

Cancer in

Ida County

Whitney Zahnd, PhD & Amanda Kahl, MPH

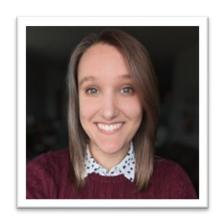
July 31, 2025

Who we are



Whitney Zahnd, PhD

- Assistant Professor,
 University of Iowa College of Public Health
- Past-president of the lowal 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



Amanda Kahl, MPH

- Epidemiologist, Iowa Cancer Registry
- Research: rural-urban differences in treatment and quality of cancer care; cancer registry data quality

99 Counties Project Team









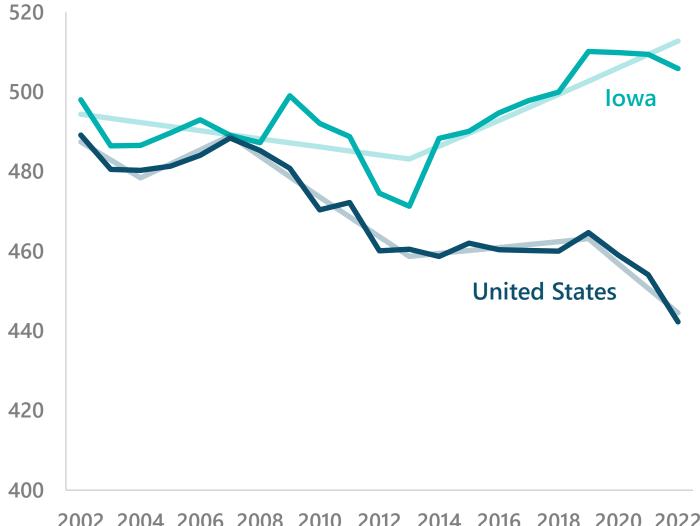
Holden Comprehensive Cancer Center



"Statistics are people with the tears wiped away"

Dr. Irving Selikoff

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



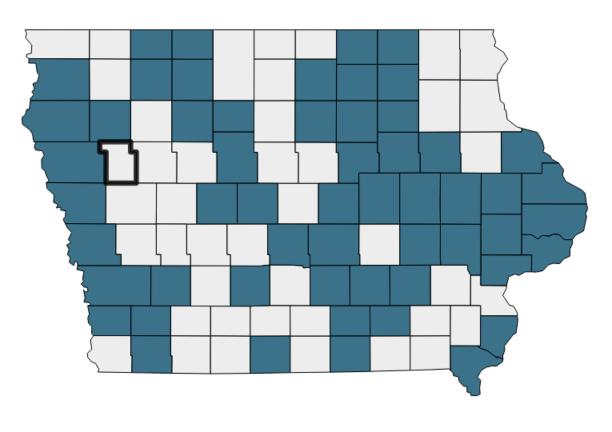




Over half of Iowa's counties have a higher incidence rate than the U.S.

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

O Counties below the national average

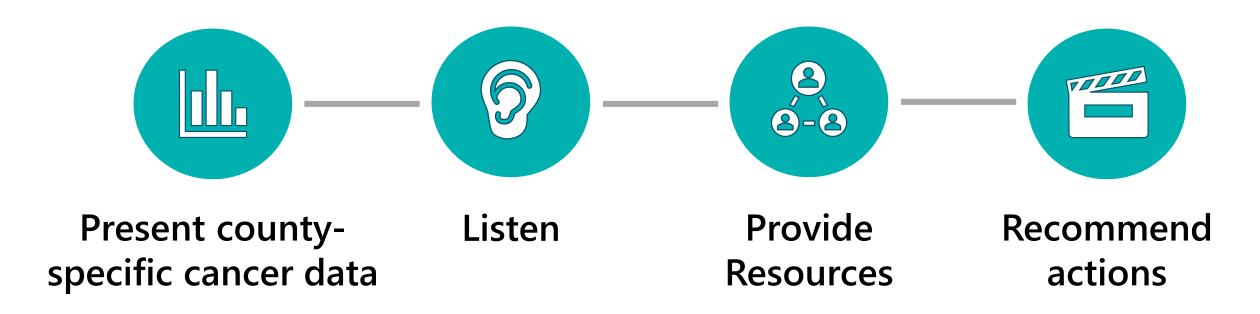


- Above National rates
- Similar to National rates



About the Project

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





There are Many 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



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



Federal Funding for Cancer Control in Iowa

- 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).

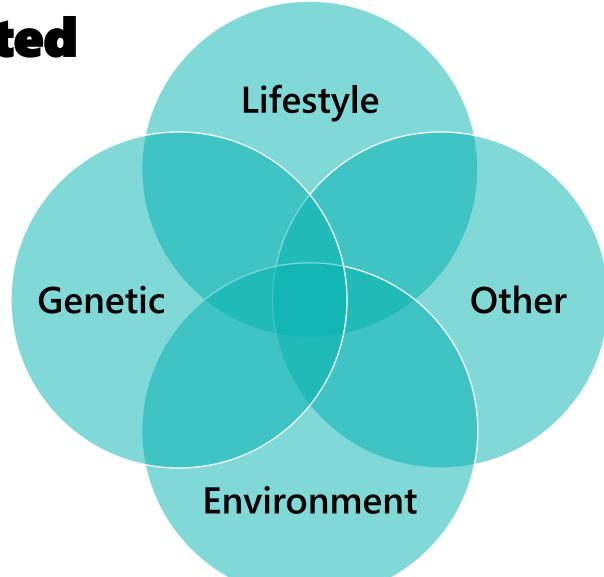
The contents of this presentation are solely the responsibility of the authors and do not necessarily represent the official views of CDC or the National Institutes of Health/National Cancer Institute.



