

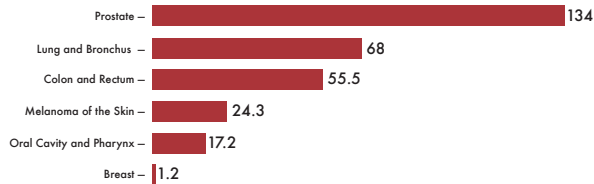
# Rising Melanoma Rates in North Dakota

## in 2016...

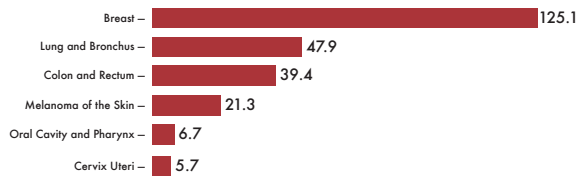
- Rates are per 100,000 and age-adjusted to the 2000 US Std Population (19 age groups - Census P25-1130) standard; Confidence intervals (Tiwari mod) are 95% for rates.

### Top 10 Cancers by Rates of New Cancer Cases

#### 2016 North Dakota Male Cases



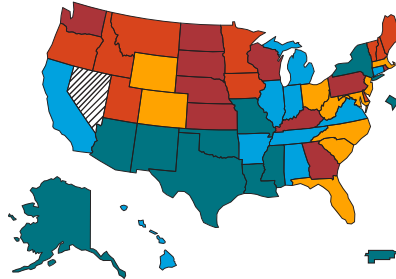
#### 2016 North Dakota Female Cases



Source: CDC

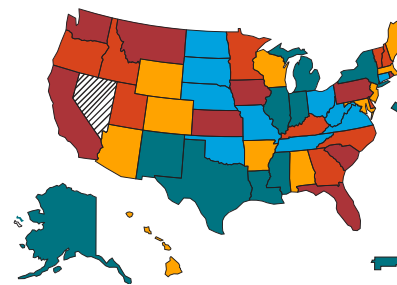
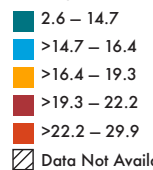
## in 2019...

- There were an estimated 230 new cases of melanoma of the skin in ND.



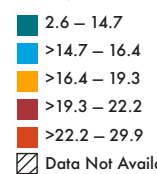
#### Incidence Rates for North Dakota Female

Age-Adjusted Annual Incidence Rate (Cases per 100,000)

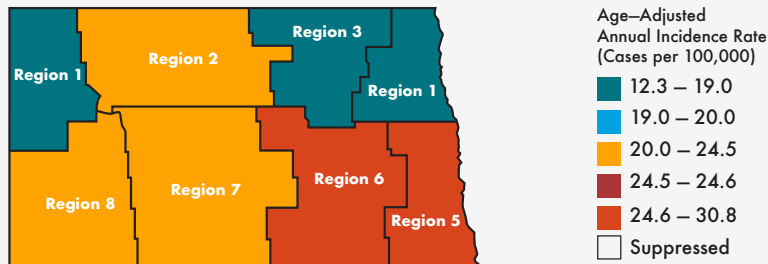


#### Incidence Rates for North Dakota Male

Age-Adjusted Annual Incidence Rate (Cases per 100,000)



### North Dakota Melanoma Incidence Rates by Region

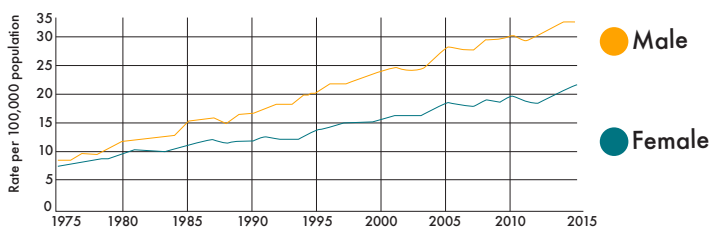


Rates are per 100,000 and age-adjusted to the 2000 US Std Population (19 age groups - Census P25-1130) standard.  
^ = Statistic not displayed due to fewer than 10 cases. The definition of the ND Human Service Regions can be found at: <http://www.nd.gov/dhs/locations/regionalhsc/>

## Incidence Trend Analysis

- From 1975 to 2015, rates were consistently higher in males.
- The number of new cases has consistently increased in 40 years.

### Melanoma of the Skin, by sex



Per 100,000 age adjusted to the 2000 US standard population.

## Mortality Trend Analyses

- The probability of developing and dying from cancer increases with age.

### Mortality Trend Analyses | divided by Stage of Diagnosis

#### Number of Malignant Cases

1. All Sites Combined - 35,862
2. Prostate (males only) - 5,263
3. Breast (females only) - 4,943
4. Lung and Bronchus - 4,541
5. Colon and Rectum - 3,792
6. Melanoma of the Skin - 1,684
7. Oral Cavity and Pharynx - 940
8. Cervix Uteri (females only) - 190

#### Percent of cases diagnosed at the late stage

- 34.25% (Ranked in order)  
7.07% (7)  
29.31% (4)  
62.32% (1)  
40.88% (2)  
9.86% (6)  
38.62% (3)  
26.84% (5)

# Risk Factors for Melanoma

- Ultraviolet (UV) light exposure
- Fair skin, freckling, and light hair
- Moles
- Family history of melanoma
- Personal history of melanoma
- Immune suppression

## Prevention

**Objective 4:** *By 2022, reduce the percentage of individuals reporting having at least one sunburn in the past 12 months from 32.3% to 27.3%. (Source: BRFSS 2012).*

- Encourage and support school programs to educate students, parents, and teachers regarding skin cancer.
- Support and implement sun protection policies in childcare settings.
- Support and implement community-wide interventions regarding sun protection awareness.
- Conduct and support education regarding the risks of tanning beds/booths.
- Support education and sun protection policies in recreational settings.
- Advocate for local and state policies which support sun and UV protective measures.
- Promote counseling by health care professionals to parents of infants and children.
- Advocate for inclusion of sunburn and tanning bed use questions on the Youth Risk Behavior Surveillance System (YRBS) survey.
- Support education and sun protection policies in outdoor occupational setting.

## Early Detection

**Objective 13:** *By 2022, increase the percentage of melanoma cancer detected at the earliest stage from 88.5% (2008) to 90%.*

- Support multi-component community-wide interventions using a combination of mass media and environmental or policy changes across settings within a geographic area to increase awareness about skin cancer.
- Advocate for practices that include skin cancer screening by healthcare professionals during routine exams.
- Support efforts to conduct community-based skin cancer screening events.

The North Dakota Cancer Plan includes several recommended strategies for the prevention and early detection of melanoma. These are outlined above, and the full plan is available at [www.ndcancercoalition.org](http://www.ndcancercoalition.org).