

Cancer in Kitsap County

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How Common is Cancer?

- For the U.S. population:
 - Lifetime risk of developing cancer:
 - 1 in 2 males
 - 1 in 3 females
 - Lifetime risk of dying from cancer:
 - 1 in 4 males
 - 1 in 5 females

<http://www.cancer.org/cancer/cancerbasics/lifetime-probability-of-developing-or-dying-from-cancer>



What Causes Cancer?

- Cancer is not one single disease.
- Cancer is actually a term that describes many different types of disease
- There are some known risk factors, but there are not often clear relationships between cause and effect. Some known risk factors:
 - genetic factors
 - lifestyle factors (tobacco use, diet, physical activity)
 - certain infections
 - environmental exposures to different chemicals and radiation

<http://www.cancer.org/cancer/cancerbasics/lifetime-probability-of-developing-or-dying-from-cancer>



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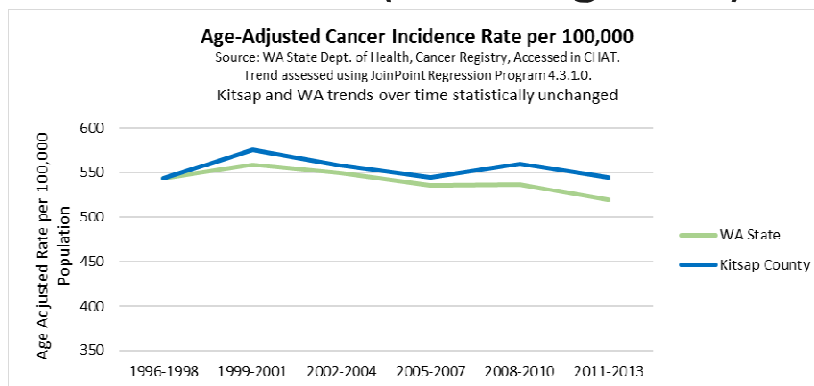
Important Considerations

- Two important factors to consider with cancer:
 1. The time between exposure or other cause(s) and a cancer diagnosis can be quite long
 2. Access to health care services influences cancer screening frequency, detection, and treatment.



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Cancer Incidence (new diagnoses)



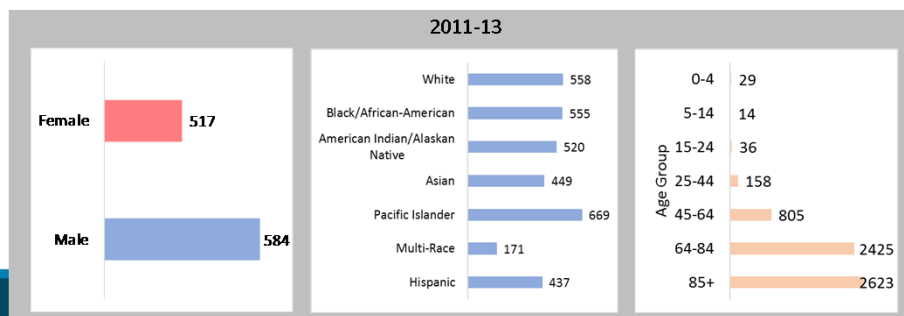
- About 1,683 diagnoses annually in Kitsap County
- All rates are statistically unchanged over time
- Kitsap rates higher than the state in 2008-10 & 2011-13



Kitsap Cancer Incidence by Subgroup

KITSAP CANCER INCIDENCE RATES PER 100,000 BY SUBGROUP

	1996-98	2011-13	TREND	Compared to Kitsap
BAINBRIDGE ISLAND	515	541	--	same
BREMERTON	556	519	--	same
CENTRAL KITSAP	562	551	--	same
NORTH KITSAP	488	562	--	same
SOUTH KITSAP	558	545	--	same



