

Alcohol-Associated Cancers in Texas

Alcohol-Associated Cancer Sites

Alcohol use is associated with an increased risk of at least six different types of cancers:^{1,2}

- Oral cavity and pharynx
- Larynx
- Liver
- Esophagus
- Female breast
- Colon and rectum

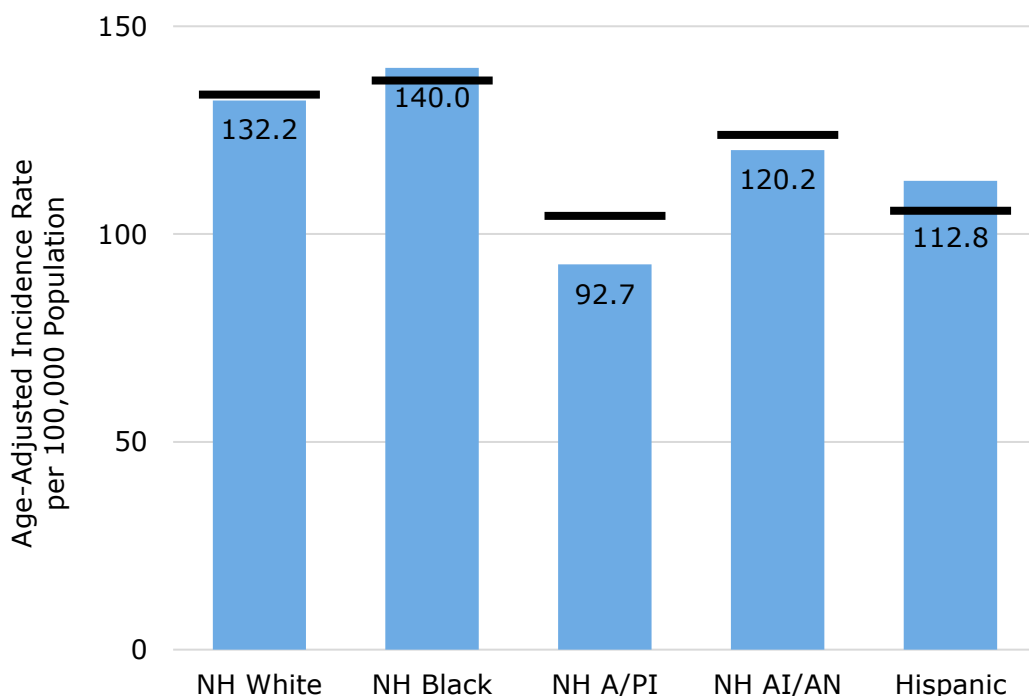
Definitions

Term	Men	Women
Moderate alcohol use	Up to 2 drinks a day	Up to 1 drink a day
Heavy alcohol use	15 or more drinks a week, or 5 or more per day	8 or more drinks a week, or 4 or more per day
Binge drinking	5 or more drinks in one sitting	4 or more drinks in one sitting

In the U.S., one drink is defined as 14 grams of alcohol. This equals 12 ounces of regular beer, 8-10 ounces of malt liquor, 5 ounces of wine, or 1.5 ounces of 80-proof distilled spirits (liquor).

How Does Texas Compare to the United States?

Alcohol-Associated Cancer Sites by Race/Ethnicity, Texas, 2016-2020
Black lines represent U.S. incidence rates



NH = Non-Hispanic; A/PI = Asian/Pacific Islander; AI/AN = American Indian/Alaska Native

Incidence Rates (2016-2020)

Incidence rates for alcohol-associated cancers were lower in Texas compared to the U.S. average for all race/ethnicity groups except Hispanics and Non-Hispanic (NH) Blacks.

Comparing Drinking Rates

According to self-reported data, when compared to the U.S., Texas had a lower rate of adults reporting alcohol consumption in the past month (51.5% Texas vs. 53.2% U.S.). Texans also had lower rates of heavy drinking (5.7% Texas vs. 6.2% U.S.). However, a higher proportion of Texas adults reported binge drinking (16.4% Texas vs. 15.3% U.S.).



