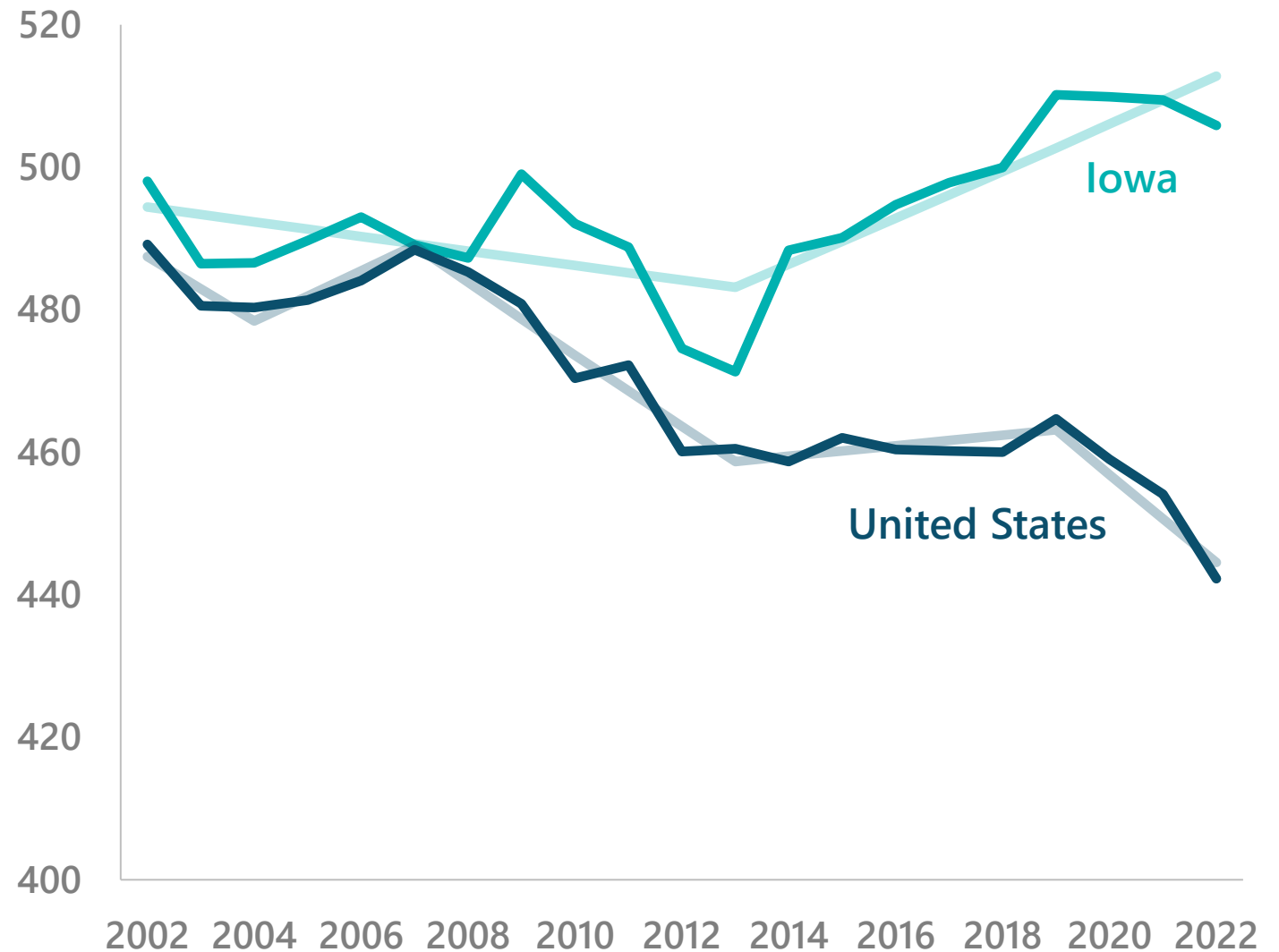
IOWA
HEALTH CARE
Holden Comprehensive
Cancer Center

IOWA™ | Health and
Human Services

*"Statistics are people
with the tears wiped away"*

Dr. Irving Selikoff

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

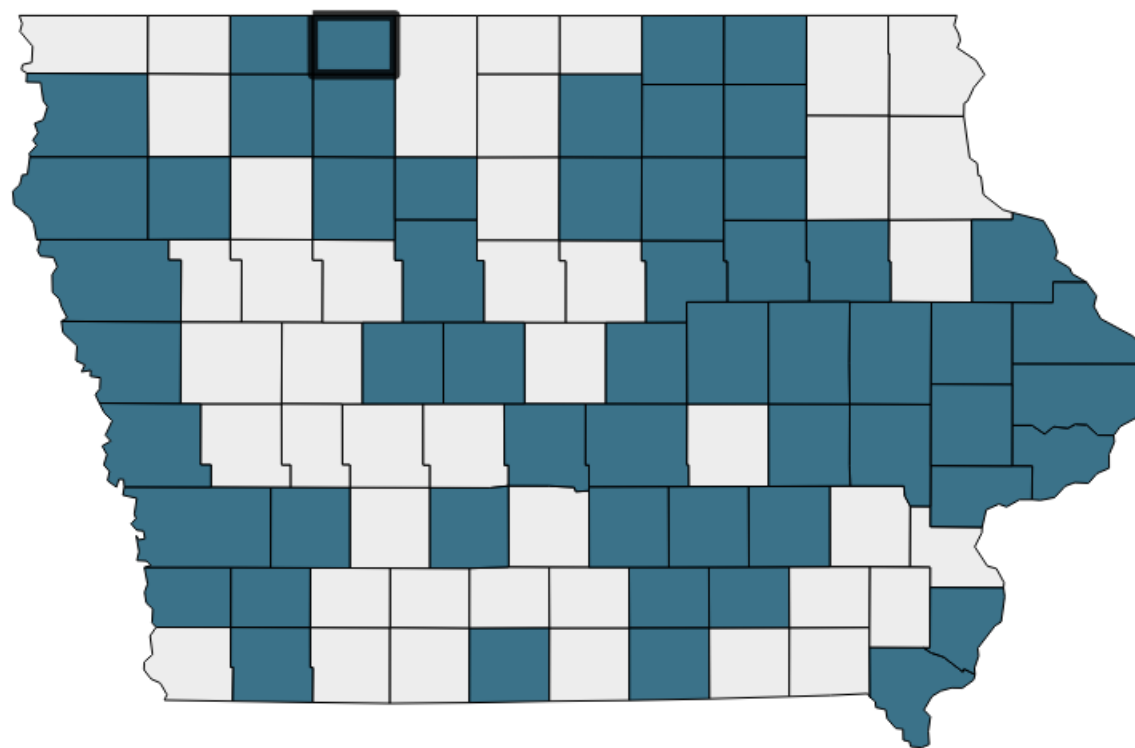


2020 data not included

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

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

0 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 Iowa's 99 counties.



Present county-specific cancer data



Listen



Provide
Resources



Recommend
actions

Cancer Control Partners in Iowa

State Government



Governor

- Implement state laws
- Advance and pursue policies and programs

Iowa Legislature

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



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 Iowa**

Provide cancer prevention, screening, treatment, and survivorship services



Iowa Cancer
Consortium

Advocate, collaborate, plan



Iowa Cancer Action Network

Advocate for better policies

ACS Iowa

Help with cancer treatment and recovery



Holden Comprehensive
Cancer Center

Iowa's only NCI Designated
Cancer Center

Health Care, research,
education



STATE HEALTH REGISTRY OF IOWA

Data, research, education

UI Research Centers



Center for Health Effects of
Environmental Contamination



Federal Funding for Cancer Control

- The Iowa Cancer Registry 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 Cancer in Iowa: 99 Counties Project 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 Iowa Cancer Consortium acknowledges the **Centers for Disease Control and Prevention (CDC)** for its funding support under cooperative agreement NU58DP007103 awarded to the Iowa Department of Health and Human Services (Iowa 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



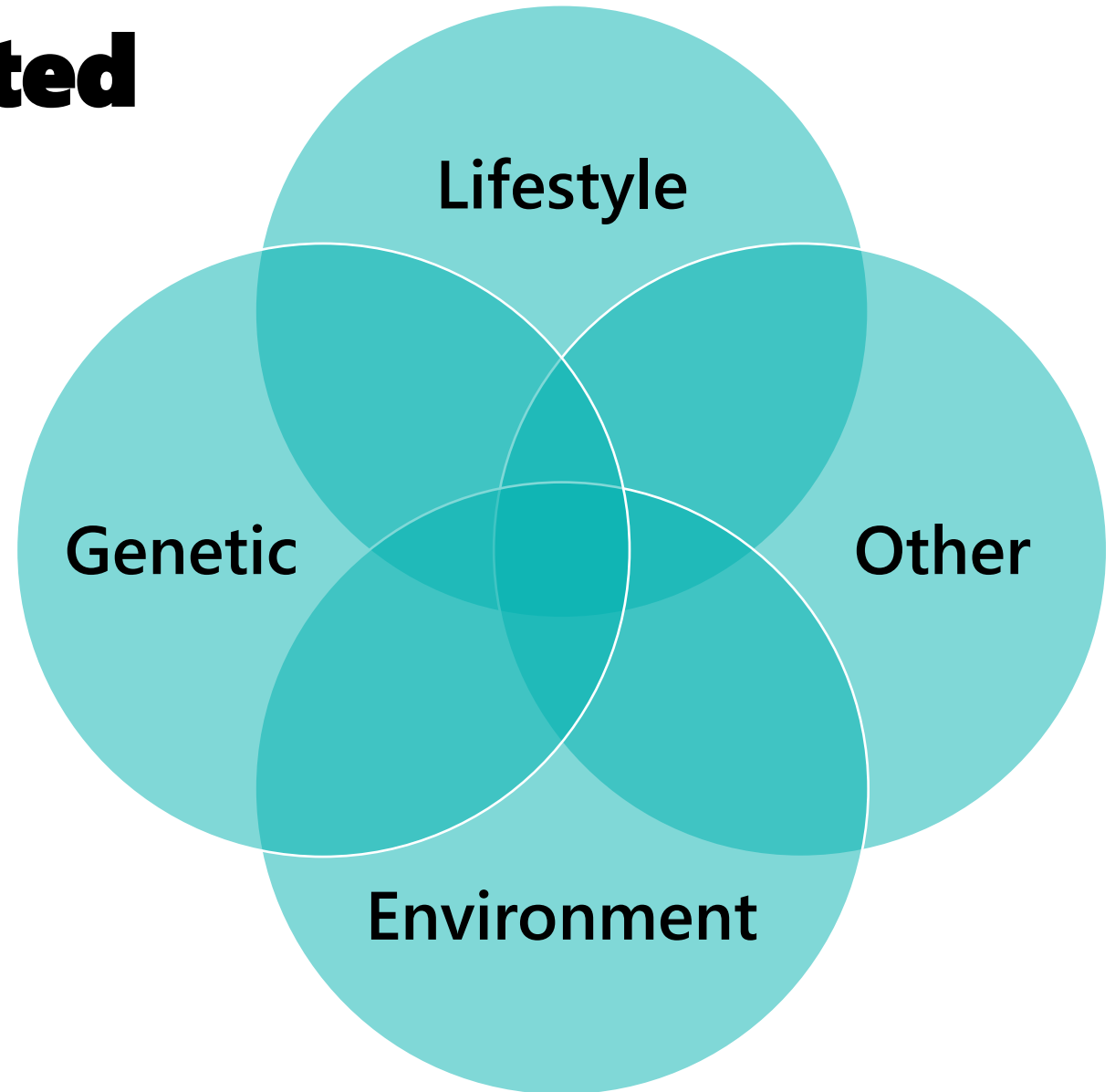
Support studies for cancer prevention, research & education



