

# SCOTTISH CANCER TASKFORCE

## LIFESTYLE AND CANCER OCCURRENCE/RECURRENCE

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# Scottish Cancer Taskforce

## Lifestyle and Cancer Occurrence/Recurrence

### Context

- ↑ Incidence - 2009 ~ 27,000/year  
- 2016-2020 ~ 35,000/year
- ↑ Survival → More people 'living with' cancer
- ↑ Costs → Access to treatment issues

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## Lifestyle and Cancer Occurrence/Recurrence

### Better Cancer Care, An Action Plan

#### Section 2 - Prevention

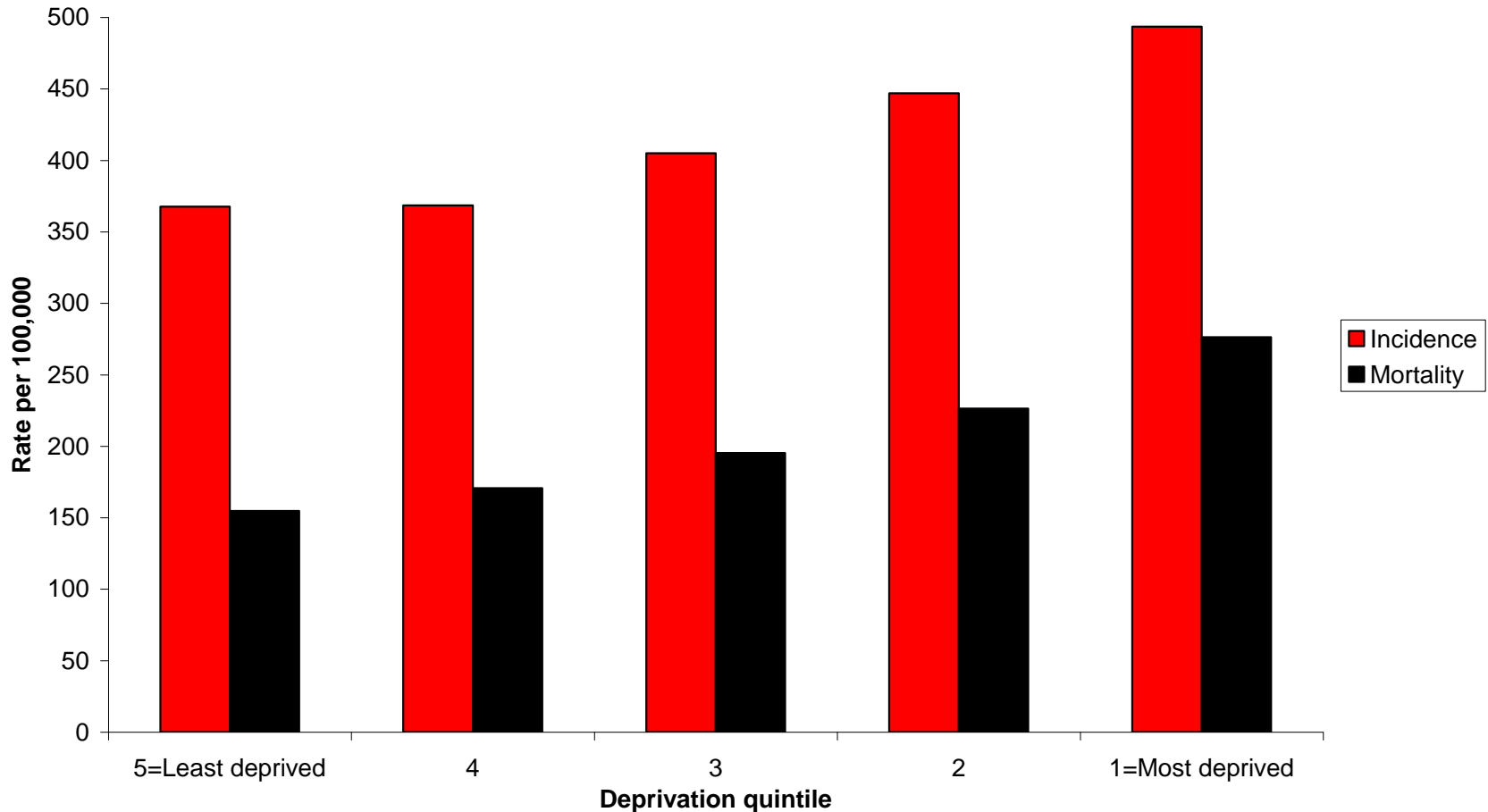
- Tobacco
- Diet and Obesity
- Physical Activity
- Alcohol
- HPV
- UV Radiation
- Occupational Exposure
- Environmental Issues

Socio-Economic Inequalities

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## Lifestyle and Cancer Occurrence/Recurrence

All malignant neoplasms excluding non-melanoma skin cancer  
Age-standardised incidence and mortality rates by SIMD 2009 deprivation quintile, persons



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## Lifestyle and Cancer Occurrence/Recurrence

### Better Cancer Care Progress Report (Dec 2010)

- The Cancer Burden for Scotland
- **Prevention**
- **Early detection**
- Referral and diagnosis
- Treatment
- Living with Cancer
- Improving Quality of Cancer Care/Waiting Times