The COVID-19 pandemic disrupted health services, leading to delays and reductions in cancer screening, diagnosis, and reporting to some central cancer registries. This may have contributed to a decline in new cases for most cancer sites in 2020. Because 2020 was a temporary, anomalous year caused by the pandemic, it can bias estimates such as cancer incidence trends that are of substantive interest. Trends are not included in this report. See the TCR website for more information as it becomes available.



Alcohol-Associated Cancers

Alcohol Consumption and Alcohol-Associated Cancers

Those who have no more than one drink per day and those who binge drink have a modestly increased risk of some cancers.¹

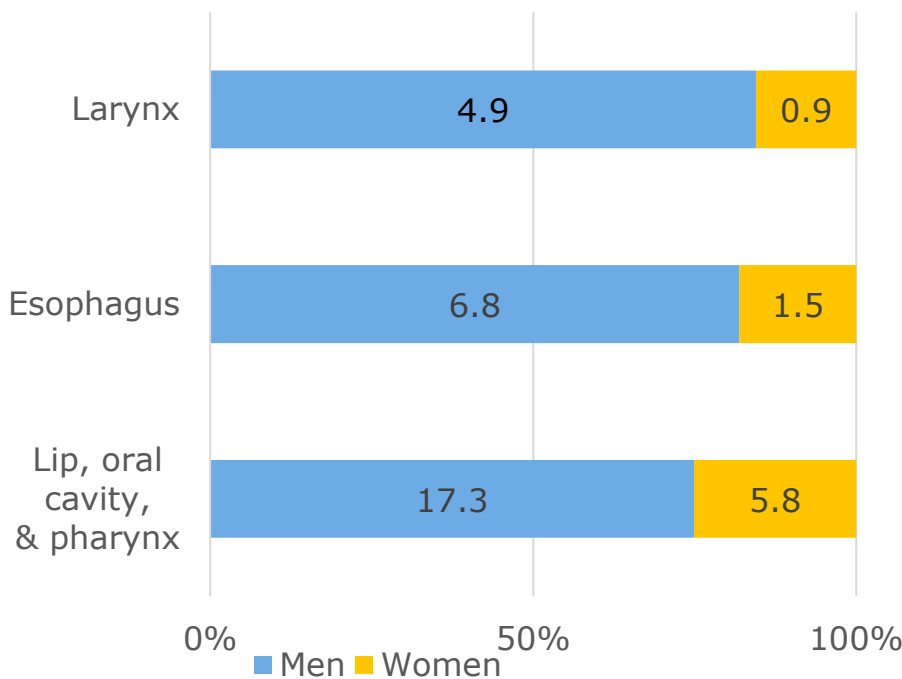
Overall, the more alcohol a person drinks, particularly the more alcohol a person drinks regularly over time, the higher their risk of developing an alcohol-associated cancer.¹

Alcohol and Tobacco Use

Alcohol may help harmful chemicals, such as those in tobacco smoke, to enter the cells lining the upper digestive tract more easily. This could explain why the combination of smoking and drinking is much more likely to cause cancers in the mouth or throat than smoking or drinking alone.³

Tobacco-Use Relationship to Alcohol-Associated Cancers in Texas

Alcohol- and Tobacco-Associated Cancer Site Incidence Rates* by Sex, Texas, 2016-2020



* Incidence Rates are age-adjusted and per 100,000 population

People who use both alcohol and tobacco have a greater risk of developing cancers of the oral cavity, pharynx, larynx, and esophagus than people who use either alcohol or tobacco alone.¹

- For oral and pharyngeal cancers, the risks associated with using both alcohol and tobacco are multiplicative. That means risks are greater than they would be from adding the individual risks associated with alcohol and tobacco together.¹

Men have higher incidence rates than women for cancers associated with both alcohol and tobacco use.