Background on Cancer

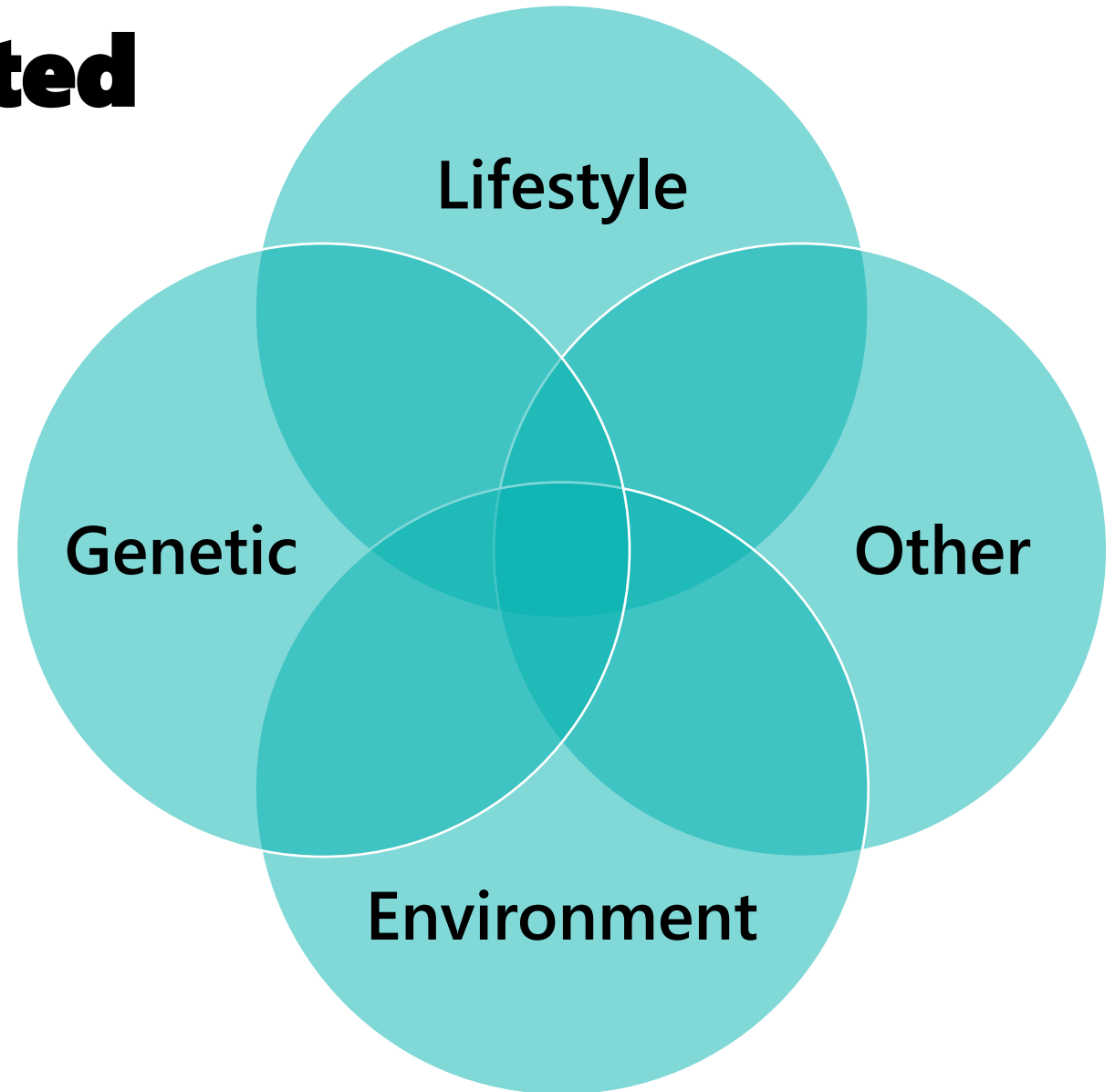
Cancer is Complicated

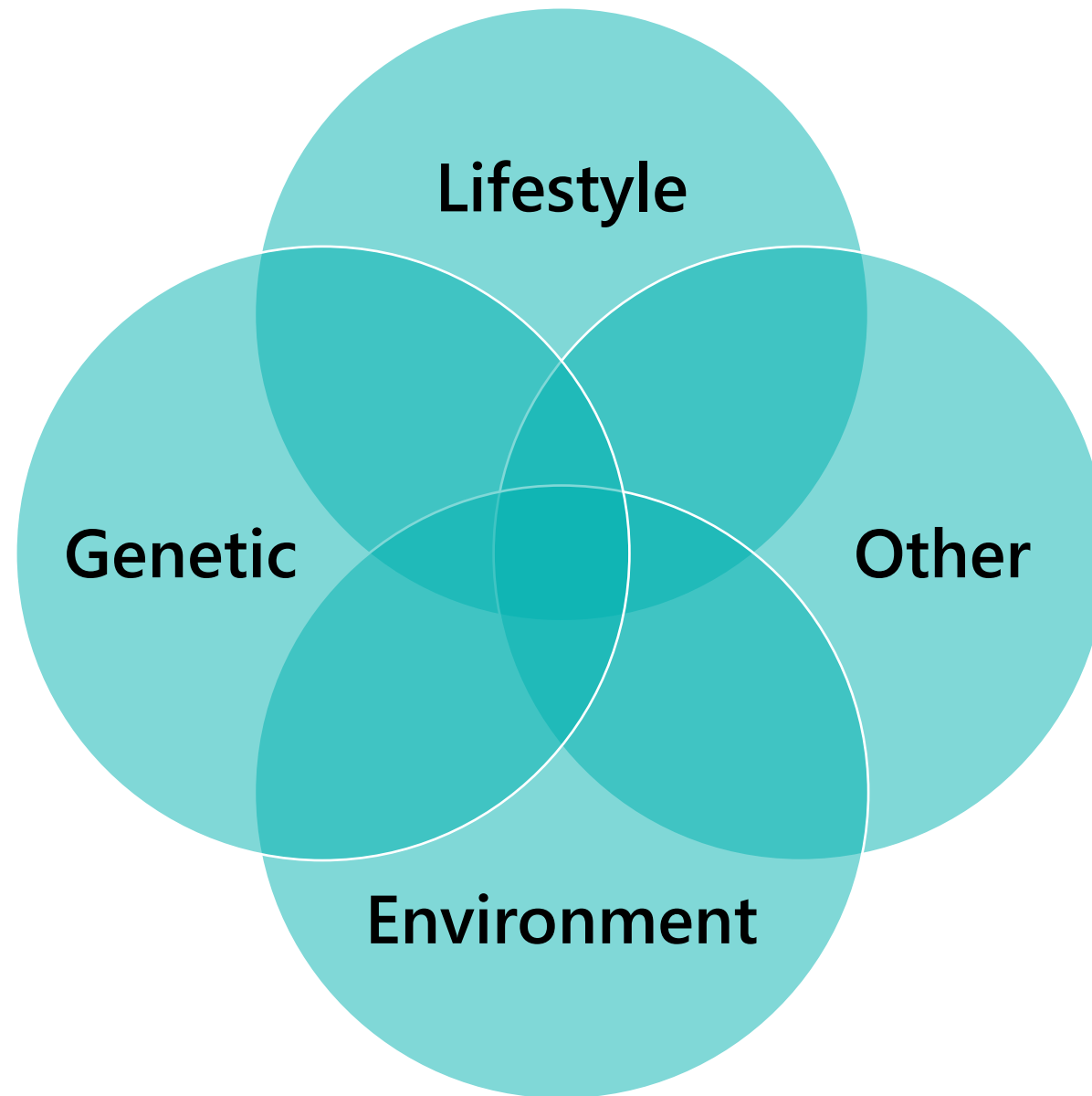
There is no one cause of cancer; it is a combination of different **genetic, lifestyle, and environmental** risk factors that change the function of cells



