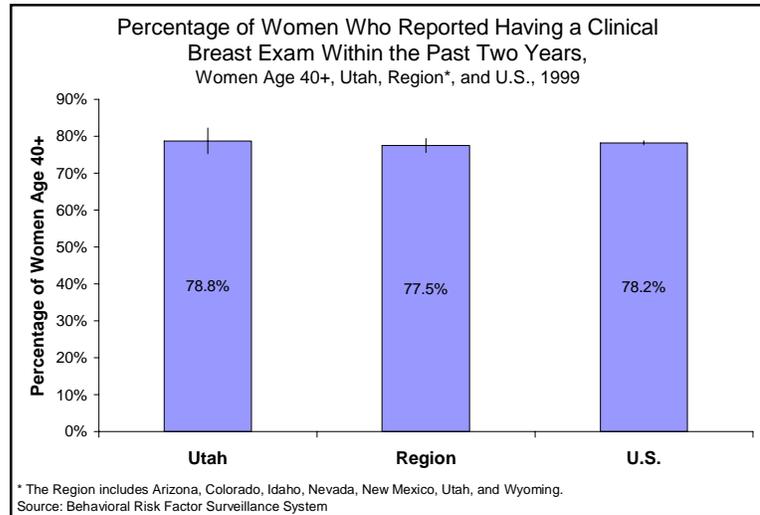


Clinical Breast Examination

Questions: *A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a clinical breast exam? How long has it been since your last breast exam?*

While there remains scientific controversy regarding the benefits versus the risks of screening mammography for women in their 40's, a clinical breast exam (CBE) is widely recommended for this age group. The American Cancer Society recommends a clinical breast exam every 3 years for women age 20-40 years and every year for women age 40 years and older.ⁱⁱ



- There was no significant change in the estimated percentage of women age 40 or over who reported having a clinical breast exam in the past two years for Utah and the Region between 1989 and 1999.
- The percentage of women in the U.S. age 40 and older who reported a CBE in the past two years decreased linearly, but also had a significant non-linear trend suggesting substantial fluctuation in this measure over time.
- The estimated percentage of Utah women who reported having a clinical breast exam in the past two years did not differ substantially from that for the Region or U.S.
- These trend lines illustrate how sample size affects significance tests. Even though the lines are quite similar, only the U.S. trend was statistically significant, probably due to the larger sample size (see Appendix A).

Utah Objective: No objective listed.

HP2000 Goal 16.11: Increase to at least 60% those women aged 50 and older who have received a clinical breast examination and mammogram within the preceding 1 to 2 years.

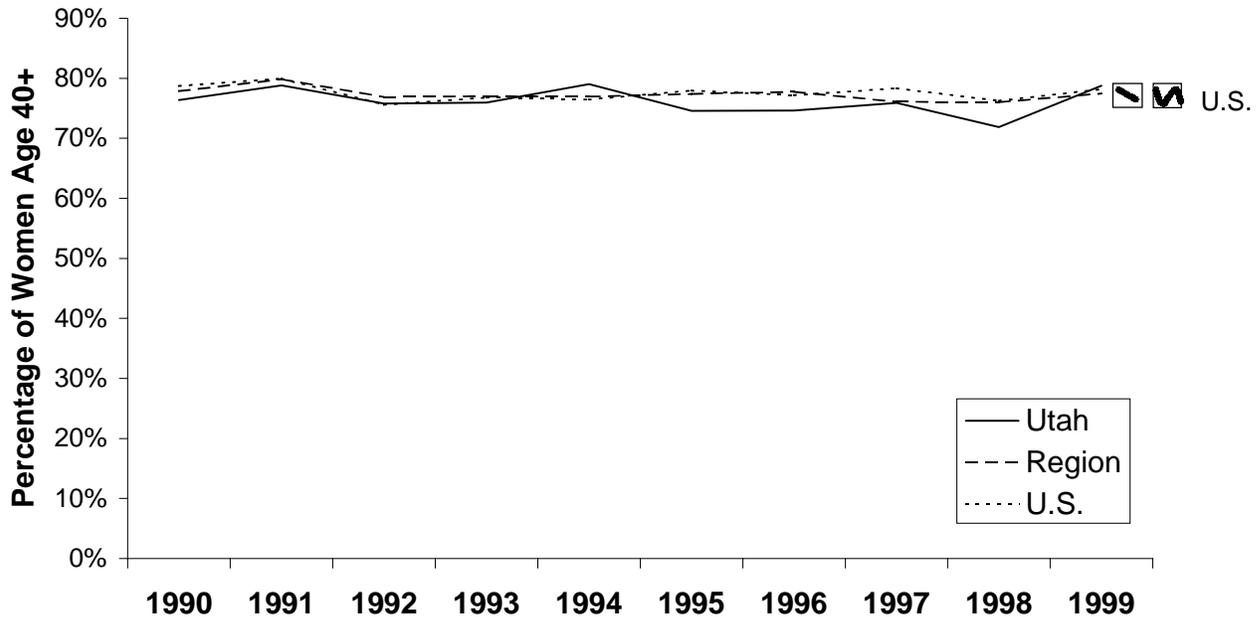
HP2010: No objective listed.

