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European code against cancer: knowledge of the Spanish population

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Cross-sectional, observational, multicentric study using self-administered surveys. 10 people, between the ages of 15 to 69 years old, were enrolled by each participating primary care professional in their respective surgery consultations.

Results: This study used 2058 people who were recruited by 205 professionals from 106 Health Centres. Their average age was 41.5 years old (52.2% women). The majority believe that smoking (94.1%; CI95%:93.1-95.2), sun exposure (91%; CI95%:89.7-92.3) and alcoholism (72.1%; CI95%:70.1-74.1) are factors related to cancer. The least relevant are infection by the hepatitis B virus (25.7%; CI95%:23.8-27.7) and having multiple sexual partners (25%;CI95%:23.1-26.9). 86.7%(CI95%:85.2-88.2) have never heard of the ECC.

Conclusions: Patients adequately identify the cacogenic effect of tobacco, alcohol, or sun exposure. And they inadequately identify having Hepatitis B and multiple sexual partners as being related to cancer. A large majority of people have not heard of the ECC, which raises the need to conduct outreach campaigns at an institutional level and/or through scientific associations and postulate and activities promoting health education among primary care professionals.