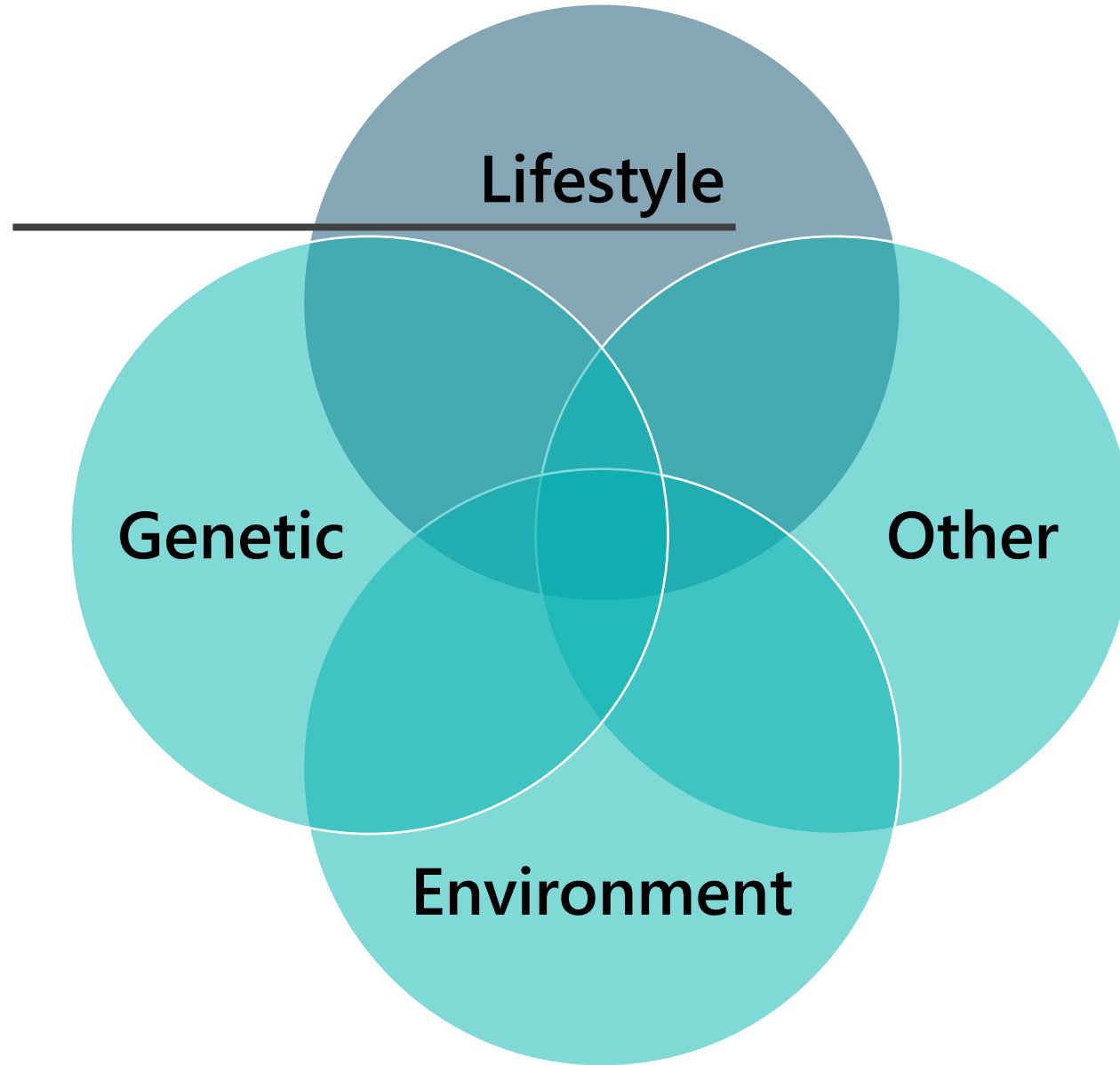
Cancer is Complicated

Risk factors are things that increase your chances of getting cancer

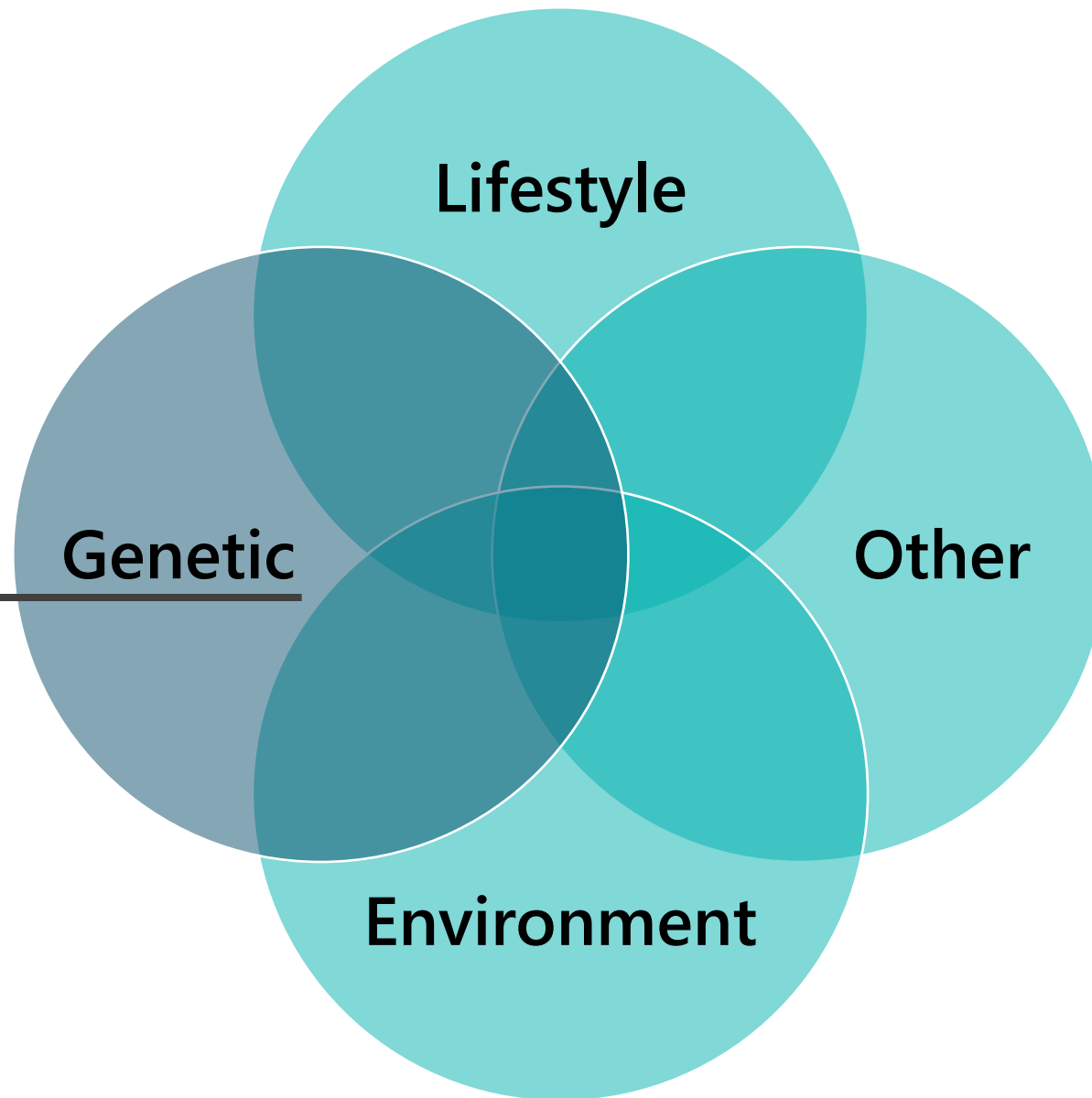


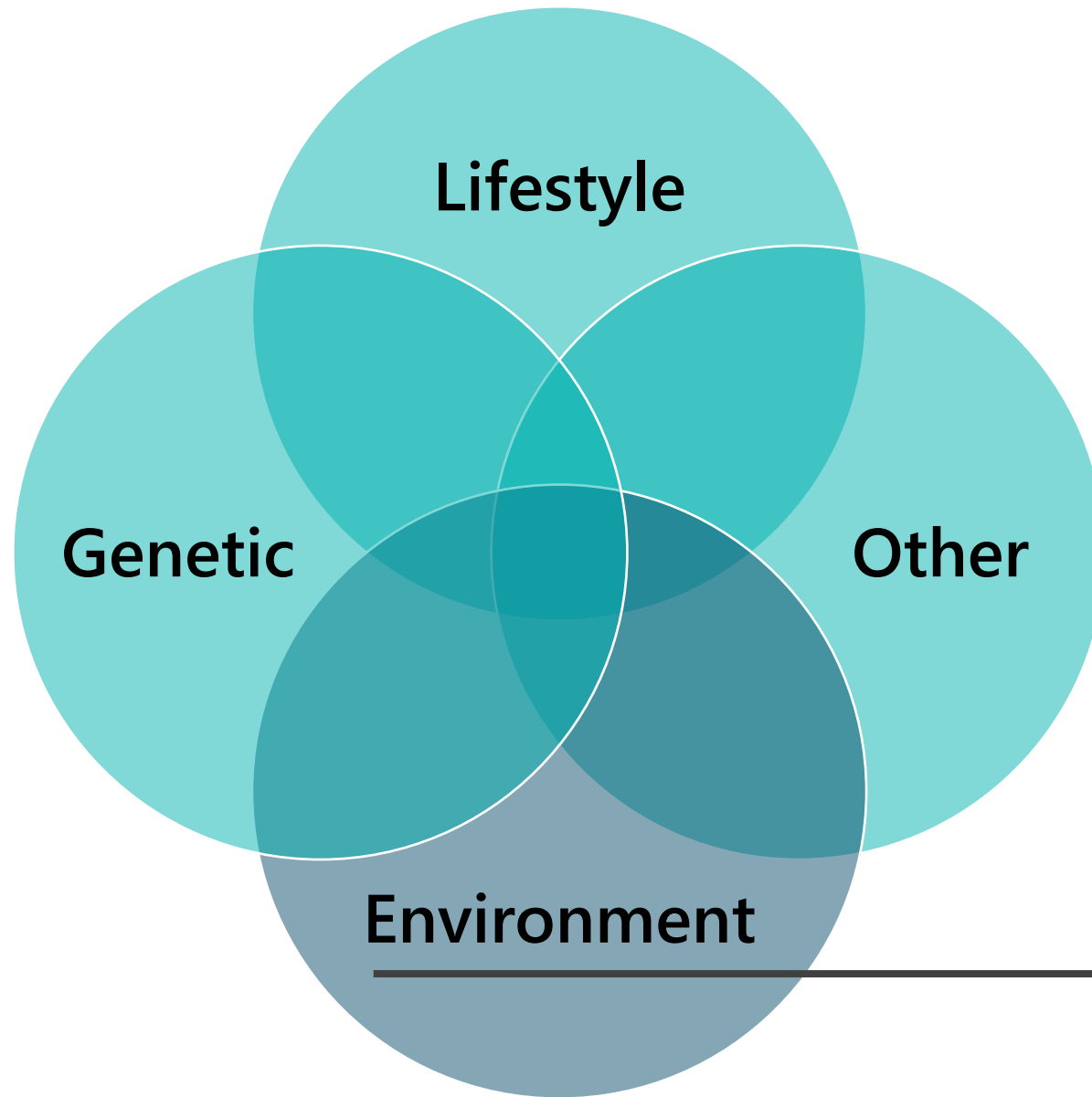


- Tobacco
- Alcohol
- Unhealthy diet
- Not being physically active
- Sunburns

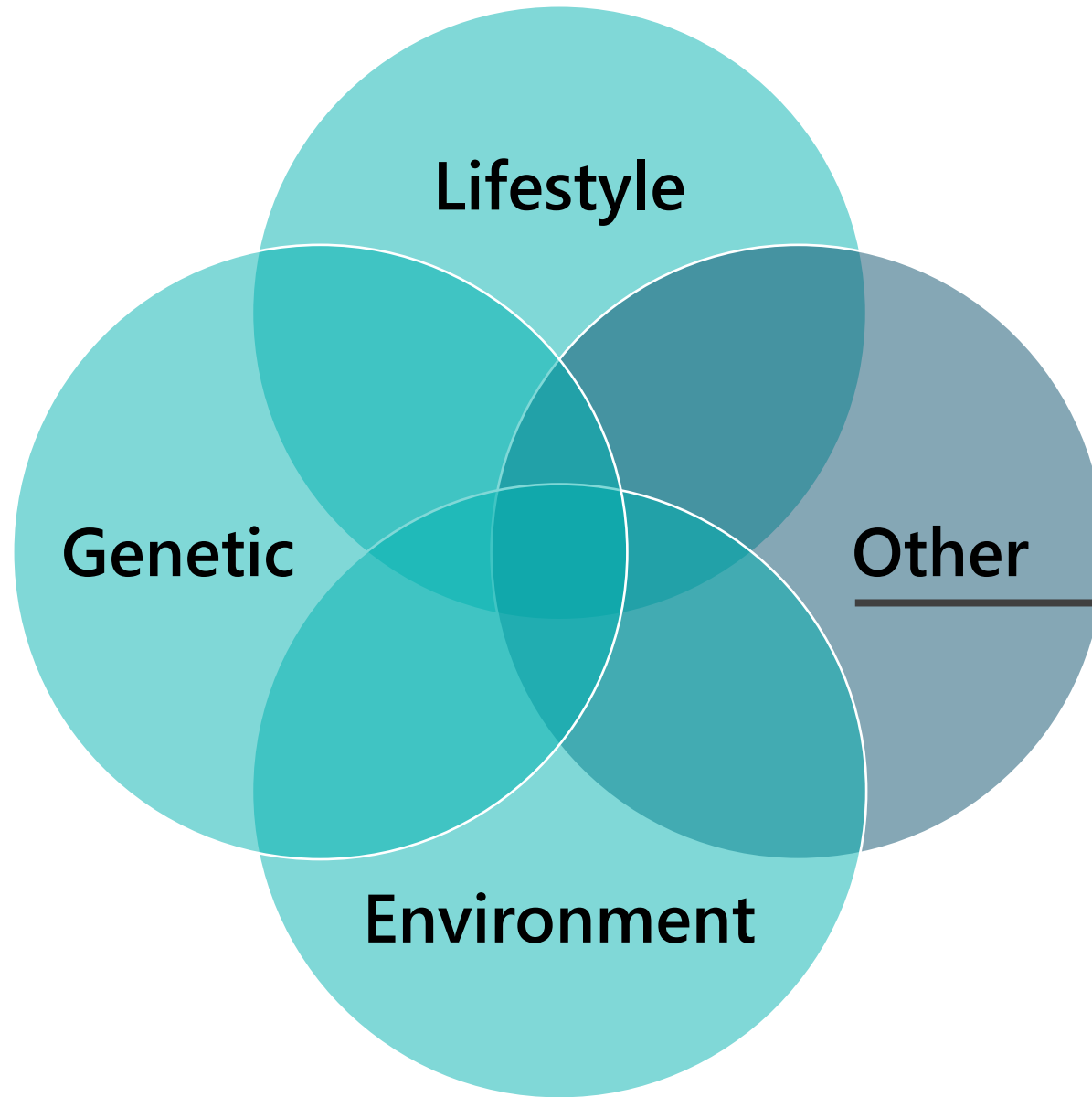


- Family history of cancer
- Random mutations





- Exposure to chemicals
- Radiation



- **Aging**
- Viruses (HPV, HIV)
- Medical conditions like chronic inflammation

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 Iowans 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

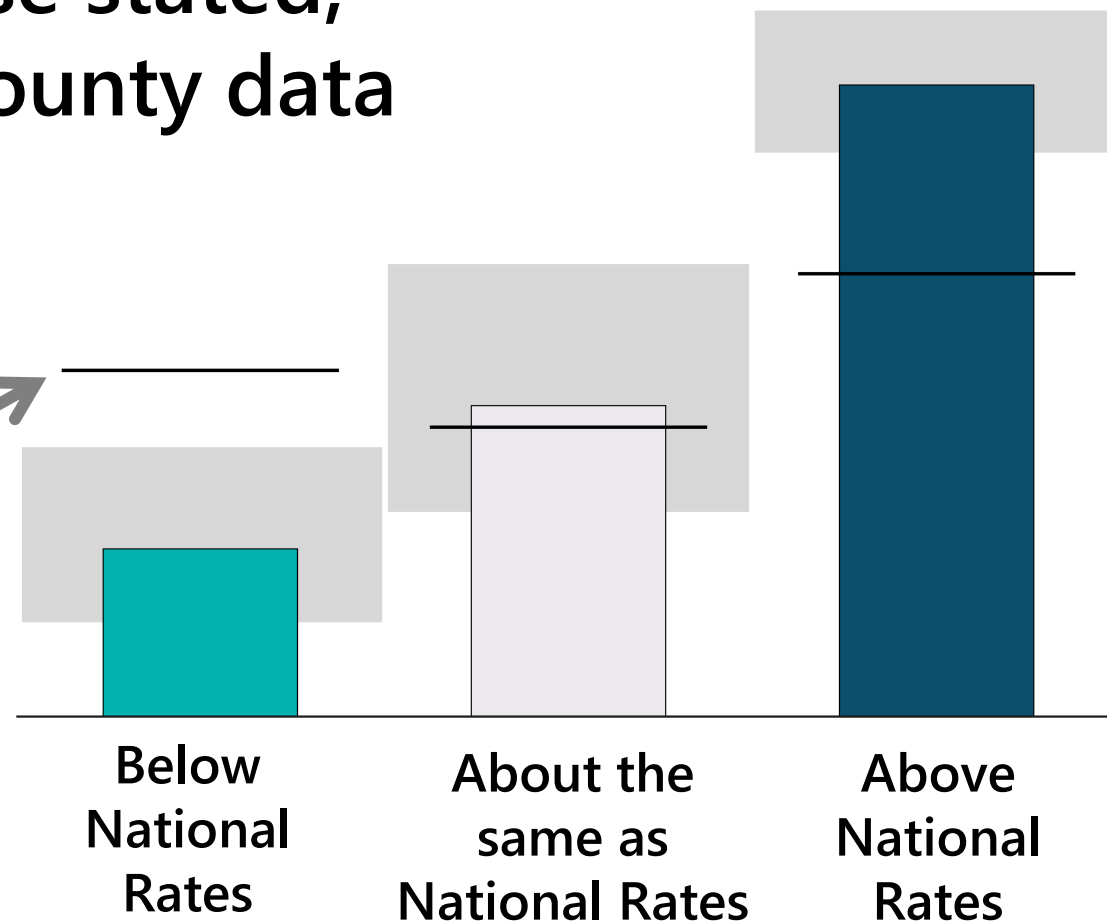
- Early Stage includes
 - Localized: cancer is limited to the place where it started, with no sign that it has spread
- Late Stage includes
 - Regional: cancer has spread to nearby lymph nodes, tissues, or organs.
 - Distant: cancer has spread to distant parts of the body

<https://www.cancer.gov/about-cancer/diagnosis-staging/staging>

How to read the graphs

Unless otherwise stated,
bars are your county data

Black lines on
bar graphs
are United
States data



Grey boxes on
bar graphs are
95% Confidence
Intervals.

