

HEAD & NECK CANCER in Idaho

Male Idahoans are diagnosed with head and neck cancer at **3 times** the rate of female Idahoans. **More than 7 in 10 deaths** from head and neck cancers were among male Idahoans during 2018-2022.

1,600

of malignant head and neck cancers were diagnosed among Idahoans during 2017-2021.

371

deaths from head and neck cancer during 2018-2022.

1,770+

Idahoans alive as of July 1, 2021 had received a diagnosis of head or neck cancer diagnosis in the past 10 years.

Prevent head and neck cancers!

- Get vaccinated for human papillomavirus (HPV).
- Limit alcohol intake (< 1 drink per day).
- Quit using tobacco products. Scan the QR code for free resources on quitting tobacco at ProjectFilter.org.
- Get bi-annual dental check-ups that include cancer screenings.

Idahoans living with head and neck cancer

- Should be referred for speech pathology evaluation prior to radiation.
- Can talk to their doctor about quality of life, diet, and physical activity during and after therapy.



Health Behavior

- **HPV vaccination in Idaho has increased 60% in girls and 190% in boys since 2014, but less than half of Idaho's youth aged 13-17 are vaccinated against cancer-causing HPV strains.**
 - » As of 2023, 49.4% of girls and 45.9% of boys had completed the HPV vaccination series.
- **Tobacco products and heavy alcohol use are head and neck cancer risk factors.**
 - » 7.2% of male and 7.1% of female Idahoans report drinking heavily. Drinking heavily is defined as more than 14 drinks per week for men and more than 7 drinks per week for women. (2022 BRFSS).
 - » Nearly 1 in 10 Idahoans are current smokers (11.9%; 2022 BRFSS).

➤ Rates of new larynx cancers have decreased **3.7%** per year among males since 2000.

➤ Idahoans living in areas with higher poverty are **20%** more likely to die of their head or neck cancer than Idahoans living in more affluent areas.

➤ Deaths from head and neck cancers have been decreasing **1.4%** per year since 2000.

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