



July 2022

Breast Cancer Incidence and Mortality in Delaware, 2014-2018

Key Highlights

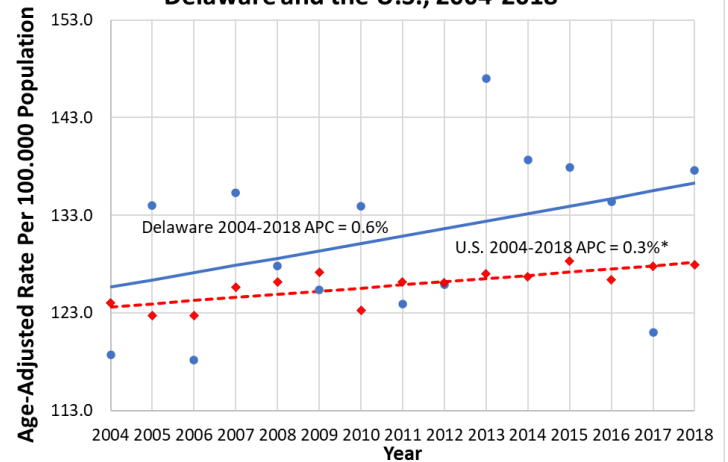
- Breast cancer is the most commonly diagnosed cancer among females in the U.S. and Delaware.^{1,2}
- Delaware ranked 12th in the U.S. for female breast cancer incidence in the period 2014 to 2018.^{1,2}
- Delaware ranked 15th in the U.S. for female breast cancer mortality in the period 2014 to 2018.^{2,4}
- From 2014 to 2018, 4,237 female breast cancer cases were diagnosed.¹
- In 2020, 73% of Delaware females age 40 and older reported having a mammogram in the past two years.³

Incidence (New Cases)^{1,2}

Female breast cancer is the most commonly diagnosed cancer among females in the U.S. and Delaware. Female breast cancer comprises 30% of all female cancer cases in Delaware. From 2014 to 2018, there were 4,278 cases of breast cancer diagnosed in Delaware. Of these cases, 99% (4,237 cases) were diagnosed in females and 1% (41 cases) were diagnosed in males.

Incidence rates for female breast cancer in Delaware were stable between 2004 and 2018 with an annual percent change (APC) of 0.6%. The U.S. incidence rates increased an average of 0.3% per year during the same period.

Figure 1. Age-Adjusted Female Breast Cancer Incidence Rate Trend, Delaware and the U.S., 2004-2018



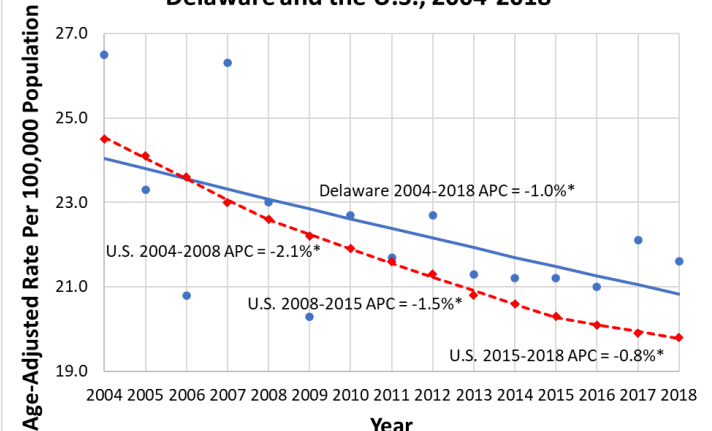
Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Cancer Registry, 2004-2018

Mortality (Deaths)^{2,4}

Female breast cancer is the second most common cause of cancer death among females in the U.S. and Delaware. In the period 2014-2018, there were 717 female deaths (15% of all female cancer deaths) from breast cancer in Delaware. Delaware ranked 15th in the U.S. for female breast cancer mortality, up from 17th in the period 2013-2017.

Mortality rates for female breast cancer in Delaware decreased by an average of 1.0% per year between 2004 and 2018. In the U.S., female breast cancer mortality rates decreased 2.1% per year on average between 2004 to 2008, 1.5% between 2008 and 2015, and 0.8% between 2015 and 2018.