- When compared to women in Texas for 2021, a higher percentage of men self-reported drinking alcohol in the last month, binge drinking, and heavy drinking.
- Men also have a higher self-reported percentage of current and former smoker status, while a higher percentage of women self-report having never smoked.³



Please visit the National Institute on Alcohol Abuse and Alcoholism (NIAAA) Navigator for more information on Alcohol Treatment: [Find Your Way to Alcohol Treatment | Navigator | NIAAA \(nih.gov\)](#)

The NIAAA Alcohol Treatment Navigator® contents (including text and graphics) are for educational and informational purposes only. The content is not a substitute for medical diagnosis or advice. Always seek the advice of a qualified health professional with questions you have about treating alcohol use disorder (AUD)

¹ National Cancer Institute. 2021. <https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet>

² American Cancer Society. 2020. <https://www.cancer.org/cancer/risk-prevention/diet-physical-activity/alcohol-use-and-cancer.html>

³ The Texas Behavioral Risk Factor Surveillance System (BRFSS), 2021. <https://www.cdc.gov/brfss/brfssprevalence/index.html>

Data sources

- *Texas incidence data*: Texas Cancer Registry (www.dshs.texas.gov/tcr) SEER*Stat Database, 1995-2020 Incidence, Texas statewide, 2022 Submission, cutoff 11/07/2022. Texas Department of State Health Services, Cancer Epidemiology and Surveillance Branch, created February 2023.
- *US incidence data*: National Program of Cancer Registries and Surveillance, Epidemiology and End Results Program SEER*Stat Database: NPCR and SEER Incidence - U.S. Cancer Statistics Public Use Research Database, 2022 Submission (2001-2020). United States Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute. Released June 2023. Accessed at www.cdc.gov/cancer/uscs/public-use.

The Cancer Epidemiology and Surveillance Branch (CESB), Texas Department of State Health Services prepared this data brief. If you have questions or would like to request additional statistics, please contact us by emailing CancerData@dshs.texas.gov or calling 1-800-252-8059.

For more information, visit the CESB website, dshs.texas.gov/tcr.

HPV-Associated Cancers in Texas

What is HPV?



Human papillomavirus (HPV) is the most common sexually transmitted infection in the U.S.

More than 40 types of HPV can infect the genital areas and the lining of the mouth and throat.

Most HPV infections do not cause cancer, but some high-risk HPV infections can.¹

The Centers for Disease Control and Prevention (CDC) estimates that the following percentage of cancers are likely caused by HPV:^{4,5}



- More than 90% of cervical and anal cancers
- About 70% of oropharyngeal, vaginal, and vulvar cancers
- About 60% of penile cancers

Which cancers are associated with HPV?^{2,3}



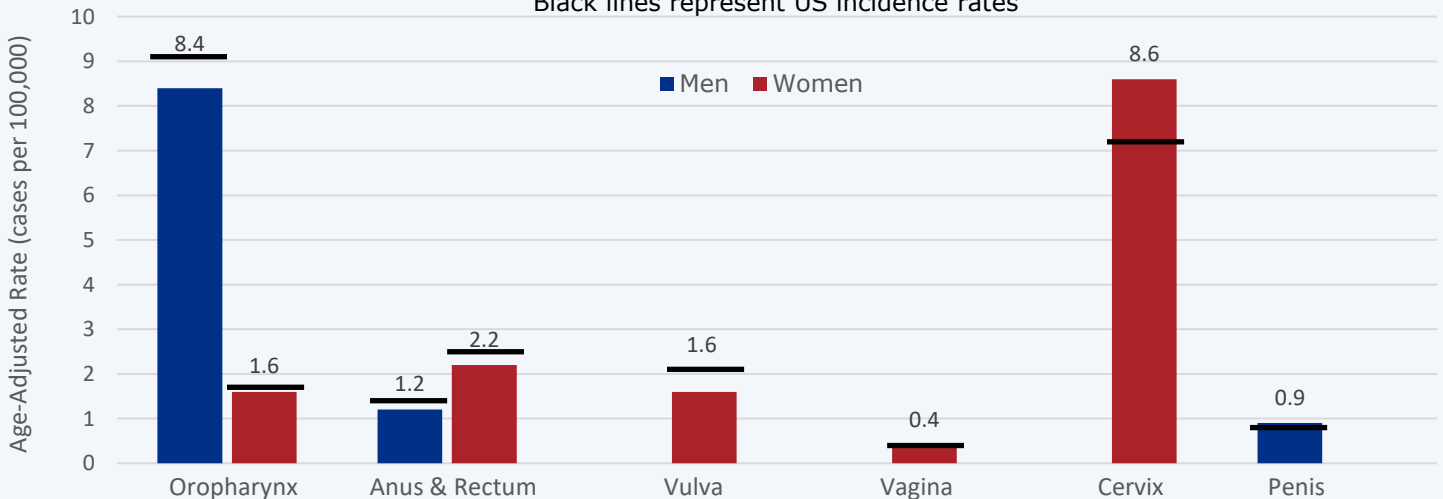
Persistent infections with HPV can cause carcinomas of the cervix and squamous cell cancers of the oropharynx, anus and rectum, vulva, vagina, and penis.