CDI 28: Clinical breast examination among women 40 years of age or older (percentage of female respondents age 40 years or older who report having a clinical breast exam within the past two years).

CHSI: Not used.

Clinical Breast Examination

Percentage of Women Who Reported Having a Clinical Breast Exam Within the Past Two Years, Women Age 40+, Utah, Region*, and U.S., 1990-1999



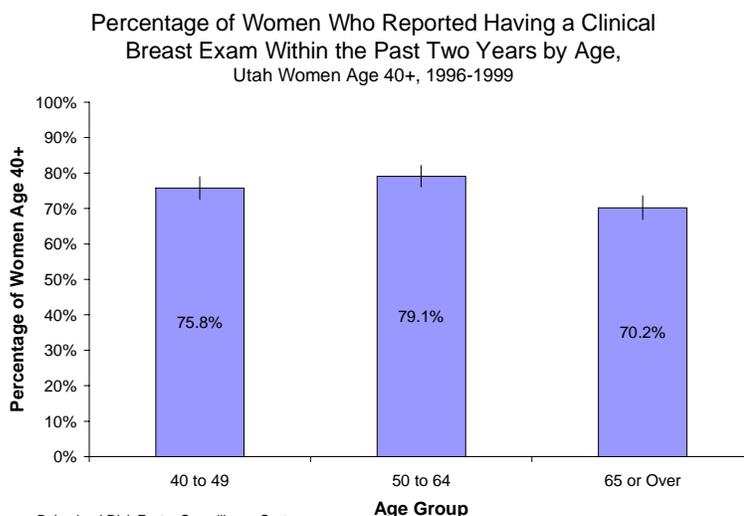
* The Region includes Arizona, Colorado, Idaho, Nevada, New Mexico, Utah, and Wyoming.
 Not all states participated in the BRFSS until 1994 (see Appendix A)
 Source: Behavioral Risk Factor Surveillance System

| Year | Utah | | | Region | | | U.S. | | |
|------|-----------------------------|--------------------------|-------|-----------------------------|--------------------------|-------|-----------------------------|--------------------------|-------|
| | Percentage of Women Age 40+ | 95% Confidence Intervals | | Percentage of Women Age 40+ | 95% Confidence Intervals | | Percentage of Women Age 40+ | 95% Confidence Intervals | |
| | | Lower | Upper | | Lower | Upper | | Lower | Upper |
| 1990 | 76.4% | 72.4% | 80.4% | 77.9% | 75.8% | 79.9% | 78.7% | 77.9% | 79.6% |
| 1991 | 78.8% | 75.0% | 82.6% | 79.9% | 77.9% | 81.8% | 80.0% | 79.3% | 80.7% |
| 1992 | 75.8% | 71.9% | 79.8% | 76.9% | 74.7% | 79.1% | 75.6% | 74.9% | 76.3% |
| 1993 | 75.9% | 71.7% | 80.1% | 77.0% | 75.1% | 79.0% | 76.8% | 76.2% | 77.5% |
| 1994 | 79.0% | 75.1% | 83.0% | 77.0% | 75.1% | 78.8% | 76.5% | 75.8% | 77.1% |
| 1995 | 74.6% | 70.6% | 78.5% | 77.4% | 75.6% | 79.2% | 78.0% | 77.3% | 78.6% |
| 1996 | 74.7% | 71.0% | 78.3% | 77.8% | 76.1% | 79.5% | 77.2% | 76.6% | 77.8% |
| 1997 | 75.9% | 72.1% | 79.7% | 76.1% | 74.1% | 78.1% | 78.4% | 77.8% | 78.9% |
| 1998 | 71.9% | 68.0% | 75.8% | 76.0% | 73.5% | 78.5% | 76.2% | 75.6% | 76.8% |
| 1999 | 78.8% | 75.3% | 82.2% | 77.5% | 75.6% | 79.4% | 78.2% | 77.6% | 78.8% |