Background on Cancer

Cancer is Complicated

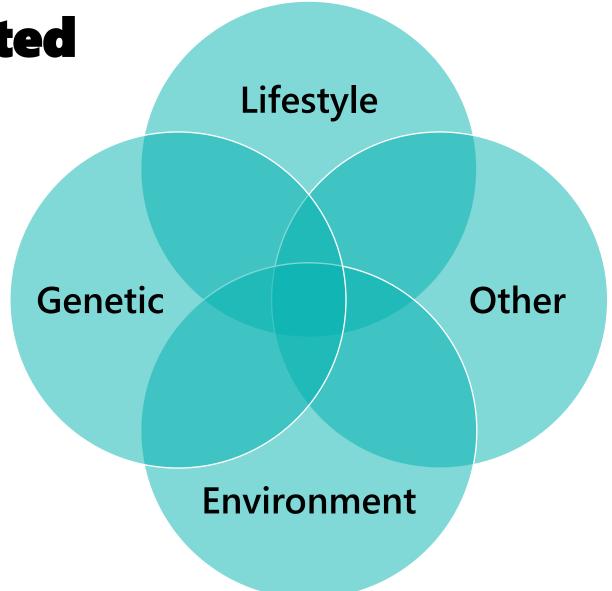
There is no one cause of cancer; it is a combination of different genetic, lifestyle, and environmental risk factors that change the function of cells