3,650

About 3,650 new cases of HPV-associated cancers occur in Texas each year (2,120 in women and 1,530 in men).

HPV-Associated Cancer Incidence Rates by Sex and Site, Texas, 2016-2020

Black lines represent US incidence rates



- In Texas, the average age-adjusted incidence rate for all HPV-associated cancers is 12.4 per 100,000.
- The most common HPV-associated cancer among men is oropharyngeal, with rates 5 times higher than in women.
- The most common HPV-associated cancer among women is cervical, with rates in Texas higher than in the U.S.



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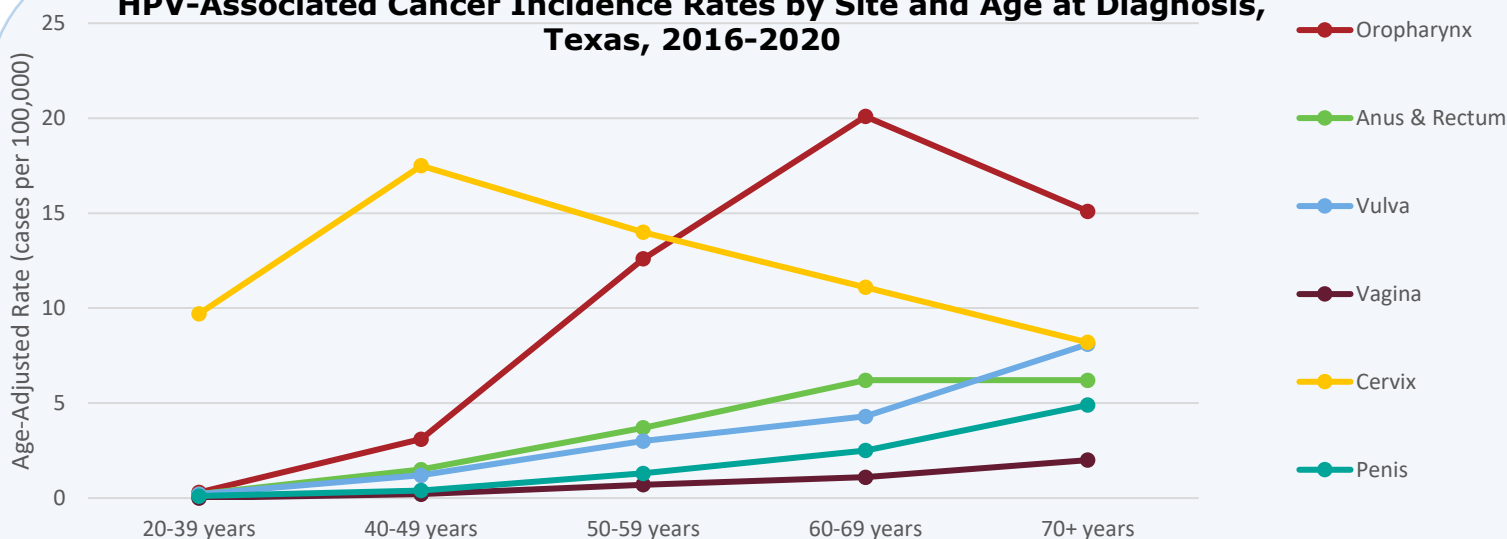


