

MELANOMA in IDAHO

2022

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| Incidence | 2,802 cases of malignant melanoma of the skin were diagnosed during 2015-2019. |
| Mortality | 279 deaths from malignant melanoma of the skin from 2015-2019. |
| Prevalence | ~3800 Idahoans alive on July 1, 2019, had a melanoma diagnosis within the prior 10 years. |

Call to Action

- Wear sunscreen (at least 30 SPF).
- Wear sunglasses and a wide-brimmed hat.
- Avoid indoor tanning beds.
- Talk to your healthcare provider if you notice any changes in your skin, especially moles that are odd-shaped, discolored, or increasing in size. When diagnosed early, survival among people diagnosed with melanoma is high.

KNOW YOUR ABCDE'S

| | | | | |
|--|----------------|---|--|--|
| A | B | C | D | E |
| ASYMMETRY | BORDER | COLOR | DIAMETER | EVOLUTION |
| | | | | |
| One half does not match the other half | Uneven borders | Variety of colors like brown, tan, or black | Grows larger than the size of a pencil eraser (1/4 inch) | Change in size, shape, color, elevation, another trait, or new symptom |

Health Behavior

Only 15.4% of Idaho students (9th-12th grade) always wear sunscreen (SPF of 30 or higher) or wear sunscreen most of the time when they are outside for more than one hour.

5.1% of Idaho students (9th-12th grade) used an indoor tanning device (like a sunlamp, sunbed, or tanning booth) 1 or more times in the previous 12 months.

Idaho has among the highest death rates from melanoma in the United States.



Since 2000, rates of malignant melanoma have increased about **1.3%** per year in Idaho.



Mortality rates due to malignant melanoma have been decreasing at an annual rate of approximately **4%** in the past decade.



Men were **over 2 times** as likely as women to die from melanoma.



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