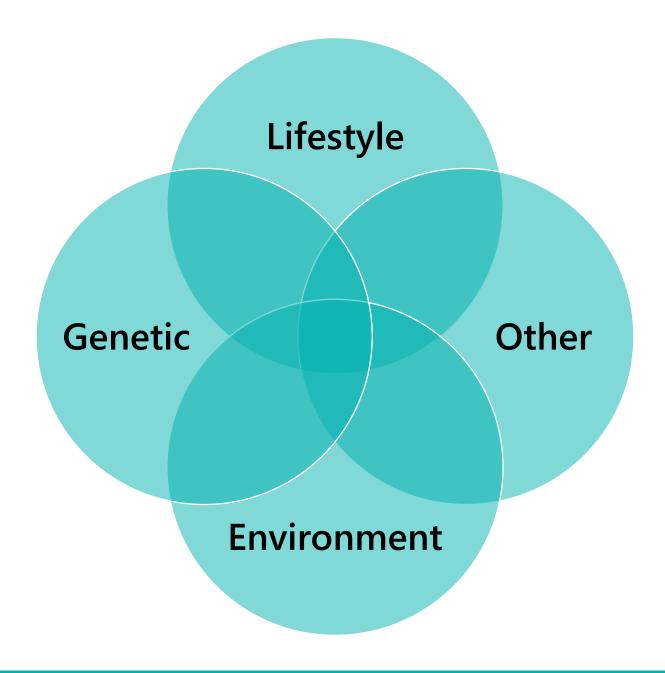


Cancer is Complicated

Risk factors are things that increase your chances of getting cancer

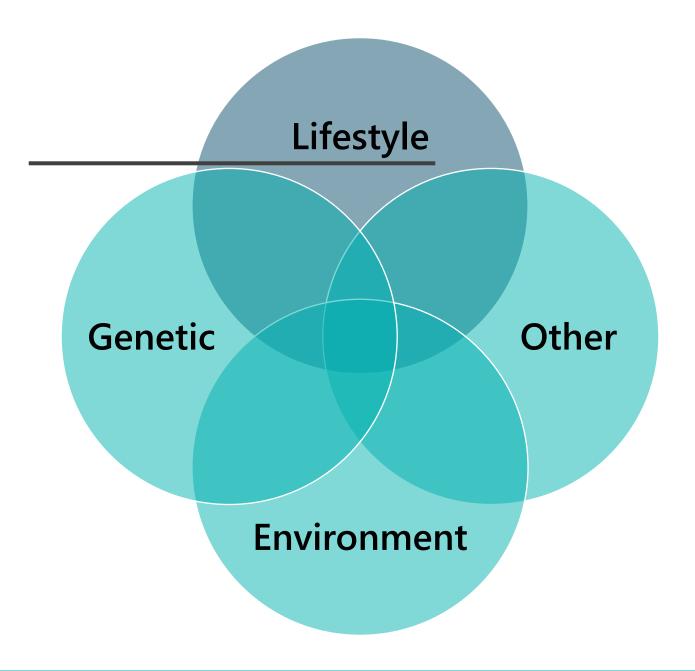




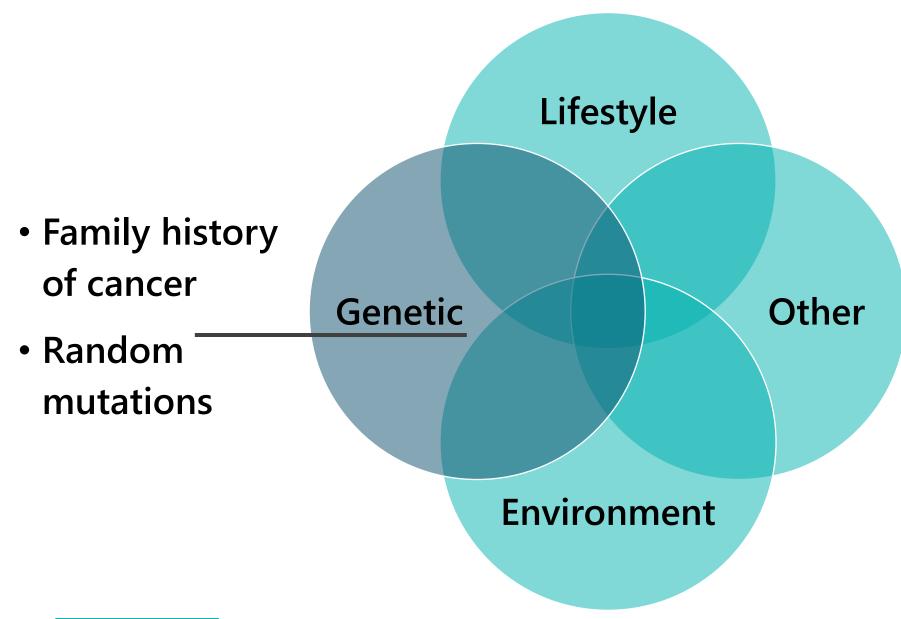




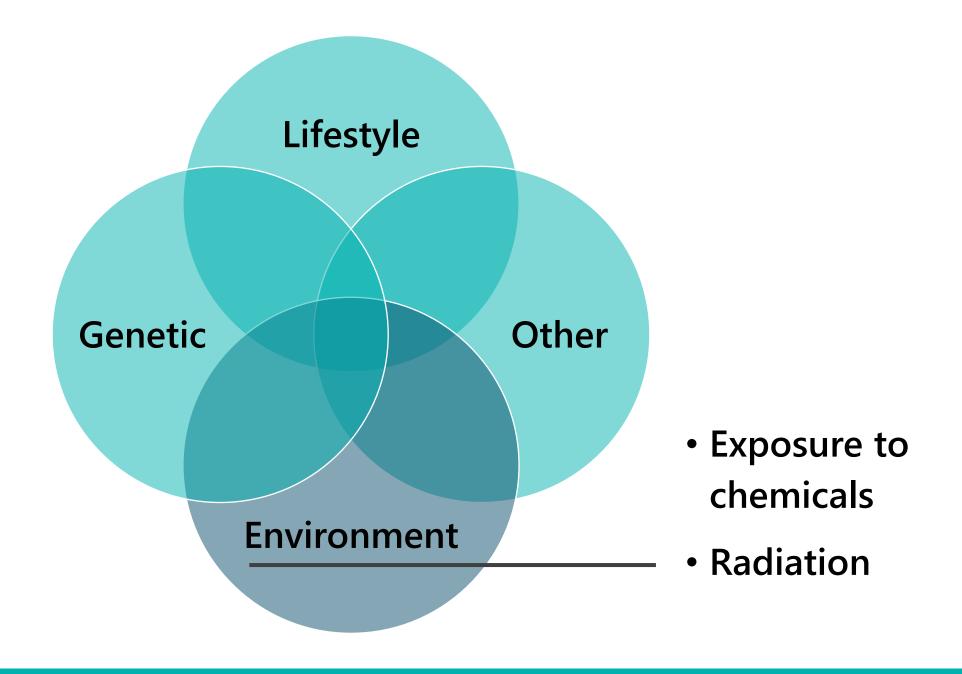
- Tobacco
- Alcohol
- Unhealthy diet
- Not being physically active
- Sunburns



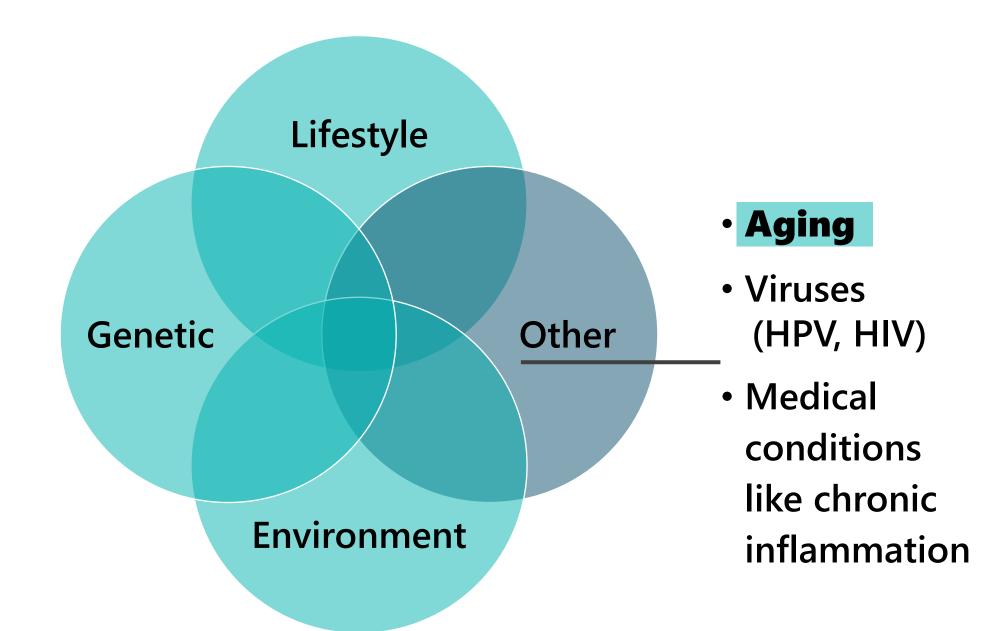














Cancer & the Environment

- 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
- 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 cancer occurring during a specified time period in a population
- Mortality
 - Number of deaths from cancer that occur during a specified time period in a population



Rates & Counts

- Counts
 - -The number of new cases diagnosed or deaths from cancer
- Age-Adjusted Rates
 - -Addresses the question: If the size and age of the populations were the same, would there be a difference in outcomes?
 - -Adjusts the counts to give a # per 100,000 people



Stage definition used today

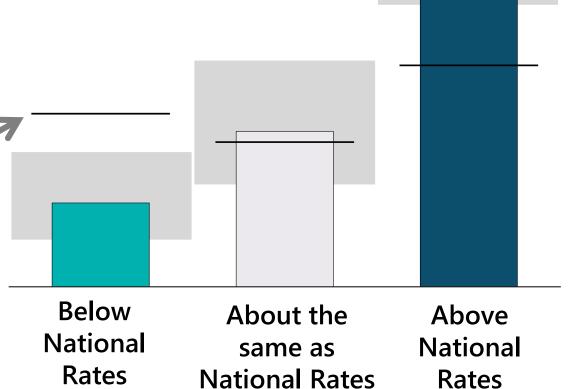
- Early Stage includes
 - Localized: cancer is limited to the place where it started, with no sign that it has spread
- Late Stage includes
 - Regional: cancer has spread to nearby lymph nodes, tissues, or organs
 - Distant: cancer has spread to distant parts of the body



How to read the graphs

Unless otherwise stated, bars are your county data

Black lines on bar graphs are United States data



Grey boxes on bar graphs are 95% Confidence Intervals.

