



Arkansas Department
of Health
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Arkansas Health Counts

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Breast cancer screening increasing

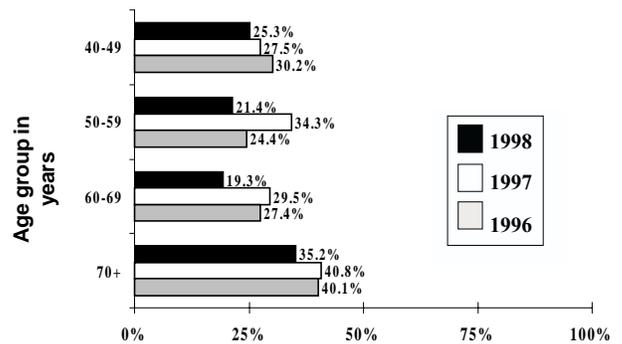
by Greg Potts, analyst

Increasingly, Arkansas women are getting regular breast exams and mammograms, according to the 1998 Arkansas Behavioral Risk Factor Surveillance System.

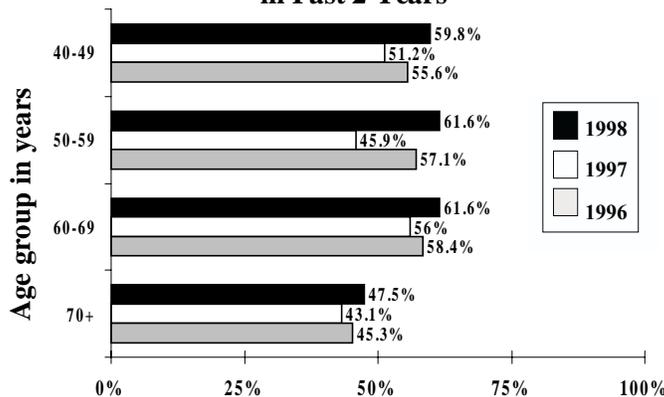
That's important because breast cancer killed 383 Arkansans in 1998, 381 women and two men. Early detection makes breast cancer easier to cure, so it's good news that increasingly, women older than 40 report that they have had both a mammogram and clinical breast exam (CBE) within the previous two years.

If all women participated in early screening, experts say about one-third of all breast cancer deaths could be prevented. Such early screening methods include monthly self exams followed by mammograms and clinical breast exams, usually performed in a

Never had either mammogram or CBE



Had Mammogram and CBE in Past 2 Years



physician's office.

Breast cancer is second only to skin cancer as the most common malignancy among women in the United States. In fact, one in eight Arkansas women will develop breast cancer over their lifetime. Of the cancers, only lung cancer kills more Arkansas women.

Among women aged 40 and older, the percentage who received a mammogram *and* clinical breast exam within the past two years increased to 57.5 percent, up from 53.9 percent in 1996. This is the highest percentage in the

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Less educated are more likely to smoke
Smoking prevalence in adjacent states

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Smoking among Arkansans (mostly) inversely proportional to education



The less you know, the more likely you are to smoke—or more precisely—the less education you have, the more likely you are to smoke. That's according to the 1998 Behavioral Risk Factor Surveillance System telephone survey of 3,002 Arkansans.

For instance, high school graduates (28 percent) are twice as likely to smoke as college graduates (13 percent), and high school drop-outs (36 percent) are 25 percent more likely to be current smokers than high school graduates.

Education is not the only smoking predictor in Arkansas, where 26 percent of all adults last year reported being current smokers.