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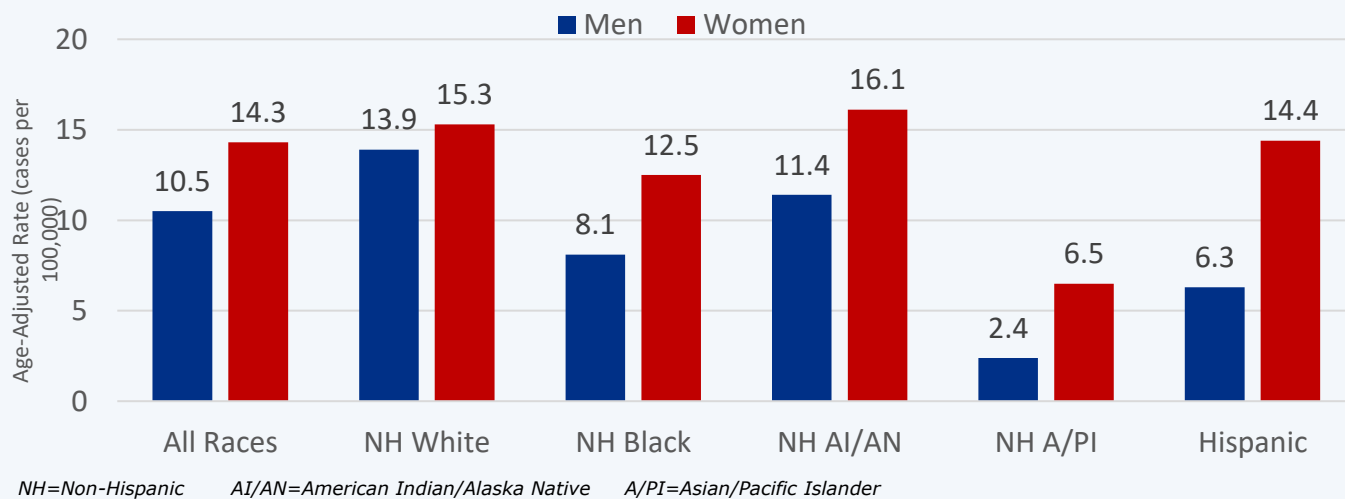
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HPV-Associated Cancer Incidence Rates by Site and Age at Diagnosis, Texas, 2016-2020



- Cervical cancer incidence rates were highest among those 40-49 years of age (17.5 cases per 100,000 women).
- Oropharyngeal cancer incidence rates were highest among those 60-69 years of age (20.1 cases per 100,000).
- Incidence rates of vulvar, vaginal, and penile cancers continued to increase with each age group.

HPV-Associated Cancer Incidence Rates by Race/Ethnicity and Sex, Texas, 2016-2020



References

- Centers for Disease Control and Prevention. [Basic Information about HPV and Cancer | CDC](#)
- HPV and Cancer, National Cancer Institute (NCI). [cancer.gov/about-cancer/causes-prevention/risk/infectious-agents/hpv-and-cancer](#)
- Viens LJ, Henley SJ, Watson M, Markowitz LE, Thomas CC, Thompson TD, Razzaghi H, Saraiya M, Centers for Disease Control and Prevention (CDC). [Human papillomavirus-associated cancers—United States, 2008–2012](#). MMWR 2016;65(26):661–666.
- Centers for Disease Control and Prevention. [How Many Cancers Are Linked with HPV Each Year?](#) Atlanta, GA: U.S. Department of Health and Human Services.
- Islami et al (2018). Proportion and number of cancer cases and deaths attributable to potentially modifiable risk factors in the United States. CA: A Cancer Journal for Clinicians, 68(1), 31-54.

Data sources

- Texas Cancer Registry ([www.dshs.texas.gov/tcr](#)) SEER*Stat Database, 1995-2020 Incidence, Texas statewide, 2022 Submission, cutoff 11/07/2022. Texas Department of State Health Services, Cancer Epidemiology and Surveillance Branch, created February 2023.