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



Cancer in Ida County

New Cancers in Ida County

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

Each year, there are about

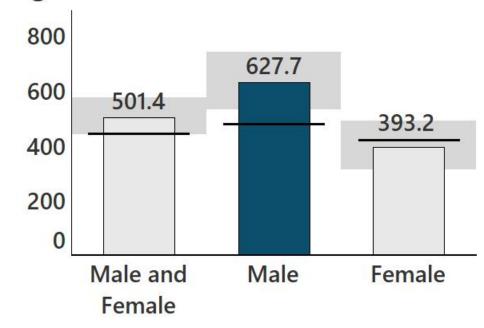
52

new cancers diagnosed in Ida County

Cancer incidence rates in Ida County are not different from the U.S. average

Ranks #43 of 99 counties

Cancer incidence rates are typically higher in men than women





Cancer deaths in Ida County

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

Each year, there are about

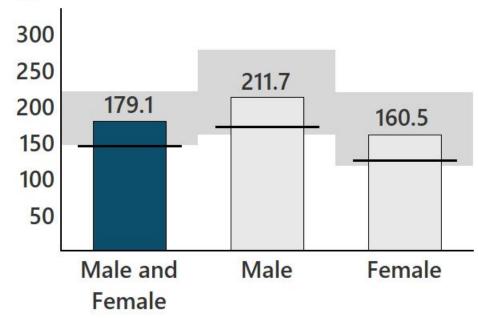
22

cancer deaths in Ida County

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

Ranks #8 of 99 counties

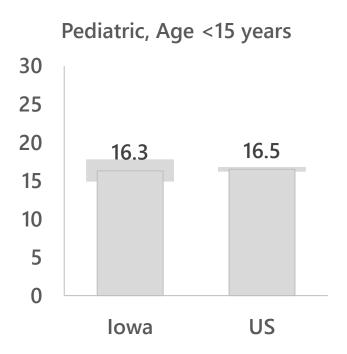
Cancer mortality rates are typically higher in men than women



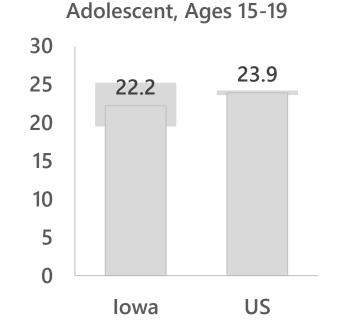


Pediatric, Adolescent, and Young Adult New Cancers in Iowa

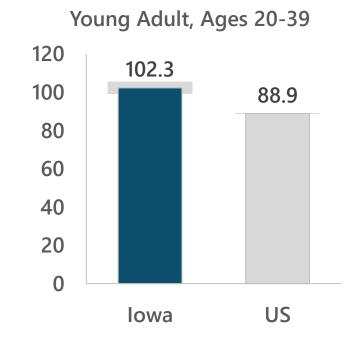
Pediatric cancer incidence rates in Iowa are not different than the U.S. rate



Adolescent cancer incidence rates in Iowa are not different than the U.S. rate

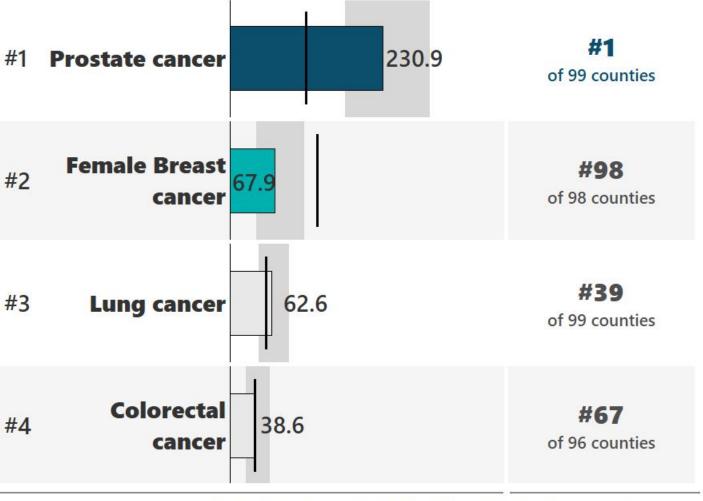


Young Adult cancer incidence rates in Iowa are higher than the U.S. rate





Top cancers in Ida County



Age-Adjusted rate per 100k, 2017-2021

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



#1 | Prostate cancer

Each year in Ida County, there are about... **Ida County** 230.9 #2 125.9 Statewide #3 New Cases per year 113.2 **United States Ida County** *Too few cases to show rates #4 19.8 Statewide **Deaths** per year #5 18.8 **United States**