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## Lifestyle and Cancer Occurrence/Recurrence

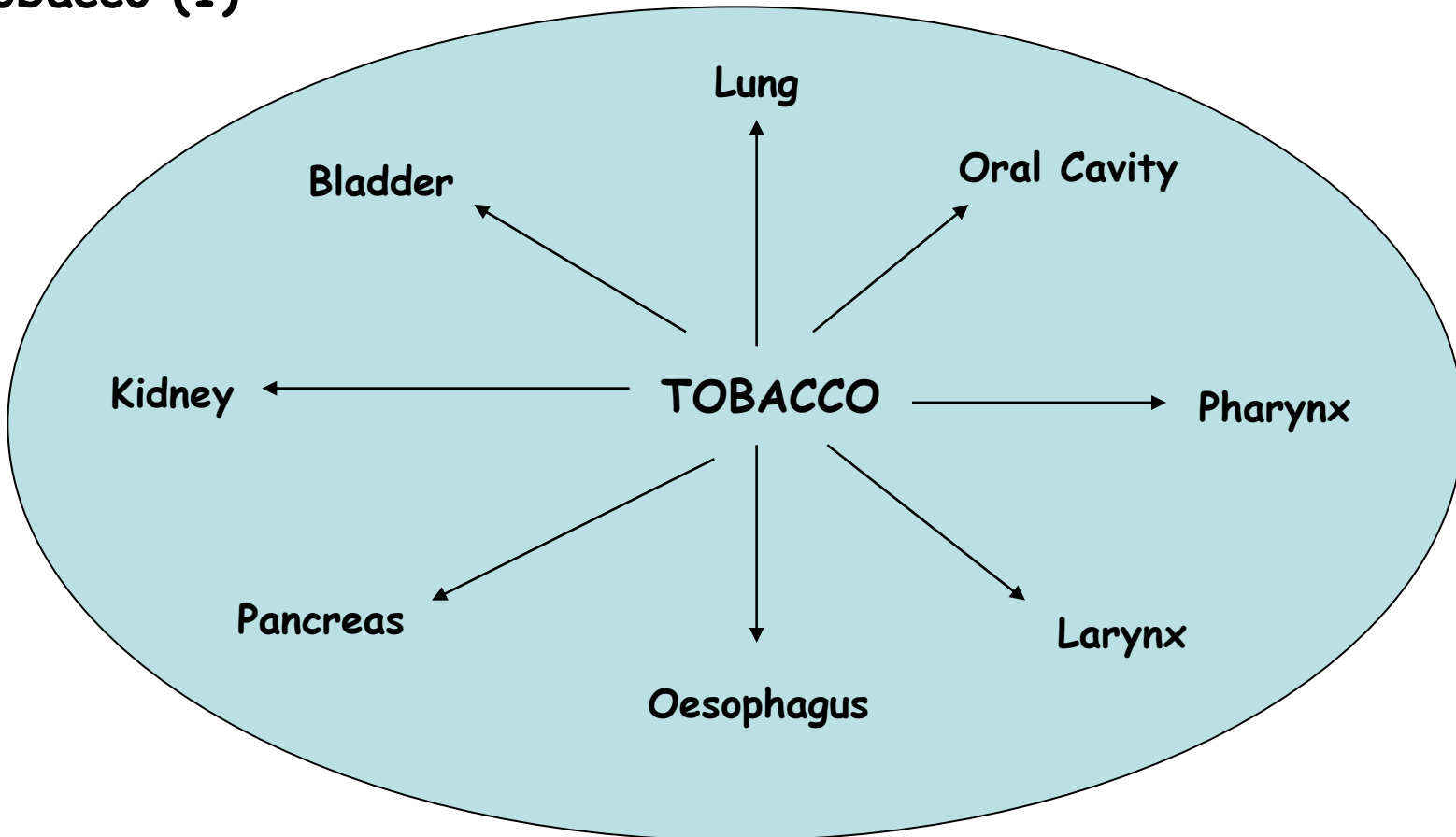
### Progress Report

- Prevention - Alcohol Framework
  - Healthy Weight Route Map
  - Tobacco sales legislation
  - Regs on sunbed use
  - HPV immunisation rollout
  - Social Policy Frameworks —————→ inequalities
  - HPHS

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## Lifestyle and Cancer Occurrence/Recurrence

### Tobacco (1)



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## Lifestyle and Cancer Occurrence/Recurrence

### Tobacco (2)

- Scotland's Future is smoke-free (2008)
- The Tobacco and Primary Medical Services (Scotland) Act 2010
- £40m over the next 3 years



- ↑ NHS smoking cessation services
- ↑ Smoking prevention activities
- Refreshed tobacco control strategy for Scotland



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## Lifestyle and Cancer Occurrence/Recurrence

### Tobacco (3)

#### Smoking cessation

- 2009 - 69,882 quit attempts
  - 26,485 successful quits at 1 month
- 2010 - 79,672 quit attempts
  - 31,456 successful quits at 1 month

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## Lifestyle and Cancer Occurrence/Recurrence