 downward linear trend
 non-linear trend

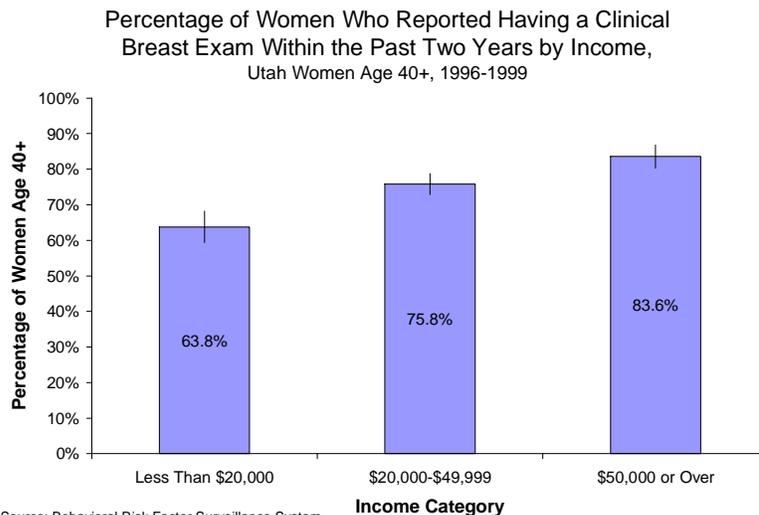
Clinical Breast Examination

- Unlike screening mammography, there was no difference between women age 40 through 49 years and those age 50 and older in the estimated percentage who reported having a clinical breast examination within the past two years in Utah.
- However, women age 65 or over were less likely to report a clinical breast examination than women 40-64. ($p = 0.0004$)



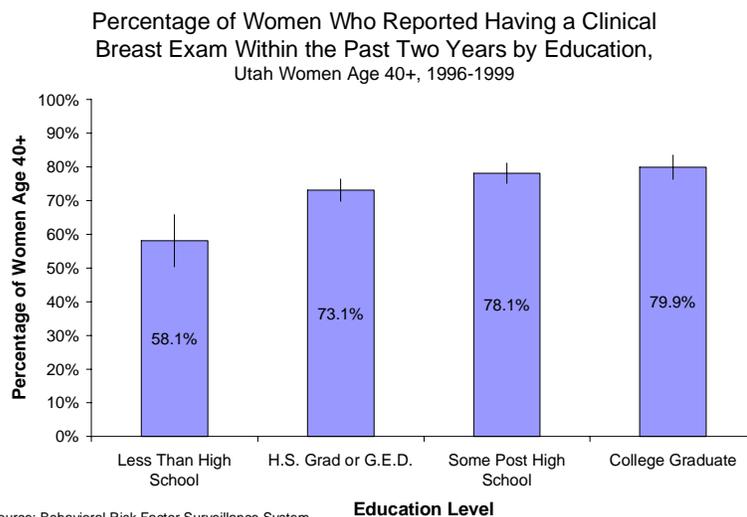
Source: Behavioral Risk Factor Surveillance System

- The estimated percentage of Utah women age 40 or over who reported having a clinical breast exam in the past two years increased with increasing income. ($p < 0.0001$)



