

DFW Community Cancer Profile



SPRING 2022

Simmons Cancer Center's mission is to ease the burden of cancer through groundbreaking discovery, transdisciplinary research, impactful community engagement, education, and exceptional patient care.

MISSION



We strive to be a preeminent leader in translating scientific discovery into cancer prevention and world-class care with an emphasis on community engagement efforts to eradicate cancer disparities in Texas and beyond.

VISION

Introduction



Simmons Comprehensive Cancer Center is the first and only cancer center in North Texas – one of three in Texas and 52 in the U.S. – to be recognized by the National Cancer Institute (NCI) as a **comprehensive** cancer center. This designation places Simmons in an elite group of U.S. cancer centers that have met NCI's most rigorous standards for scientific leadership, training and education, and research infrastructure in preventing, diagnosing, and treating cancer.

Like other comprehensive cancer centers recognized and funded by the NCI, Simmons has a responsibility to conduct research and outreach that **address the unique needs of the communities it serves**, particularly communities that suffer the worst cancer outcomes. In turn, it must **engage those communities in targeted research, outreach, and education** aimed at beating cancer, either by prevention or by cure. To accomplish these bidirectional goals, Simmons relies on its Office of Community Outreach, Engagement, and Equity (COEE).

The Office of COEE, led by Jasmin Tiro, Ph.D., serves as the channel for two-way communication and partnership between Simmons and its service area – the 13 counties that make up the Dallas-Fort Worth (DFW) Metroplex.

COEE regularly engages with two key groups that help reflect the needs of Simmons' service area. The first group is an internal **Patient and Family Advisory Council**, made up of Simmons patients and their caregivers. The second is Simmons' **Community Advisory Board**, whose 27 members were selected from local health agencies, health-care systems, cancer support groups, faith-based institutions, schools, and other organizations to represent a wide range of voices within the DFW population.

By gathering input and enlisting support from both the Patient and Family Advisory Council and the Community Advisory Board, the Office of COEE guides Simmons in **defining** DFW's cancer challenges, or burden; **prioritizing** research to address those challenges; **enhancing** community participation in cancer research; and **disseminating** evidence-based findings that help limit cancer's impact on our community. As we achieve success locally, we extend our programs to similar populations beyond the DFW area.

In addition, you'll learn how Simmons is responding to the unique needs of the DFW area through specific research, education and outreach, and patient care designed to prevent, diagnose, or treat cancer; strengthen survivorship; reduce disparities; and increase access to cancer care.

INSIDE: A DETAILED PROFILE OF THE DFW AREA:

COUNTIES SERVED

POPULATION DEMOGRAPHICS

TRENDS IN NEW CASES & DEATHS

CANCER DISPARITIES

BEHAVIORAL FACTORS

Executive Summary

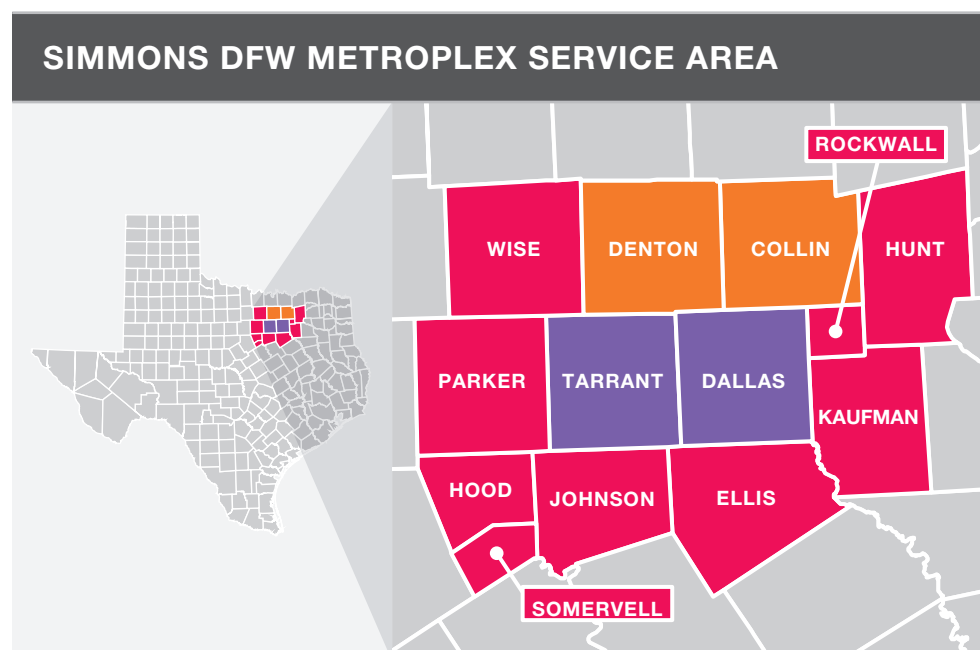
Simmons Cancer Center's mission is to ease the community's cancer burden through exceptional patient care, scientific research, and community outreach and education. Though our doors are open to a worldwide community, we are committed – as a center designated by the National Cancer Institute (NCI) as comprehensive – to addressing the unique cancer challenges felt by our local residents, particularly those hardest hit by cancer and those with limited resources.