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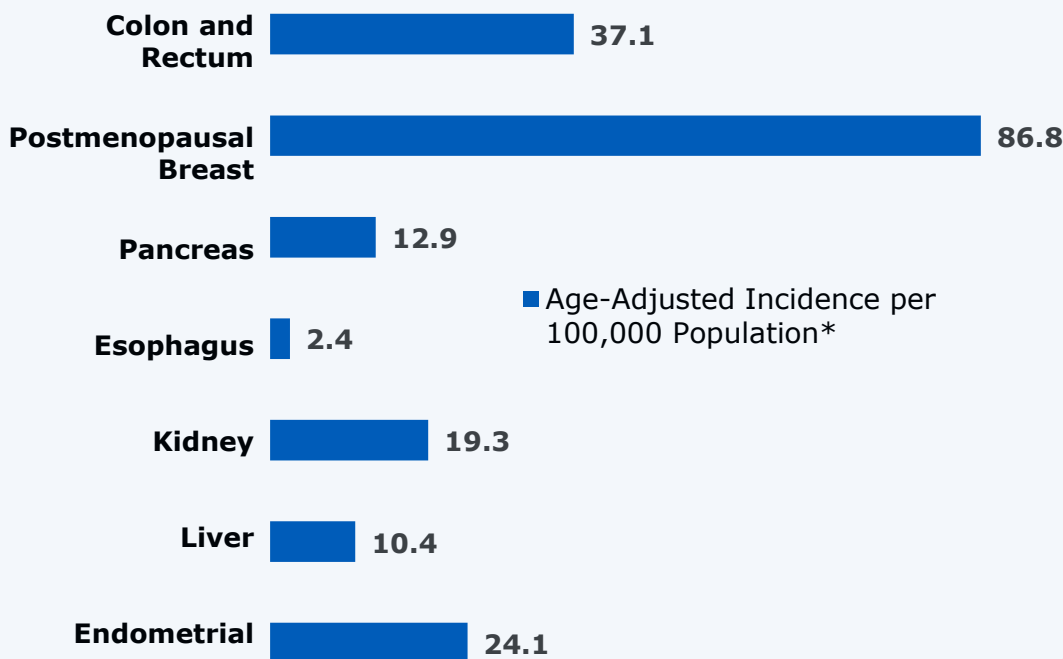
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Overweight- and Obesity-Associated Cancers in Texas

Seven in ten Texas adults are overweight or obese.¹ This means much of the population is at risk for negative health outcomes associated with being overweight or obese, including some cancers.

Being overweight or obese increases the risk of the following cancers:² colorectal, postmenopausal breast, pancreatic, esophageal, kidney, liver, and endometrial.

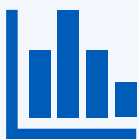
Incidence Rates for Overweight- and Obesity-Associated Cancers by Site, Texas, 2016-2020



*For postmenopausal breast cancer, cases are restricted to women diagnosed 50 years of age and over. Rates are shown per 100,000 women of all ages for comparison with other sites.

What percentage of cancers are due to excess body weight?³

Colon and Rectum	5%
Postmenopausal Breast	11%
Pancreas	17%
Esophagus	32%
Kidney	33%
Liver	34%
Endometrial	60%



Among these sites, postmenopausal breast cancers occurred at the highest rate in Texas. Eleven percent of postmenopausal breast cancers (approximately 1,563 cases) are attributable to being overweight or obese. Because 60 percent of endometrial cancers are caused by being overweight or obese, the next page of this report features more details on endometrial cancers in Texas.



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Endometrial Cancer



It is estimated that six in 10 endometrial cancers are caused by being overweight or obese. This is the highest among cancers in this report.

