American Indian Cancer Burden

Cancer Facts for American Indian and Alaska Natives

Kris Rhodes, MPH
Cancer kills too many American Indians every day.
The AICAF Story

American Indian Cancer Foundation (AICAF) is a national non-profit established to address tremendous cancer inequities faced by American Indian and Alaska Natives.

**Mission:**

To eliminate cancer burdens on American Indian families through education and improved access to prevention, early detection, treatment and survivor support.
1. Bring attention to American Indian Cancer Burdens and Solutions

2. Advance Capacity Through Training, Technical Assistance and Resources

3. Increase Availability of Reliable American Indian Cancer Data and Solutions
1. **Bring attention to American Indian Cancer Burdens and Solutions**

- Champion collaborations and partnerships that leverage community interest, resources, and investments.
- Engage tribes and mainstream health organizations through presentations, exhibits, media and social media.
- Host fundraiser and awareness events across Indian Country.
AICAF Strategic Goal #2

Advance Capacity Through Training, Technical Assistance and Resources

- Identify prevention and healing approaches based on tribal teachings, sovereignty and self-determination.
- Develop and share model frameworks, training and resources for American Indian communities and health systems.
  - Community education and outreach
  - Clinical systems innovations
  - Survivor support
AICAF Strategic Goal #3

Increase Availability of Reliable American Indian Cancer Data and Solutions

- Host community conversations to identify local cancer priorities, barriers and solutions.
- Develop and share relevant reports and presentations.
- Collaborate on reality-based and community-driven research.
- Support evaluation of cancer prevention and screening efforts.
Cancer is the...

#1 Cause of Death for Women

- #2 Heart Disease
- #3 Unintentional Injury

#2 Cause of Death for Men

- #1 Heart Disease
- #3 Unintentional Injury

The most commonly diagnosed cancers are...

- #1 Breast
- #2 Lung
- #3 Colorectal

Lung cancer is the leading cause of cancer death for men and women.

Other leading causes of cancer death are...

- Prostate
- Colorectal
- Breast
Cancer death rates for AI/AN increased over a 20 year period, while decreasing for Whites over the same time frame.
Distinct patterns in AI/AN cancer rates are observed across six geographic regions defined by the Indian Health Service.
AI/AN in Alaska have higher cancer diagnoses and death rates for many cancers compared to Whites.

**Most Common Cancers: Alaska**

<table>
<thead>
<tr>
<th>Cancer Diagnosis</th>
<th>Women</th>
<th>Cancer Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Breast</td>
<td></td>
<td>#1 Lung</td>
</tr>
<tr>
<td>#2 Colorectal</td>
<td></td>
<td>#2 Breast</td>
</tr>
<tr>
<td>★ #3 Lung</td>
<td></td>
<td>#3 Colorectal</td>
</tr>
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<tr>
<td>★ #1 Lung</td>
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</tr>
<tr>
<td>★ #2 Colorectal</td>
<td></td>
<td>#2 Colorectal</td>
</tr>
<tr>
<td>#3 Prostate</td>
<td></td>
<td>#3 Stomach</td>
</tr>
</tbody>
</table>

★ Indicates higher rates for AI/AN than Whites
AI/AN in the East have lower cancer diagnosis rates for the top three cancers compared to both Whites and other regions.

**Most Common Cancers: East**

<table>
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<tbody>
<tr>
<td>#1 Breast</td>
<td>![Female]</td>
<td>#1 Lung</td>
</tr>
<tr>
<td>#2 Lung</td>
<td>![Female]</td>
<td>#2 Breast</td>
</tr>
<tr>
<td>#3 Colorectal</td>
<td>![Female]</td>
<td>#3 Colorectal ★</td>
</tr>
</tbody>
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<table>
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<tr>
<th>Cancer Diagnosis</th>
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<tbody>
<tr>
<td>#1 Prostate</td>
<td>![Male]</td>
<td>#1 Lung</td>
</tr>
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<td>#2 Lung</td>
<td>![Male]</td>
<td>#2 Colorectal</td>
</tr>
<tr>
<td>#3 Colorectal</td>
<td>![Male]</td>
<td>#3 Prostate</td>
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★ Indicates higher rates for AI/AN than Whites
AI/AN in the Northern Plains experience some of the highest cancer diagnoses and death rates in the United States.