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



Cancer in Emmet County

New Cancers in Emmet County

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

Each year, there are about

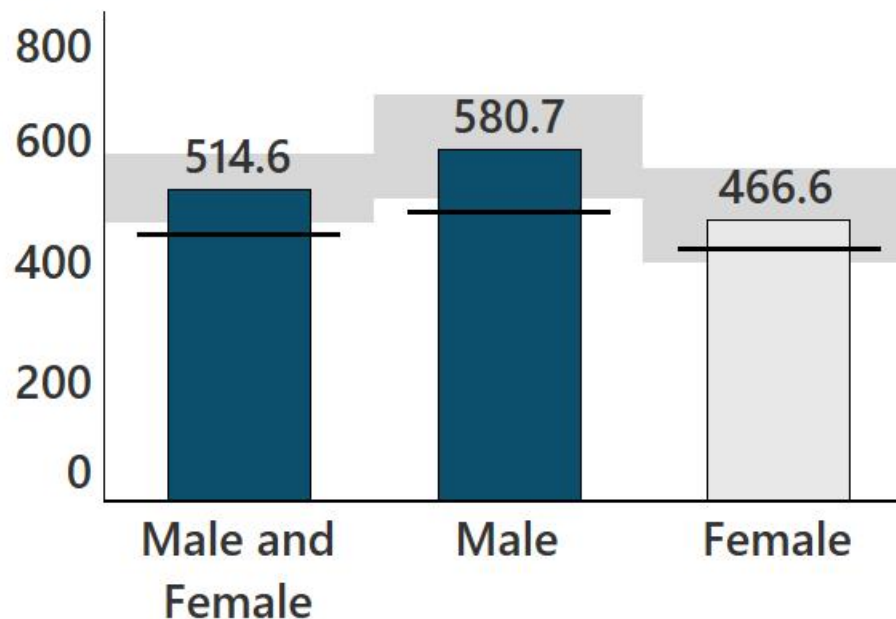
74

new cancers diagnosed in
Emmet County

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

Ranks #23 of 99 counties

Cancer incidence rates are typically
higher in men than women



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

Cancer deaths in Emmet County

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

Each year, there are about

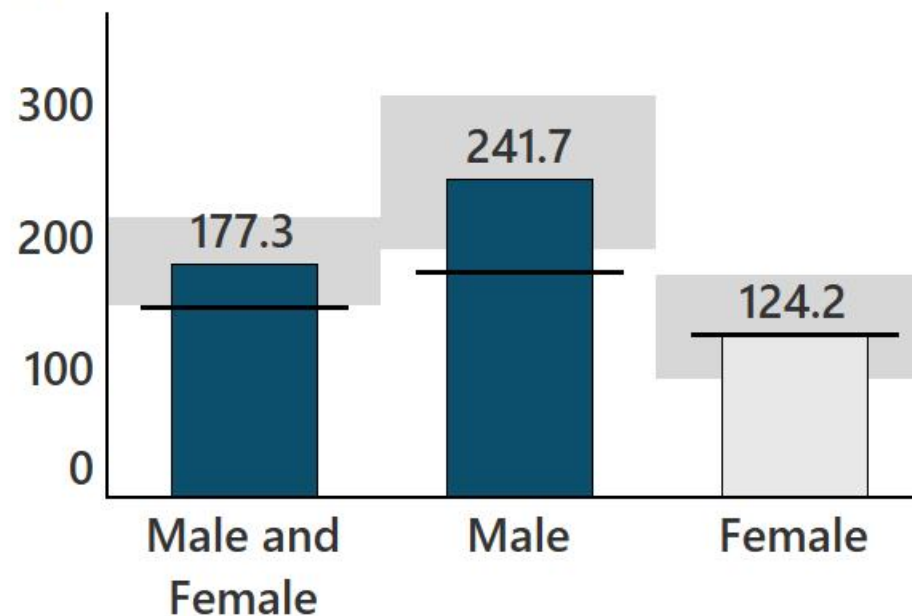
27

cancer deaths in Emmet County

Cancer mortality rates in Emmet County
are **higher than the U.S. average**

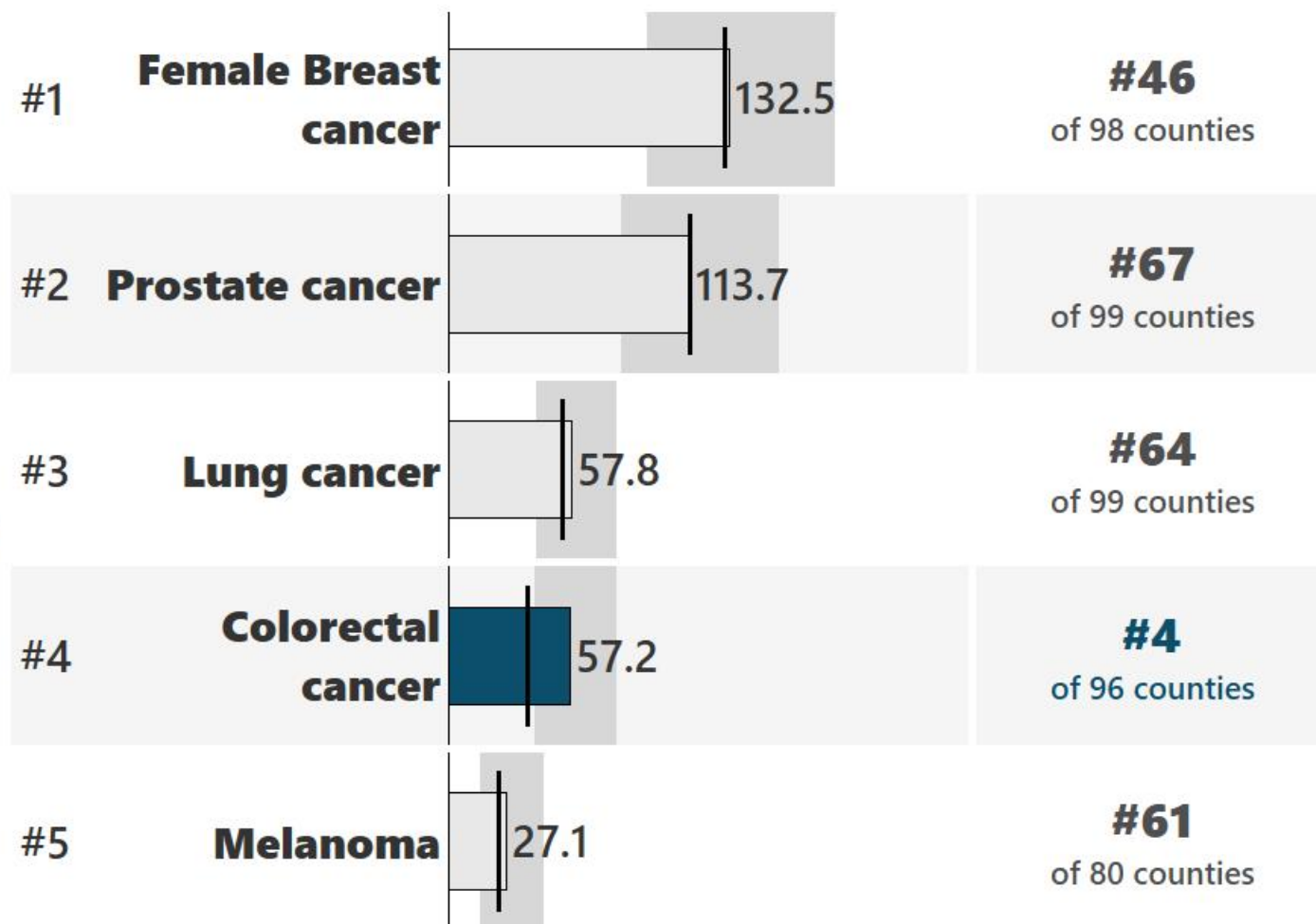
Ranks #9 of 99 counties

Cancer mortality rates are typically
higher in men than women



Age-Adjusted rate per 100,000 (2018-2022)

Top cancers in Emmet County



Age-Adjusted rate per 100k, 2017-2021

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

#1 | Female Breast cancer

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

9

New Cases per year

Emmet County

132.5

Statewide

136.9

United States

129.8

<6

Deaths per year

Emmet County

**Too few cases to show rates*

Statewide

17.8

United States

19.2

#1

#2

#3

#4

#5

What can you do to prevent breast cancer?



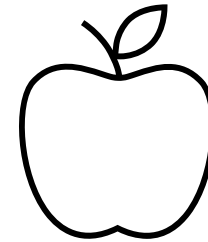
Decrease alcohol
consumption



Decrease
excess body
weight



Be
physically
active

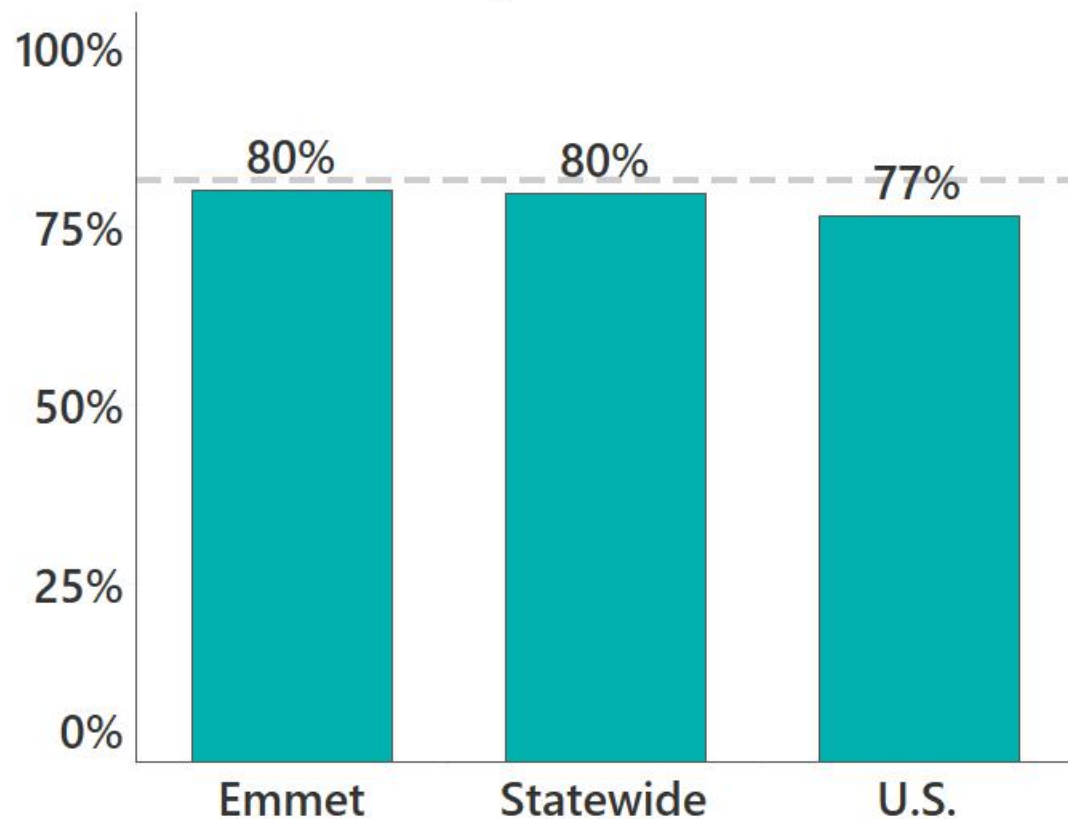


Incorporate
healthy foods
in diet

Get Screened!

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

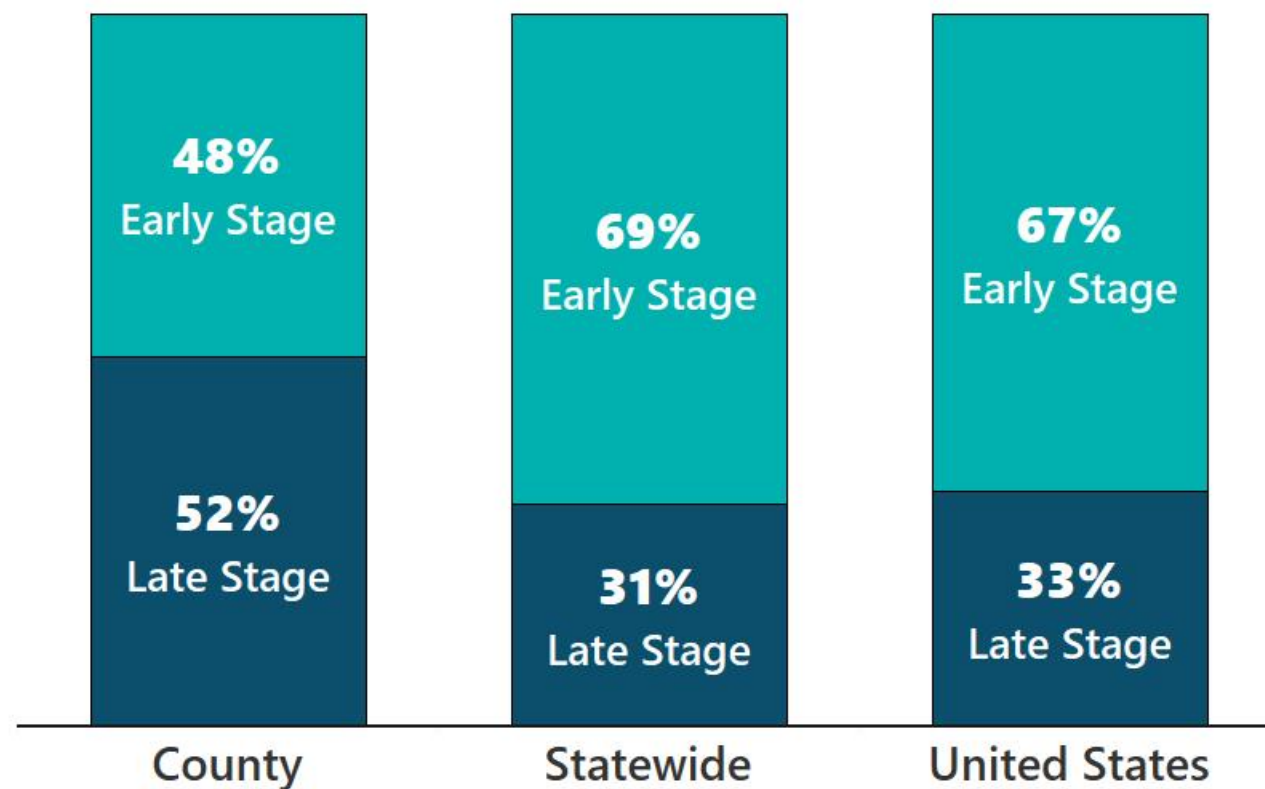
Talk to your doctor if you have a family history of breast cancer

(U.S. Preventative Services Task Force)

*Data from 2022 BRFSS
Goal: 81.4% by 2027*

#1 | Female Breast cancer Stage at Diagnosis

Early stage = Easier to treat, Higher survival rates



52%
Diagnosed at a Late Stage

#1

#2

#3

#4

#5

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

We provide free breast and cervical cancer screenings across Iowa.