The majority of our patients (86%) live in the 13 counties making up the Dallas-Fort Worth (DFW) Metroplex, so we refer to these counties as our primary service area. This report gives a detailed picture of the DFW area in terms of its demographics, cancer statistics, and cancer risk factors. In addition, it describes how Simmons is addressing the most pressing cancer threats to our community.

Our hope is that as you learn more about cancer's impact on DFW and how Simmons is working to address it, you'll feel encouraged to join the fight. We invite you to partner with Simmons in cancer research, outreach, and public education that supports the best health possible for all community members.

Our Service Area

Simmons' Dallas-Fort Worth Metroplex service area covers a 9,300-square-mile region. Nearly all of DFW's census tracts (95%) are well-developed urban versus sparsely populated rural areas (5%). Two of the nation's fastest-growing counties – Dallas and Collin – are among the 13 that form Simmons' service area. Tarrant and Denton counties are also home to a large portion of the population.



2021
POPULATION
7.5 MILLION

2030
POPULATION
EXPECTED TO EXCEED
9 MILLION

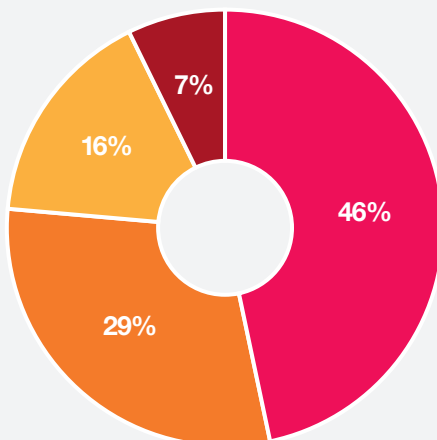


Our Service Area Continued



DFW SERVICE AREA

RACE & ETHNICITY

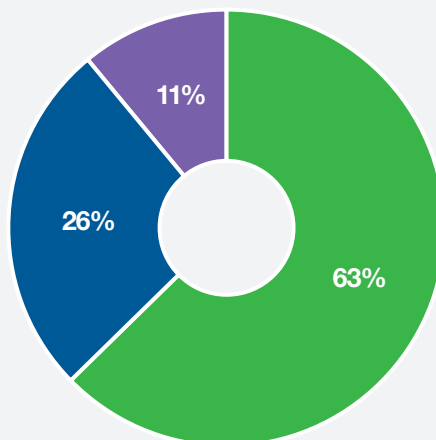


NON-HISPANIC WHITE	46%
HISPANIC	29%
NON-HISPANIC BLACK	16%
NON-HISPANIC ASIAN	7%

Source: US Census, 2019 American Community Survey, 1-year estimates

DFW SERVICE AREA

AGE



UNDER 18 YEARS OLD	26%
18-65 YEARS OLD	63%
OVER 65 YEARS OLD	11%

Source: US Census, 2019 American Community Survey, 1-year estimates

In addition to being large and rapidly growing, DFW's population is racially and ethnically diverse. Less than half of its residents identify as non-Hispanic Whites (46%), while the majority report as Hispanic (29%), non-Hispanic Black (16%), or non-Hispanic Asian (7%). Close to one-fourth of DFW residents (23%) prefer to communicate in Spanish.

