

# MELANOMA in IDAHO

# 2022

<b>Incidence</b>	<b>2,802 cases</b> of malignant melanoma of the skin were diagnosed during 2015-2019.
<b>Mortality</b>	<b>279 deaths</b> from malignant melanoma of the skin from 2015-2019.
<b>Prevalence</b>	<b>~3800</b> Idahoans alive on July 1, 2019, had a melanoma diagnosis within the prior 10 years.

## Call to Action

- Wear sunscreen (at least 30 SPF).
- Wear sunglasses and a wide-brimmed hat.
- Avoid indoor tanning beds.
- Talk to your healthcare provider if you notice any changes in your skin, especially moles that are odd-shaped, discolored, or increasing in size. When diagnosed early, survival among people diagnosed with melanoma is high.

### KNOW YOUR ABCDE'S

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
ASYMMETRY	BORDER	COLOR	DIAMETER	EVOLUTION
One half does not match the other half	Uneven borders	Variety of colors like brown, tan, or black	Grows larger than the size of a pencil eraser (1/4 inch)	Change in size, shape, color, elevation, another trait, or new symptom

## 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.

Idaho has among the highest death rates from melanoma in the United States.

- Since 2000, rates of malignant melanoma have increased about **1.3%** per year in Idaho.
- Mortality rates due to malignant melanoma have been decreasing at an annual rate of approximately **4%** in the past decade.
- Men were **over 2 times** as likely as women to die from melanoma.