- ▶ 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 Emmet County,
there are about...

9

New Cases per year

<6

Deaths per year

Emmet County

113.7

Statewide

125.9

United States

113.2

Emmet County

**Too few cases to show rates*

Statewide

19.8

United States

18.8

#1

#2

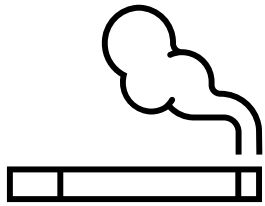
#3

#4

#5

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

What can you do to prevent prostate cancer?



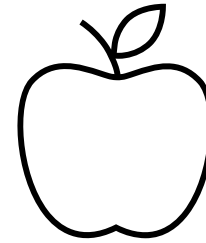
Quit
smoking



Decrease alcohol
consumption



Limit chemical
exposures



Incorporate
healthy foods
in diet

Get Screened!

Prostate Cancer Screening

Screening Guidelines

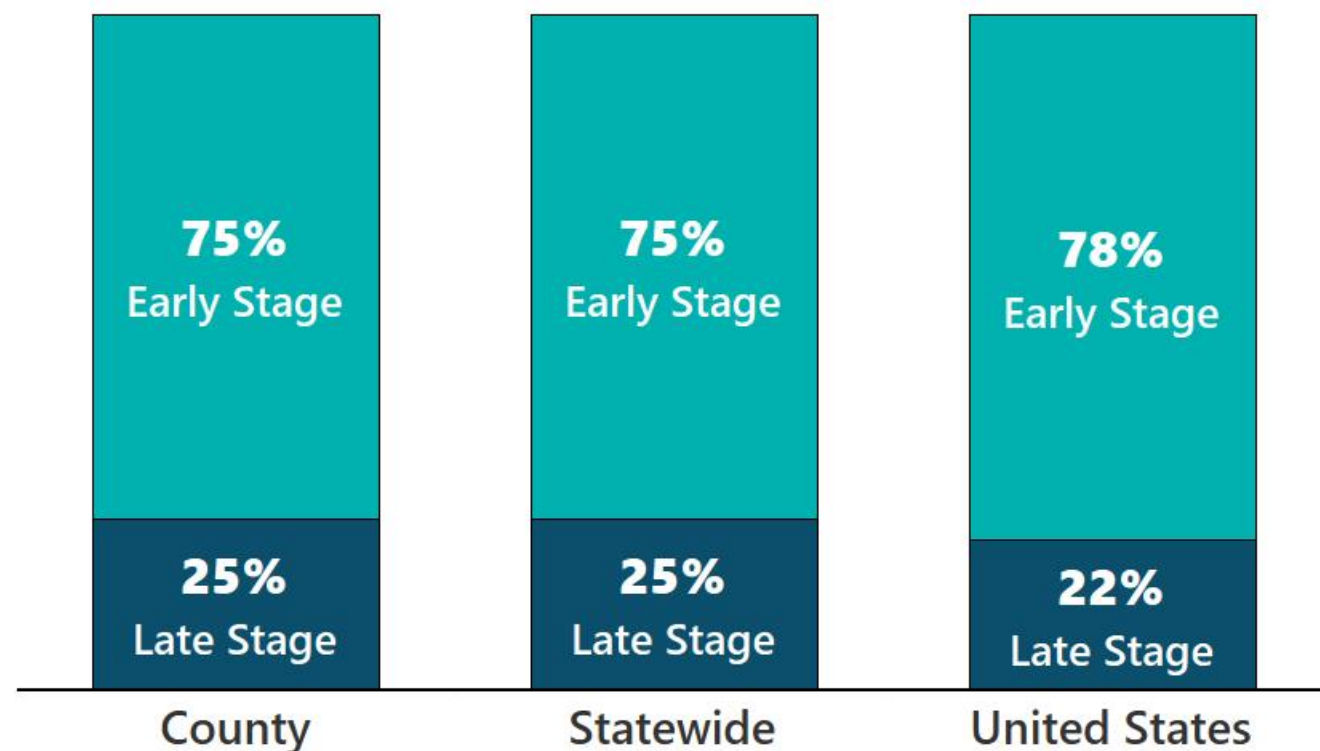
Screening test: Prostate-specific antigen (PSA) blood test

Men who are 55-69 years old, discuss with your doctor if
a PSA test is right for you

(U.S. Preventative Services Task Force)

#2 | Prostate cancer | Stage at Diagnosis

Early stage = Easier to treat, Higher survival rates



25%
Diagnosed at a Late
Stage

#1

#2

#3

#4

#5

#3 | Lung cancer

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

9

New Cases per year

<6

Deaths per year

Emmet County

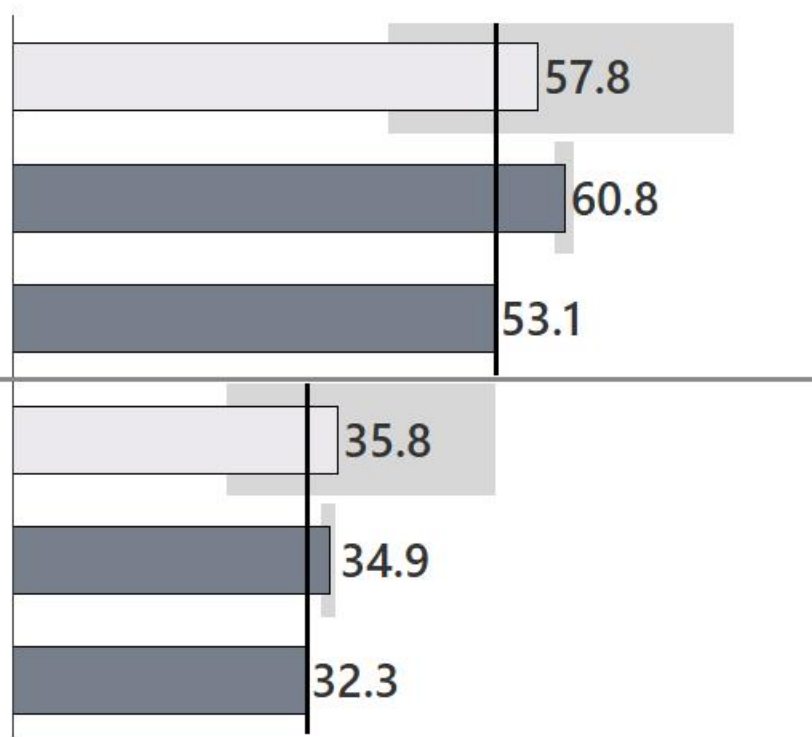
Statewide

United States

Emmet County

Statewide

United States



#1

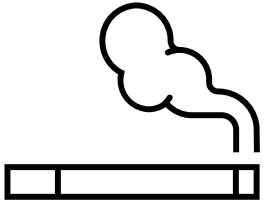
#2

#3

#4

#5

What can you do to prevent lung cancer?



Quit smoking

Quitline Iowa

Free tobacco cessation program

Call 1-800-QUIT-NOW

Or visit <https://quitlineiowa.org/en-US>



Test your home for radon
and mitigate if necessary

Learn more about Radon testing and mitigation:

Iowa Health & Human Services

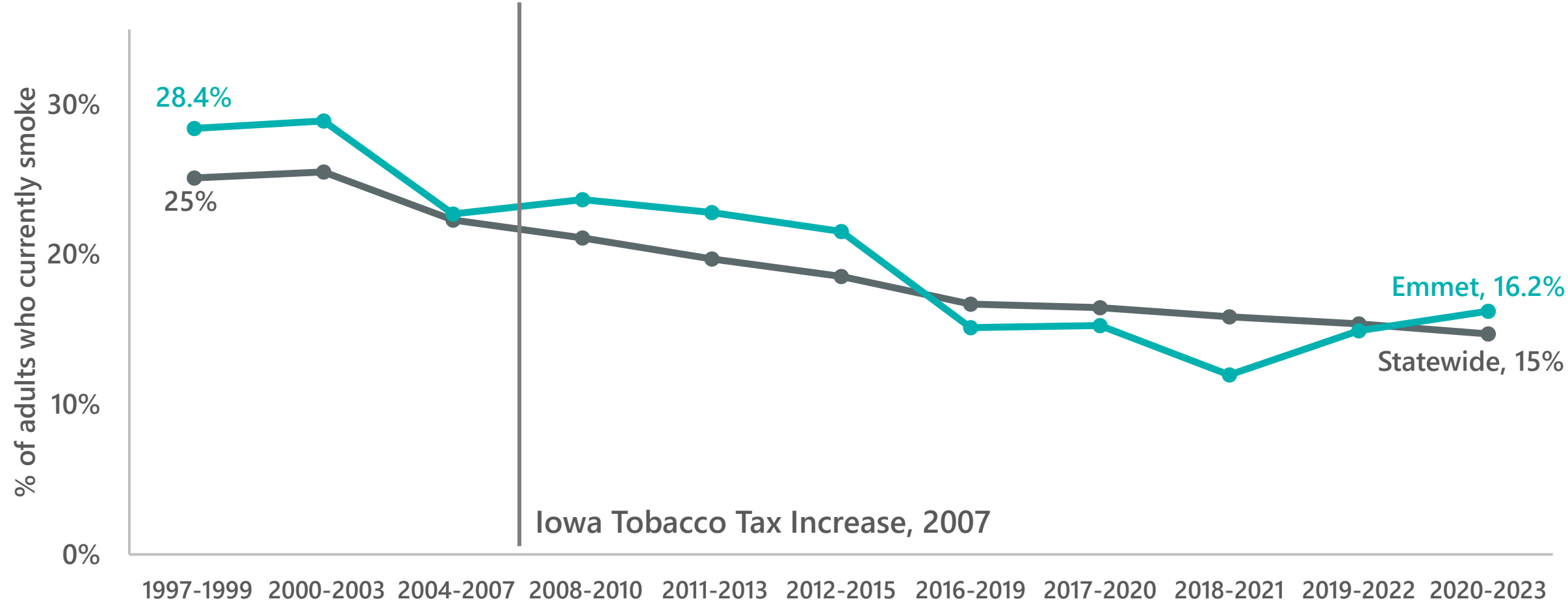
hhs.iowa.gov/radiological-health/radon

Iowa Cancer Consortium

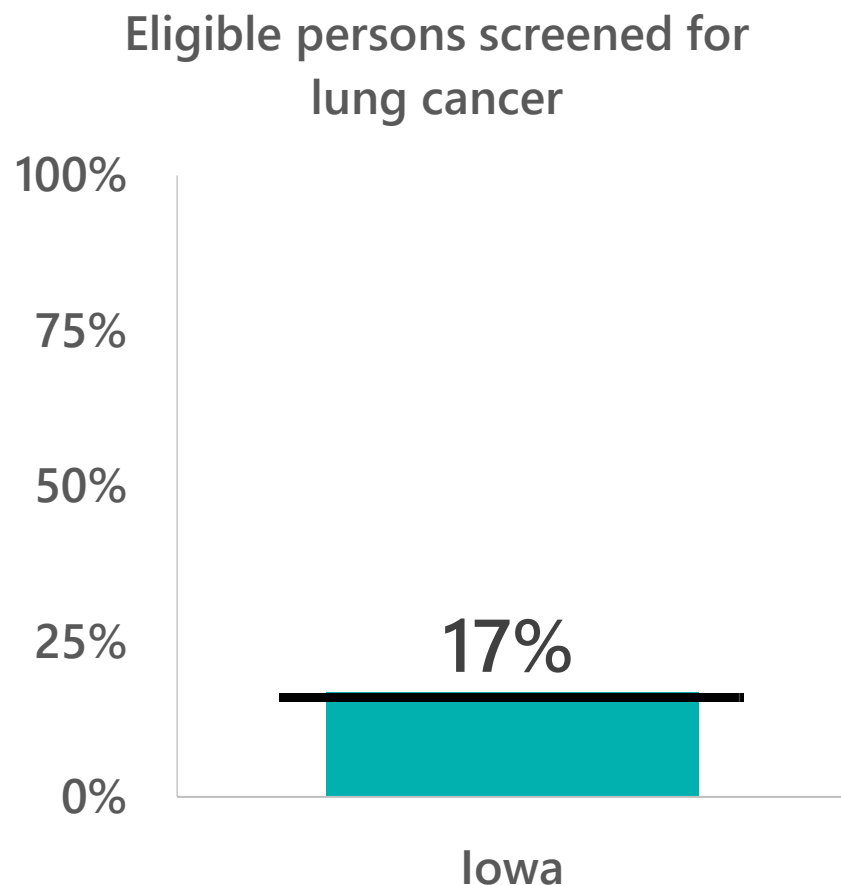
canceriowa.org/radon/

Get Screened!