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

Prostate Cancer Screening

Screening Guidelines

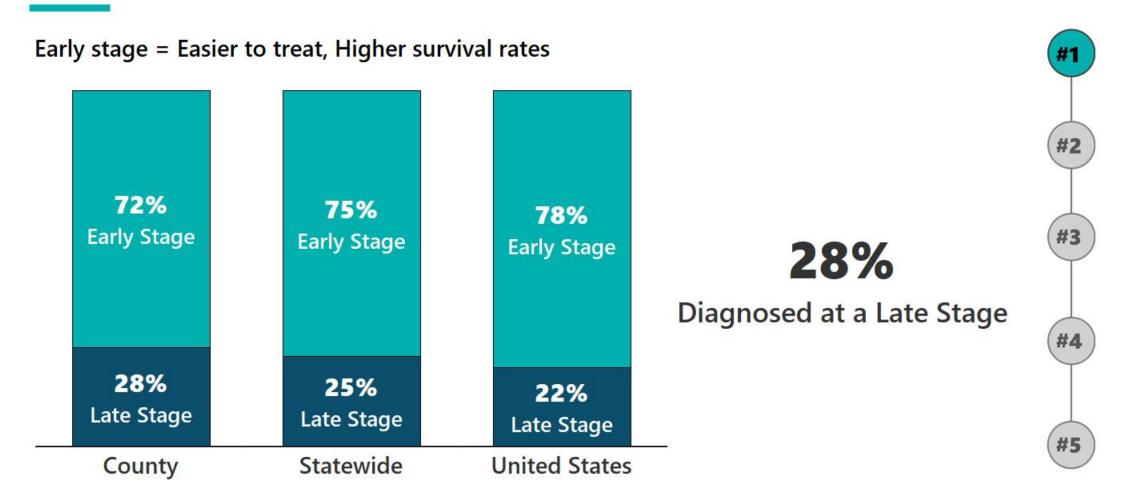
Screening test: Prostate-specific antigen (PSA) blood test

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)



#1 | Prostate cancer Stage at Diagnosis





#2 | Female Breast cancer

Each year in Ida County, there are about... 67.9 **Ida County** 136.9 Statewide #3 New Cases per year **United States** 129.8 *Too few cases to show rates **Ida County** #4 Statewide 17.8 **Deaths** per year #5

19.2

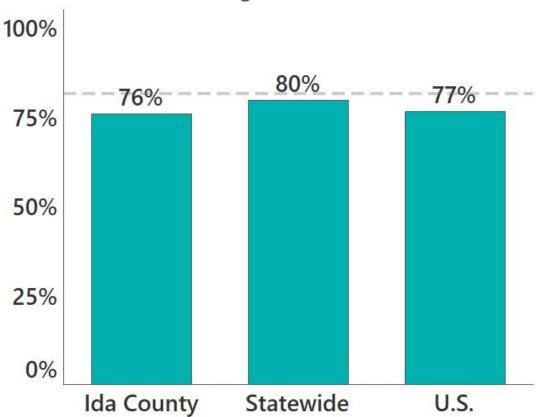
United States



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

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

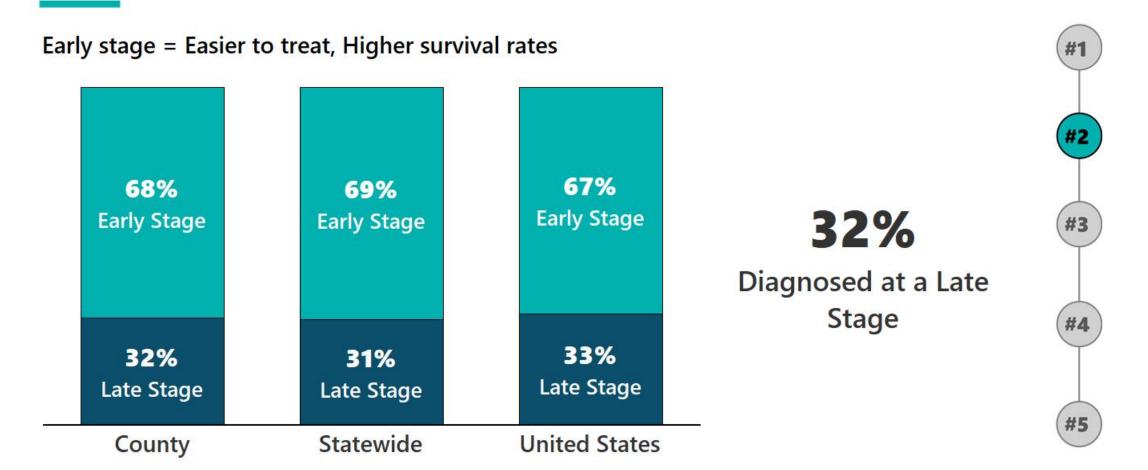
Talk to your doctor if you have a family history of breast cancer

(U.S. Preventative Services Task Force)



Data from 2022 BRFSS Goal: 81.4% by 2027

#2 | Female Breast cancer | Stage at Diagnosis





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

We provide free breast and cervical cancer screenings across lowa.

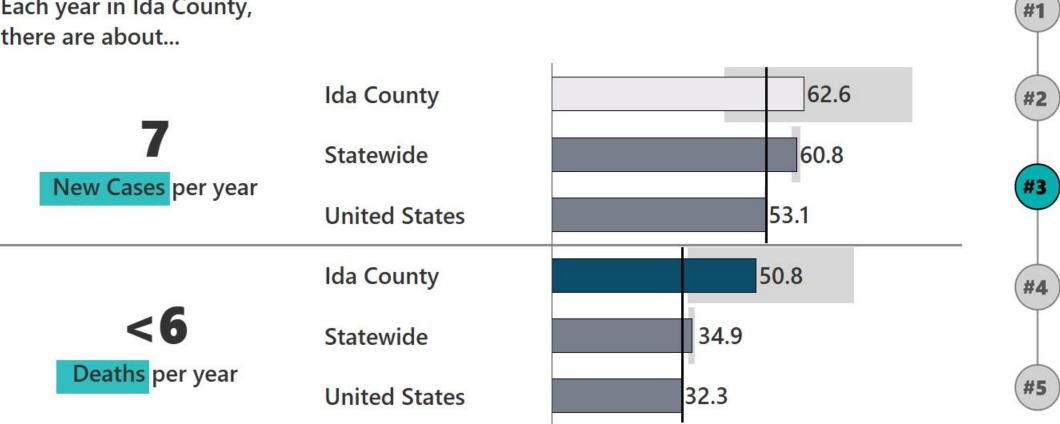
- ► CFY-BCC is also called the Iowa Breast and Cervical Cancer Early Detection Program.
- ► CFY-BCC serves Iowans between 21 and 64 years of age.
- ► Are at or earn less than 250% of the Federal Poverty Level.
- ► Call (866) 339-7909 to speak to a confidential coordinator immediately.
- ► CFY-BCC coordinators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