The DFW area is also young. Most residents (89%) fall below the age of 65, and more than one in four (26%) are under 18 years of age. Thus, there are numerous opportunities for cancer education and outreach that promote uptake of cancer-preventing behaviors (including human papillomavirus [HPV] vaccination, healthy eating, exercise, and screening) and reduce behaviors that increase cancer risk (nicotine use, including smoking and vaping, alcohol use and sun exposure).

As a result of Texas' decision to opt out of expanding Medicaid eligibility under the Affordable Care Act, many DFW residents are without insurance (21%), and many lack a regular health care provider (32%). These gaps are more pronounced among low-income adults— 43% lack coverage and 45% lack a regular provider. Without insurance, these community members face enormous difficulties accessing timely care, including potentially life-saving cancer screenings, opportunity to diagnose cancer early, and treatments. Making matters worse, many of DFW's counties face a shortage of primary care providers who can deliver cancer prevention and screening services.

Tracking Cancer in the DFW Area

Cancer is a group of many diseases that affect several different organs in the body. Cancer can develop due to four major reasons: genes you inherit, contact with cancer-causing agents at work or in the environment, infection with some viruses, or lifestyle factors such as smoking and obesity. To best benefit people living in our North Texas community, Simmons leaders and our community advisory boards regularly review cancer data to focus our research and outreach efforts.

We also look for opportunities to manage controllable risk factors that contribute to our community's cancer burden. Below are some important behaviors that impact cancer incidence, mortality, and disparities in DFW:

Smoking is a primary risk factor for lung cancer, and it can cause cancer in many other parts of the body, including the mouth, throat, kidney, and bladder.

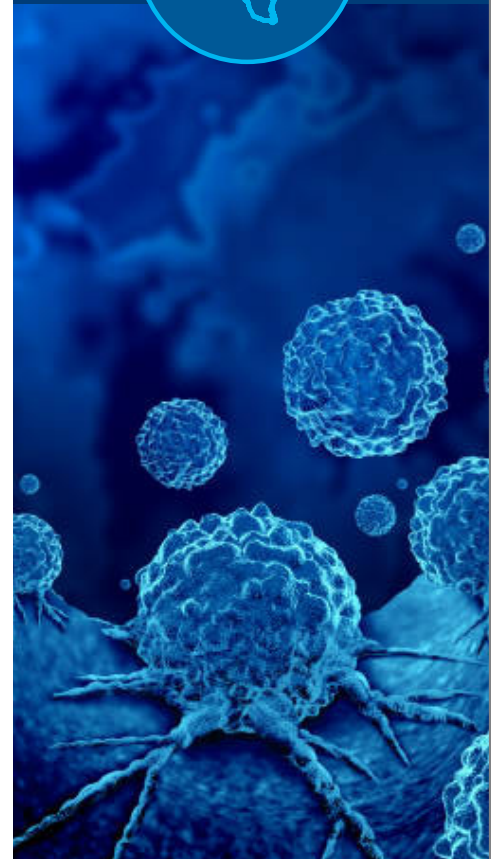
Being obese or overweight, which is related to poor diet and physical inactivity, is linked to 13 cancers, particularly our priority cancers. Obesity doubles the risk for liver and kidney cancer, and it raises the chance of colon cancer by about 30%.

Heavy alcohol use amplifies the risk of six cancers, including colorectal and liver cancers.

Low human papillomavirus (HPV) vaccine uptake leaves community members vulnerable to cancers of the throat, cervix, penis, and anus.

Low breast, cervical, colorectal, and lung cancer screening rates reflect missed opportunities for finding and treating cancer in its earliest, even pre-cancerous, stages.

