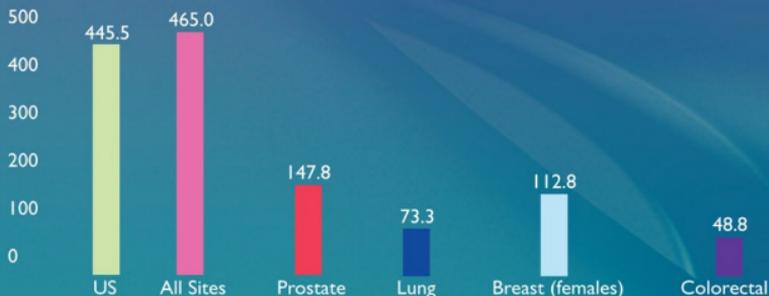


# Mississippi's Cancer Challenge

## Mississippi Partnership for Comprehensive Cancer Control (MP3C) Coalition

### Cancer Incidence Rates\* 2011



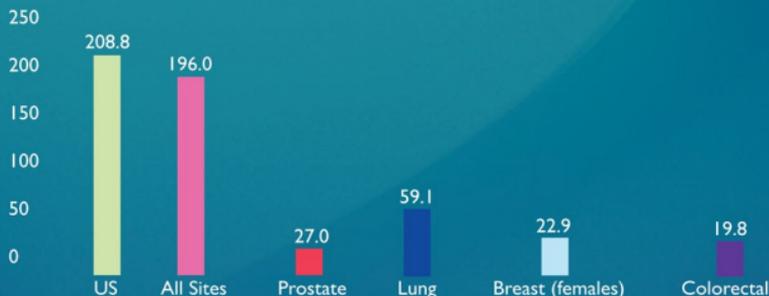
\*Mississippi Cancer Registry – February 11, 2014

Invasive Cancer Incidence

All rates are per 100,000 age-adjusted to the 2000 US Standard Population

US rate is based on 2010 data release from NPCR

### Cancer Mortality Rates\* 2011



\*Mississippi Cancer Registry – February 11, 2014

Invasive Cancer Incidence

All rates are per 100,000 age-adjusted to the 2000 US Standard Population

US rate is based on 2010 data release from NPCR

## Cancer Basics

**What is Cancer?** Cancer is more than 100 diseases that are characterized by uncontrolled, abnormal growth of cells. Cancer cells can spread locally or through the bloodstream and lymphatic system to other parts of the body. All cancers have the capacity to move and form secondary tumors at other sites in the body.

**Can Cancer be prevented?** Screenings for cervical, colorectal, prostate, and breast cancers help find these diseases at an early, often treatable stage. A person can also reduce their risk by receiving regular medical care, avoiding tobacco, limiting alcohol use, and avoiding excessive exposure to ultraviolet rays from the sun and tanning beds. Improving nutrition by eating fruits and vegetables, increasing physical activity, and maintaining a healthy weight will also aid in the reduction of cancer.

**Who is at Risk of Developing Cancer?** Anyone can get cancer; but some people are at higher risk than others. Age, sex, geographic region, race/ethnicity, and other factors can all influence your cancer risk. Most occurrences of cancer increase as people age, affecting adults beginning in middle age.

### Cancer Related Behaviors in Mississippi and Important Screenings to Have:

Current adult cigarette smokers	24.0%
Fruits	58.9%
Vegetables	32.3%
<i>*Percentage of adults who report consuming fruits and vegetables less than one time daily</i>	
Women aged 40+ who had a mammogram within past two years	58.2%
Adults having had a colonoscopy or sigmoidoscopy in past year	60.3%
Adults reporting no physical activity during past month	30.8%
Obese adults in Mississippi	34.6%

### The Mississippi Partnership for Comprehensive Cancer Control (MP3C)

is a group of individuals and organizations working together to make a difference in the lives of Mississippians.

Over 100 members participate in a coalition of workgroups to create and implement the state comprehensive cancer control plan.

Help us by making a difference in Mississippi's Cancer Challenge by becoming a partner.

Contact [www.HealthyMS.com](http://www.HealthyMS.com) or Call 1-866-HLTHY4U