Source: Behavioral Risk Factor Surveillance System

- The percentage of Utah women age 40 and older who reported a CBE in the past two years increased significantly with increasing education. ($p < 0.0001$)



Source: Behavioral Risk Factor Surveillance System

Clinical Breast Examination

Percentage of Women Who Reported Having a Clinical Breast Exam Within the Past Two Years
by Selected Demographic Characteristics, Utah Women Age 40+, 1996-1999

| Demographic Subgroup | Utah Population | | Survey Estimates of Women Age 40+ Who Reported Having a Clinical Breast Exam Within the Past Two Years | | | | |
|---------------------------------|-----------------|--------------------------------------|--|--------------------------|-------|---------|--|
| | Distribution | Number of Women Age 40+ ¹ | Percentage of Women Age 40+ Who Reported Having a Clinical Breast Exam Within the Past Two Years | 95% Confidence Intervals | | | Number of Women Age 40+ ^{1,2} |
| | | | | Lower | Upper | | |
| Had Clinical Breast Exam | | | | | | | |
| Within the Past Year | 61.0% | 206,900 | | | | | |
| 1 to 2 Years Ago | 14.3% | 48,500 | | | | | |
| 2 to 3 Years Ago | 5.7% | 19,200 | | | | | |
| 3 to 5 Years Ago | 3.6% | 12,300 | | | | | |
| 5 or More Years Ago | 8.8% | 29,800 | | | | | |
| Never | 6.7% | 22,600 | | | | | |
| Total, All Women Age 40+ | 100.0% | 339,100 | | | | | |
| Age Group | | | | | | | |
| 40 to 49 | 37.1% | 125,600 | 75.8% | 72.6% | 79.0% | 95,200 | 37.3% |
| 50 to 64 | 33.7% | 114,100 | 79.1% | 76.1% | 82.1% | 90,200 | 35.4% |
| 65 or Over | 29.3% | 99,300 | 70.2% | 66.9% | 73.6% | 69,700 | 27.3% |
| Total, All Women Age 40+ | 100.0% | 339,100 | 75.3% | 73.4% | 77.2% | 255,300 | 100.0% |
| Race | | | | | | | |
| White, Non-Hispanic | 93.7% | 317,600 | 75.3% | 73.4% | 77.2% | 239,200 | 93.7% |
| Hispanic | 4.2% | 14,300 | 76.5% | 67.8% | 85.1% | 10,900 | 4.3% |
| Non-White, Non-Hispanic | 2.1% | 7,200 | 71.7% | 57.4% | 86.0% | 5,200 | 2.0% |
| Total, All Women Age 40+ | 100.0% | 339,100 | 75.3% | 73.4% | 77.2% | 255,300 | 100.0% |
| Income | | | | | | | |
| Less Than \$20,000 | 21.5% | 72,700 | 63.8% | 59.3% | 68.2% | 46,400 | 18.1% |
| \$20,000-\$49,999 | 46.6% | 157,900 | 75.8% | 72.9% | 78.8% | 119,700 | 46.6% |
| \$50,000 or Over | 32.0% | 108,500 | 83.6% | 80.3% | 86.8% | 90,700 | 35.3% |
| Total, All Women Age 40+ | 100.0% | 339,100 | 75.3% | 73.4% | 77.2% | 255,300 | 100.0% |
| Education | | | | | | | |
| Less Than High School | 7.2% | 24,400 | 58.1% | 50.4% | 65.8% | 14,200 | 5.6% |
| H.S. Grad or G.E.D. | 34.3% | 116,400 | 73.1% | 69.8% | 76.4% | 85,100 | 33.3% |
| Some Post High School | 35.6% | 120,800 | 78.1% | 75.1% | 81.1% | 94,300 | 36.9% |
| College Graduate | 22.9% | 77,500 | 79.9% | 76.3% | 83.5% | 61,900 | 24.2% |
| Total, All Women Age 40+ | 100.0% | 339,100 | 75.3% | 73.4% | 77.2% | 255,300 | 100.0% |

1 Rounded to the nearest 100 persons.

2 Figures in these columns may not sum to the total because of missing values on the grouping variables.

Source: Utah Behavioral Risk Factor Surveillance System