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

#3 | Lung cancer

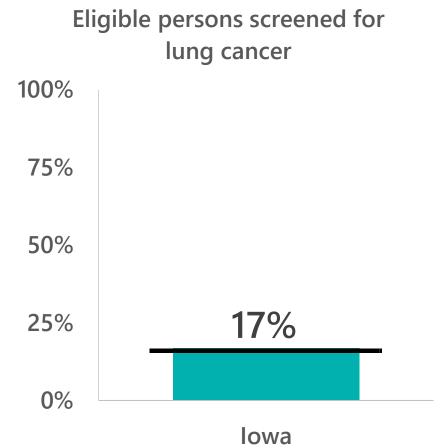
Each year in Ida County, there are about...





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

Lung Cancer Screening



Screening Guidelines

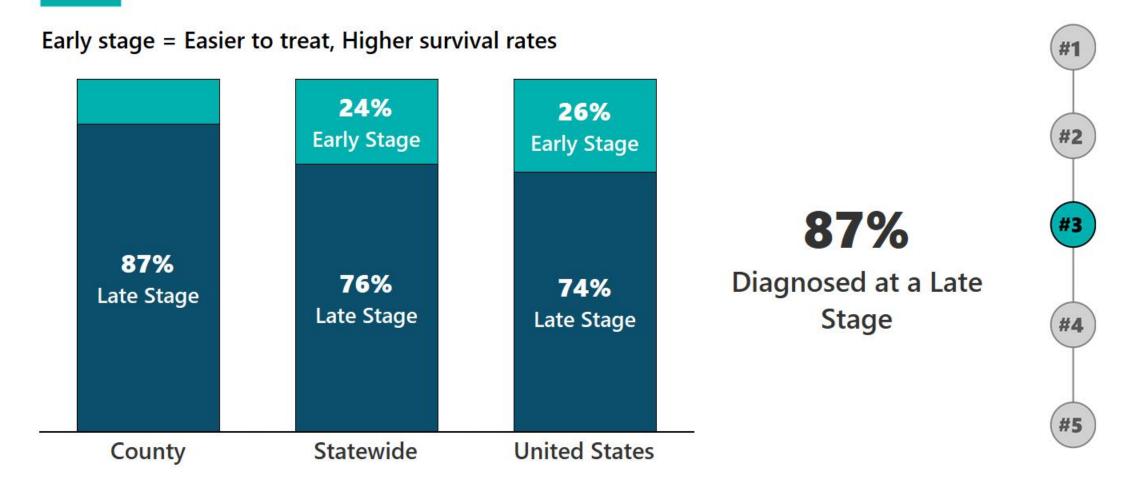
Low-dose CT scan

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





Lung Cancer Risk Factors



Smoking is #1 cause of lung cancer



Radon is #2 leading cause of lung cancer Test your home for radon and mitigate

People who smoke that are exposed to radon are at a **10 to 20 times higher** risk of developing lung cancer than non-smokers

Learn more about Radon testing and mitigation:Iowa Health & Human Services

hhs.iowa.gov/radiological-health/radon

Iowa Cancer Consortium canceriowa.org/radon/



#4 | Colorectal cancer

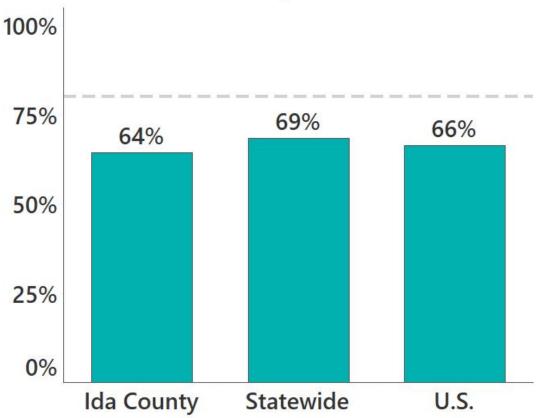
Each year in Ida County, there are about... 38.6 **Ida County** #2 <6 39.9 Statewide **New Cases** per year #3 **United States** 36.4 **Ida County** *Too few cases to show rates #4 13.5 Statewide **Deaths** per year #5 **United States** 12.8



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

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)





#4 | Colorectal cancer | Stage at Diagnosis

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



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

How can you reduce your risk for cancer?

~40% of cancers in the US are attributable to modifiable risk factors (i.e., smoking, alcohol, diet, infections, etc.)



