

Cancer: Key indicators for Norfolk and Waveney. Integrated Care Partnership (ICP) meeting, 6th March 2024.

Cancer Incidence (new cases) in Norfolk & Waveney

- Cancer incidence rose slightly through the 2000s across Norfolk and Waveney (also in England), but this trend stopped around 2013.
- In Norfolk & Waveney there are between 6,500 and 7,400 new cases of cancer identified annually (6,584 in 2020 – Covid effect?).
- The most common types of cancer: prostate cancer (males), breast cancer (females), lung cancer and colorectal cancer.
- New cases every year:
 - Around 1,000 cases of prostate cancer and breast cancer,
 - more than 800 cases of lung cancer and colorectal cancer.

Cancer deaths

- Whilst the overall incidence rate of cancer has increased, the rate of people dying from cancer has decreased.
- In Norfolk & Waveney there were 3,226 deaths from cancer in 2020. These account for around a quarter of all deaths in the area.
- 40% of cancer deaths occur below the age of 75, and 10% below the age of 60.
- Overall, mortality rates for cancers are lower in Norfolk & Waveney compared to England.

Main causes of cancer deaths in N&W:

- Males – lung, prostate, and colorectal cancers.
- Females – lung, breast, and colorectal cancers.

Early Cancer deaths (those under 75)

- Across Norfolk and Waveney early deaths (those under 75) are higher than expected in the more deprived areas. For the most deprived 20% of areas this excess is about 50 per year.

Cancer survival

- In Norfolk & Waveney, 74% of people diagnosed with cancer survive more than one year after diagnosis and 56% survive more than five years.
- Cancer survival rates have improved in the past decade and are in line with the England average.

Cancer – inequalities

- Patients from more deprived communities are more likely to have cancer diagnosed at a later stage and have lower survival rates.

Cancer survival – inequalities

- People from more deprived communities are less likely to recognise symptoms, less likely to attend screening and are more likely to report barriers to seeking help.

Cancer screening coverage

Bowel cancer screening coverage in Norfolk good relative to the rest of the country and is increasing.

Breast cancer screening in Norfolk and Waveney is good relative to the rest of the country. More than 70% of eligible women aged 53-70 have had a breast screening in 2022/23, higher than the England average of 67%. However, the trend in coverage for 50 to 70 year olds has been declining.

GP practices with more deprived populations have lower breast cancer screening coverage rates.

Cervical cancer screening coverage has been declining but appears to have stabilised and is better than England.

Bowel cancer screening

At 74% bowel cancer screening for Norfolk and Waveney is good relative to the rest of the country. Over the last seven years most practices in Norfolk and Waveney have seen an improvement in bowel cancer screening uptake. However, there are significant inequalities in uptake. Increasing uptake in the more deprived communities will address inequality, may improve early diagnosis further and improve overall outcomes for Norfolk and Waveney.

The opportunity for all practices where uptake is below the Norfolk and Waveney average is about 1,700 additional people to have been screened for Bowel Cancer.

For the most deprived 'core 20' practices this is about 654 additional people.

Breast cancer screening

At 70% breast cancer screening for Norfolk and Waveney is good relative to the rest of the country and is the acceptable level. However, over the last seven years a number of practices in Norfolk and Waveney have seen a reduction in breast cancer screening uptake. And there are inequalities in uptake. Increasing uptake in the more deprived communities will address inequality, may improve early diagnosis further and improve overall outcomes for Norfolk and Waveney.

The opportunity for all practices where uptake is below the Norfolk and Waveney average is about 1,400 additional people to have been screened for Breast Cancer.

For the most deprived 'core 20' practices this is about 648 additional people.

Few practices have seen an increase in uptake.

Cervical cancer screening

The situation is similar for cervical screening. Norfolk and Waveney screening coverage is also good relative to the rest of the country but again there are inequalities. Screening has been improving in the most deprived practices. However, several practices have seen a reduction in

coverage over the last seven years. The opportunity across the system for a target of 80% coverage is 15,000 people screened within the appropriate timeframe with about 1,500 in the most deprived communities.

GP practice data shows that:

- Cervical screening is improving in the most deprived communities.
- There are still some practices that have seen a decline in coverage over the last few years.

Risk factors

- Risk factors for cancer broadly fall into three categories: genetic/hereditary, environmental, and lifestyle/behaviour risks.
- Previous work has shown 38% of cancer cases are preventable and that smoking is the largest single preventable cause of cancer, accounting for 15% of cases.

Risk factors include:

- Lifestyle
 - Alcohol
 - Excess weight
 - Diet (processed food, lack of fibre etc.)
 - Smoking
 - Physical Activity
- Infection agents (e.g. HPV)
- Environmental and occupational
 - Asbestos
 - Other environmental exposure
 - Sunlight
 - Radiation
- Global Burden of Disease information highlights that tobacco use is the largest contributor to deaths in Norfolk.
- For lifestyle factors that increase cancer risk in Norfolk, smoking prevalence, overweight adults, inactivity and alcohol consumption rates are similar to the England average, and those eating 5-a-day is significantly better:
 - More than 99,000 smokers
 - More than 280,000 adults do not eat a good diet
 - More than 189,000 adults drink more than the recommended amount
 - More than 160,000 adults do no exercise
 - More than 480,000 adults with excess weight
- As deprivation increases the proportion of people with higher risk health behaviour also increases.

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Further detailed information is available on the Norfolk Insight website:

<https://www.norfolkinsight.org.uk/jsna/healthcare-evaluation/>