

NEW HAMPSHIRE

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Melanoma in Young Women: Preventing Cancer in New Hampshire

NATIONAL PROGRAM OF CANCER REGISTRIES SUCCESS STORY

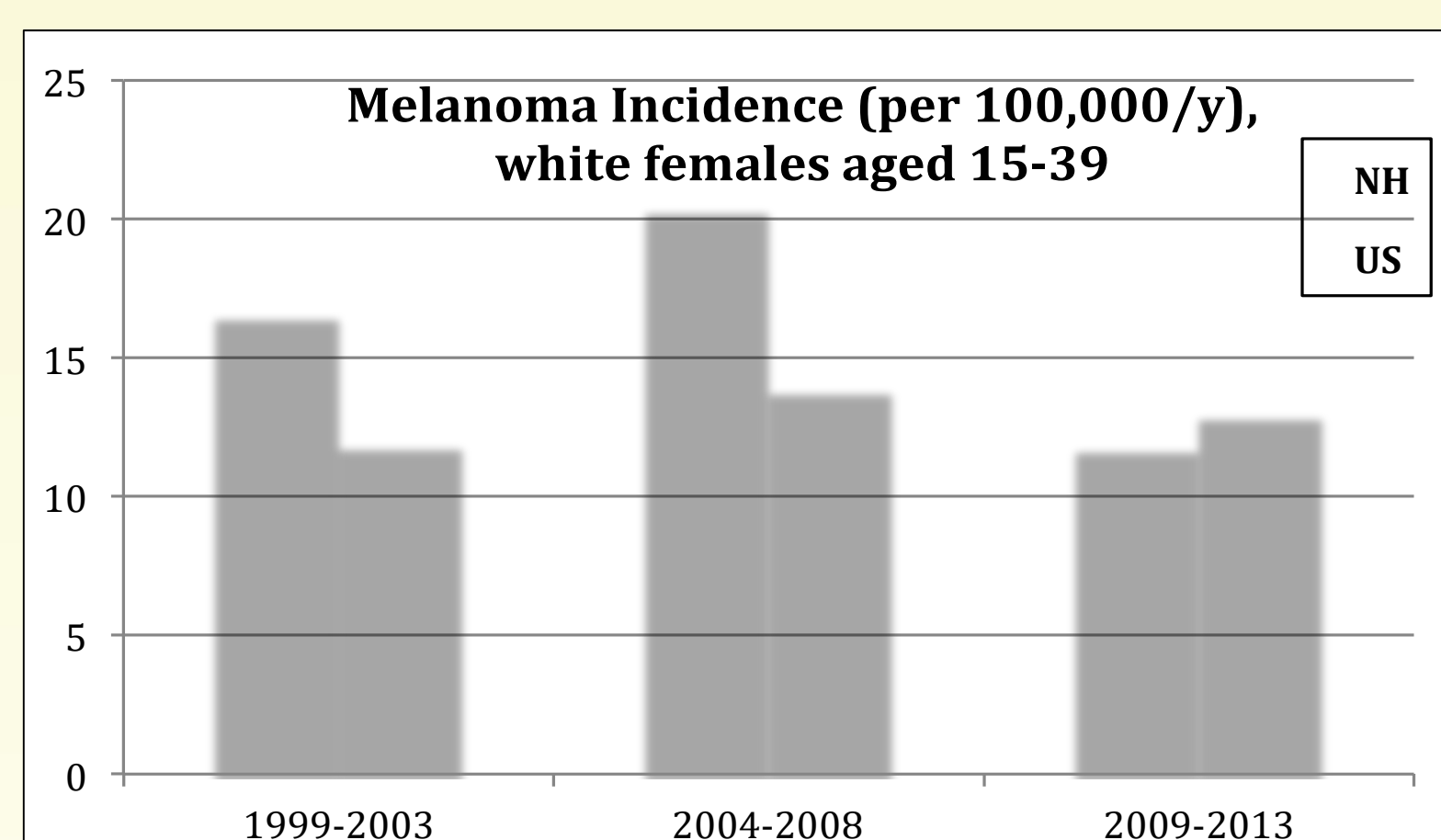
SUMMARY: The incidence of melanoma has been increasing steadily in the United States over the past 40 years¹ and registry data from 2002-06 showed disproportionately high rates of melanoma in NH women aged 15-39, 38% higher than the equivalent national rate.² The NH Comprehensive Cancer Collaboration supported many efforts to moderate the population's exposure to ultraviolet radiation and NH is now seeing substantially decreased rates of melanoma in young women, and a decline in the use of indoor tanning among adolescent girls.

CHALLENGE: New Hampshire's melanoma incidence was the 4th highest in the country during 2002-06,³ and was 38% higher among N.H. white women aged 15-39 than their U.S. counterparts. In 2011, 21% of 9-12th grade girls nationwide reported use of indoor tanning in the past year; this had declined to 7.5% in 2017 (<https://progressreport.cancer.gov/prevention/tanning>).

SOLUTION: Public health efforts to reduce exposure to the major melanoma risk factor (ultraviolet light) included tanning forums at high schools to increase awareness of the dangers of tanning; partnership with the Melanoma Foundation of New England (MFNE) to conduct "Your Skin is In" programming, and "Teens on Tanning" forums at high-risk high schools; and partnerships with the American Cancer Society Cancer Action Network, MFNE, and others which culminated in a new law prohibiting indoor tanning for minors in NH, effective January 1, 2016.

RESULTS:

Over 10 years, there was a 40% drop in invasive melanoma incidence in white females aged 15-39.⁴ Indoor tanning in adolescent girls fell from 16% in 2011 to 9% in 2015, but this figure remains high especially in 11-12th graders. Early detection is important in melanoma, and the proportion of melanomas diagnosed at a pre invasive (in situ) stage has increased from 40% to 46.5% in the past 10 years.



SUSTAINING SUCCESS: NH will continue to monitor use of indoor tanning and sunburn prevalence and support prevention activities through the Comprehensive Cancer Collaboration⁵ and various local initiatives.⁶

REFERENCES

1. <https://cancerstatisticscenter.cancer.org/#/cancer-site/Melanoma%20of%20the%20skin>.
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3. <https://wonder.cdc.gov>
4. <https://wisdom.dhhs.nh.gov>
5. <https://www.dhhs.nh.gov/dphs/cdpc/nhcccp.htm>
6. <http://cancer.dartmouth.edu/melanoma-skin/sunsafer-programs.html>

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Centers for Disease Control and Prevention
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