Do not smoke or use any form of tobacco Make your home smoke-free



Enjoy a healthy diet



Avoid too much sun, use sun protection



Limit alcohol consumption



Be physically active



Vaccinate against Hepatitis B and HPV



Reduce indoor and outdoor air pollution (including radon)



Decrease excess body weight

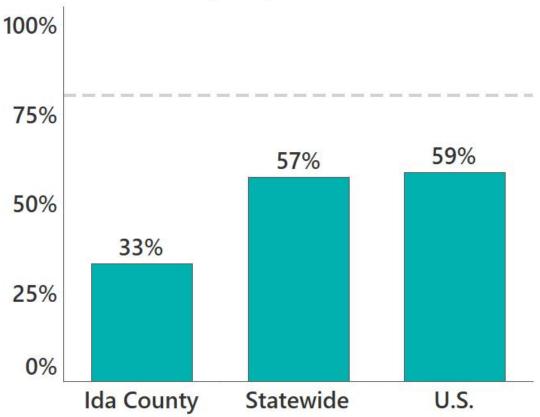


Get the appropriate cancer screenings for you!



A vaccine that prevents cancer: HPV

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

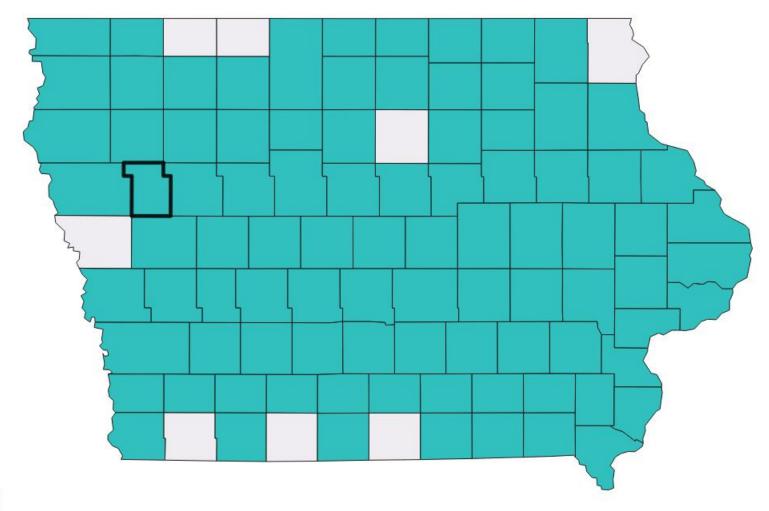


- HPV infection can cause cancers of the cervix, mouth and throat, anus, rectum, penis, vulva, and vagina.
- Iowa has the highest rate of oropharyngeal cancer in the U.S.
- Vaccine provides safe, effective, and lasting protection against HPV, thus reducing cancer risk
- Recommended at age 11 or 12 years,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





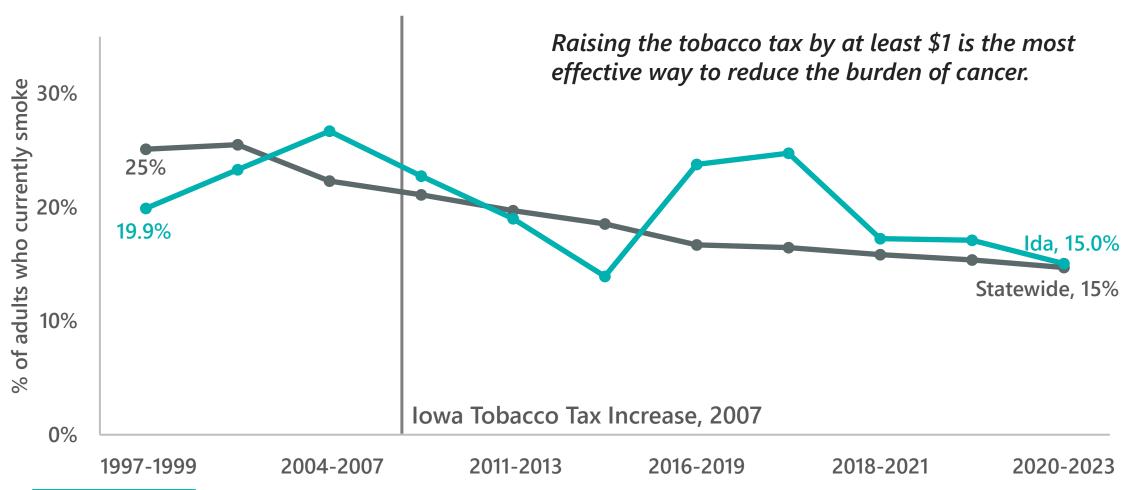
After the last tobacco tax was passed in 2007, smoking rates decreased in 92% of Iowa counties





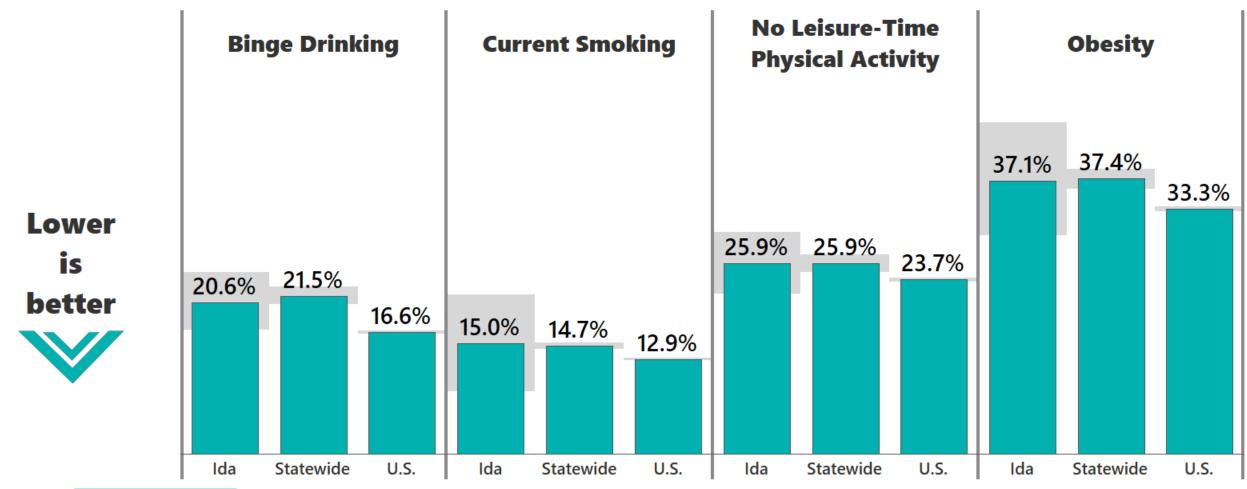
After the last increase to the tobacco tax was passed in 2007, smoking rates decreased* in Ida County

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





Other Cancer Risk Factors





Want to know your cancer risk?

