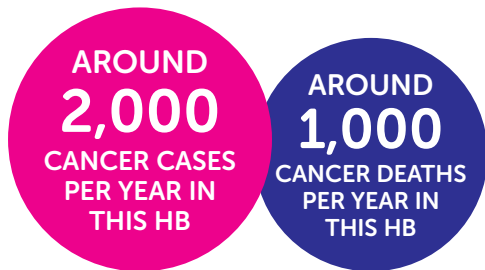


# TOGETHER WE CAN HELP BEAT CANCER IN CAITHNESS, SUTHERLAND AND EASTER ROSS

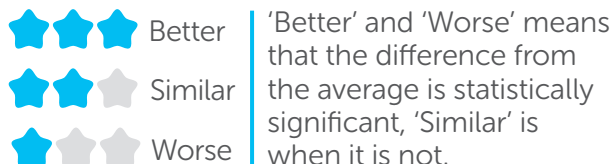
This data refers to:  
Health Board (HB): Highland

We have chosen data most relevant to your constituency.



1 in 2 people will get cancer in their lifetime. Rising referrals and a growing population will increase pressure on cancer services. To achieve world-class outcomes for patients, Government must **tackle preventable risk factors** and **address shortages in the cancer workforce**.

Compared to average:



## Together we can prevent more cancers

Around 4 in 10 cancer cases in Scotland could be prevented.

**Smoking** is the largest preventable cause of cancer in Scotland.

**Overweight and obesity** is Scotland's second largest preventable cause of cancer. Obese children are around five times more likely to be obese adults.



**Smoking**



**20.7%** of adults currently smoke cigarettes in this HB. This is similar to the Scotland average (21.2%).

Evidence shows that stop smoking services are the most effective way of helping people to quit smoking.



**Childhood obesity**



**23.8%** of 4-5 year-olds are overweight or obese in this HB. This is higher than the Scotland average (22.9%).

**ACTION: Ask the Public Health Minister to implement a 9pm watershed for junk food marketing.**

## Together we can diagnose cancer earlier

Bowel screening is one of the best ways to diagnose bowel cancer earlier, but uptake is low. We want 75% of eligible people to take part.



**Bowel screening**



**59.8%** of people aged 50-74 take part in bowel cancer screening in this HB. This is higher than the Scotland average (55.6%). **This data predates the roll out of the FIT kit in November 2017.**

**ACTION: Ask your HB what they are doing to increase capacity in endoscopy services.**



**Stage at diagnosis**

Only **55.6%** of bowel, breast and lung cancer patients with a known stage are diagnosed early in this HB.

**ACTION: Ask your HB what it will do to improve diagnosis at an earlier stage and plan for rising demand in the future.**

## And meet rising demand

1 in 10 diagnostic posts in Scotland are vacant and many more staff will be needed in the future.



**Workforce shortages**

Workforce shortages in your area may be affecting cancer services. Cancer outcomes cannot improve without the right staff equipped with the right skills.

**ACTION: Ask your HB what staff shortages it is facing and what support it needs to fill these gaps.**



# TOGETHER WE CAN HELP BEAT CANCER IN CAITHNESS, SUTHERLAND AND EASTER ROSS

## Together we can improve cancer services

Cancer waiting times targets exist to improve patient experience and speed up diagnosis and treatment.

Variation in access to treatment is one reason why cancer outcomes in the UK lag behind other comparable countries.



### Referral to treatment

TARGET NOT MET ❌

85.0% of patients in this HB receive their first definitive cancer treatment within 62 days of an urgent GP referral. This is below the national target (95%). The Scotland average, 87.3%, is also below the national target.

**ACTION:** Ask your HB how it is planning to improve cancer waiting times, now and in the long-term, including improving capacity to carry out diagnostic tests.



### 31-day waiting times

TARGET MET ✅

96.2% of patients in this HB receive their first cancer treatment within 31 days of a decision to treat. This is above the national target (95%). The Scotland average, 94.7%, is below the national target.

**ACTION:** Ask your local health services what they are doing to maintain swift access to treatment and plan for rising demand in the future.

## CANCER RESEARCH UK IN SCOTLAND



There are **80** Cancer Research UK shops in Scotland. Contact us to find your nearest shop.



We receive no government funding for our research. In 2017, **over £2 million** was raised in Scotland for Cancer Research UK.



In 2017, **22,901** people took part in Cancer Research UK events in Scotland. Contact us to find out how you can get involved in a future event in your area.



In 2017/18, Cancer Research UK spent **around £38 million** on research in Scotland.

## How much Cancer Research UK spent in 2017/18

### RESEARCH

This includes clinical trials, the best way to improve treatments and find new ways to prevent cancer. We fund nearly 200 clinical trials, recruiting around 25,000 patients onto trials every year.



### INFORMATION AND POLICY

### TRADING COSTS

This includes running our shop network and delivering events like Race for Life

### VOLUNTARY FUNDRAISING

80p of every £1 raised is used to beat cancer. The remaining 20p helps raise vital funds for the future.