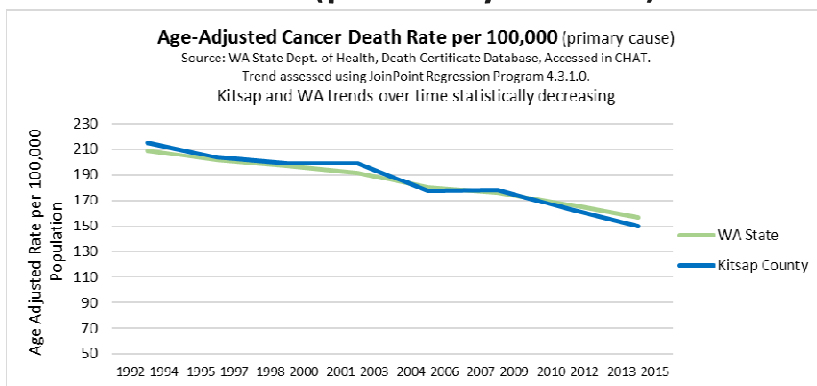
Kitsap Cancer Incidence by Type

Cancers are listed in rank order. Next on the list (#/year): colon (78), lymphoma (70), uterus (48), pancreas (44), oral/pharynx (41), leukemia (41), endocrine (39), rectum (30), liver (27), stomach (24), myeloma (22), ovary (21), brain (21), esophagus (15).

2011-2013

Type	# Cases per year	Over time	Compared to WA	Kitsap by sub-county region
Breast	~268	same	same	
Prostate	~243	same	higher	
Skin	~192	higher	higher	
Lung	~181	lower	same	
Urinary system (includes bladder & kidney)	~124 ~69 bladder ~52 kidney	same	same	

Cancer Deaths (primary cause)

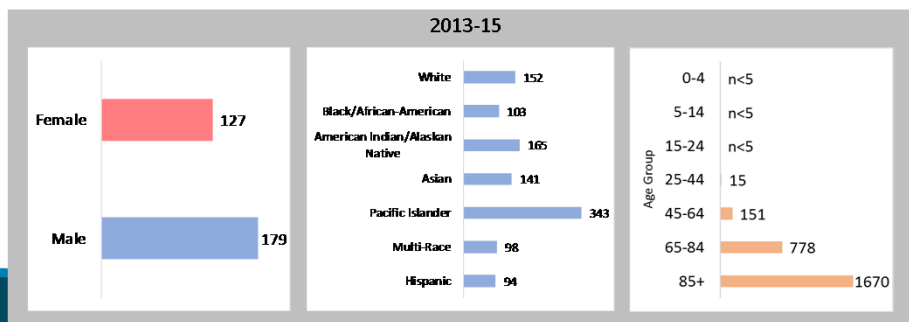


- About 497 deaths annually, about 1 in 4 deaths
- All rates are statistically decreasing over time
- Kitsap is statistically the same as WA state

Kitsap Cancer Deaths by Subgroup

KITSAP CANCER DEATH RATES PER 100,000 BY SUBGROUP

	1992-94	2013-15	TREND	Compared to Kitsap
BAINBRIDGE ISLAND	197	106		lower
BREMERTON	212	170		same
CENTRAL KITSAP	210	145		same
NORTH KITSAP	204	143		same
SOUTH KITSAP	245	173		same



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Kitsap Cancer Deaths by Type

Cancers are listed in rank order. Next on the list (#/year): liver (24), leukemia (23), colon (23), esophagus (16), lymphoma (16), skin (13), brain (12), ovary (11), oral/pharynx (11), myeloma (10), mesothelioma (9), stomach (7), uterus (6), soft tissue (5).

2013-2015

Type	# Cases per year	Over time	Compared to WA	Kitsap by sub-county region
Lung	~127	lower	same	
Pancreas	~35	same	same	
Breast	~34	lower	same	
Prostate	~29	lower	same	
Urinary system (includes bladder & kidney)	~28 ~16 bladder, ~11 kidney	same	same	

Stay Healthy to Prevent Cancer

- Although cancer causality is multifactorial, we know that the risk of serious illness related to many types of cancer may be reduced by:
 - not smoking
 - staying at a healthy weight, eating right
 - keeping physically active
 - being safe in the sun
 - learning about and avoiding environmental causes
 - getting recommended screening tests

Source: <http://www.cancer.org/healthy/index>



Recommended Cancer Screening

Of Kitsap residents age 50+:

- 83% of women had a mammogram in past 2 years
- 71% of men and women had a colorectal cancer screening
- 81% of men had a prostate exam in the past 2 years
- Of Kitsap resident women age 21+, 72% had a pap test in the past 3 years

Source: Behavioral Risk Factor Surveillance System, 2011-12



Resources

- American Cancer Society: www.cancer.org
- Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov/cancer/index.htm>
- National Cancer Institute: <https://www.cancer.gov/about-cancer>
- Washington Cancer Partnership: <http://www.wacancer.org/>
- Washington State Department of Health: <http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Cancer>



Contact Information

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