

CANCER IN NEW JERSEY

Cancer is a group of diseases that can start in almost any organ or tissue of the body when abnormal cells grow uncontrollably and invade and spread to other parts of the body.

It is considered a chronic disease – a condition that lasts one year or more and requires ongoing medical attention and/or limits daily living activities.



FACTS & FIGURES

- 1.9 million new cancer cases and 609,360 deaths from cancer are expected to occur in the US in 2022, which is about 1,670 deaths a day.
- Cancer is the second leading cause of death in NJ and the US.
- In NJ, new cancer cases is estimated to be 55,730.
- Top cancers in NJ are: Breast, Prostate, Lung and Colorectal.
- Certain cancers caused by infectious agents such as the human papillomavirus (HPV) could be prevented through vaccination.
- More than 40% of all cancers are attributable to potentially modifiable risk factors.

1 in 2 MEN will develop cancer during their lifetimes

1 in 3 WOMEN will develop cancer during their lifetimes

1 in 5 PEOPLE will die due to cancer in New Jersey

County Cancer Cases & Incidence Rates

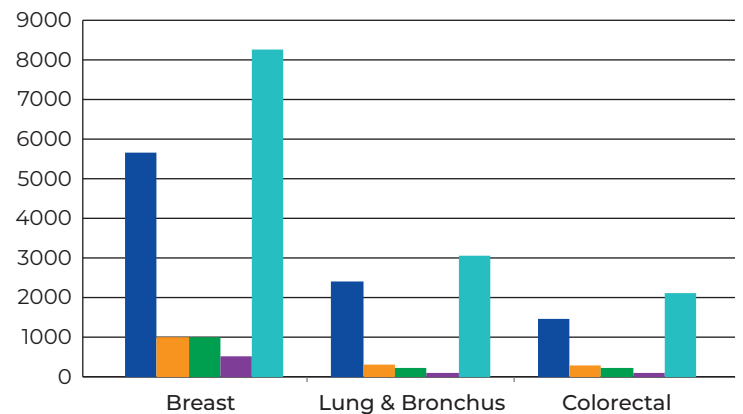
Incidence rates refer to the number of newly diagnosed cancers occurring in a specified population during a specific time period that can be used to identify trends.

Hunterdon County: Population at Risk: 125,201			
Cancer Type	Average Annual # of Cases	Incidence Rate 2015-2019	Trend
Breast	134	150.4	Stable
Prostate	116	124.4	Rising
Lung & Bronchus	76	42.5	Stable
Skin Melanoma	68	39.7	Stable
Colorectal	65	37.5	Falling
Cervix	5	7.1	Stable
ALL CANCERS	952	490.6	Stable

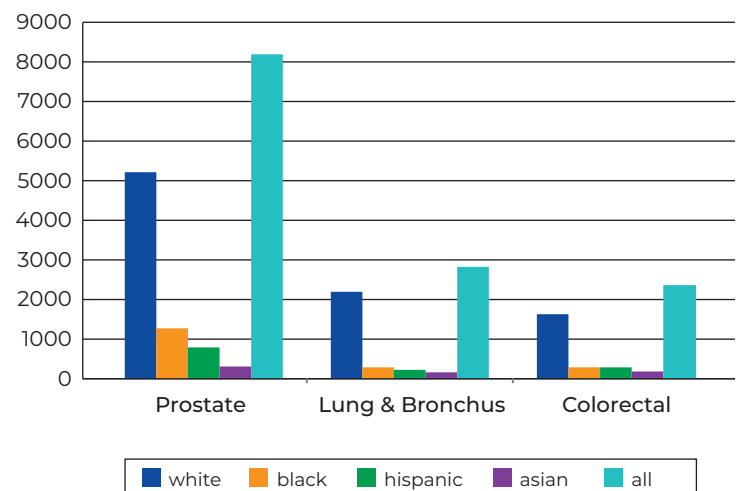
Mercer County: Population at Risk: 368,047			
Cancer Type	Average Annual # of Cases	Incidence Rate 2015-2019	Trend
Breast	327	156.5	Falling
Prostate	309	136.3	Stable
Lung & Bronchus	237	53.5	Falling
Skin Melanoma	157	36.0	Falling
Colorectal	91	21.2	Stable
Cervix	14	7.2	Falling
ALL CANCERS	2,500	500.5	Falling

Cancer and Gender in New Jersey

Number of New Cancer Cases: NJ Women 2019



Number of New Cancer Cases: NJ Men 2019



**National Cancer Institute www.statecancerprofiles.cancer.gov (2019 data)

Source: CDC US Cancer Statistics: Data Visualizations New Jersey 2019

DID YOU KNOW?

There are over **100** types of cancer that can develop and spread to anywhere in the human body.

- The leading cause of cancer death among New Jersey men and women (in 2019) was LUNG and BRONCHUS cancer, followed by: BREAST and COLORECTAL cancers for women PROSTATE and COLORECTAL cancers for men
- Everyone is at risk of developing cancer; getting regular screening tests can detect cancer early and save your life.
- Women have higher rates of new cancer diagnoses until age 55
- Men have higher rates of new cancer diagnoses after age 55
- Cancer affects all population groups, but due to social, environmental and economic factors, certain groups bear a disproportionate burden of cancer

Visit us:



WEBSITE

<https://www.hunterdonhealth.org/services/hunterdon-mercero-chronic-disease-coalition>

Are You At Risk?

Multiple factors both inside and outside the body can contribute to the development of cancer. Some risk factors for cancer can be avoided or controlled, while others cannot.

Risk Factors	Risk Factors
That CAN be controlled or avoided	That CANNOT be controlled or avoided
Lifestyle and behavior factors, such as: <ul style="list-style-type: none"> • smoking • alcohol consumption • physical activity • sun exposure 	Family history/genetics
Environmental factors	Age, gender
Obesity	Race, ethnicity
Immunizations/vaccines to prevent certain cancers	Previous cancer diagnosis
	Weakened immune system

Lower Your Risk: What You Can Do

An estimated **42%** of cancer cases are attributed to potentially modifiable risk factors. Cancer prevention and early detection through screening can further reduce the risk of cancer. Here's what you can do:



Eat a Healthy Diet – Choose a diet rich in fruits and vegetables. Select whole grains and lean proteins and limit consumption of red meats.



Exercise and Stay Active – Regular exercise is linked to a lower risk of cancer. At least 30 minutes of exercise most days of the week is recommended.



Avoid or Limit Alcohol Consumption



Be Safe in the Sun – Limit sun exposure by staying in the shade, wearing protective clothing and applying sunscreen.



Stay Away from Tobacco – Smoking is linked to several types of cancer – not just lung cancer. Quitting will reduce the risk of cancer in the future.



Maintain a Healthy Weight – Being overweight or obese may increase the risk of cancer. Work to achieve and maintain a healthy weight through a combination of diet and regular exercise.



Find Cancer Early/Get Screened – Talk with your health care provider about what types of cancer screening exams are best based on your risk factors.



Protect Against HPV-Related Cancers – HPV is a common virus that can cause six types of cancer; vaccination can prevent HPV cancers.



Stay on Track with your Annual Checkups – Help identify potential issues before they start.