Once the most serious cancer threats and vulnerabilities are identified, Simmons focuses on ways to address them – through prevention, early diagnosis, treatment, and survivorship support. Simmons resources include a comprehensive bench-to-bedside research structure, significant grant funding, community outreach and public education programs, and state-of-the-art care.





KEY CANCER DATA MEASURES INCLUDE:

CANCER INCIDENCE

The rate of **new** cancer cases diagnosed per 100,000 people

CANCER MORTALITY

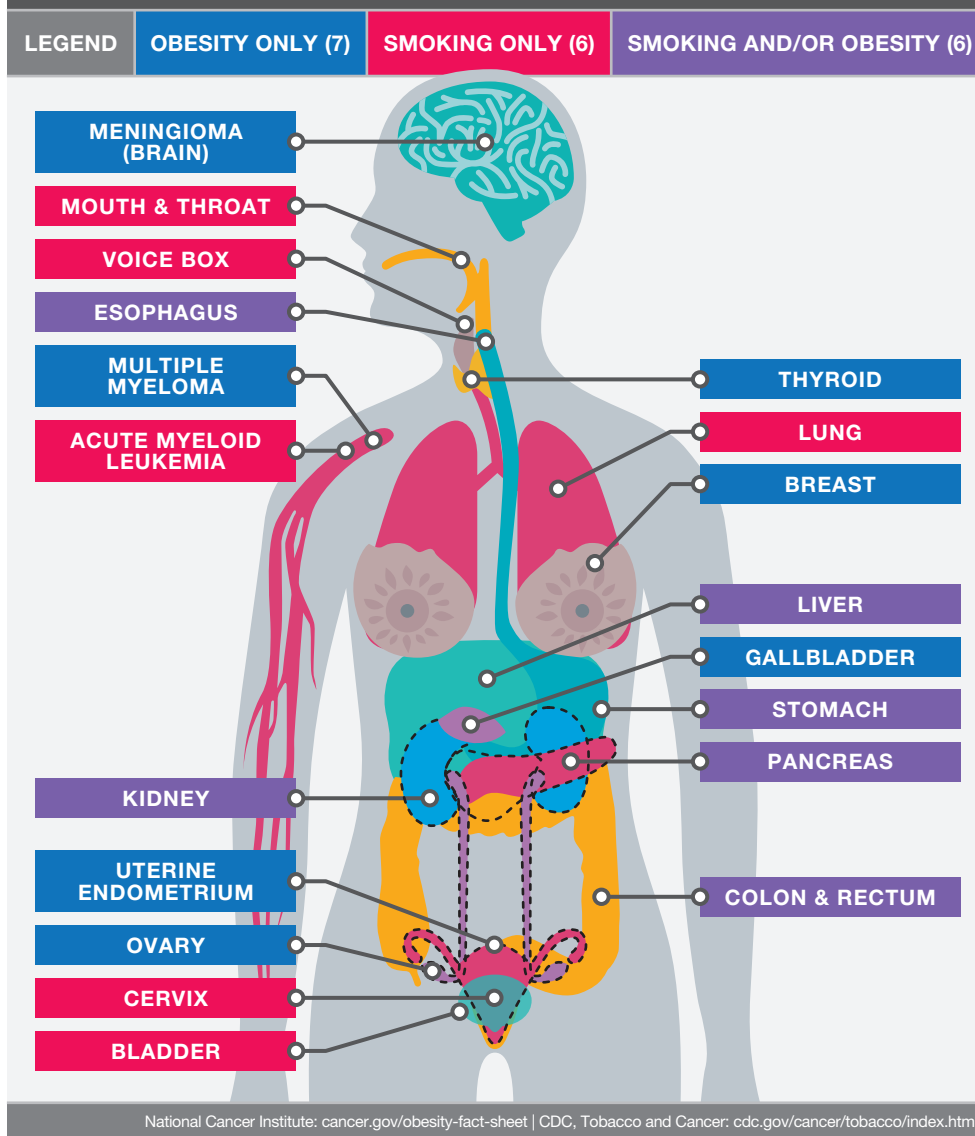
The number of **deaths** due to cancer for every 100,000 people

CANCER DISPARITIES

Instances where cancer affects some groups of people more than others, such as different race and ethnic groups. This is due to a complex interplay of genetic, behavioral, occupational/environmental, and other factors.