Smoking Rates in Emmet County



Lung Cancer Screening



Screening Guidelines

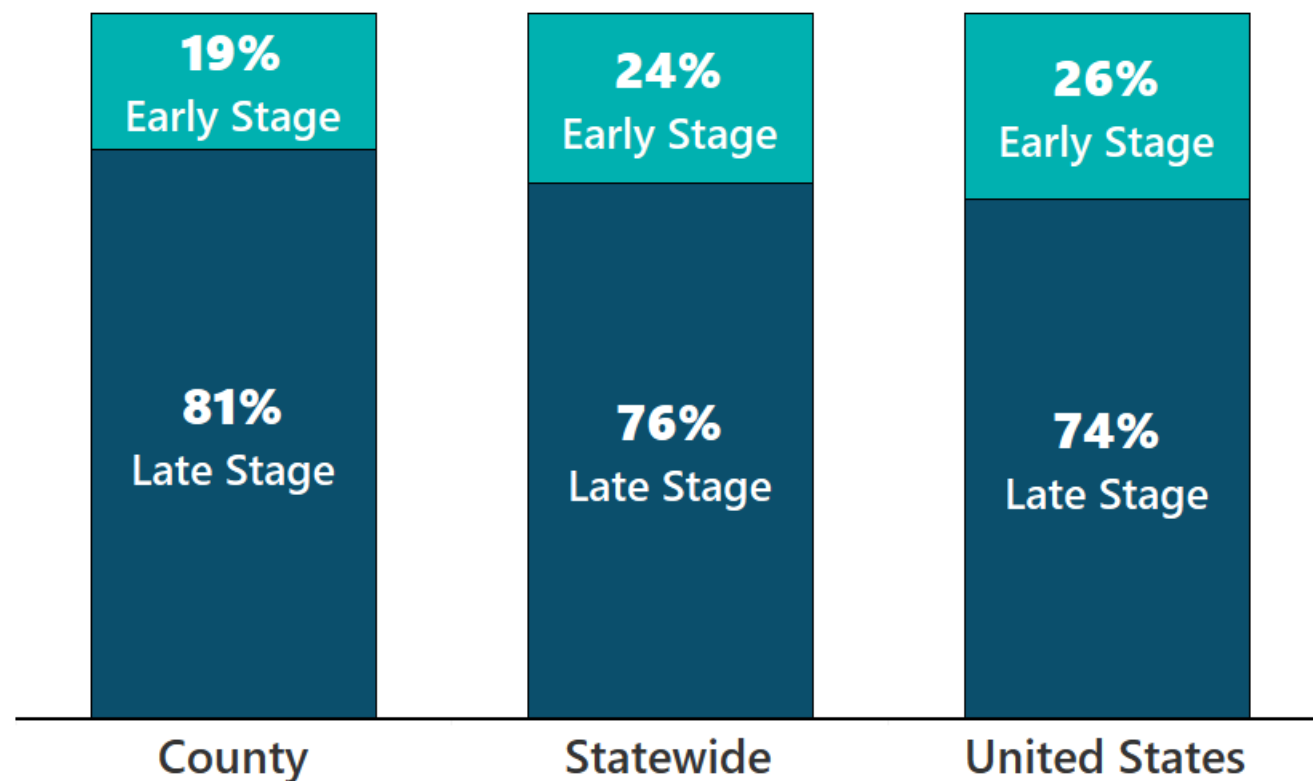
Low-dose CT scan

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)

#3 | Lung cancer | Stage at Diagnosis

Early stage = Easier to treat, Higher survival rates



81%
Diagnosed at a Late
Stage



#4 | Colorectal cancer

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

9

New Cases per year

<6

Deaths per year

Emmet County

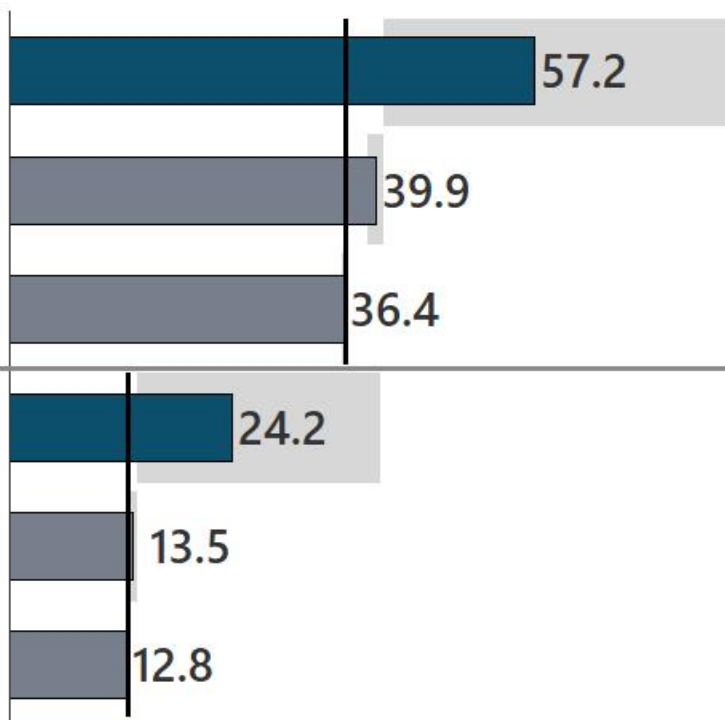
Statewide

United States

Emmet County

Statewide

United States



#1

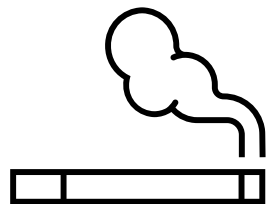
#2

#3

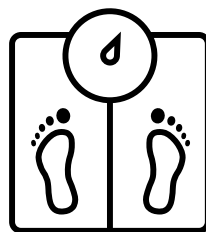
#4

#5

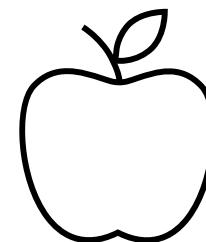
What can you do to prevent colorectal cancer?



Quit smoking/
tobacco



Decrease
excess body
weight



Incorporate
healthy foods
in diet



Decrease alcohol
consumption

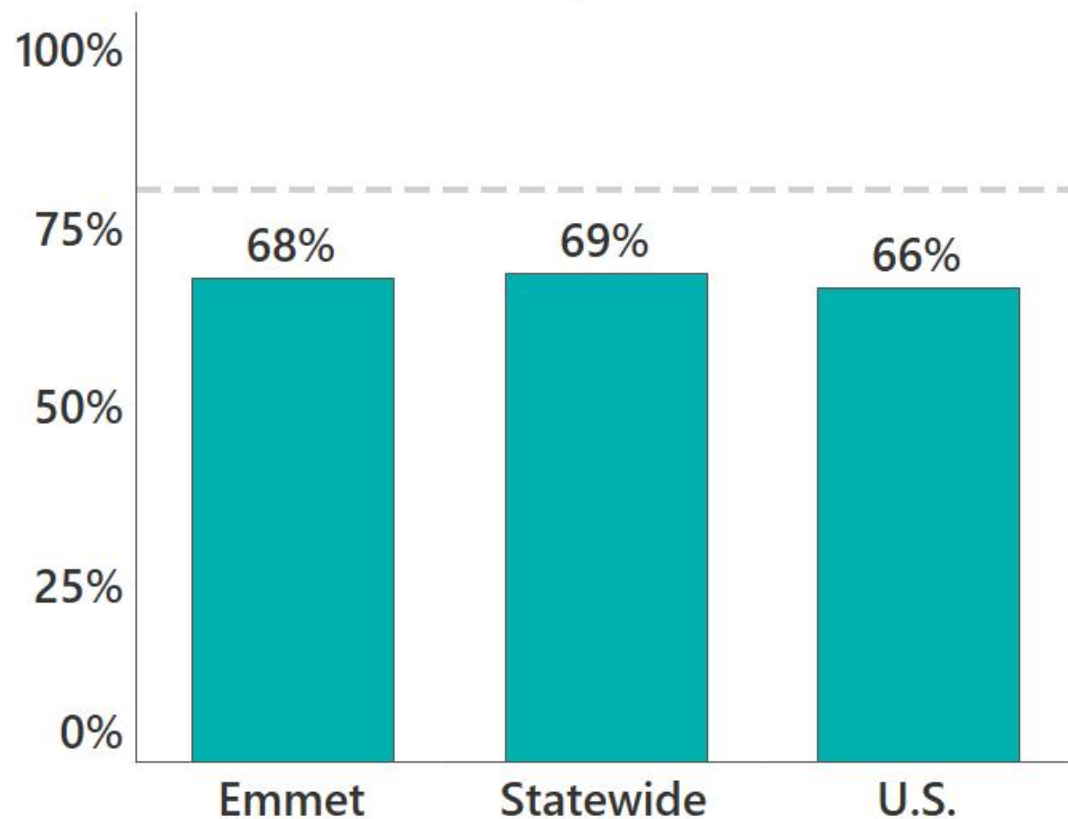


Be physically
active

Get Screened!

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.

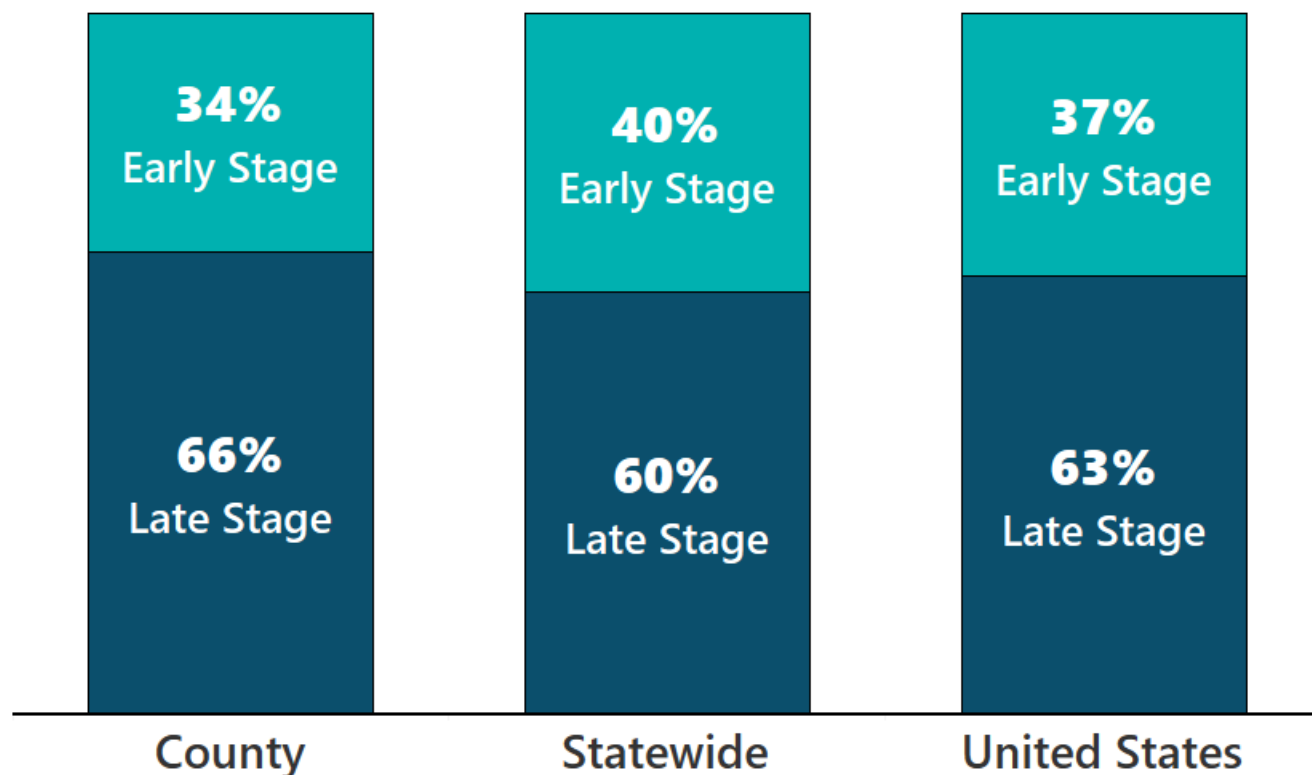
Talk to your doctor about which is best for you.

(U.S. Preventative Services Task Force)

*Data from 2022 BRFSS
Goal: 80% by 2027*

#4 | Colorectal cancer | Stage at Diagnosis

Early stage = Easier to treat, Higher survival rates



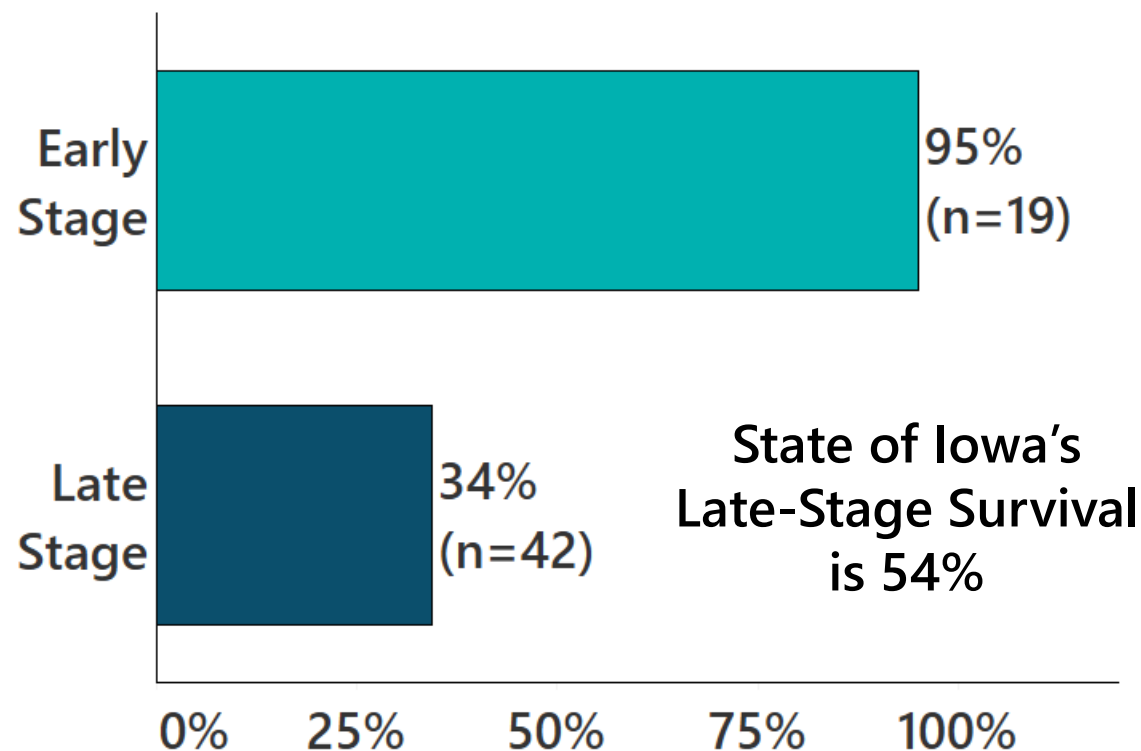
66%
Diagnosed at a Late
Stage



Data from 2012-2021

#4 | Colorectal cancer | 5-Year Survival

5-Year Relative Survival Rates, by Stage



**Finding cancer
early leads to
higher survival
rates**

#1

#2

#3

#4

#5

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 Emmet County,
there are about...

