



FACTS ABOUT

# Melanoma in Idaho

**More than 1 million skin cancers are diagnosed annually in the U.S., more than breast, prostate, lung, and colon cancers combined.** Skin cancer is the most common form of cancer in the U.S. and, unlike most other cancers, skin cancer rates are climbing. Idaho consistently ranks among the highest states for melanoma incidence and death rates. From 2006 to 2010, Idaho ranked 8th highest for melanoma incidence and 7th highest for melanoma mortality. While melanoma is primarily a disease of whites, prevention and early detection for people of all races and ethnicities is important. Although Hispanics, African American, Native American, and other racial minorities are at lower risk for melanoma, they are more likely to be diagnosed at later stages.

## Idaho by the Numbers

### Incidence

- Melanoma incidence in Idaho has more than tripled over the last 30 years.
- Melanoma incidence increased at a rate of 3.2% per year in Idaho from 1975 to 2011.
- Melanoma incidence is significantly higher in higher socioeconomic groups.

### Survival

- Survival rates vary based on how far the disease has spread at the time of diagnosis.
- For cases diagnosed at localized stage, the 5-year survival rate is 98%. If detected later, the survival rates fall to 16% (distant stage) and 63% (regional stage).

### Mortality

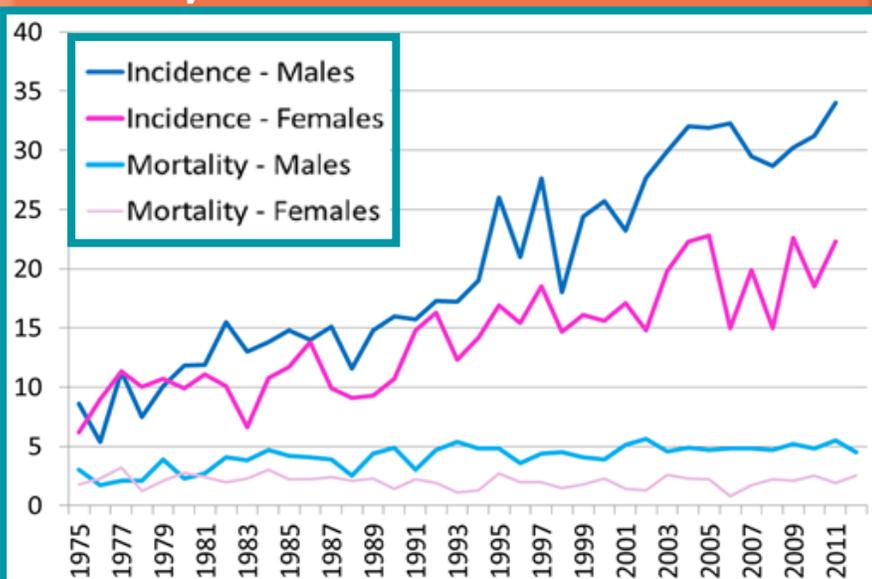
- Melanoma mortality increased about 1.4% per year among males from 1975-2012.
- Melanoma is primarily a disease of whites. It is more deadly among blacks because it is more likely diagnosed at later stages.



## MELANOMA PREVENTION STEPS

- **Use a broad spectrum sunscreen** that has a sun protection factor (SPF) of at least 30
- **Use about one ounce of sunscreen** (a shotglass full) and apply it approximately 15 minutes before sun exposure - reapply every two hours and after swimming or sweating
- **Wear protective clothing;** pants, long sleeves, hats, sunglasses
- **Seek shade** when appropriate; rays are strongest between the hours of 10am-4pm
- **Do not burn**, especially during childhood
- **Avoid intentional tanning** such as sun tanning and tanning beds
- **Replace vitamin D safely** through a healthy diet that includes vitamin supplements if recommended by your doctor
- **Be aware of your medications**, certain prescription medications and over-the-counter drugs can increase your skin's sensitivity to sunlight