### Obesity and overweight (1)

- SHeS Results (2010)
  - > 16 years 65.1% overweight or obese
  - > 16 years 28.2% obese
  - ↑ ↑ 1995 → 2008 period  
(obesity ↑ from 17.2% to 27.4%)

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## Lifestyle and Cancer Occurrence/Recurrence

### Obesity and overweight (2)

- Breast cancer

- Obesity → 33% ↑ of recurrence
- ↓ 10% in weight → 30% ↓ in risk markers

- Protective effects of physical activity

- Breast cancer - 30-50% ↓ in recurrence rate  
(Macmillan Cancer Support Research)
- 'Move More' campaign

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## Lifestyle and Cancer Occurrence/Recurrence

### Preventing Obesity and Overweight in Scotland:

#### A Route Map Towards Healthy Weight

Four key areas:

- Energy consumption
- Energy expenditure
- Early Years
- Working Lives

- |                     |        |                     |
|---------------------|--------|---------------------|
| • Healthy Eating    | £7.5m  | } over next 3 years |
| • Weight Management | £10.5m |                     |
| • Keep Well         | £34m   |                     |

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## Lifestyle and Cancer Occurrence/Recurrence

### Alcohol

- Alcohol responsible for ~ 6% cancer deaths in UK (CRUK)
- ↑ Risk of oral; pharyngeal; laryngeal; oesophageal; breast; large bowel; and liver cancer
- Alcohol Framework for Action
- HEAT targets
- £126m over next 3 years

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## Lifestyle and Cancer Occurrence/Recurrence

### Other prevention opportunities

- HPV immunisation programme - £64m 2008-11
- Screening programmes
- Modernising Cancer Fund
  - Enhanced surgical recovery
- Working with third sector
- Health Promoting Health Service

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## Lifestyle and Cancer Occurrence/Recurrence

### Health Promoting Health Service

“Every healthcare contact a health improvement opportunity”

- New CEL [building on CEL 14(2008)]
- Actions in **all** hospitals
  - smoking
  - alcohol
  - breast feeding
  - food and health
  - Healthy Working Lives
  - sexual health
  - physical activity
  - active travel

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## Lifestyle and Cancer Occurrence/Recurrence

*“.....Scotland should review progress against ‘Better Cancer Care’, and address the gaps identified, such as promoting awareness and early diagnosis of cancer.....”*





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## Lifestyle and Cancer Occurrence/Recurrence

*“...too often in Scotland cancers are not detected early enough and late detection means poorer survival rates. We will therefore embark on a Detect Cancer Early Initiative with a target of increasing the number of cancers detected at the first stage of the disease by 25%.”*

*SNP Manifesto April 2011*

SCOTTISH NATIONAL PARTY MANIFESTO 2011

# RE-ELECT

A SCOTTISH GOVERNMENT WORKING FOR SCOTLAND

“Scotland is on a journey and the path ahead is a bright one. Now is a time for Scotland to keep moving forward.”

**Our record**  
Building a better nation

**Our team**  
Working for Scotland

**Our vision**  
A fairer Scotland

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## Lifestyle and Cancer Occurrence/Recurrence

### Cancer - The Story so Far

- Better prevention
- More screening
- Earlier diagnosis
- Better treatments
- Shorter waiting times
- More staff
- More equipment
- More opportunities to join clinical trials

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## Lifestyle and Cancer Occurrence/Recurrence

..... but more needs to be done

% 5-yr survival for people diagnosed with cancer between 1995-2002

Sweden	58.9
Finland	58.0
Norway	55.0
Germany	53.7
Italy	52.7
<b>EUROPE AVERAGE</b>	<b>52.0</b>
Spain	51.1
Wales	49.2
England	47.2
NI	46.3
<b>Scotland</b>	<b>44.1</b>

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## Lifestyle and Cancer Occurrence/Recurrence

### What's the Explanation?

- ? Data accuracy/coverage
- Excess mainly in 1<sup>st</sup> year after diagnosis
- Late presentation = more advanced cancer at diagnosis
- Treatment more complex, risky, ? more toxic

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## Lifestyle and Cancer Occurrence/Recurrence

Why does it matter?

(Example: breast cancer)

<b>Stage</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Mean survival</b>	17 years	13 years	9 years	2 years
<b>1 year survival</b>	98%	96%	84%	49%
<b>5 year survival</b>	97%	81%	55%	24%

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## Lifestyle and Cancer Occurrence/Recurrence

### Target numbers to be diagnosed at Stage A (Example: colorectal cancer)

- Definitions will determine target numbers
- An increase of 25% on the latest figures available for colorectal cancer Stage A (2007/8) means increasing the number diagnosed early from **444** to **622** by 2014/15

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## Lifestyle and Cancer Occurrence/Recurrence

### Conclusion

- Prevention (of chronic disease, including cancer) at the heart of SG health improvement policy
- SG/SCT intent on maximising every opportunity throughout the "cancer journey" to convey 1 (and 2 ) prevention messages - generic tailored

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## Lifestyle and Cancer Occurrence/Recurrence

### Cancer Journey

Primary/Secondary Prevention Opportunities