<6

New Cases per year

Emmet County

27.1

Statewide

31.4

United States

22.7

<6

Deaths per year

Emmet County

**Too few cases to show rates*

Statewide

2.6

United States

2.0

#1

#2

#3

#4

#5

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

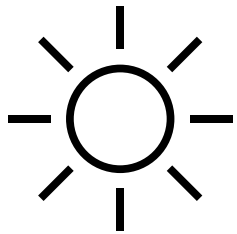
What can you do to prevent melanoma?



Wear broad spectrum sunscreen with at least SPF 30

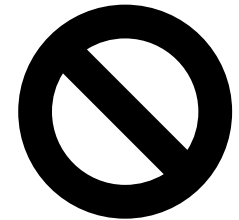


Wear long sleeves and hats and sit in the shade when outdoors



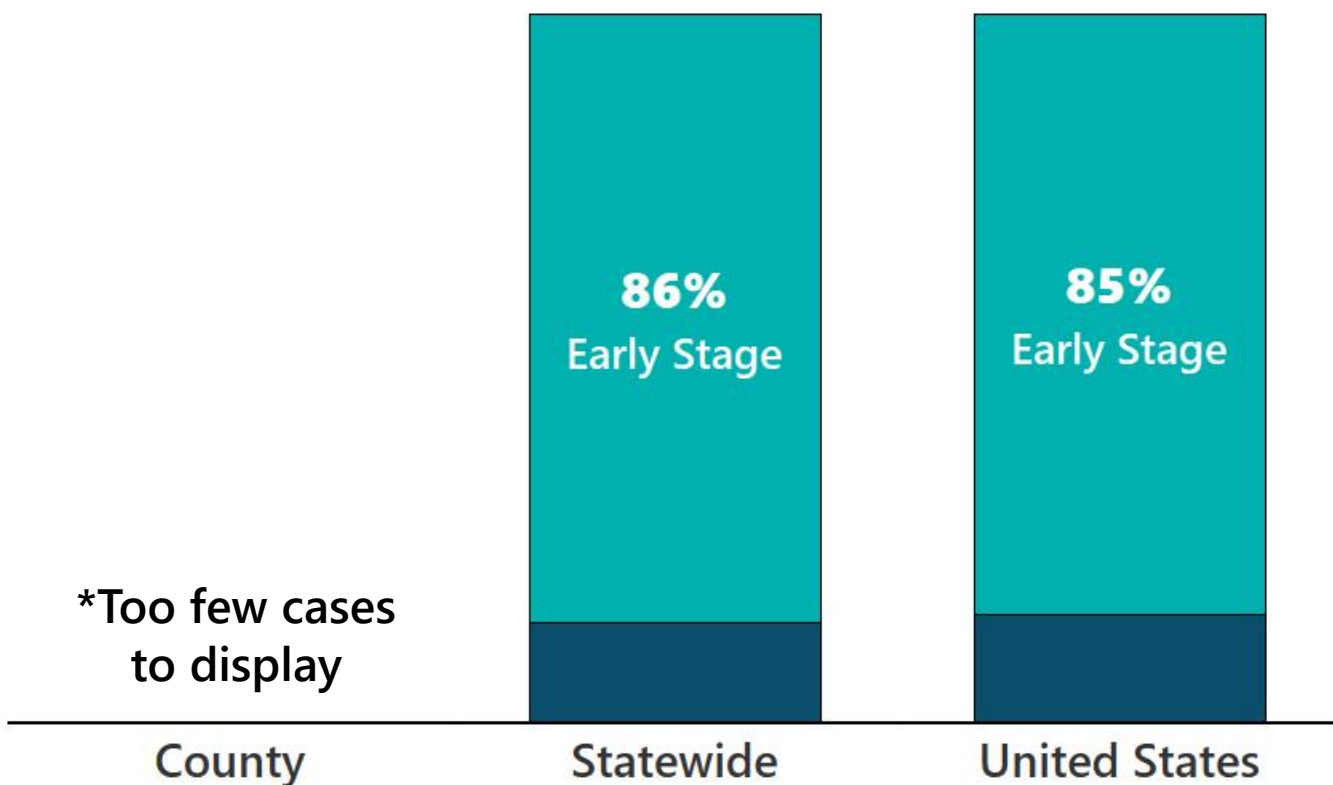
Avoid being in the sun between 10am – 2pm

Do not use indoor tanning beds



#5 | Melanoma | Stage at Diagnosis

Early stage = Easier to treat, Higher survival rates



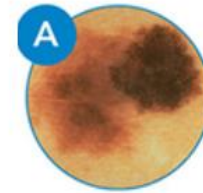
Diagnosed at a Late Stage



Melanoma Self-Exams

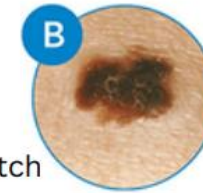
Perform regular self-examinations using a mirror. **If you find new spots or changes in existing spots** talk to your doctor.

Most moles and brown spots are harmless, but following the **ABCDE's** can help you detect melanoma early.



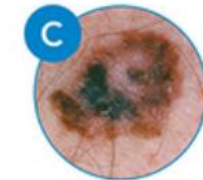
A is for
Asymmetry

the shape of one half does not match the other



B is for
Border

the edges are ragged, blurred, or irregular



C is for
Color

color is uneven and may include shades of black, brown, or tan



D is for
Diameter

there is a change in size, usually an increase



E is for
Evolving

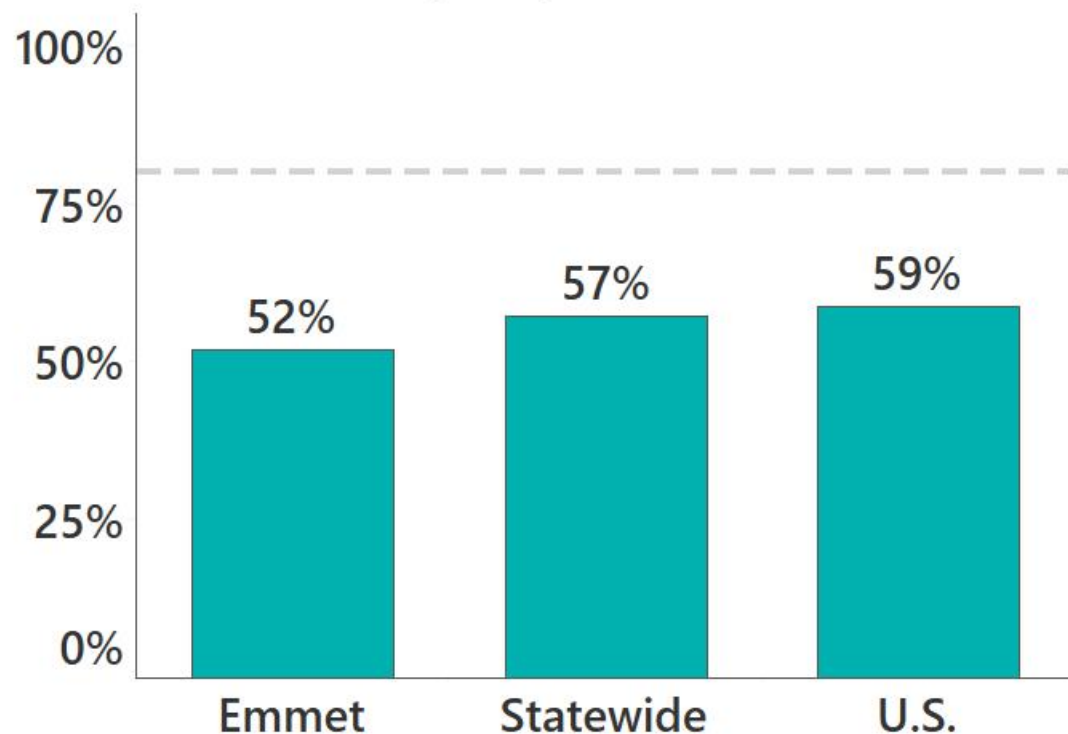
the mole has changed over the past few weeks or months

American Academy of Dermatologist

[Check out the Iowa Cancer Registry Melanoma Spotlight](#)

A vaccine that prevents cancer: HPV

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

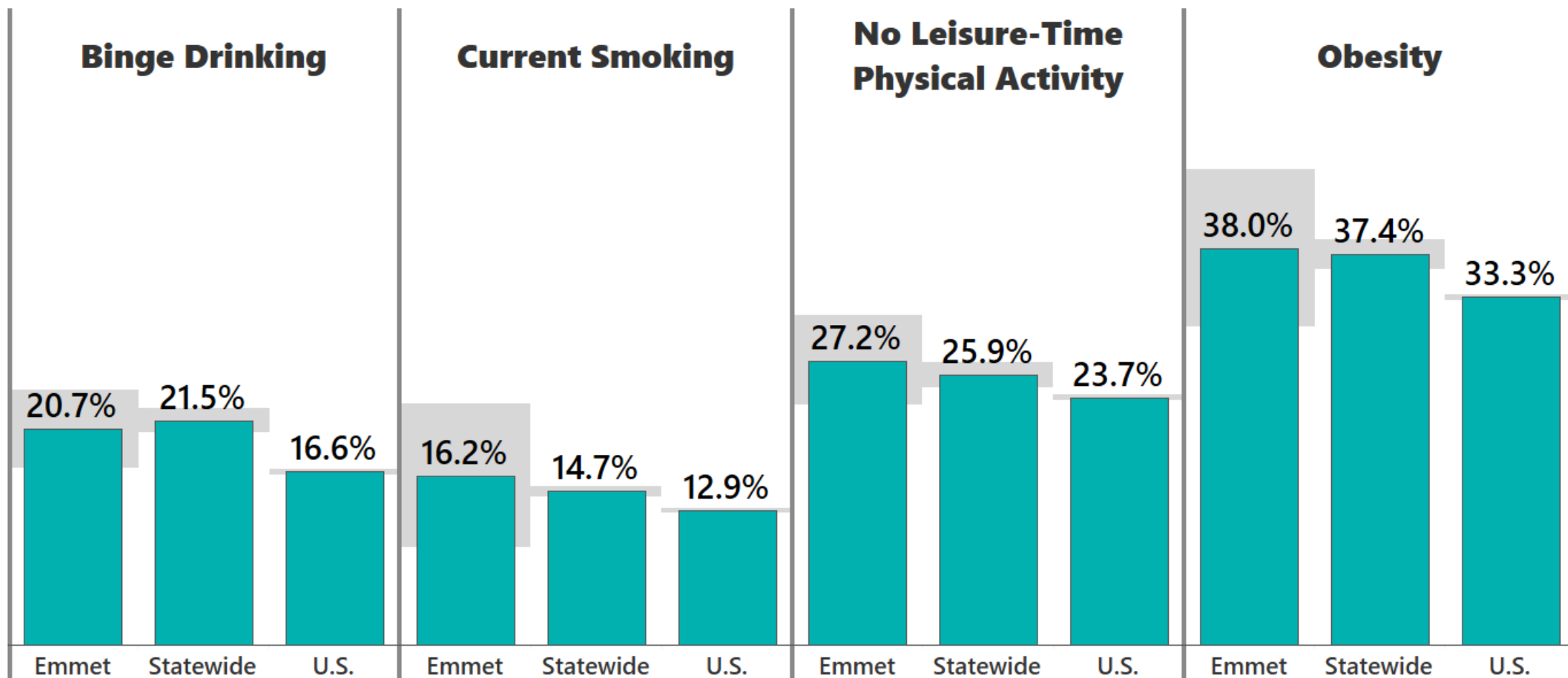


- HPV infection can cause cancers of the cervix, mouth and throat, anus, rectum, penis, vulva, and vagina.
- Iowa has the highest rate of oropharyngeal cancer in the U.S.
- Vaccine provides safe, effective, and lasting protection against HPV, thus reducing cancer risk
- Recommended at age 11 or 12 years,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

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

Other Cancer Risk Factors

**Lower
is
better**



Resources to help understand
and address cancer in Iowa
communities

Iowa Comprehensive Cancer Control Program (CCCCP)

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

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

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

Iowa Cancer Consortium

Mission: To advance cancer prevention and control through advocacy, equity, and collaboration.