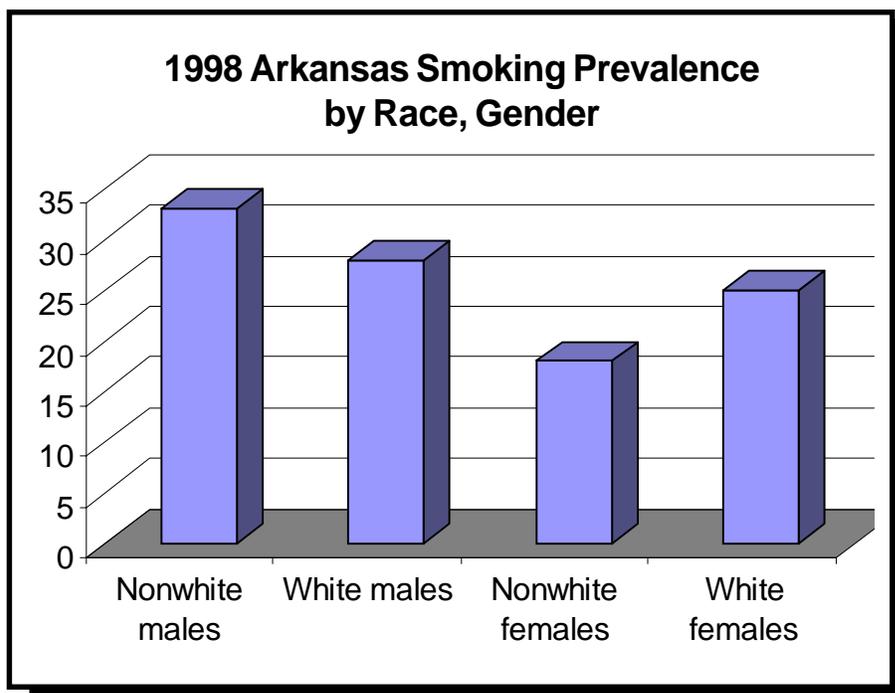
Unmarried people (30 percent) were more likely to smoke than married folks (24 percent).

Smoking among nonwhite women, which had increased from 14 percent to 20 percent between 1993 and 1997 fell slightly to 18 percent in 1998. Smoking among nonwhite men, which had dropped from 34 percent to 19 percent between 1993 and 1997, was reported in 1998 at a 33 percent clip.

Whites (26 percent) are slightly more likely to smoke than non whites (24 percent).

Nonwhite males (33 percent) are

more likely to smoke than white males (28 percent), while white females (25 percent)



are more likely to smoke than nonwhite females (18 percent).

Unemployed Arkansans were 60 percent more likely to smoke than those employed.

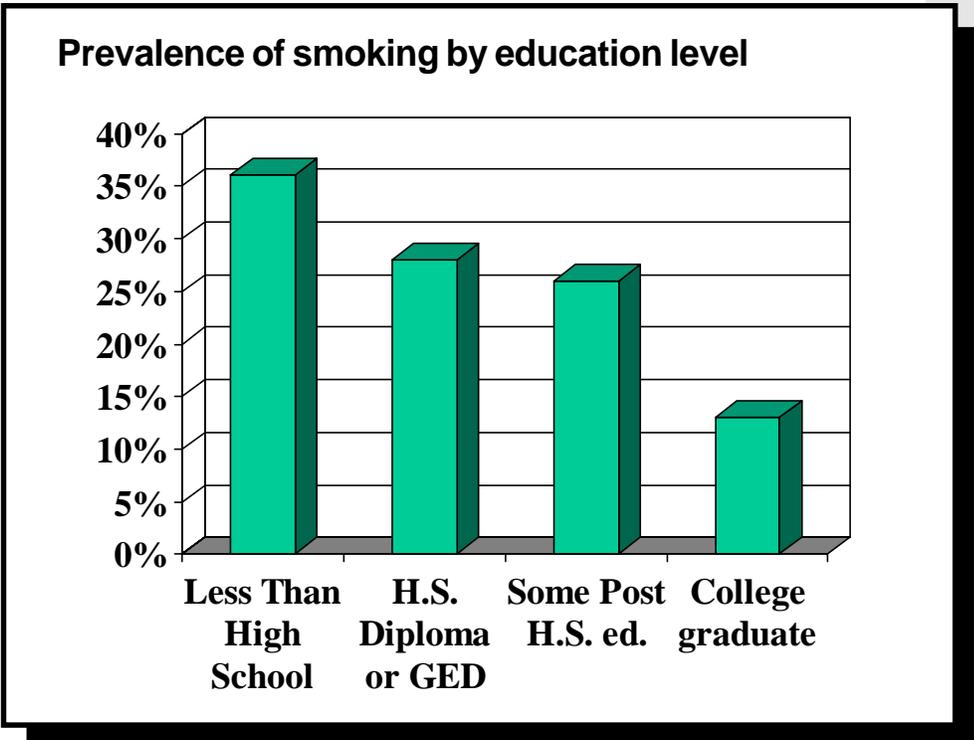
Within the state, 29 percent of men and 24 percent of women smoke currently.