**Northern Plains**

**Most Common Cancers: Northern Plains**

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<tbody>
<tr>
<td>#1 Breast</td>
<td>![Icon]</td>
<td>#1 Lung *</td>
</tr>
<tr>
<td>#2 Lung</td>
<td>![Icon]</td>
<td>#2 Breast</td>
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* Indicates higher rates for AI/AN than Whites

**Cancer Disparities for AI/AN vs. Whites: Northern Plains**

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<thead>
<tr>
<th></th>
<th>Men</th>
<th></th>
<th>Women</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Liver Cancer Death</td>
<td>2.8X</td>
<td>Larynx Cancer Death</td>
<td>2.5X</td>
<td></td>
</tr>
<tr>
<td>Cervical Cancer Death</td>
<td></td>
<td>Gallbladder Cancer Death</td>
<td>4.2X</td>
<td>3.5X</td>
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AI/AN in the Pacific Coast have fewer cancer disparities than in other regions, but show similar or worse rates for some of the top cancers when compared to Whites.

Cancer Disparities for AI/AN vs. Whites: Pacific Coast

* Indicates higher rates for AI/AN than Whites
AI/AN in the Southern Plains have higher cancer diagnoses and death rates for the top three cancers compared to Whites.

**Most Common Cancers: Southern Plains**

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<tr>
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<td>![Icon]</td>
<td>#3 Prostate ★</td>
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★ Indicates higher rates for AI/AN than Whites

**Cancer Disparities for AI/AN vs. Whites: Southern Plains**

- Stomach Cancer Diagnosis: Men 1.9X, Women 2.3X
- Liver Cancer Diagnosis: Men 2.1X, Women 2.4X
- Liver Cancer Death: Men 2.2X, Women 2.5X
AI/AN in the Southwest have lower cancer diagnoses and death rates for many of the most common cancers compared to Whites.

What Are The Leading Causes?

Health Behaviors

- Cigarette smoking and chewing tobacco
- Cigarette smoke exposure
- Low screening rates
- Alcohol abuse
- Lack of regular physical activity
- Diets high in animal fats and lower in fiber with a lack of fresh fruit and vegetables
What impacts our health?

- 40% Social and Economic Factors
- 30% Health Behaviors
- 10% Clinical Care
- 10% Physical Environment
- 10% Genes and Biology
Community & System Level Barriers

- Underfunded urban and tribal health care systems
- Lack of accurate population specific data
- High rates of poverty
- Poor access to health care
- Lack of culturally competent health care providers
- Limited availability of prevention programs, cancer screening and specialist care, especially in rural areas
We believe...

Native communities have the wisdom and the solutions to cancer inequities, but are often seeking the organizational capacity, expert input and resources to do so.
What AICAF Brings as a Partner

• A neutral convener committed to building on:
  • Cultural and community strengths
  • Public health evidence
  • Policy, Systems & Environmental approaches

• Background data, information & resources

• Ongoing support (TA, resources, trainings)

• Support specific to tribal needs and readiness
HEALTHY EATING FOR STRONG NATIVE COMMUNITIES

PROMOTING INDIGENOUS HEALTH

- Indigenous Foods: foods Native to local area.
- Healthy Options: water, fruits, vegetables, whole grains, lean proteins, unprocessed foods.
- Unhealthy options: sugary drinks and processed foods high in sugar, sodium and saturated fat.

- Provide incentives for vendors offering healthy options and posting nutrition information for all items.
- Encourage bringing healthy dishes to community gatherings.
- Offer healthy options in vending machines.
- Host events featuring Indigenous foods.
- Work with kitchen management to make Elder Nutrition Program meals healthy and tasty.
- Offer culturally appropriate nutritional counseling, including breastfeeding education.
- Initiate fruit and vegetable prescription program with vouchers redeemable at stores and farmers market.
- Apply a Health in All Policies (HIAP) framework to decision making processes.
- Enact a tribal health and wellness policy.
- Support community health and wellness coalition or committee.
- Enact policy requiring healthy advertising and marketing at checkout area.
- Increase taxes on unhealthy options and decrease taxes on healthy options.
- Initiate farm to school program.
- Enact policy to remove all unhealthy options from vending machines.
- Offer healthy breakfast, after school snacks and summer lunches.
- Provide education on the role of food in Indigenous culture and medicine.
- Create space for all generations to connect to traditional foods knowledge.
- Offer opportunities for skill building in traditional hunting and gathering practices.
- Include Indigenous foods in commodity program.

HiAP Definition

An approach to tribal policy that weighs the potential health impacts of decisions, seeking to avoid harmful health impacts and improve community health outcomes.
PROMOTING INDIGENOUS HEALTH

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Cancer Innovation Teams

Engage Inter-departmental Teams to increase flow, quality and patient outcomes

- Clinic providers, nurses and lab
- Public Health Nursing and CHR
- Pharmacy
- EHR Data & Billing
### Tobacco Cessation Flow Charts

**Ask**
- Do you currently use commercial tobacco?
- **Yes**
- **No**
- Document tobacco use status in patient’s chart

**Advise**
- The most important advice: I can give you to protect your health is to quit using commercial tobacco and we are here to help you.