## Melanoma of the Skin Incidence and Mortality Rates in Idaho



Rates are per 100,000 and age-adjusted to the 2000 U.S. population standard



# Melanoma in Idaho

## Sunburns and UV Tanning

- Ultraviolet (UV) radiation is a proven human carcinogen. The World Health Organization classifies UV tanning devices as part of its Group 1 list of most dangerous cancer-causing substances. Also included in Group 1 are plutonium and cigarettes.
- Exposure to UV radiation during adolescence dramatically increases the risk of developing skin cancer as an adult. People who use indoor UV tanning devices before age 35 are 75% more likely to develop melanoma.
- Melanoma is the second most common form of cancer for adolescents and young adults 15-29 years old.
- Thirty-six states regulate the use of indoor UV tanning devices by minors. Fifteen states have pending legislation that would ban tanning for those under age 18.
- Idaho has no regulations on indoor UV tanning devices.

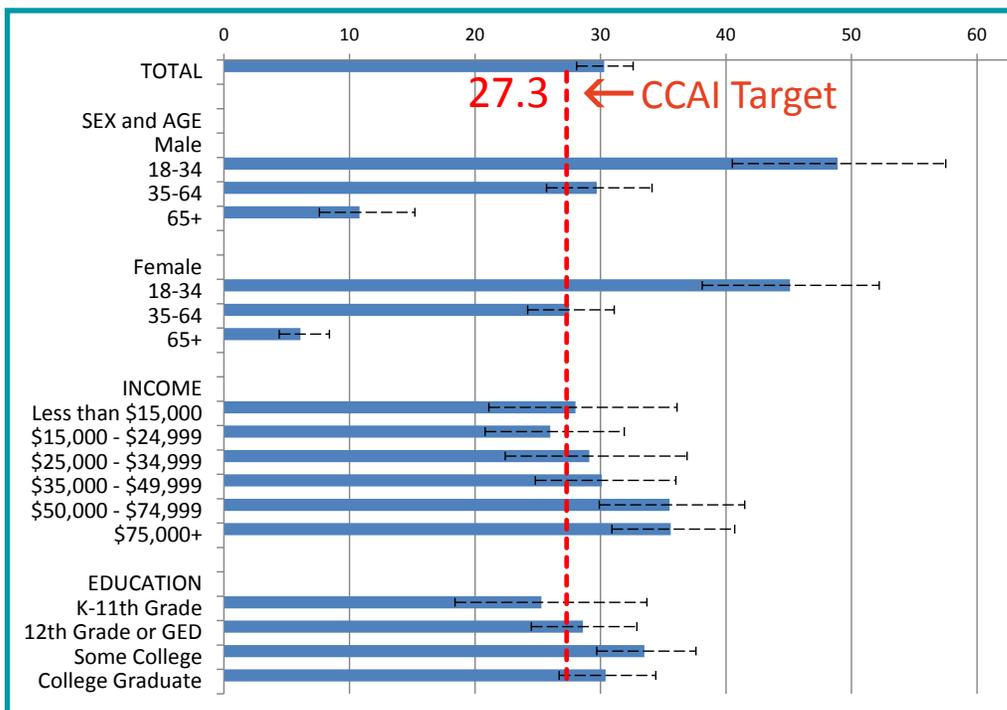
## CCAI Objectives

- Reduce the melanoma cancer death rate
- Reduce adolescent and adult use of indoor UV tanning devices
- Reduce the proportion of adults who report sunburn

Skin cancer is largely preventable when sun protection measures are used consistently.

## Sunburn Prevalence

Sunburn prevalence in Idaho is higher among younger age groups and among persons with higher levels of education and higher household incomes.



## Call to Action

- Educate cancer stakeholders and policymakers on the dangers of indoor UV tanning by minors
- Educate patients of all races and ethnicities on sun safety and skin cancer prevention
- Join local coalitions in your area that support reducing the use of UV tanning devices



IDAHO DEPARTMENT OF  
HEALTH & WELFARE

Comprehensive Cancer Alliance for Idaho: [www.ccaidaho.org](http://www.ccaidaho.org)

All references available through the Department of Health of Welfare