2,620

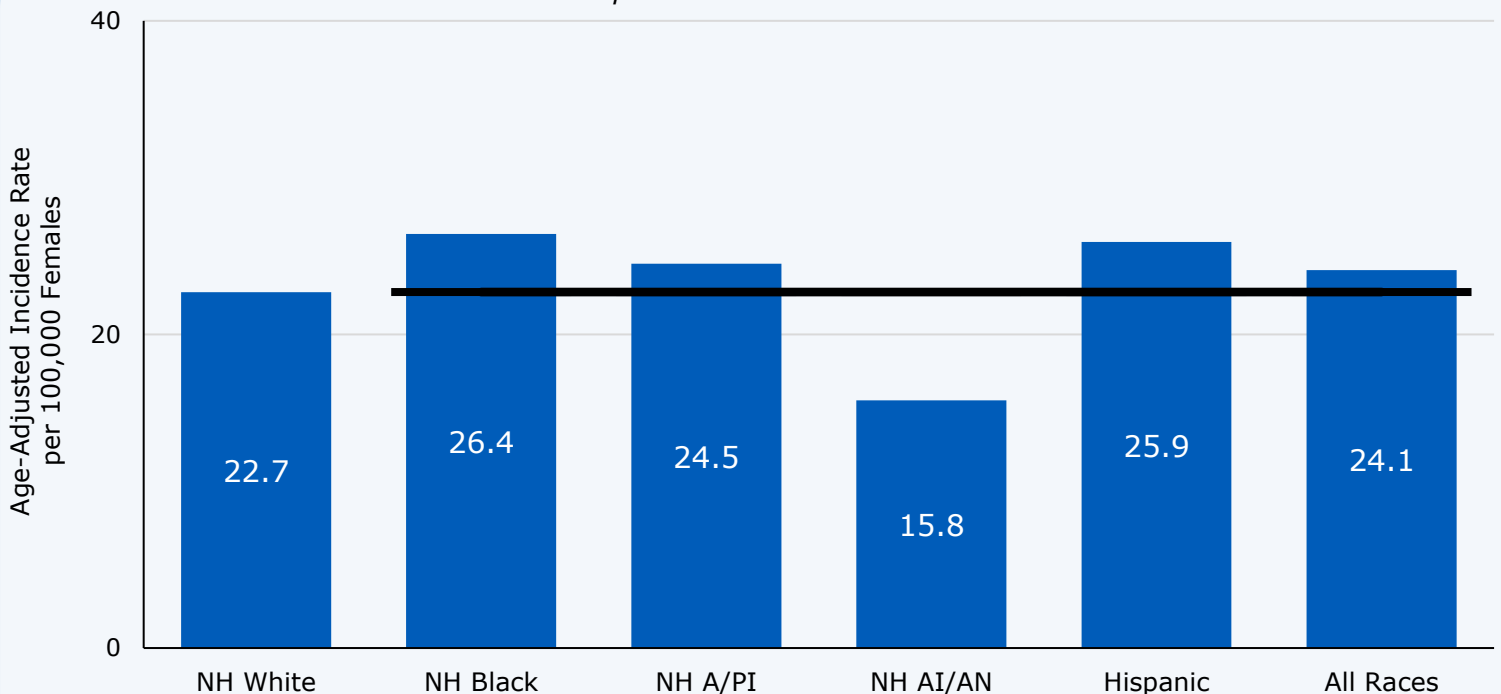
By the end of 2023, 4,366 Texas women are expected to be diagnosed with endometrial cancer. It is estimated that 2,620 of these are caused by being overweight or obese.



In Texas, endometrial cancer rates are significantly higher in Non-Hispanic (NH) Black and Hispanic women than in NH White and NH Asian/Pacific Islander women (Figure 2). Rates among Hispanic women in Texas exceed those of Hispanic women across the U.S. For all other racial/ethnic groups, rates of endometrial cancer in Texas are lower than national rates.

Endometrial Cancer Rates in Texas by Race/Ethnicity 2016-2020

Black line represents NH White rate



NH=Non-Hispanic; A/PI=Asian/Pacific Islander; AI/AN=American Indian/Alaska Native

¹The Texas Behavioral Risk Factor Surveillance System (BRFSS), 2021. <https://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system>

²World Cancer Research Fund/American Institute for Cancer Research. Diet, Nutrition, Physical Activity and Cancer: a Global Perspective. Continuous Update Project Expert Report 2018. dietandcancerreport.org

³Islami, F., Goding Sauer, A., Miller, K.D., Siegel, R.L., et al. (2018). Proportion and number of cancer cases and deaths attributable to potentially modifiable risk factors in the United States. *CA Cancer J. Clin.* 68(1):31-54.

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