**Assess**
- Are you thinking about quitting?
- Document State of Change
  - Precontemplation: Not ready to quit
  - Contemplation: Intend to quit within next 6 months
  - Ready: Ready to quit in next 30 days

**Connect**
- Would it be okay if someone called you in the next week or so to set up an appointment with our smoking cessation counselor?
- **Yes**
- **No**

**Arrange**
- Remind patient that you will ask again in the future
- Create smoking cessation order

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### Pharmacotherapy Poster

**Want to quit? Let’s Talk.**

Medications can help you manage your withdrawal symptoms so you can quit for good.

#### Nicotine Replacement Therapies (Often referred to as NRTs)

<table>
<thead>
<tr>
<th>Medication</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nicotine Gum**</td>
<td>Transdermal patch that sticks to the skin and releases nicotine over time.</td>
</tr>
<tr>
<td>Nicotine Patch**</td>
<td>Patch that delivers nicotine through the skin over 24 hours.</td>
</tr>
<tr>
<td>Nicotine Lozenges**</td>
<td>Lozenges that dissolve in your mouth and release nicotine.</td>
</tr>
<tr>
<td>Nicotine Inhaler</td>
<td>Inhaler that delivers nicotine when inhaled.</td>
</tr>
<tr>
<td>Nicotine Nasal Spray</td>
<td>Spray that delivers nicotine through the nose.</td>
</tr>
</tbody>
</table>

#### Smoking Cessation Medication Options

<table>
<thead>
<tr>
<th>Medication</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bupropion SR, SR*</td>
<td>Bupropion is a medication that helps reduce the urge to smoke.</td>
</tr>
<tr>
<td>Varenicline**</td>
<td>Varenicline is a medication that reduces the urge to smoke.</td>
</tr>
</tbody>
</table>

#### Combination Options (NRT + Medication)

- Nicotine gum + Bupropion
- Nicotine patch + Varenicline

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*Prescription medications are available at participating Walgreens pharmacies. Consult your healthcare provider for the right medication for you.*

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Future generations need you... strong and healthy.

Patient Education Materials

- Brochures, posters, pocket self-help guides
- Videos and/or messaging for clinic lobby TV
- Retractable sign displays for clinic lobby

“We ask about your smoking because we care about your health.”

Want to quit? Let’s talk.
A Shot Can Prevent Cancer?

HPV Vaccine is most effective with preteen boys and girls.

This vaccine protects from HPV cancers later in life:

• Cervical
• Oral
• Penile
• Vaginal
• Vulvar
• Throat

You can’t protect them from everything, but you can protect them from HPV cancers.

Talk to your doctor today about protecting your American Indian preteen sons and daughters from cancer later in life with the HPV Vaccine.
Of the current American Indian Smokers in Minnesota... Nearly 2/3 want to Quit Smoking but don’t know where to start.

 Quit Connections
 your path to commercial tobacco cessation

PATCHES, GUM OR LOZENGES
Available over the counter
Double your chances of quitting
Provides a small amount of nicotine to help reduce cravings

BUPROPRION (ZYBAN, WELLBUTRIN) OR VARENICLINE (CHANTIX)
Prescription only
Reduce nicotine withdrawal symptoms and tobacco cravings
Bupropion can be combined with a patch
Do not contain nicotine and are not addictive

COUNSELING & SUPPORT
Telephone counseling
Internet-based Programs
Individual or Group Counseling
Counseling + Medication is more effective than any one method alone

NASAL SPRAY OR INHALER
Prescription only
Reduces tobacco cravings
Nicotine nasal spray = medication that you spray into your nostrils
Nicotine inhaler = medication that you hold to your mouth and inhale to combat cravings

COMBINATION OPTIONS
Increase your chances of quitting
Patch + Bupropion
Patch + Gum
Patch + Lozenge
Patch + Inhaler

TAKE ACTION! Talk to your doctor or cessation counselor about what cessation option works best for you.
For cessation options and support, Join Quit Connections on Facebook.
Together we can do more!
Our Partners are the Solution

We Need You As a Partner.

• Collaborate on a Project in your Community
• Share your Time & Talents
• Share your Story about:
  – Making Healthier Choices
  – Finding Cancer Early & Surviving
  – How your family has been changed by cancer
  – Tell others about why we need to do more
Cancer kills more American Indians than any other disease. 


The American Indian Cancer Foundation (AICAF) is hard at work to reverse this devastating trend. AICAF is committed to ending cancer in Indian Country. To do so requires expertise, collaborations and resources. We invite you to become a part of the solution. We need you in this fight!

*Your investment contributes to success*