Cancer Data Pages

Chapter 5: Cancer Survivorship

Department of Health Surveillance

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VERMONT
DEPARTMENT OF HEALTH

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Cancer Survivorship

Introduction: Cancer Survivorship

Cancer is a group of more than 100 different diseases that often develop gradually as the result of a complex mix of lifestyle, environmental, social and genetic factors.

Cancer prevalence is the number or proportion of people alive today who have ever been diagnosed with cancer. This includes individuals who are newly diagnosed, in active treatment, have completed active treatment and those living with progressive symptoms of the disease. Prevalence is often compared to *incidence*, which is defined as the number or rate of new cancer diagnoses during a year.

A person who is diagnosed with cancer is most commonly called a *cancer survivor*, though this term is not universally accepted. Similarly, *survivorship* is the experience of those who have ever been diagnosed with cancer and describes the time from diagnosis to the end of the individual's life.

Throughout this presentation, *cancer* refers to any type of cancer except skin cancer.

Vermont Health Equity Priority Populations

The Vermont Department of Health recognizes that some individuals are more likely to be affected by cancer than others due to social, environmental and economic disadvantages.

In developing the 2025 Vermont Cancer Plan, four populations of focus were chosen to track to assess disparities in health behaviors and outcomes. These four populations are highlighted in these data pages as well to support work focusing on decreasing disparities.

The four populations of focus are defined in the following ways, based on data available from VDH's data sources:

- **Black, Indigenous and people of color (BIPOC):** Individuals who self-identified that they were of Hispanic, Latino/a, or Spanish origin, and/or responded that their race is one or more of the following: Black or African American, American Indian or Alaska Native, Asian, Pacific Islander.

- **Lesbian, gay, bisexual, transgender and queer (LGBTQ+) Vermonters:** Data sources only ask respondents to self-identify if they are lesbian, gay, bisexual and/or transgender. To best represent the available data therefore, we use **LGBT** when discussing findings from these data sources.

- **Vermonters living with disabilities:** Individuals who self-identified as having one or more of the following conditions: sight impairment, being deaf or having serious difficulty hearing, difficulty walking, difficulty making decisions, difficulty doing errands alone, difficulty getting dressed alone.

- **Low-income Vermonters:** Individuals who have a household income that is 250% or less of the federal poverty limit.

Cancer Survivorship

Cancer Prevalence

Vermonters have been diagnosed with cancer at the **same rate** as the **US population.**
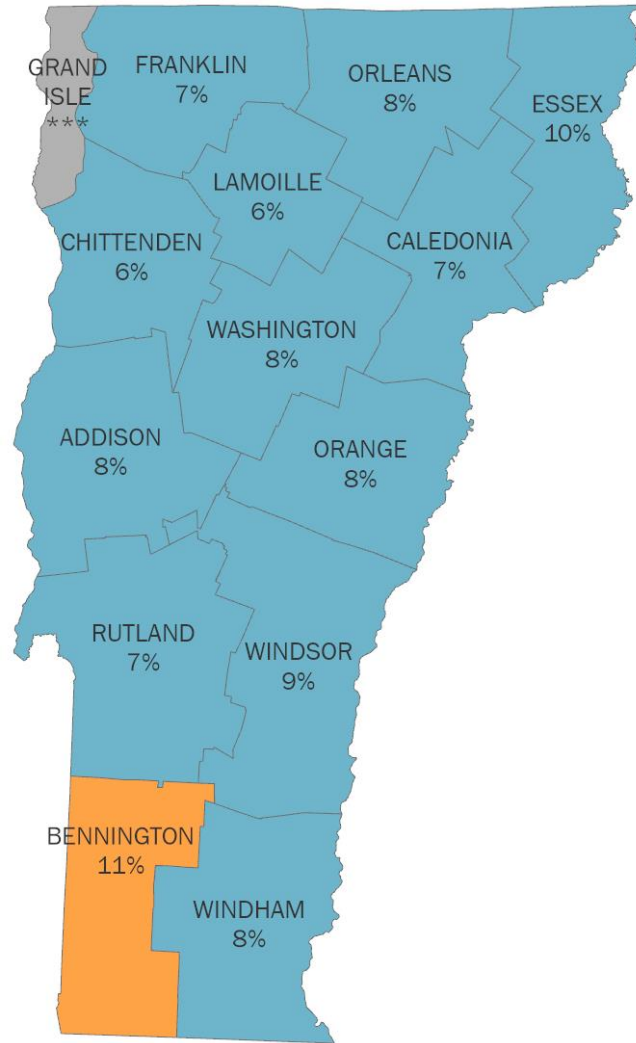
Adults in Bennington county are **more likely** to have been diagnosed with cancer than Vermont adults in general.

