

# Contra Costa County: Status Update of Cancer Incidence, Mortality, and Health Behaviors

December 2015

This fact sheet is provided by the California Cancer Registry (CCR) of the California Department of Public Health to show the intersection of cancer and poor health behaviors on California residents. CCR is California's population-based cancer surveillance system, and it collects information on nearly all cancers diagnosed in the state. This information helps to further our understanding of cancer and it is used to develop strategies and policies for its prevention, treatment, and control.

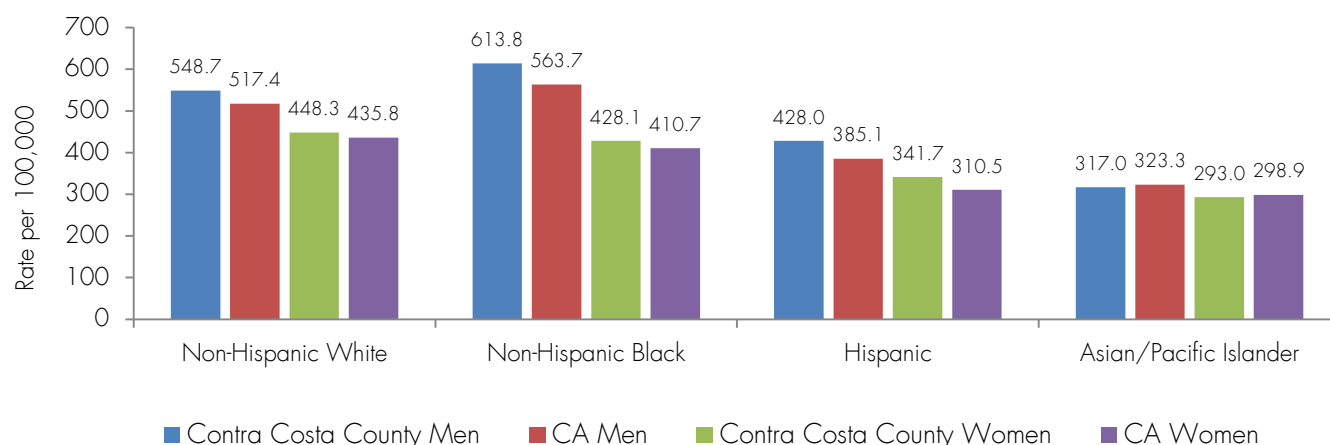
## Most Common Cancers and Cancer Related Deaths by Sex, Contra Costa County, 2008-2012

INCIDENCE					
MEN	County Rate	State Rate	WOMEN	County Rate	State Rate
1. Prostate	143.8	126.9	1. Breast	130.9	122.1
2. Lung and Bronchus	55.1	55.8	2. Lung and Bronchus	46.6	42.1
3. Colon and Rectum	49.3	46.0	3. Colon and Rectum	39.5	35.1
4. Melanoma	38.9	27.9	4. Uterus	25.3	23.4
5. Bladder	36.8	32.6	5. Melanoma	20.4	15.6
All Cancer Sites	516.6	476.7	All Cancer Sites	412.9	388.8

MORTALITY					
MEN	County Rate	State Rate	WOMEN	County Rate	State Rate
1. Lung and Bronchus	41.9	43.5	1. Lung and Bronchus	32.9	30.4
2. Prostate	21.2	21.1	2. Breast	21.4	21.2
3. Colon and Rectum	17.4	16.7	3. Colon and Rectum	13.0	12.1
4. Pancreas	12.0	11.7	4. Pancreas	9.7	9.3
5. Liver and Intrahepatic Bile Duct	8.9	10.5	5. Ovary	7.7	7.6
All Malignant Cancers	179.2	182.7	All Malignant Cancers	138.0	134.8

Rates are shown as the number of new cases or deaths per 100,000 persons. All rates are age-adjusted to the 2000 United States Standard Population. Confidence intervals can be obtained from the CCR Data and Mapping tool (<http://www.cancer-rates.info/ca/>) and may help to assess statistical significance of age-adjusted rates.