Vision: An Iowa where cancer is not a burden.

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
- Virtually-hosted workgroups
- The Iowa Cancer Plan

www.canceriowa.org



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.



[https://canceriowa.org/
iowa-cancer-plan/](https://canceriowa.org/iowa-cancer-plan/)

Ways to get involved



Iowa Cancer Plan

Use to identify strategies aligned with community-specific needs

canceriowa.org/iowa-cancer-plan/



Iowa Cancer Consortium

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

www.canceriowa.org

American Cancer Society Cancer Action Network



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

www.fightcancer.org

Contact your legislator

Find your legislator at

<https://www.legis.iowa.gov/legislators/find>

Policy Considerations

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.

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.

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

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.

Emmet County Resources

Quitline

- Free tobacco cessation program is based on proven strategies that have helped more than 1.5 million people quit tobacco. Our professional quit coaches and online community provide the support you need.
- 800-QUITNOW

Immunizations

- We provide various immunizations for children, adolescents and adults through the Vaccines for Children (VFC) program, Vaccines for Adults (VFA) program, and by billing private insurances.
- To set up an appointment for immunization or to request a copy of an immunization record, please call us at 712-362-2490.

Lead Testing

- Lead testing for children 1-6 is available by appointment – please call 712-362-2490 to see if you your child is eligible for testing.
- The Iowa Department of Public Health (IDPH) leads efforts in Iowa to prevent lead poisoning in children below the age of 6 through the Childhood Lead Poisoning Prevention Program (CLPPP). For further information on the CLPPP and lead in general, [click here](#).

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...

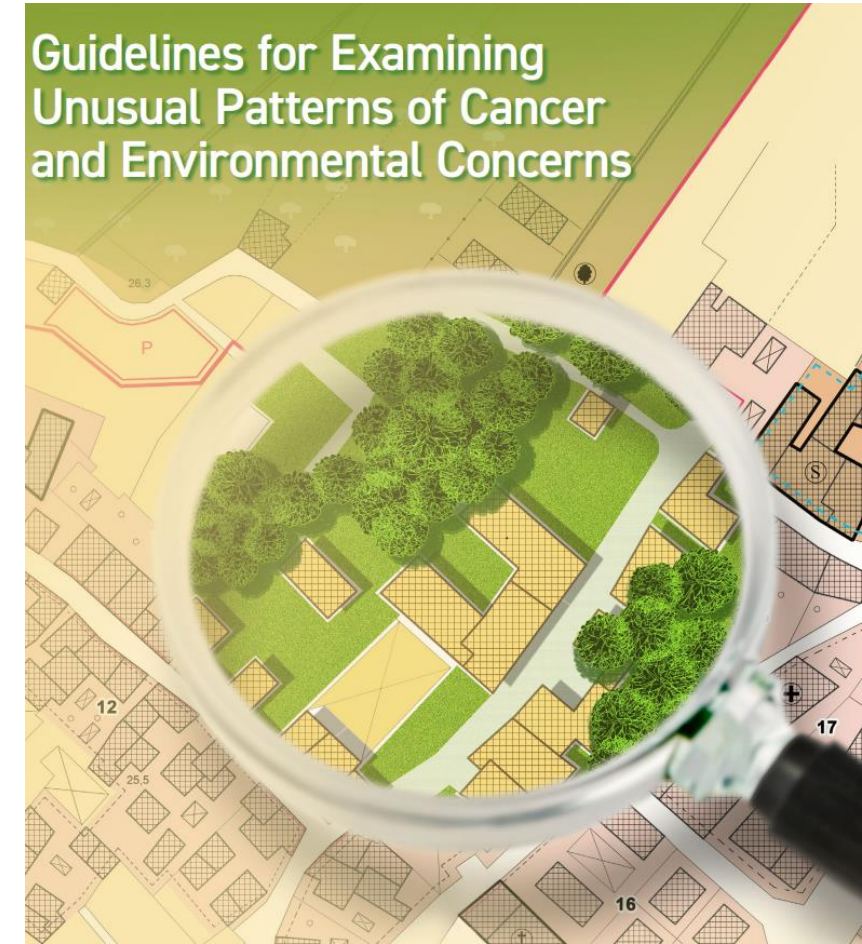
- Cancer Cluster Concerns
- Agricultural Health Study
- Environmental Exposures and Health Risks Fact Sheets
- Center for Health Effects of Environmental Contamination
- Iowa Private Well Grants Program
- Center for Energy & Environmental Education's (CEEE) Environmental Health Program



www.iowacancerregistry.org/99

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



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 31,000 private and 5,000 commercial 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 how agricultural, lifestyle, and genetic factors affect the health of farming populations.

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

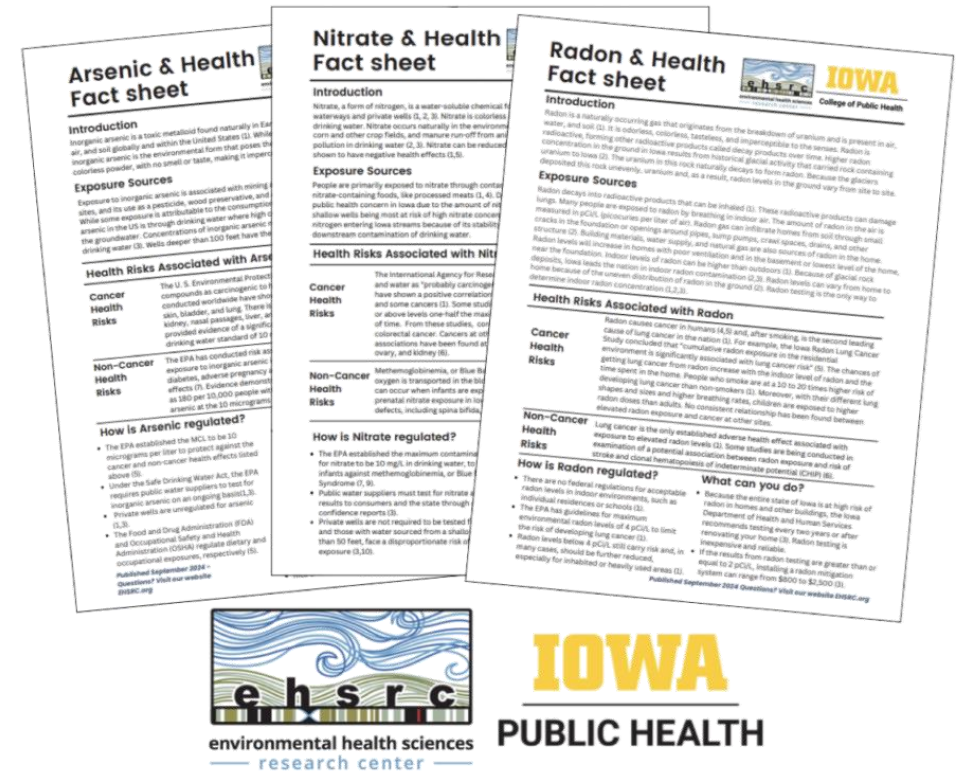
- Cancer and non-cancer health risks for each environmental exposure
- How the exposures are regulated
- What you can do to limit your exposure

Environmental Health Fact Sheets

- [Arsenic](#)
- [Atrazine](#)
- [Glyphosate](#)
- [Nitrate](#)
- [Radon](#)



NEW Environmental Exposures & Health Risks Fact Sheets



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

Nitrate & Health Fact sheet



Coll

Introduction

Nitrate, a form of nitrogen, is a water-soluble chemical found at high concentration in waterways and private wells (1, 2, 3). Nitrate is colorless and has no smell, so it is invisible in drinking water. Nitrate occurs naturally in the environment; however, applying nitrogen fertilizer to corn and other crop fields, and manure run-off from animal feeding operations can contribute to nitrate pollution in drinking water (2, 3). Nitrate can be reduced to nitrite and other compounds, which have been shown to have negative health effects (1,5).

Exposure Sources

People are primarily exposed to nitrate through contaminated drinking water and food. Nitrate-containing foods, like processed meats (1, 4). Drinking water contaminated with nitrate is a public health concern in Iowa due to the amount of nitrogen fertilizer used in agriculture, with shallow wells being most at risk of high nitrate concentrations (3). Nitrate is the most common nitrogen entering Iowa streams because of its stability and water-solubility, potentially leading to downstream contamination of drinking water.

Health Risks Associated with Nitrate

Cancer Health Risks

The International Agency for Research on Cancer (IARC) classifies nitrate in food and water as "probably carcinogenic to humans" (1, 5). Studies conducted in Iowa have shown a positive correlation between exposure to nitrate in the drinking water and some cancers (1). Some studies conducted in Iowa have analyzed cancer risk at or above levels one-half the maximum contaminant level (MCL) over long periods of time. From these studies, consistent associations have been discovered for **colorectal cancer**. Cancers at other sites have been less studied, however, positive associations have been found at levels below the MCL for cancers of the **thyroid, ovary, and kidney** (6).

Non-Cancer Health Risks

Methemoglobinemia, or Blue Baby Syndrome, is a condition in which not enough oxygen is transported in the blood to the body's tissues (3). Blue Baby Syndrome can occur when infants are exposed to nitrate levels higher than 10 mg/L. Elevated prenatal nitrate exposure in Iowa has also been connected to increased risk of birth defects, including spina bifida, limb deficiencies, and cleft palate (7,8).

How is Nitrate regulated?

- The EPA established the maximum contaminant level for nitrate to be 10 mg/L in drinking water, to protect infants against methemoglobinemia, or Blue Baby Syndrome (7, 9).
- Public water suppliers must test for nitrate and present results to consumers and the state through consumer confidence reports (3).
- Private wells are not required to be tested for nitrate, and those with water sourced from a shallow well, less than 50 feet, face a disproportionate risk of high nitrate exposure (3,10).

What can you do?

- Test well water for nitrate once a year if the well is privately-owned.
- Water purification methods that remove nitrate include reverse osmosis, ion exchange, and distillation. Using Brita filters, refrigerator filters, and boiling water are not effective at removing nitrate (7).
- Maintain a healthy diet rich in antioxidants and limited in processed, cured, and red meats (1). **Published September 2024**
Questions? Visit our website [EHSRC.org](https://ehsrc.org)

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

Iowa Private Well Grants Program

Iowa Health & Human Services

Iowa's [Private Well Grants Program](#) (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.

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

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

[County Health Department - contact list](#)

Follow this QR code or the links below to learn more!



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

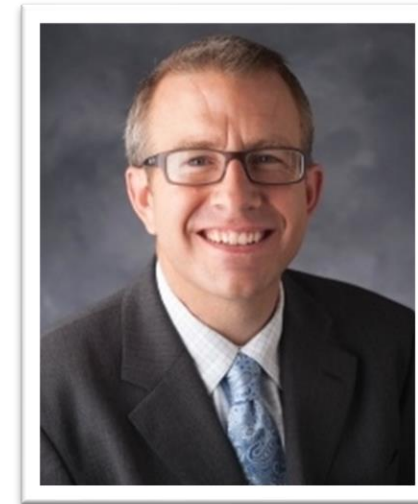
<https://www.iowadnr.gov/environmental-protection/water-quality/private-well-program/well-testing>

Center for Health Effects of Environmental Contamination (CHEEC)

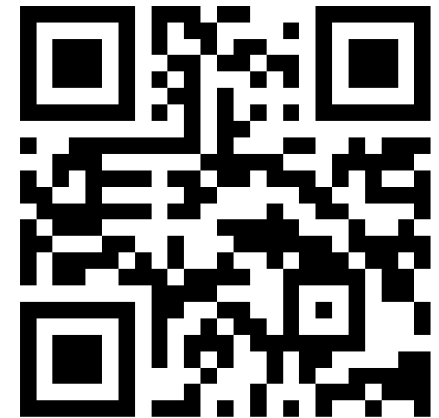
CHEEC

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.



David Cwiertny
Director of CHEEC



cheec.uiowa.edu

Email: cheec@uiowa.edu

Center for Energy & Environmental Education's (CEEE) Environmental Health Program

Highlighting upstream solutions to protect children, climate, and health.

The Environmental Health Program at the CEEE highlights upstream solutions that protect children, climate, and health, as well as raises awareness about the link between harmful chemicals and their impacts to both people and climate. Our initiatives focus on community practices and state strategies that significantly reduce Iowan's exposure to common hazardous pollutants.

Contact Audrey Tran Lam for more information and resources about how to reduce environmental exposures that may contribute to cancer development.



ceee.uni.edu | uni-ceee@uni.edu



University of Northern Iowa
Center for Energy & Environmental Education

Other initiatives in Iowa

Understanding Cancer and Environmental Risk Factors in Iowa

A New Initiative from the Iowa Environmental Council and The Harkin Institute



The Harkin Institute and the Iowa Environmental Council are announcing the launch of a new initiative that explores the relationship between environmental risk factors and cancer rates in Iowa.



STATEWIDE LISTENING SESSIONS

presented by



The Harkin Institute



Expert Panel

UI Holden Cancer Center is bringing renowned national and international cancer experts together to investigate Iowa's cancer rates

IOWA
HEALTH CARE

Holden Comprehensive
Cancer Center

<https://www.iaenvironment.org/our-work/cancer-and-environmental-risk-factors-in-iowa/>

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

This is only the first step.

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

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.

