



# Southern Illinois Cancer Risk Factor Report

Jackson County Healthy Communities Coalition Smoking Rates, At-Risk Populations and Attitudes Towards Smoking

Lung cancer is the leading cause of cancer death in the United States. More than half of the people with lung cancer will die within a year of being diagnosed. The leading risk factor for lung cancer is smoking. The Jackson County Healthy Communities Coalition (JCHCC) is a member of the Healthy Southern Illinois Delta Network (HSIDN) coalition that serves as a catalyst for improving the health and quality of life in southern Illinois. Occurrence and death rates from lung cancer are higher in southern Illinois compared to other parts of the state. The HSIDN is a collaborative effort to improve health and lower the lung cancer death rate.



**Over the last ten years, 303 friends and family members residing in Jackson County have died from lung cancer. In 2013, 35 new lung cancer cases are anticipated in the Jackson County Healthy Communities Coalition area.**

## Preventing Lung Cancer

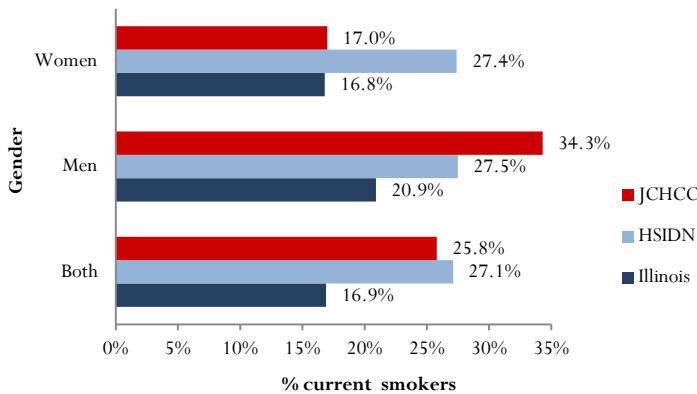
Nationally, 80-90% of lung cancer cases are due to smoking.<sup>A</sup>

- ◆ Illinois has seen a 1.4% annual decrease in Lung cancer mortality since 2003.
- ◆ The best way to prevent lung cancer is to avoid smoking.
- ◆ If you currently smoke, ask your health care provider for resources to help you quit.
- ◆ Avoid exposure to second-hand smoke, radon, asbestos and pollution.
- ◆ A healthy diet that includes the recommended number of servings of fruits and vegetables will also help prevent lung cancer.

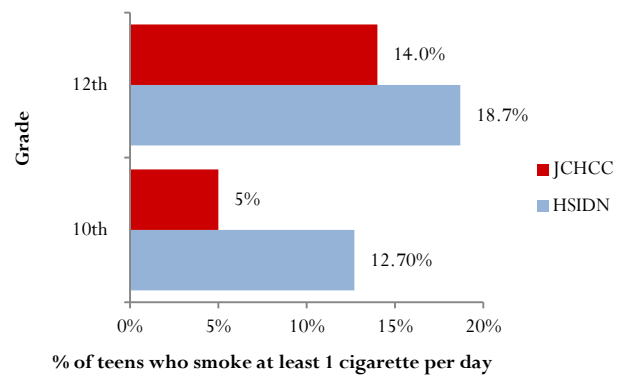
## Smoking Rates Among Adults, Men, Women and Teens

- ◆ Jackson County has 8,080 too many male smokers and 3,864 too many female smokers.
- ◆ More women are smoking. During the last 20 years, lung cancer deaths for women have increased 150% compared to only 20% in men.
- ◆ Exposure to second-hand smoke increases a non-smoker's risk of lung cancer by 20%.

Percentage of Smokers by Gender



Percentage of Teen Smokers



◆ Smoking during childhood and adolescence leads to significant health problems.<sup>B</sup>

◆ A stronger addiction to nicotine is developed the earlier a person starts smoking.<sup>B</sup>

<sup>A</sup> American Cancer Society: <http://www.cancer.org/acs/groups/content/documents/document/acspc-030080.pdf>

<sup>B</sup> Institute of Medicine, 2012. Reducing tobacco-related cancer incidence and mortality: Workshop summary. Washington, DC: The National Academies Press.

