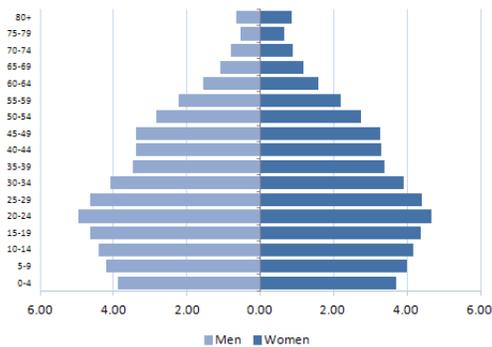


COSTA RICA

SOCIODEMOGRAPHIC INDICATORS¹



- **Total population:** 4,726,600
- **Average annual deaths:** 20,400
- **Life expectancy at birth (years):**
Total: 79 Male: 77 Female: 82
- **Adult literacy rate:** 96.1%
- **Gross national income US\$ per capita:** 6,260

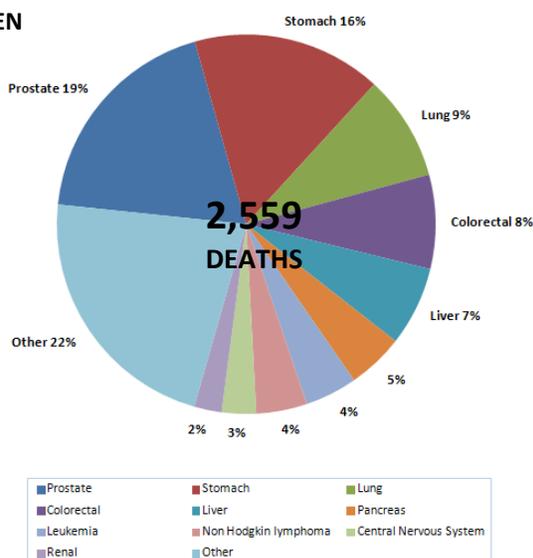
RISK FACTORS

Prevalence of:	Total (%)	Male (%)	Female (%)
Current tobacco smokers among adults ^{2,a}	16.0	24.0	8.0
Current use of any tobacco product among youth ²	14.6	15.9	13.1
Fruit and vegetable intake in adults ^{1,b}	22.3	24.2	20.4
Alcohol consumers, past 12 months ³	55.7	68.7	42.5
Low physical activity in adults ^{1,c}	50.9	38.6	63.4
Obesity among adults (BMI ≥30) ¹	26.0	21.2	31.0
HPV prevalence (women with normal cytology) ⁴	30.2

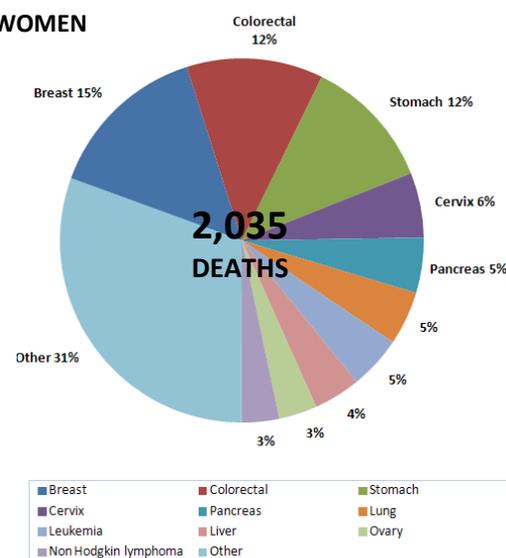
Notes: a: age-standardized prevalence of tobacco smoking in adults (15 years+), 2011; b: % who eat 5 or more servings of fruit and vegetables per day; c: % who are physically active for <600 met minutes; BMI: Body Mass Index; HPV: Human Papillomavirus.

