

### Cancer Related Risk Factors and Preventative Behaviors

The Essex County rate for adult smoking is worse than Vermont overall. The percentage of males ages 13-17 who have received the full HPV vaccine series is lower in Essex County than Vermont overall. Other cancer related risk behavior rates are similar to state rates.

	Percent		Goal Type <sup>G</sup>
	Essex	Vermont	
Smoke Cigarettes, Currently (Adults)*	27	18	HV, SCP
Obesity (Ages 20+)* <sup>D</sup>	29	25	HV, SCP
Tanning, Past 12 Months (Youth, Grades 9-12)	11	10	SCP
Completed 3 dose HPV vaccination series (Females, Ages 13-17)	41	46	SCP
Completed 3 dose HPV vaccination series (Males, Ages 13-17)	20	30	SCP

Data Sources: Smoking, Obesity: BRFSS; County: 2013-2014, State: 2014. Youth Tanning: YRBS, 2011. HPV vaccination: IMR, 2014.

### Cancer Incidence by Risk Factor: Newly Diagnosed Cases per Year

The incidence rates for risk factor associated cancers in Essex County are similar to the Vermont rates.

	Rate per 100,000 People		Goal Type <sup>G</sup>
	Essex	Vermont	
Tobacco Associated Cancers* <sup>1</sup>	241.8	213.5	SCP
Obesity Associated Cancers* <sup>2</sup>	213.0	204.8	SCP
Melanoma (UV Associated Cancer)* <sup>3</sup>	37.7	29.0	SCP
HPV Associated Cancers* <sup>4</sup>	10.5	10.4	SCP

Data Source: VCR, 2008-2012.

Note: Excludes basal cell and squamous cell skin cancers and in situ carcinomas, except urinary bladder.

<sup>1</sup> Tobacco use increases the risk of cancers of the lung and bronchus, mouth, lips, nose and sinuses, larynx (voice box), pharynx (throat), esophagus, stomach, colon and rectum, pancreas, cervix, uterus, ovary, bladder, kidney, and acute myeloid leukemia.

<sup>2</sup> Excess weight increases the risk of cancers of the breast (postmenopausal), colon and rectum, uterus, esophagus, kidney, pancreas, thyroid and gallbladder. Excess weight may increase the risk of cancers of the ovary, cervix, liver, non-Hodgkin lymphoma, myeloma and prostate (advanced stage).

<sup>3</sup> Ultraviolet radiation (UV) exposure increases the risk of melanoma.

<sup>4</sup> Infection with the HPV virus increases the risk of cancers of the cervix, vulva, vagina, penis, anus, mouth and throat.

### Cancer Screening

The Essex County cervical cancer screening rate is worse than Vermont overall. Other screening rates are similar to state rates.

	Percent		Goal Type <sup>G</sup>
	Essex	Vermont	
Breast Cancer Screening (Females, Ages 50-74)* <sup>D</sup>	79	79	HV, SCP
Cervical Cancer Screening (Females, Ages 21-65)* <sup>D</sup>	67	86	HV, SCP
Colorectal Cancer Screening (Males and Females, Ages 50-75)* <sup>D</sup>	67	71	HV, SCP

Data Source: BRFSS; County: 2012 and 2014, State: 2014.

### Cancer Diagnosis: Advanced Stage<sup>D</sup>

Essex County has similar advanced stage diagnosis rates for cancers of the breast, lung and bronchus, and colon and rectum, compared to Vermont overall.

	Rate per 100,000 People		Goal Type <sup>G</sup>
	Essex	Vermont	
Breast* (Females, Ages 50+)	105.3	96.5	SCP
Colorectal* (Males and Females, Ages 50+)	58.0	62.4	SCP
Lung* (Males and Females, Ages 55+)	231.3	210.0	SCP

Data Source: VCR, 2008-2012.

Note: The number of advanced stage cervical cancers is too small to report by county.

### Cancer Survivors (Prevalence)<sup>D</sup>: Ever Diagnosed with Cancer

There are approximately 400 adult cancer survivors living in Essex County.

Data Source: BRFSS, 2012-2014.

Note: Cancer prevalence excludes those whose only cancer was a skin cancer.

### Cancer Mortality: Deaths Due to Cancer

The cancer death rate in Essex County is similar to the Vermont rate.

	Rate per 100,000 People		Goal Type <sup>G</sup>
	Essex	Vermont	
Overall Cancer Deaths*	188.1	173.4	HV

Data Source: Vital Statistics, 2008-2012 –preliminary.

■ Indicates statistically worse or ■ indicates statistically better than Vermont.

## Technical Notes

■ Indicates statistically worse or ■ indicates statistically better than Vermont.  
-- Indicates numbers are too small to report.  
\*Age adjusted to U.S. 2000 population.

### Data Sources:

- BRFSS: Behavioral Risk Factor Surveillance System
- VCR: Vermont Cancer Registry
- YRBS: Youth Risk Behavior Survey
- IMR: Vermont Immunization Registry
- Vital Statistics: Vermont Vital Statistics

### <sup>d</sup>Definitions:

- Advanced Stage: Includes regional and distant (SEER Summary Stage).
- Cancer Survivor (Prevalence): A person is considered a cancer survivor (also referred to as cancer prevalence), if they have ever been diagnosed with non-skin cancer, from the time of diagnosis through the rest of their life.
- Breast Cancer Screening: Women aged 50-74 who have had a mammogram in the past two years.
- Cervical Cancer Screening: Women aged 21-65 who have had a Pap test in the past three years.
- Colorectal Cancer Screening: Men and women aged 50-75 who have had any one of the following:
  - A fecal occult blood test (FOBT) in the past year,
  - A sigmoidoscopy in the past five years AND a FOBT in the past three years, or
  - A colonoscopy in the past ten years.
- Obesity: Having a body mass index equal to or greater than 30 kg/m<sup>2</sup>.

### <sup>e</sup>Goal Type:

- SCP: State Cancer Plan, 2020
- HV: Healthy Vermonters 2020

### References:

Cancer Home Page: <http://healthvermont.gov/cancer>

Healthy Vermonters 2020: <http://healthvermont.gov/hv2020>

State Cancer Plan:

[http://healthvermont.gov/pubs/cancerpubs/state\\_cancer\\_plan.aspx](http://healthvermont.gov/pubs/cancerpubs/state_cancer_plan.aspx)

VTAAC: <http://vtaac.org>

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# Essex County Cancer Fact Sheet



Many people have either had cancer themselves or know someone who has. In 2014, there were approximately 36,000 adult cancer survivors in Vermont. Among Vermonters, cancer is the leading cause of death. Each year, approximately 3,600 people are diagnosed and more than 1,300 people die from cancer. The Vermont Department of Health is working in collaboration with Vermonters Taking Action Against Cancer (VTAAC) to reduce the impact of cancer on individuals, families, and communities in Vermont.

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