Many people have either had cancer themselves or know someone who has. In 2016, there were approximately 39,000 adult cancer survivors in Vermont. Among Vermonters, cancer is a leading cause of death. Each year, approximately 3,700 people are diagnosed and nearly 1,400 people die from cancer. The Vermont Department of Health is working in collaboration with Vermonters Taking Action Against Cancer (VTAAC) to reduce the impact of cancer on individuals, families, and communities in Vermont.

Published August 2018
Cancer County Fact Sheets
Cancer Related Risk Factors and Preventive Behaviors

The percentages of males and females ages 13-17 who are up-to-date on the HPV vaccination recommendation are better in Addison County than Vermont overall. The rate of youth sunburn (grades 9-12) is worse in Addison county than in Vermont overall. Other cancer related risk behavior rates are similar to state rates.

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Percent</th>
<th>Goal Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoke Cigarettes, Currently (Adults)*</td>
<td>14</td>
<td>HV, SCP</td>
</tr>
<tr>
<td>Obesity (Ages 20+)*</td>
<td>30</td>
<td>HV, SCP</td>
</tr>
<tr>
<td>Sunburn, Past 12 Months (Youth, Grades 9-12)</td>
<td>73</td>
<td>SCP</td>
</tr>
<tr>
<td>Adolescent Females who are up-to-date for HPV Vaccination (Ages 13-17)</td>
<td>67</td>
<td>SCP</td>
</tr>
<tr>
<td>Adolescent Males who are up-to-date for HPV Vaccination (Ages 13-17)</td>
<td>59</td>
<td>SCP</td>
</tr>
</tbody>
</table>


Cancer Incidence by Risk Factor: Newly Diagnosed Cases per Year

The incidence rate for tobacco associated cancers in Addison County is better than the Vermont rate. All other rates for risk factor associated cancers in Addison County are similar to the Vermont rates.

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Rate per 100,000</th>
<th>Goal Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco Associated Cancers*</td>
<td>143.7</td>
<td>SCP</td>
</tr>
<tr>
<td>Obesity Associated Cancers*</td>
<td>157.1</td>
<td>SCP</td>
</tr>
<tr>
<td>Melanoma (UV Associated Cancer)*</td>
<td>24.5</td>
<td>SCP</td>
</tr>
<tr>
<td>HPV Associated Cancers*</td>
<td>8.1</td>
<td>SCP</td>
</tr>
</tbody>
</table>


1 Tobacco use increases the risk of cancers of the lung, lip, oral cavity, throat, esophagus, stomach, colon and rectum, liver, pancreas, larynx (voice box), trachea, cervix, kidney, bladder, and acute myeloid leukemia.
2 Excess weight increases the risk of cancers of the esophagus, stomach, colon and rectum, liver, gallbladder, pancreas, bone marrow, breast (postmenopausal), uterus, ovary, membranes surrounding the brain and spinal cord (meninges), and thyroid.
3 Ultraviolet radiation (UV) exposure increases the risk of melanoma.
4 Infection with the HPV virus increases the risk of cancers of the cervix, vulva, vagina, penis, anus, mouth, and throat.
Cancer Screening
Addison County and Vermont cancer screening rates are similar.

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Percent</th>
<th>Goal Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast Cancer Screening (Females, Ages 50-74)*</td>
<td>82</td>
<td>HV, SCP</td>
</tr>
<tr>
<td>Cervical Cancer Screening (Females, Ages 21-65)*</td>
<td>81</td>
<td>HV, SCP</td>
</tr>
<tr>
<td>Colorectal Cancer Screening (Males and Females, Ages 50-75)*</td>
<td>73</td>
<td>HV, SCP</td>
</tr>
</tbody>
</table>


Cancer Diagnosis: Advanced Stage
Addison County has a better lung cancer advanced stage diagnosis rate than Vermont overall. Addison County has similar rates of advanced stage diagnosis for breast and colorectal cancer, compared to Vermont overall.

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Rate per 100,000</th>
<th>Goal Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast* (Females, Ages 50+)</td>
<td>89.2</td>
<td>SCP</td>
</tr>
<tr>
<td>Colorectal* (Males and Females, Ages 50+)</td>
<td>55.5</td>
<td>SCP</td>
</tr>
<tr>
<td>Lung* (Males and Females, Ages 55+)</td>
<td>138.5</td>
<td>SCP</td>
</tr>
</tbody>
</table>

Data Source: VCR, 2011-2015
Note: The number of advanced stage cervical cancers is too small to report by county.

Cancer Survivors (Prevalence): Ever Diagnosed with Cancer
There are approximately 2500 adult cancer survivors living in Addison County.

Note: Cancer prevalence excludes those whose only cancer was a skin cancer.

Cancer Mortality: Deaths Due to Cancer
The cancer death rate in Addison County is similar to the Vermont rate.

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Rate per 100,000</th>
<th>Goal Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall Cancer Deaths*</td>
<td>164.4</td>
<td>HV</td>
</tr>
</tbody>
</table>


Vermont Department of Health
August 2018
Technical Notes

Indicates statistically worse\(^D\) than Vermont.

Indicates statistically better\(^D\) than Vermont.

*Age adjusted to U.S. 2000 population.
† Due to a difference in how the cervical cancer questions were asked in 2016\(^††\), comparisons over time cannot be made.
‡ Rates based on 5 or fewer cases are not individually calculated.
◆ New or changed Vermont State Cancer Plan Goal

Definitions:

- **Cervical Cancer Screening**: Women aged 21-65 who have had a Pap test in the past three years.
- **Colorectal Cancer Screening**: Men and women aged 50-75 who have had any one of the following: a fecal occult blood test (FOBT) in the past year; a sigmoidoscopy in the past five years AND a FOBT in the past three years; or a colonoscopy in the past ten years.
- **Obesity**: Having a body mass index equal to or greater than 30 kg/m\(^2\).

Definitions (continued):

- **HPV Vaccination**: If a patient begins the series before the age of 15, they need only 2 doses, at least 5 months apart. If a patient received two doses of HPV before age 15, but the doses were less than 5 months apart, they will need another dose to be up to date. If a patient received three doses of HPV before age 15, and there were 5 months between the first and third doses, the patient is up to date and DOES NOT need another dose. For additional details, please see the link below.
  [https://www.cdc.gov/mmwr/volumes/65/wr/mm6549a5.htm](https://www.cdc.gov/mmwr/volumes/65/wr/mm6549a5.htm)
- **Advanced Stage**: Includes regional and distant stages (SEER Summary Stage).
- **Cancer Survivor (Prevalence)**: A person is considered a cancer survivor (also referred to as cancer prevalence), if they have ever been diagnosed with non-skin cancer, from the time of diagnosis through the rest of their life.
- **Breast Cancer Screening**: Women aged 50-74 who have had a mammogram in the past two years.

Data Sources:

- BRFSS: Behavioral Risk Factor Surveillance System
- VCR: Vermont Cancer Registry
- YRBS: Youth Risk Behavior Survey
- IMR: Immunization Registry

Goal Type:

SCP: State Cancer Plan, 2020
HV: Healthy Vermonters 2020

References:

- VTAAC: [http://vtaac.org](http://vtaac.org)

For more information please contact:

Allison Verbyla, MPH, CPH | Allison.Verbyla@vermont.gov, 802-951-1211

Acknowledgement: This publication was supported by Grant/Cooperative Agreement Number NU58DP006322 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.