CANCER MORTALITY PROFILE (2011)⁵

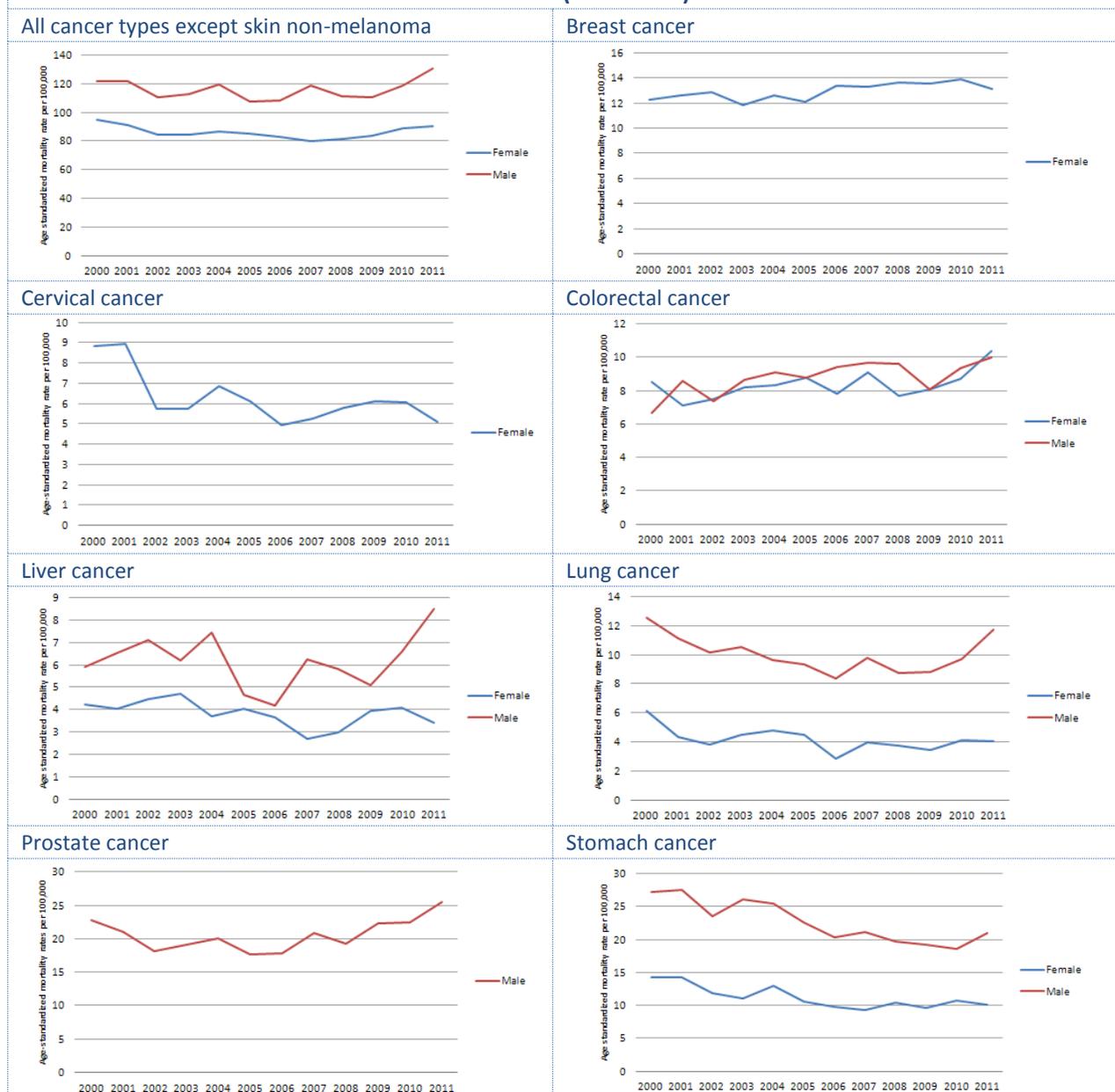
MEN



WOMEN



AGE-STANDARDIZED CANCER MORTALITY TRENDS (2000-2011)⁵



Average annual percent change (AAPC) of age-standardized mortality rates, by cancer type (2000-2011)⁵

Cancer type	Sex	Number of deaths (2011)	ASMR (2011)	AAPC
All cancer types	Male	2,559	130.83	0.17
	Female	2,035	90.46	0.6
Breast cancer		296	13.10	1.03*
Cervical cancer		117	5.12	-3.45*
Colorectal cancer	Male	205	10.37	2.26*
	Female	247	10.75	1.43
Liver cancer	Male	173	8.92	0.29
	Female	85	3.82	-2.04
Lung cancer	Male	230	12.11	0.8
	Female	97	4.41	-2.47
Prostate cancer		485	25.45	2.2
Stomach cancer	Male	414	21.38	-3.35*
	Female	239	10.49	-3.09*

Notes: ASMR: Age-standardized mortality rate; AAPC: Average annual percent change; *: The AAPC is significantly different from zero at p=0.05.

CANCER PLANS AND CANCER REGISTRATION⁶

National integrated NCD policy, strategy or action plan	
Is there a national integrated NCD policy, strategy or action plan?	Under development
Is cancer included in the overall NCD plan?	N/A
First year of implementation	N/A
Cancer policy, strategy or action plan	
Is there a cancer policy, strategy or action plan?	Yes
First year of implementation	2011
Cancer registry	
Is there a cancer registry?	Yes
Scope (national vs. subnational)?	National
Type of registry (population vs. hospital based)?	Population based
Last year with available data	2010

