

## 1. Prevent future cancers by reducing exposure to known risk factors

|   | 2003<br>Baseline | 2009<br>Data  | 2010<br>Goal |
|---|------------------|---------------|--------------|
| Reduce prevalence of smoking in past month among youth in grades 8-12   | 20%              | 16%           | 16%          |
| Reduce prevalence of adult smoking  | (2004)<br>20%    | (2008)<br>17% | 12%          |
| Increase the percentage of Vermont smokers with children who prohibit smoking in their homes  | (2004)<br>58%    | (2008)<br>66% | 65%          |
| Halt the increase in the percentage of Vermonters who are over a Body Mass Index of 30 (ages 20+)   | 20%              | (2008)<br>24% | 22%          |
| Increase the percentage of adults who consume at least 3 daily servings of vegetables   | 31%              | (2007)<br>32% | 51%          |
| Increase the percentage of adults who consume at least 2 daily servings of fruits   | 41%              | (2007)<br>38% | 54%          |
| Reduce the prevalence of overweight Vermont youth ( $\geq 95^{\text{th}}$ percentile of BMI) (grades 8-12)  | 11%              | 12%           | 9%           |
| Increase the percentage of youth in grades 8-12 who consume at least 3 daily servings of vegetables   | 16%              | 15%           | 18%          |
| Increase the percentage of youth in grades 8-12 who consume at least 2 daily servings of fruit  | 40%              | 34%           | 46%          |
| Increase the percentage of adults (age 18+) who engage in regular, moderate physical activity (30+ minutes per day, 5 days per week)  | 55%              | (2007)<br>58% | 63%          |
| Increase the percentage of adolescents who participate in 60 minutes of physical activity every day*  | (2007)<br>26%    | 24%           | 30%          |
| Continue to increase the percentage of Vermont households tested for radon gas  | (2004)<br>22%    | (2004)<br>22% | 20%          |
| Reduce the percentage of Vermont adults reporting sunburns in the past 12 months  | (2004)<br>45%    | (2004)<br>45% | 40%          |
| Increase the percentage of adults age 18+ who follow protective measures that may reduce the risk of skin cancer  | (2006)<br>74%    | (2006)<br>74% | 85%          |
| Increase the percentage of youth who report using sunblock or sunscreen with a Sun Protection Factor (SPF) of 15 or higher when outside on a sunny day for more than one hour | (2006)<br>41%    | (2006)<br>41% | 45%          |
| Reduce the percentage of youth who have used a tanning booth or sun lamp in the past 12 months  | (2006)<br>15%    | (2006)<br>15% | 7%           |
| Increase the percentage of Vermont mothers who report ever breastfeeding  | (2004)<br>66%    | (2005)<br>67% | 75%          |

## 2. Detect new cancers as early as possible through appropriate screening

|  | 2003<br>Baseline    | 2009<br>Data        | 2010<br>Goal |
|--|---------------------|---------------------|--------------|
| Increase the percentage of Vermonters aged 50+ receiving the recommended colorectal cancer screening tests**                     | (2007)<br>68%       | (2008)<br>66%       | 75%          |
| Increase screening among people 50+ at high risk for colon cancer due to family or personal medical history of colorectal cancer | (2007)<br>78%       | (2007)<br>78%       | 86%          |
| Increase the percentage of patients referred for colon cancer screening  | (2006)<br>83%       | (2008)<br>88%       | 91%          |
| Reduce the rate of colorectal cancers diagnosed at an advanced stage among men and women age 50 and over (rate per 100,000)****  | (2000-2004)<br>96.3 | (2002-2006)<br>83.1 | 65.8         |
| Increase the percentage of women age 40 and over getting a mammogram within the past 2 years                                     | (2004)<br>75%       | (2008)<br>80%       | 85%          |
| Reduce the rate of breast cancer diagnosed at an advanced stage among women age 40 and over (rate per 100,000)****               | (2000-2004)<br>95.6 | (2002-2006)<br>87.7 | 81.2         |
| Increase the percentage of women (age 18+) who have had a Pap test in the past 3 years   | (2004)<br>84%       | (2008)<br>82%       | 90%          |
| Reduce the rate of cervical cancer diagnosed at an advanced stage among women age 20 and over (rate per 100,000)****             | (2000-2004)<br>4.9  | (2002-2006)<br>3.5  | 4.7          |
| Promote informed decision-making about prostate cancer screening among Vermont men age 50 and over                               | -                   | -                   | -            |

## 3. Increase access to optimal cancer treatment and follow-up care

|  | 2003<br>Baseline | 2009<br>Data  | 2010<br>Goal |
|--|------------------|---------------|--------------|
| Increase the number of primary care providers educated about the need for cancers to be assessed in a multimodality setting                | -                | -             | -            |
| Increase the number of rides given to Vermonters through the American Cancer Society's Road to Recovery program to obtain cancer treatment | (2005)<br>536    | (2008)<br>561 | 600          |
| Increase the number of Vermonters enrolled in clinical trials, as measured by participants in studies at the Vermont Cancer Center         | (2005)<br>105    | (2005)<br>105 | 135          |
| Increase the percentage of Vermonters covered by insurance for all or part of the year   | (2004)<br>85%    | (2008)<br>89% | 100%         |

**4. Improve the quality of life for people living with, through and beyond cancer**

|  | 2003<br>Baseline             | 2008<br>Data  | 2010<br>Goal |
|--|------------------------------|---------------|--------------|
| Increase the percentage of cancer survivors who report always or usually receiving emotional/psychological support when needed | (2008) <sup>***</sup><br>82% | (2008)<br>82% | 91%          |
| Increase the percentage of cancer survivors who report that their general health is good or excellent                          | (2008) <sup>***</sup><br>77% | (2008)<br>77% | 86%          |

**5. Improving end-of-life care for cancer patients**

|  | 2003<br>Baseline | 2009<br>Data   | 2010<br>Goal |
|--|------------------|----------------|--------------|
| Improve Vermont's grade on the Pain Policy Report Card                         | C+               | (2008)<br>B+   | A            |
| Increase availability and use of pain management, hospice, and palliative care |                  |                |              |
| Promote reimbursement for hospice and palliative care among insurers           |                  |                |              |
| Increase the number of Vermonters enrolled in the Advanced Directives Registry | 0                | (2008)<br>2221 | 1000         |

\* In 2007, the recommendation for adequate physical activity among youth changed from 30+ minutes per day, 5 or more days per week to 60 minutes every day.

\*\* In 2007, an additional question was added to the BRFSS that enables more accurate assessment of screening compliance. The 2010 goal was also updated to reflect a 10% increase from the new baseline.

\*\*\* In 2008, the definition of a cancer survivor was revised to exclude those reporting their most severe cancer was non-melanoma skin cancer.

\*\*\*\* In 2010, due to sample size limitations, advanced stage rates were recalculated to be 5 year averages.

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# Vermont Cancer Plan Status Report

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