U.S. Cancer Rates: Where Does Your State Rank?

New CDC data show that Kentucky has the highest rate of cancer deaths, and Utah has the lowest.

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Think you live in a state with a high risk for cancer? The Centers for Disease Control and Prevention (CDC) has updated its ranking of states with the highest cancer diagnosis and death rates, and Kentucky tops both lists, U.S. News reports.

The CDC's new data, which use 2016 estimates, compiles one of the most comprehensive breakdowns of cancer incidence and deaths by state. The report also includes new data about the types of cancer common in each state and trends in new cancers year by year.

According to the report, Kentucky has by far the highest rate of cancer diagnoses in the country, with a rate of 509.7 new diagnoses per 100,0000 people and a death rate of 194.2 deaths per 100,000 people. That's compared with a national average of 435.6 and 155.9, respectively. The top cancer diagnosis was female breast cancer. However, more people died of lung and bronchial cancer than other types of cancer—a potential side effect of Kentucky's long-standing relationship with coal.

Other states with high rates of cancer deaths were largely in the South: Mississippi, West Virginia, Tennessee and Arkansas (in that order) rounded out the top five. However, in terms of cancer diagnoses, after Kentucky, the Northeast dominated the list with Delaware, Pennsylvania and New Hampshire in second, third and fourth place, respectively, and New Jersey and New York tying for fifth place.

As for low-risk states, New Mexico had the lowest rate of new cancer diagnoses, and Utah had the lowest death rate.

To check out the entire report and see where your state ranks, click here.

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