Figure 2. Age-Adjusted Female Breast Cancer Mortality Rate Trend, Delaware and the U.S., 2004-2018



Source: Delaware Department of Health and Social Services, Division of Public Health, Health Statistics Center, 2004-2018

Spotlight on Inequities (Delaware, 2014-2018):

- Non-Hispanic Black females (138.7 per 100,000 population) had a higher breast cancer incidence rate compared to non-Hispanic White females (135.7 per 100,000 population) and Hispanic females (101.6 per 100,000 population).^{1,2}
- Non-Hispanic Black females (25.8 per 100,000 population) had a higher breast cancer mortality rate compared to Non-Hispanic White females (21.2 per 100,000 population). Rates for Hispanic females could not be calculated due to the small number of deaths.^{1,2}
- Non-Hispanic Black (30%) and Hispanic females (31%) have a higher proportion of female breast cancer diagnosed at the regional stage compared to non-Hispanic White females (23%).¹
- As age increases, so does the incidence of breast cancer. The highest female breast cancer incidence rate was observed among females ages 75 to 84 (469.4 per 100,000 population) compared to other age groups: 0 to 39 (14.9 per 100,000 population), 40 to 64 (244.6 per 100,000 population), 65 to 74 (455.8 per 100,000 population), and 85+ (363.3 per 100,000 population).^{1,2}
- Breast cancer mortality increases with age. The highest breast cancer mortality rate among females was for those who died at 85+ (176.7 per 100,000 population), followed by 75 to 84 (114.9 per 100,000 population), 65 to 74 (62.6 per 100,000 population), 40 to 64 (34.0 per 100,000 population) and 0 to 39 (0.9 per 100,000 population).^{1,2}

Stage at Diagnosis^{1,2}

There are three stages of breast cancer diagnosis: local, regional, and distant. Local stage is cancer that has not spread. Regional is where the cancer is large and may have spread to surrounding tissues. Distant is when the cancer has spread to another body organ. Females with breast cancer diagnosed at the local stage have the highest five-year survival. Therefore, early detection is important for better outcomes. According to a study of 2011 to 2017 data, the five-year relative survival for U.S. females with diagnosed breast cancer at the local stage was 99%. This survival dropped to 86% among U.S. females diagnosed with breast cancer at the regional stage and 29% among females diagnosed with breast cancer at the distant stage.

Over the past three decades in Delaware, female breast cancer cases diagnosed at the local stage have increased from 42% to 68% in Delaware. During the same period, cases diagnosed at the regional stage decreased from 43% to 25% and cases diagnosed at the distant stage decreased from 8% to 6% in Delaware. Delaware Non-Hispanic Black and Hispanic females have a higher proportion of cases diagnosed at the regional stage compared to non-Hispanic White females.

Early Detection³

A screening mammogram (x-ray of the breast) is used to detect breast disease in females who appear to have no breast problems. For early breast cancer detection in females without breast symptoms, the Delaware Cancer Consortium recommends:

- ◆ Females 40 years of age and older should get a mammogram and clinical breast exam annually.
- ◆ Females 18 to 39 years of age should get a clinical breast exam annually.

In 2020, 73% of Delaware females aged 40 and older reported having a mammogram in the past two years, compared to a national median of 72%. When adjusting for demographic and access to health care factors, having a personal doctor and having a check-up within the past year were both associated with receiving a mammogram. Having access to and utilizing the health care system is important to meeting state screening guidelines.

Citations

1. Delaware Department of Health and Social Services, Division of Public Health, Delaware Cancer Registry 2014-2018.
2. Surveillance, Epidemiology, and End Results (SEER) Program (www.seer.cancer.gov) SEER*Stat Database: Populations - Total U.S. (1969-2020) <Katrina/Rita Adjustment> - Linked To County Attributes - Total U.S., 1969-2020 Counties, National Cancer Institute, Division of Cancer Control and Population Sciences, Surveillance Research Program, released January 2022.
3. Delaware Department of Health and Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2020.
4. Delaware Department of Health and Social Services, Division of Public Health, Delaware Health Statistics Center, 2014-2018.