



## Cancer Prevention, Screening and Quality of Life



Why are cancer programs important to Iowans?

Cancer impacts nearly every Iowan. Two in five Iowans will be diagnosed with cancer in their lifetime. It's a costly disease in terms of direct medical costs and the many emotional, social, financial and spiritual challenges often experienced by cancer patients, survivors and their family members, friends, caregivers and employers.

The most common cancers in Iowa are lung cancer, breast cancer, prostate cancer, colorectal cancer and melanoma (a form of skin cancer).

In 2021, an estimated 6,400 Iowans will lose their life from cancer — 19 times the number of Iowans who will die from auto fatalities. The [2021 Cancer in Iowa Report](#) has more data and a focus on health disparities in cancer.

For More Information:

[Iowa Comprehensive Cancer Control Program](#)

[Iowa Get Screened](#)

[Iowa Care for Yourself](#)

[Iowa Cancer Consortium](#)

### Did you know?

Cancer screening and prevention is essential. As the COVID-19 pandemic continues, Iowans' cancer screening, treatment and survivorship plans have been impacted and so have the daily lives of healthcare providers.

The Iowa Department of Public Health's (IDPH) cancer programs have adapted to continue providing vital services to Iowans. If it is time for your annual visit or if your visit was cancelled due to COVID-19, call your local healthcare provider today.

### What does the department do?

- Provides Iowans services from four cancer programs: the [Care for Yourself Program](#) for breast and cervical cancer screening, Cervical Cancer Screening Program, [Comprehensive Cancer Control Program](#), and the [Iowa Get Screened Program](#) for colorectal cancer screening.
- Increases breast, cervical and colorectal cancer screening rates, especially among low-income, uninsured and underinsured Iowans.
- Saved 138 Iowans' lives from colorectal cancer by removing pre-cancerous polyps during a colonoscopy.
- Served a total of 2,378 Iowans and provided 833 Pap tests, 758 human papillomavirus (HPV) co-tests, 1,824 clinical breast exams and 2,216 mammograms in fiscal year 2020.
- Reached 23,619 Iowans ages 50-75, in seven health systems, including 24 clinics, and 147 health care providers since 2015.
- Serves disparate populations through a network of 22 local boards of health, healthcare providers and community agencies that partner with more than 1,000 healthcare facilities across Iowa to provide breast and cervical screening services.
- Collaborates with the Iowa Cancer Consortium and other partners to implement the [Iowa Cancer Plan](#), a statewide cancer prevention and control plan.

Protecting and improving the health of Iowans. Provides HPV vaccinations to eligible men and women and HPV diagnostic services, as appropriate and recommended, for women.



# Cancer Prevention, Screening and Quality of Life



## A focus on health equity

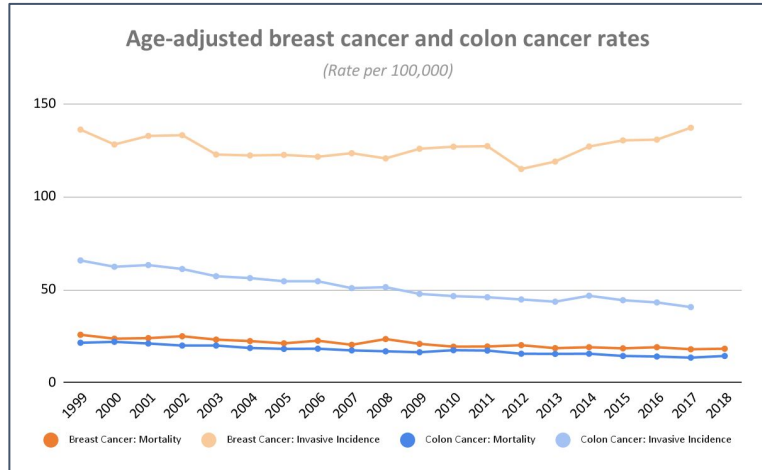
The cancer programs at IDPH focus on equity and use data to address cancer disparities based on geography (rural versus urban), age, socioeconomic status, race, ethnicity, sexual orientation and gender identity.

The programs address access to quality and affordable cancer services and provide recommended cancer screenings to low-income, uninsured and underinsured Iowans.

The programs collaborate with many organizations focused on health equity. For example, the Comprehensive Cancer Control Program contracts with the Meskwaki Nation to promote cancer prevention and screening among its members. The Iowa Cancer Consortium includes health equity as a goal and priority in the Iowa Cancer Plan, which is a guiding document for anyone working in cancer prevention and control. The Care for Yourself Program partners with One Iowa to promote cancer screening among LGBTQ+ people. The cancer programs at IDPH also created

culturally-tailored materials in different languages.

## How do we measure our progress?



## What can Iowans do to help?

- Talk to a healthcare provider about the screenings you need.
- Have regular age- and risk-appropriate cancer screenings and vaccinations.
- Maintain a healthy weight and be physically active.
- Eat a healthy diet filled with fruits, vegetables and whole grains, and limit intake of processed meat and red meat.
- Do not use tobacco, or quit if currently using it.
- Avoid tanning beds and too much sun exposure.
- Avoid drinking alcohol. If you do drink, limit alcohol intake to no more than one drink per day for women or two per day for men.
- Test your home for radon, and mitigate if the radon level is above 4 picocuries per liter (pCi/L).
- Join the Iowa Cancer Consortium.

| Resources          | SFY 2019 Actual    | SFY 2020 Actual    | SFY 2021 Estimate  |
|--------------------|--------------------|--------------------|--------------------|
| State Funds        | \$852,627          | \$866,077          | \$868,017          |
| Federal Funds      | \$2,569,355        | \$2,727,900        | \$3,177,414        |
| Other Funds        | \$27,695           | \$77,044           | \$44,800           |
| <b>Total Funds</b> | <b>\$3,449,677</b> | <b>\$3,671,021</b> | <b>\$4,090,231</b> |
| FTEs               | 8.20               | 9.42               | 9.80               |