CANCER PRIMARY PREVENTION POLICIES

Tobacco control²	
Smoke free environments?	All public spaces are completely smoke free
Raised taxes on tobacco?	Taxes are 72% of the final price
Health warning labels about the dangers of tobacco?	Large warning with all appropriate features
Bans on tobacco advertising, promotion and sponsorship?	Ban on national television, radio and print media, and some but not all other forms of direct and/or indirect advertising
Overweight and obesity prevention and control⁶	
Is there a policy, strategy or action plan for reducing overweight/obesity? (First year of implementation)	Under development
Harmful use of alcohol prevention and control⁶	
Is there a policy, strategy or action plan for reducing harmful use of alcohol? (First year of implementation)	Under development
HPV vaccination in national immunization program?⁷	
Year of introduction/target age group/delivery strategy	N/A
Estimated 3-dose coverage (calendar year)	N/A
HBV vaccination in national immunization program?⁷	
Year of introduction/target age group	2000/newborn-2m-6m; risk groups, health care professionals
Estimated 3-dose coverage (2012)	91%

CANCER SCREENING

Cervical cancer	
Guidelines⁸	
Are there cervical cancer screening guidelines available?	...
Guideline recommendations (tests/age groups/frequency)	Pap test/women aged 20 years and older/annual
Availability and coverage of screening services	
Cervical cytology⁶	Generally available in the public and the private sectors
Visual inspection with acetic acid⁶	Generally available in the public and the private sectors
Screening coverage⁹	35% women aged 35 years and older with a Pap test in the past 2 years (2010)

CANCER SCREENING	
Breast cancer	
Guidelines¹⁰	
Are there breast cancer screening guidelines available?	Yes
Guideline recommendations (tests/age groups/frequency)	Mammography/women aged 40 years and older/annual
Availability and coverage of screening services	
Clinical breast examination⁶	Generally available in the public and the private sectors
Mammography⁶	Generally available in the public and the private sectors
Screening coverage	...
Colorectal cancer	
Guidelines	
Are there colorectal cancer screening guidelines available?	...
Guideline recommendations (tests/age groups/frequency)	...
Availability and coverage of screening services	
Fecal occult blood test or fecal immunological test⁶	Generally available in the public and the private sectors
Exam or colonoscopy⁶	Generally available in the public and the private sectors
Screening coverage	...

CANCER TREATMENT AND PALLIATIVE CARE			
Radiotherapy¹¹		Oral morphine⁶	
Availability of services in the public health sector? ⁶	Generally available	Availability in the public health sector?	Generally available
Total energy teletherapy units/million inhabitants	1.7	Covered by health insurance or publically funded?	Yes
Total radiotherapy centers	3	Appears in the national list of essential medicines?	Yes
Radiation oncologists	18	Opioid consumption¹²	
Medical physicists	13	Total morphine equivalence, per capita	9.64
Chemotherapy⁶		Community/home care⁶	
Availability of services in the public health sector?	Generally <u>not</u> available	Are community/home care services available in the public sector for people with advanced stages of NCDs?	Generally <u>not</u> available

Notes: ...: Information not available; N/A: Not applicable; m: months.

Sources:

- (1) PAHO/WHO. Non communicable Diseases in the Americas: Basic Health Indicators 2011. Washington D.C, USA, 2011.
- (2) PAHO/WHO. Tobacco Control Report for the Region of the Americas, 2013. Washington D.C, USA, 2013.
- (3) WHO. Global Information System on Alcohol and Health, retrieved August 28,2013, from <http://bit.ly/17zhugZ>.
- (4) ICO. Information Center on HPV and Cancer, retrieved August 28, 2013, from <http://www.hpvcentre.net/>.
- (5) PAHO/WHO Mortality Database, 2012.
- (6) PAHO/WHO Survey on National Capacity for the Prevention and Control of Non-communicable Diseases, 2013.
- (7) PAHO/WHO Comprehensive Family Immunization Unit. Immunization Country Profiles, retrieved August 28, 2013, from <http://bit.ly/1dn4Td3>; Immunization Reported Coverage in the Americas, by vaccine, retrieved August 28, 2013 from <http://bit.ly/1dn59ZK>.
- (8) PAHO/WHO. Cervical cancer prevention and control programs: A rapid assessment in 12 countries of Latin America. Washington D.C.: PAHO, 2010.
- (9) Ministry of Health of Costa Rica. Plan Nacional para la prevención y el control del cáncer, 2011-2017, retrieved August 28, 2013 from <http://bit.ly/14YT5gx>.
- (10) González-Robledo LM. Acciones gubernamentales para la detección temprana del cáncer de mama en América Latina. Retos a futuro. Salud Publica Mex 2010;52:533-543.
- (11) WHO/IAEA Directory of Radiotherapy Centers (DIRAC) Database, retrieved August 28, 2013 from <http://www.naweb.iaea.org/nahu/dirac/>.
- (12) University of Wisconsin. WHO Collaborating Centre for Pain Policy and Palliative Care, Opioid Consumption Database 2010, retrieved August 28, 2013, from <http://www.painpolicy.wisc.edu/countryprofiles/amro>.