



MELANOMA SKIN CANCER in Idaho

Idaho ranks
1st among
U.S. states for
deaths due to
melanoma.

- ▶ Since 2000, rates of malignant melanoma have **increased 2.0%** per year in Idaho.
- ▶ Mortality rates due to malignant melanoma have been **decreasing** by approximately **3%** per year in the past decade.
- ▶ Male Idahoans are **over 2 times** more likely to die of melanoma than female Idahoans.

3,144

cases of malignant melanoma of the skin were diagnosed during 2017-2021.

301

deaths from malignant melanoma of the skin from 2018-2022.

4,300+

Idahoans alive on July 1, 2021 had a melanoma diagnosis within the prior 10 years.

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.

Source: Idaho Youth Risk Behavior Survey, 2019.

The ABCDE of MELANOMA

A



Asymmetry: The two halves do not coincide.

B



Border: they are irregular and asymmetrical.

C



Color: Different shades of brown, black.

D



Diameter: >6mm.

E



Evolution: Change in size, shape or color.

- **Avoid indoor tanning beds, and sunlamps.**
- **Wear sun-protective clothing: Sunglasses with UV protection, wide-brimmed hats, long-sleeved shirts, and long pants. If possible, seek shade.**
- **Apply broad-spectrum sunscreen of 30 SPF or higher.**
- **Talk to your healthcare provider if you notice changes in your skin, like moles that are odd-shaped, discolored, or increasing in size.**

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