Take the American Cancer Society's cancer risk assessment to learn more about what factors might affect your personal cancer risk and actions you can take to help lower your risk.

https://acscancerrisk360.cancer.org/





Resources to help understand and address cancer in lowa communities

Iowa Comprehensive Cancer Control Program (CCCP)

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.

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



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

Funded in part through a contract with the Iowa CCCP





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.





https://canceriowa.org/ iowa-cancer-plan/ "There is a lot we know about how to reduce our personal cancer risk. There is opportunity for the biggest impact when policies help us do that.

Effective policies

- -make the <u>healthy choice easier</u>
- -make the <u>unhealthy choice harder</u>
- -provide protections from risk factors that are out of an individual's control"

- Iowa Cancer Consortium

Policy Examples

State-level

- Increase the tobacco tax by at least \$1.00
- Raise taxes on alcohol and set minimum unit prices
- Prohibit minors' use of tanning beds

Community & Organization-level

- Implementing tobacco- and nicotinefree policies
- Zoning restrictions to prohibit tobacco shops from operating near schools or other tobacco retailers
- Set and enforce limits on the number of places that sell alcohol and the distance between them
- Reducing out-of-pocket costs for cessation treatments
- Build communities that provide natural opportunity for physical activity (walkable/ bikeable/ accessible)

- Ensure access to affordable fresh food
- Providing sunscreen and UV-safety education in outdoor occupational, recreation/tourism, and childcare settings
- Engaging community health workers, developing clinic-specific interventions, and supporting care navigation
- Include cancer-relevant strategies in your hospital's community health needs assessments or public health department's needs assessment



More ways to get involved

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



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 can help

Cancer control partners can provide ideas, advise, and help find data, evidence, and other resources, but ultimately you are the experts.

Take stock of the information presented today

A good place to start is by **taking stock of the information presented today**

- Where are opportunities for change within your county, town, or organization?
- Use the Iowa Cancer Plan for inspiration.
- Reach out to the Iowa Cancer Consortium for partnership in moving forward.



Ida County Resources

Radon Tests

Ida County Environmental Health has radon kits available for purchase.

See the Treasurer's Office for purchasing radon tests.

401 Moorehead Street Ida Grove, IA 51445

Well-Water Testing

Through the Iowa Private Well Grant, Ida County Environmental Health provides free private drinking water well samples along with financial assistance for qualifying well assessment, shock chlorination, well rehabilitation, well closures and cistern closures.

Call for more information: 712.364.2533

Resource Guide

Cancer in Iowa: 99 Counties Project

- 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
- Iowa Private Well Grants Program
- Center for Health Effects of Environmental Contamination
- Center for Energy & Environmental Education's (CEEE)
 Environmental Health Program



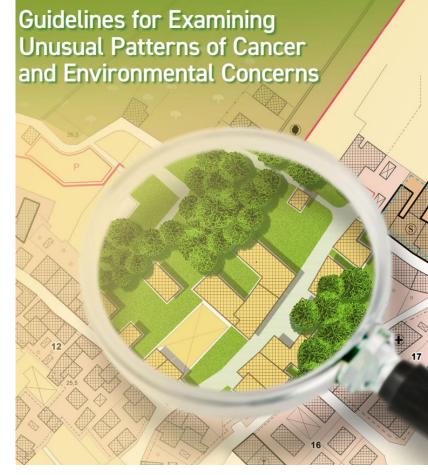
www.iowacancerregistry.org/99

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

If you are concerned about cancer excess in your area, please email the Iowa Cancer Registry at

ICR-CancerConcerns@uiowa.edu

- We will ask you about the location, cancer types, and any 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.





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.

The aim of this study is to understand how agricultural, lifestyle, and genetic factors affect the health of farming populations.

- 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

Environmental Exposures & Health Risks Fact Sheets

Environmental Health Sciences Research Center

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



Nitrate & Health Fact sheet





Introduction

"[...]consistent associations have been discovered for colorectal cancer.

[...] less studied, however, positive associations have been found at levels below the MCL for cancers of the thyroid, ovary, and kidney"

Cance Health Risks International Agency for Research on Cancer (IARC) classifies nitrate in food water as "probably carcinogenic to humans" (1, 5). Studies conducted in Iowa /e shown a positive correlation between exposure to nitrate in the drinking water a some cancers (1). Some studies conducted in Iowa have analyzed cancer risk at or above levels one-half the maximimum 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.publichealth.uiowa.edu/communityengagement/resources-information/

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.

Analytes

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

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

County Health Department - contact list

Center for Health Effects of Environmental Contamination (CHEEC)

University of Iowa

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 CHEEC at the email address below.



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

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

Raises awareness about the link between harmful chemicals and their impacts to both people and climate.

Initiatives focus on community practices and state strategies that significantly reduce lowan's exposure to common hazardous pollutants.

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





Other initiatives in Iowa



Drake The Harkin Institute and the Iowa **Environmental Council are** exploring the relationship between environmental risk factors and cancer rates in lowa.



https://www.iaenvironment.org/our-work/cancer-andenvironmental-risk-factors-in-iowa/



Expert Panel

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

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.

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



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.