## Risk Factors for Smoking

- ◆ Individuals with mental illness and/or substance and alcohol abuse are twice as likely to smoke compared to the general
- ◆ A third of those in the military report smoking in the past 30 days.<sup>C</sup>
- ◆ People who have below a high school education and live below poverty level are more likely to smoke.<sup>D</sup>

Coalition (Population)	% with less than high school diploma	Below poverty level	Military population <sup>1</sup>	Binge drinking risk <sup>2</sup>	Major depression <sup>3</sup>
<b>JCHCC (60,218)</b>	<b>11.1%</b>	<b>33.7%</b>	<b>12.4%</b>	<b>23.5%</b>	<b>6.4%</b>
HSIDN (344,594)	15.5%	19.9%	10.4%	19.0%	6.8%
Illinois (12,830,632)	13.8%	14.9%	8.3%	17.5%	6.5%

<sup>1</sup>Military population includes all active military personal and veterans.

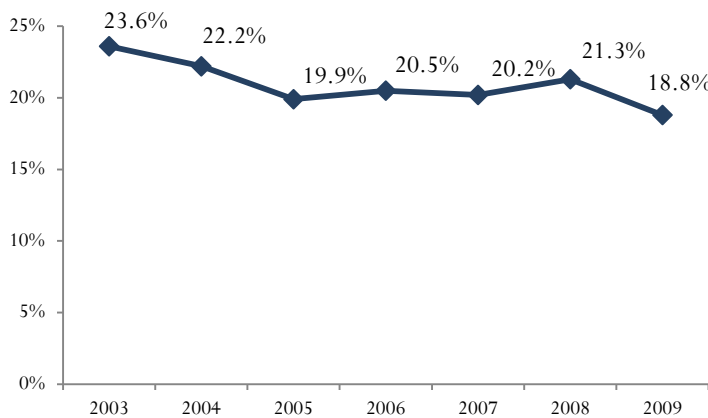
<sup>2</sup>Binge drinking is defined as 5 or more drinks for a male or 4 or more drinks for a female, in one sitting. A binge drinking risk is defined as a person who has binge drank at least once in the past month.

<sup>3</sup>Major depression is defined as experiencing a major depressive episode during the past year.

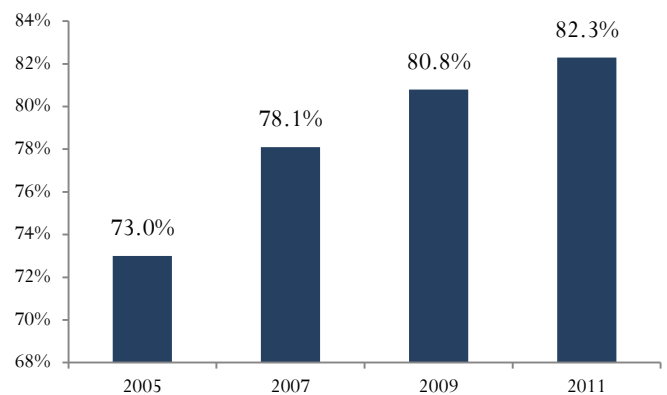
## Attitudes and Policies Toward Private and Public Smoking

- ◆ The Smoke-Free Illinois Act (SFIA) took effect January 1, 2008, in order to protect Illinois workers, residents and visitors from exposure to second-hand smoke.
- ◆ Second-hand smoke causes lung cancer in nonsmokers and increases the risk of respiratory problems in children.
- ◆ Since enactment, SFIA has led to an increased likelihood of a voluntary smoke-free home policy.
- ◆ 94.7 percent of Illinois adults reported smoking was never allowed in indoor work places.
- ◆ In the United States, employees that work in smoke-free places are almost twice as likely to quit smoking than those working in places without a policy.<sup>C</sup>
- ◆ Teens working in places with smoke-free policies are less likely to become smokers.<sup>C</sup>
- ◆ The CDC attributed productivity losses of more than \$4 billion in Illinois due to smoking in the workplace.

Illinois Adult Smoking Prevalence, 2003-2010



Smoking Never Allowed in Home



Sources: IDPH, BRFSS, Census Bureau, County Health Rankings, County Health Indicators (CHSI), Illinois Youth Survey, IL Adult Tobacco Survey, National Survey for Health Statistics (April 2012)

<sup>C</sup> Institute of Medicine, 2012. Reducing tobacco-related cancer incidence and mortality: Workshop summary. Washington, DC: The National Academies Press.

<sup>D</sup> Center for Disease Control and Prevention smoking among adults-United States, 2004. Morbidity Mortality Weekly Report 2005; 54:1121-1124

**The Illinois Department of Public Health funds the Illinois Tobacco Quitline  
866-QUIT-YES (866-784-8937)**

