

2011

November

Cancer Prevention

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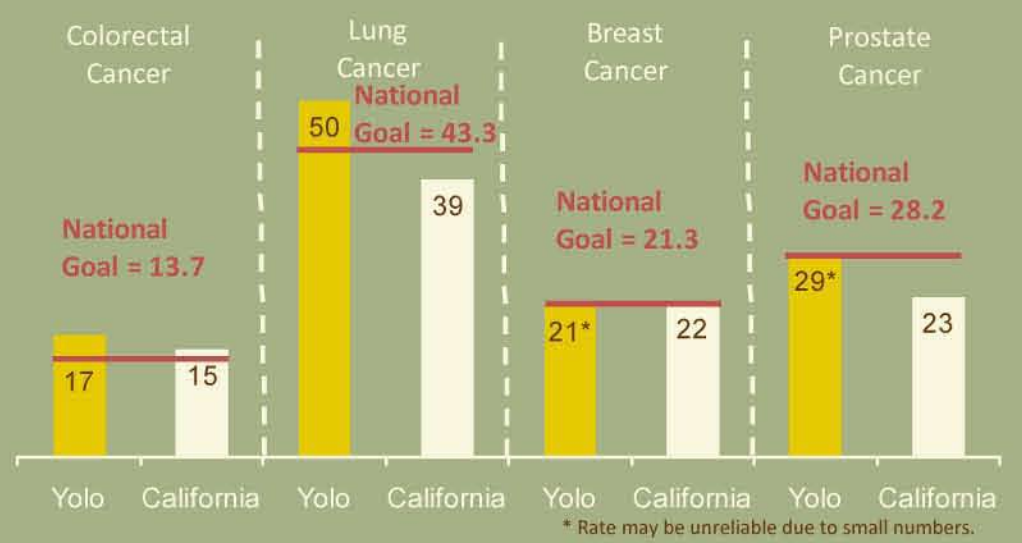


Ireland Ranch, Courtesy Andrew Fulks.

Cancer is the second leading cause of death in Yolo County with nearly one quarter (23%) of all deaths attributable to some form of cancer. The most common form of cancer that results in death is lung cancer.³³

There are important prevention measures we can take to reduce our risk for developing some forms of cancer. Eating a healthy diet, exercising regularly, protecting your skin with sunscreen, and not smoking or quitting smoking are all ways to reduce cancer risk. Routine cancer screenings, as recommended by your health care provider, are key to diagnosing and treating certain types of cancer, like colorectal cancer, breast cancer, skin cancer, prostate cancer, and cervical cancer.

Age-Adjusted Cancer Death Rates per 100,000, 2005-07³⁶



American Diabetes Month • Lung Cancer Awareness Month • Alzheimer's Disease Awareness Month • Prematurity Awareness Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6 <i>Daylight Savings Ends</i>	7	8	9	10	11 <i>County Holiday Veterans Day</i>	12
13	14 <i>World Diabetes Day</i>	15	16	17	18	19
20 <i>Great American Smokeout</i>	21	22	23	24 <i>County Holiday Thanksgiving Day</i>	25 <i>County Holiday</i>	26
27	28	29	30			

Lung Cancer

Smoking causes 90% of all lung cancer deaths in men and 80% of all lung cancer deaths in women, resulting in 438,000 deaths and \$193 billion in direct health-care costs and productivity losses each year.⁹ Lung cancer remains the most common preventable cause of cancer death in Yolo County.³³ The Yolo County lung cancer death rate (50 deaths per 100,000) is above the California rate (39 deaths per 100,000) and the national objective (43 deaths per 100,000).³⁶

The Yolo County Tobacco Education Program is dedicated to creating a healthy and smoke-free community through (1) reducing public exposure to secondhand smoke; (2) preventing youth access to tobacco products; (3) countering tobacco promotion/advertising; and (4) helping people quit smoking and break their addiction to nicotine. These priorities are addressed by working with the community and elected officials to create policies restricting tobacco access and secondhand smoke exposure, including the smoke-free fair, parks, and college campuses.⁷²

The best way to prevent lung cancer is to quit smoking and to avoid secondhand smoke. Quitting smoking is beneficial at any age, but it is not easy. Research has shown that while 75% of all California smokers would like to quit,³⁵ it may take 12-14 attempts to quit before being successful.⁸⁶ Contact the Yolo County Health Department Tobacco Cessation program at (530) 666-8645 or 1-800-NO BUTTS for support to break the addiction.

Cancer Screening by the Numbers...

Women 18+ who have had a Pap test in preceding 3 years.

- U.S. Goal = 90% or More
- Yolo Co. 83%⁴⁰
- California 84%⁴⁰

Parental interest in HPV vaccine to prevent cervical cancer for daughters

- U.S. Goal = no goal
- Yolo Co. 78%⁴⁰
- California 63%⁴⁰

Women 40+ who have had a mammogram in preceding 2 years

- U.S. Goal = 70% or More
- Yolo Co. 84%⁴⁰
- California 78%⁴⁰

Adults 18+ who use sunscreen SPF 15+

- U.S. Goal = no goal
- Yolo Co. 62%³⁹
- California 59%³⁹

Adults 50+ who have ever had a sigmoidoscopy

- U.S. Goal = 50% or More
- Yolo Co. 28%⁴⁰
- California 14%⁴⁰

- Stop Smoking
- Yolo County Anti-Tobacco Youth Coalition (YUFASTAR)
- National Cancer Screening Guidelines
- California Cancer Registry

www.tobaccofreeca.com or Call 1-800-NO BUTTS (Smoker Helpline) or (530) 666-8645
 www.yolohealth.org (click on 'Public Health Education', 'Tobacco Prevention' on left toolbar)
 www.cancer.gov/cancertopics/screening
 www.ccrca.org