*** Sample size too small to report.

■ Higher than state rate
■ Same as state rate

GRAND ISLE ***
FRANKLIN 7%
ORLEANS 8%
ESSEX 10%
LAMOILLE 6%
CHITTENDEN 6%
CALEDONIA 7%
WASHINGTON 8%
ADDISON 8%
ORANGE 8%
RUTLAND 7%
WINDSOR 9%
BENNINGTON 11%
WINDHAM 8%

7%

7%
VT

7%
US

Vermont Department of Health Source: BRFSS 2019

Vermont Department of Health Source: BRFSS 2018 and 2019

Cancer Survivorship
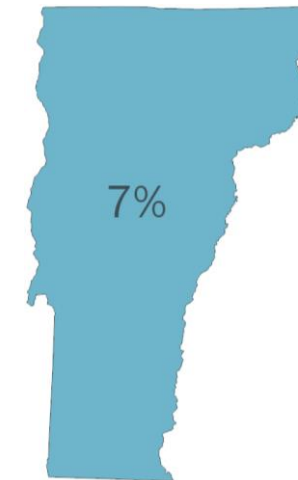
Cancer Prevalence in Vermont

BIPOC and White, Non-Hispanic adults have been diagnosed with cancer at a <u>similar rate</u>.

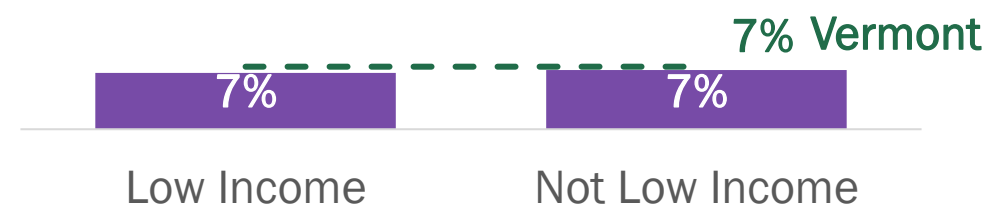7% Vermont

BIPOC	White
6%	7%

LGBT and non-LGBT adults have been diagnosed with cancer at a <u>similar rate</u>.

7% Vermont

LGBT	Not LGBT
6%	8%
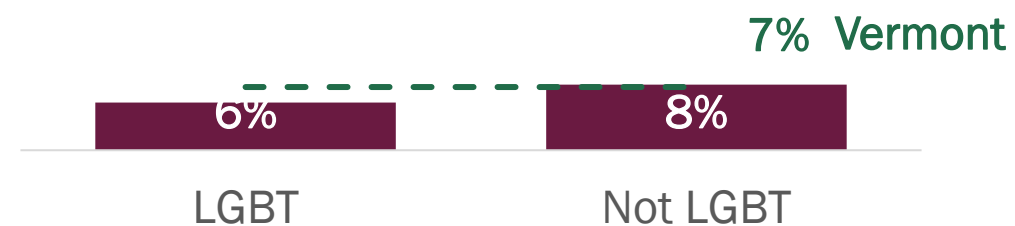
⚠ **Adults with a disability have been diagnosed with cancer at a <u>higher rate</u> than those without a disability.**

7% Vermont

Disability	No Disability
12%	6%
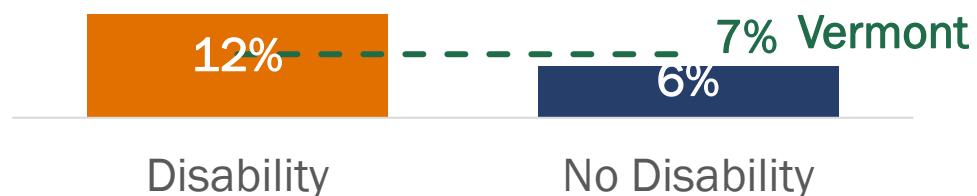
Adults with and without a low income have been diagnosed with cancer at the <u>same rate</u>.