Tracking Cancer in the DFW Area Continued

CANCERS ASSOCIATED WITH SMOKING AND/OR OBESITY



Addressing Priority Cancers in the DFW Area

While Simmons treats all cancers that can affect humans, it has devoted major resources to preventing, identifying, and treating four cancers that burden our communities: These cancers pose the greatest threat to our area in terms of incidence, mortality, and/or disparities.

LUNG CANCER

COLORECTAL CANCER

LIVER CANCER

KIDNEY CANCER

Lung Cancer

Though new cases of lung cancer have declined in DFW in recent years, Simmons remains focused on this disease for several reasons. First, lung cancer is the leading cause of cancer death in our community with 2,095 deaths in 2018. Moreover, new case rates in DFW top those in Texas and the U.S. Our non-Hispanic Black and non-Hispanic White populations, particularly those who are uninsured and living below the poverty level, carry the heaviest burden of this disease.

The main cause of lung cancer is smoking, which is a risk factor for more than one in ten DFW residents (14%). To address smoking and the many health issues it poses, Simmons' regional location in Fort Worth at the Moncrief Cancer Institute developed the Lung Cancer Screening and Patient Navigation (L-SPAN) program. LSPAN serves low-income, uninsured, and under insured patients in rural and underserved North and Central Texas counties. LSPAN staff collaborate with a network of community partners. Together, they deliver screening with low-dose computed tomography (CT) chest scans for patients at high risk for lung cancer. Nurse navigators guide patients through screening, diagnosis, and treatment (if needed). Tobacco cessation counseling is offered to current smokers.

Simmons also offers nicotine cessation clinics, with free telehealth-based counseling and the option of medications to help patients quit. Simmons is currently forging partnerships to curb youth/young adult smoking and vaping. More than one in ten (13%) of youth in DFW report using vaping products.



Colorectal Cancer

Colorectal cancer (CRC) is the third-most common cancer in the nation, Texas, and DFW. Non-Hispanic Blacks are most likely to be impacted. Both locally and nationally, new cases have been on the rise among younger adults under age 50. This trend is troubling given the young average age of our DFW population.

Though regular screening has proven effective in finding precancerous or cancerous growths that can be treated, DFW's screening rate is low. Only two out of three DFW adults (66%) are currently getting some form of CRC screening; the national goal is 71%. Moreover, rural residents, uninsured patients, Hispanics, and those without a usual source of care are even less likely to get screened.

To boost CRC screening rates for those in need – and to navigate patients to diagnosis and treatment, when necessary – Simmons has established the Colorectal Screening and Patient Navigation Coalition (C-SPAN).

In addition to increasing screening, Simmons also sees obesity reduction as a route to lowering CRC in the DFW area. Studies show that people who are obese are 30% more likely to develop colorectal cancer. Weight control via healthy eating and exercise in early adulthood is a key risk reduction strategy. In DFW, more than one in three adults (34%) are obese, and around one in five youth ages 10–17 (17%) are obese.

C-SPAN collaborates with providers in 57 Texas counties to mail CRC screening kits to eligible patients. Participants with a positive result are navigated to diagnostic colonoscopies to find and treat pre-cancer polyps or cancer. Now that guidelines recommend screening start at age 45, C-SPAN has expanded services to encourage screening among younger patients (ages 45–49).

Liver Cancer

The most common form of liver cancer is hepatocellular carcinoma (HCC). Rates of new cases have more than tripled in the U.S. since 1980, and deaths due to this disease have more than doubled during the same time period.

Texas ranks first in the nation in terms of new cases and ranks seventh in deaths. The rising rate in new cases has been most noticeable among Hispanics, non-Hispanic Blacks, and non-Hispanic Asian/Pacific Islanders, as well as those who are uninsured. Death rates have been climbing among Hispanics and Blacks, often those living in poverty.