Among those who have smoked 100 cigarettes ever, more than half smoke every day. Within that group, 45 percent smoke between half a pack and one pack per day.

Nearly half of all daily smokers quit for at least one day in the previous year.

Although it's common knowledge that

cigarettes are addictive and quitting is tough, 70 percent of all former smokers



who quit haven't smoked in at least five years. About 42 percent of those haven't smoked in at least 15 years.

About 35 percent of Arkansans said they

Continued from page 1

Breast cancer screening increasing

six years that the state has tracked mammograms and CBEs. The percentages of women in each age group who received both tests in the two years prior to the survey increased as well, as shown in the lower left graph on page 1.

Consequently, the percentage of women 40 and older who have never had *either* a mammogram or clinical breast exam fell in 1998 to 25.5 percent, the lowest figure since the state began tracking the practice. In addition, the percentages of women in each age group who have not received either test also decreased, as

shown in the upper right graph on page 1.

BreastCare, a program of the Arkansas Department of Health, was created after the Arkansas General Assembly passed the Breast Cancer Act of 1997.

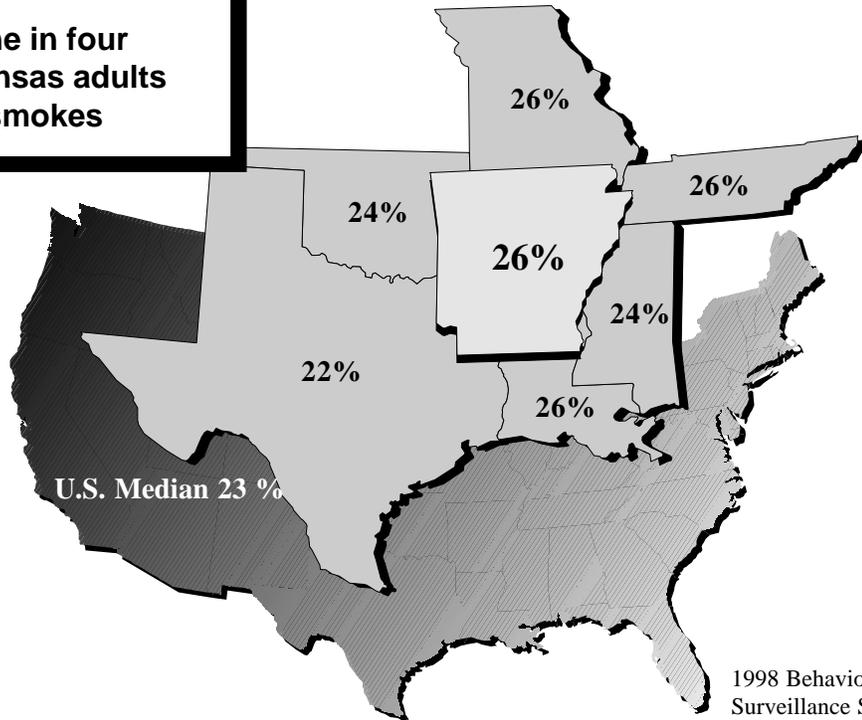
This public health program provides screening, diagnosis, treatment, surveillance activities, and public and professional education to women in Arkansas, all of whom are at risk for developing this deadly disease.

Take control of your health by knowing more about breast cancer. For information about qualifying for free BreastCare services, call toll-free at 1-877-670-CARE (2273).

Arkansas at a Glance

Adult smoking prevalence

One in four Arkansas adults smokes



1998 Behavioral Risk Factor Surveillance System Survey



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