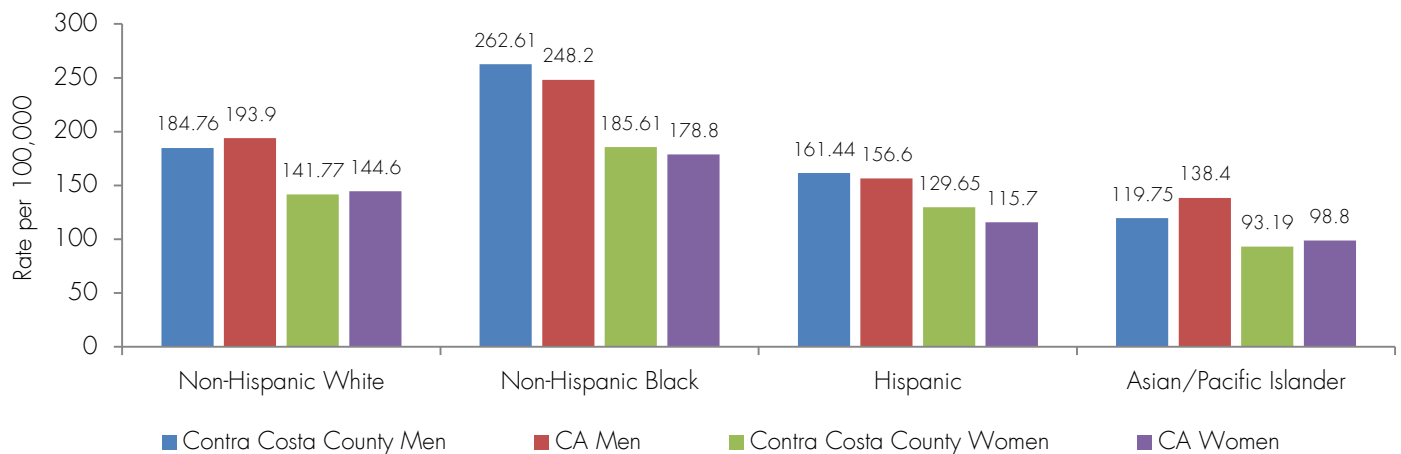
## Age-Adjusted Incidence Rates by Race/Ethnicity and Sex, Contra Costa County, All Cancer Sites Combined, 2008-2012



Source: California Cancer Registry, California Department of Public Health.

For more information, please visit the CCR website at [www.ccr.ca.gov](http://www.ccr.ca.gov).

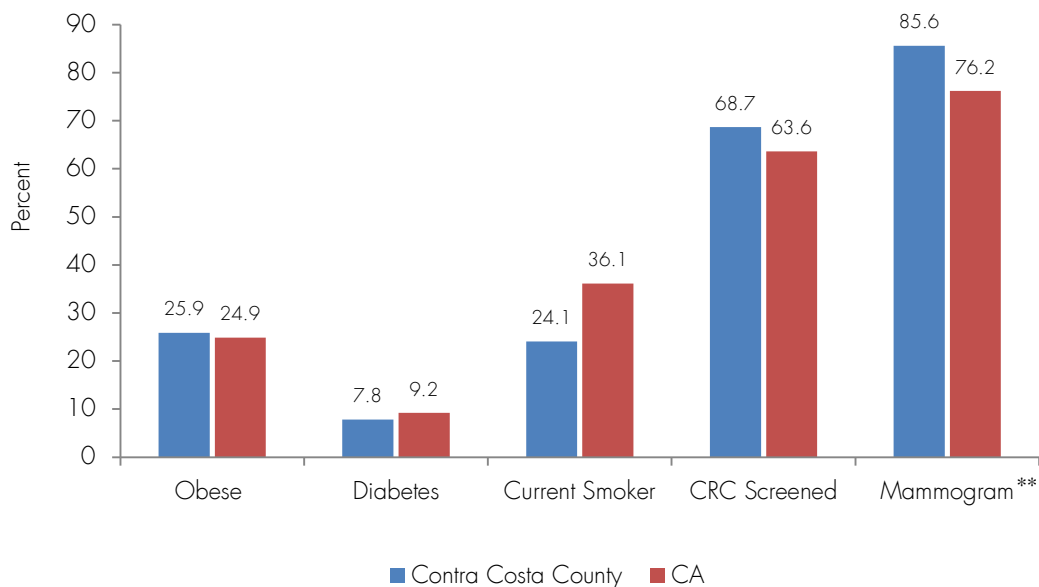
## Age-Adjusted Mortality Rates by Race/Ethnicity and Sex, Contra Costa County, All Cancer Sites Combined, 2008-2012



Source: California Cancer Registry, California Department of Public Health.

Poor lifestyle choices such as overuse of alcohol, smoking, poor diet, and lack of physical exercise are significant contributors in the development and progression of preventable chronic diseases, including several types of cancer. Modification of negative risk behaviors and an increased awareness towards maintaining healthy lifestyle behaviors are vital to the prevention and/or early treatment for improvement of chronic disease outcomes. The California Behavioral Risk Factor Surveillance System (BRFSS) is an annual statewide telephone survey developed to collect data on the health-risk behaviors and use of preventative services among adults in California. BRFSS data are used to help target and build health promotion activities around the state.

## Prevalence of Health Risk Behaviors\*, Contra Costa County vs. California, 2012



Source: 2012 California Behavioral Risk Factor Surveillance System, California Department of Public Health.

\* Data are weighted to the 2010 California population. Obesity is based on Body Mass Index (BMI)  $\geq 30$ .

\*\* Mammogram in past two years among females  $\geq 40$  years of age.

Colorectal cancer (CRC) screened is defined as having been screened by use of either a sigmoidoscopy in the last five years, a colonoscopy in the last ten years, or by a fecal occult blood test (FOBT) home kit in the last year.