Simmons scientists note a few risk factors related to the rise in liver cancer:

Hepatitis C is a virus that, over time, can damage the liver and trigger cancer cell growth, often without causing symptoms.

Heavy alcohol use creates scar tissue in the liver that slowly replaces healthy cells. Nearly one in ten DFW adults (7%) report heavy alcohol use.

Nonalcoholic fatty liver disease is liver damage caused by being obese, overweight, and/or diabetic. Genes (DNA passed from your parents) can play a role in developing fatty liver disease. These genes are more common among those with Hispanic ancestry. In DFW, 39% of Hispanics are obese or overweight and are at higher risk for liver cancer via this disease.

Simmons works on reducing these risk factors by educating the public about maintaining a healthy weight, minimizing alcohol consumption, and getting screened for hepatitis C.

Kidney Cancer

Kidney cancer remains one of the top ten cancers for adults in the U.S. Though national death rates have fallen slightly in the past decade, new cases have been on the rise – possibly because we now have better methods for finding these cancers. Texas data present a more troubling picture in that new case rates, statewide and locally, have outpaced the national average. DFW's Black and Hispanic populations have seen the steepest increases. Texas death rates, though stabilizing recently, are still higher than in the U.S.

Reasons for these data trends in Texas and DFW aren't clear; however, we do know that smoking and obesity are major risk factors. That is why Simmons offers free adult smoking cessation counseling and prioritizes obesity-related research and outreach.

Simmons' current arsenal against kidney cancer includes an \$11 million Specialized Program of Research Excellence (SPORE) grant, awarded by the National Cancer Institute in 2016. The National Institutes of Health, CPRIT, the American Chemical Society, and the Howard Hughes Medical Institute have also invested in Simmons' kidney cancer program. Their support has advanced new understanding of how kidney cancer develops and enabled new treatments.

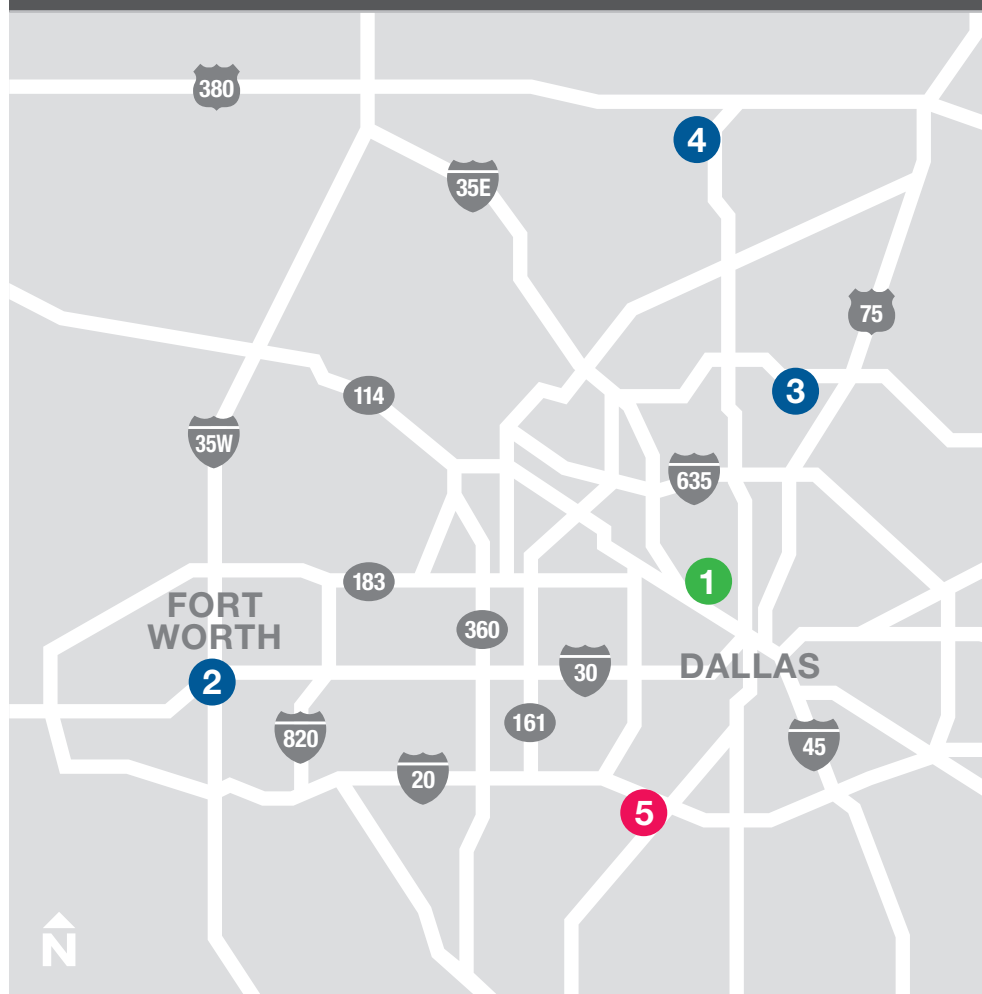
To promote hepatitis C screenings, Simmons created a research-based initiative called STOP-HCC, short for "Screen, Treat, Or Prevent (STOP) HCC and hepatitis C." National guidelines were updated in 2020 and now recommend all adults (18 to 79) get screened. Patients testing positive are connected to treatments that can cure infection and reduce risk of liver cancer by 75%.



Spotlight Issues

To make quality health care more accessible and convenient to patients living throughout our 13-county service area, UT Southwestern has been steadily expanding its footprint by opening new regional locations. Each of these new facilities houses primary and multispecialty care clinics supported by the latest technology, clinical trials, and quality patient care that UT Southwestern has become known for.

IMPROVING ACCESS TO CANCER CARE IN DFW



- 1 SIMMONS COMPREHENSIVE CANCER CENTER**
- 2 UT SOUTHWESTERN FORT WORTH**
- 3 UT SOUTHWESTERN RICHARDSON/PLANO**
- 4 UT SOUTHWESTERN FRISCO**
- 5 UT SOUTHWESTERN MEDICAL CENTER REDBIRD**

UT Southwestern Clinics 2021

UT Southwestern
Harold C. Simmons
Comprehensive Cancer Center

In summer 2022, UT Southwestern Medical Center at RedBird will bring these services to a medically underserved community in southern Dallas County, which is home to five zip codes with the lowest life expectancies in the region.



Fostering A Diverse Community to Serve a Diverse World

Simmons Cancer Center and UT Southwestern believe that by building a diverse faculty, staff, and student body, we improve our ability to serve a diverse world.

Our differences enrich our understanding of the full range of human experience and allow us to:

Advance scientific knowledge related to disease

Enhance the quality of health care and promote equity in health outcomes

Nurture relationships and collaborations both within the institution and with our community partners

Ensuring Impact Through Community Partnerships

Simmons is dedicated to enlarging its scope of cancer research and outreach so that everyone in our 13-county service area can live the healthiest lives possible. We are encouraged by the enthusiastic support of our Community Advisory Board and Patient and Family Advisory Council as we work together to reach our goals. We invite you to join the team effort.

TOGETHER, WE CAN

1

Increase public knowledge about cancer and how it can be prevented or detected early, when treatment can be most effective

2

Connect more people to cancer screening, diagnostic services, and treatment

3

Encourage healthy behaviors that reduce cancer risk

4

Conduct research that addresses community priorities and leads to solutions that serve our community's unique needs



Ensuring Community Impact Through Community Partnerships

HERE ARE A FEW WAYS YOU CAN PARTNER WITH US

1

Host a cancer screening where you work or where you worship

2

Invite a Simmons speaker to share the latest cancer news at your next meeting

3

Ask our outreach team to supply cancer information and giveaways at your next community event

4

Become a service provider in one of our outreach programs

5

Join our Research Advocate Program and represent the community in cancer research

6

Share your ideas for raising cancer awareness in DFW

We hope this report helped you gain insight into the key cancer issues within our community. We value your feedback. To share your questions or comments or to open a conversation about how we can work together, contact the Office of Community Outreach, Engagement, and Equity.



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