7% Vermont

Low Income	Not Low Income
7%	7%

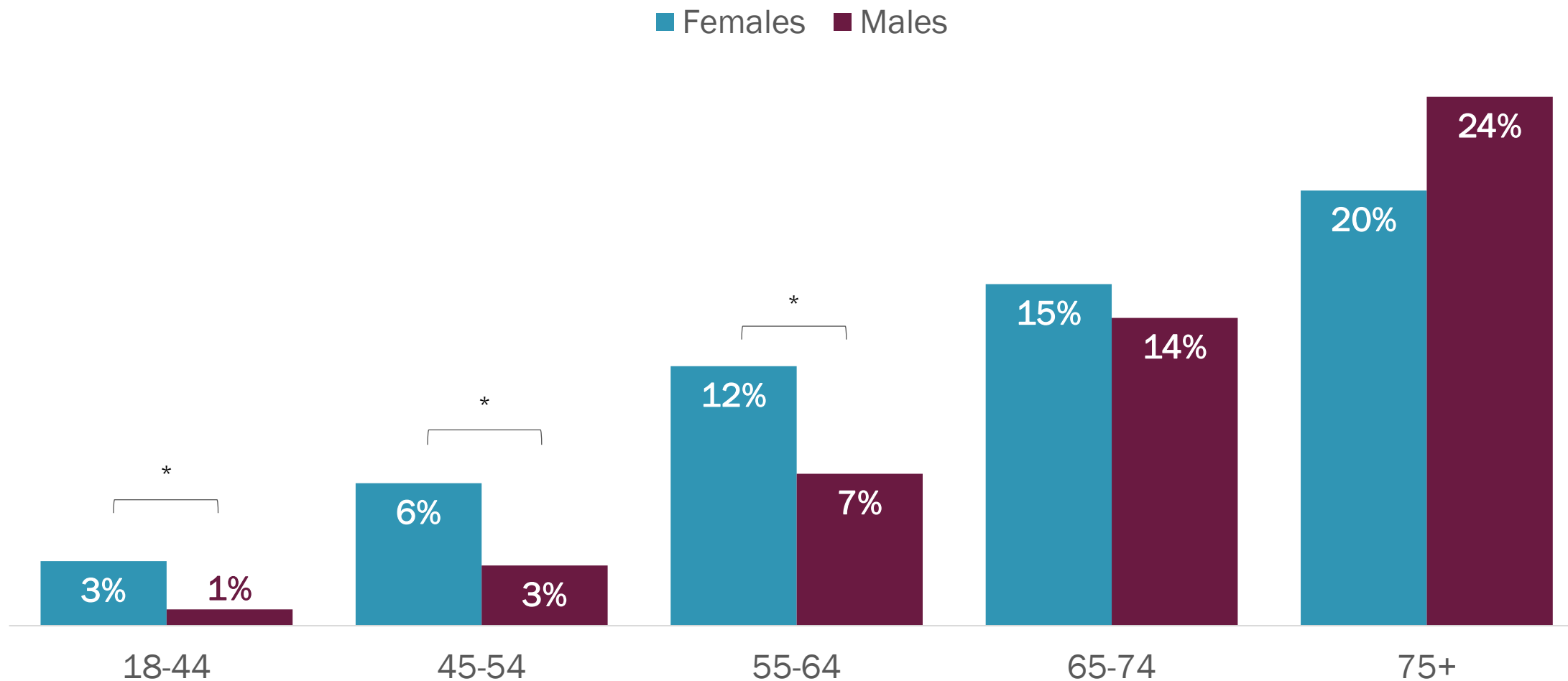Vermont Department of Health Source: BRFSS 2018 and 2019

Cancer Survivorship

The prevalence of cancer increases as age increases.

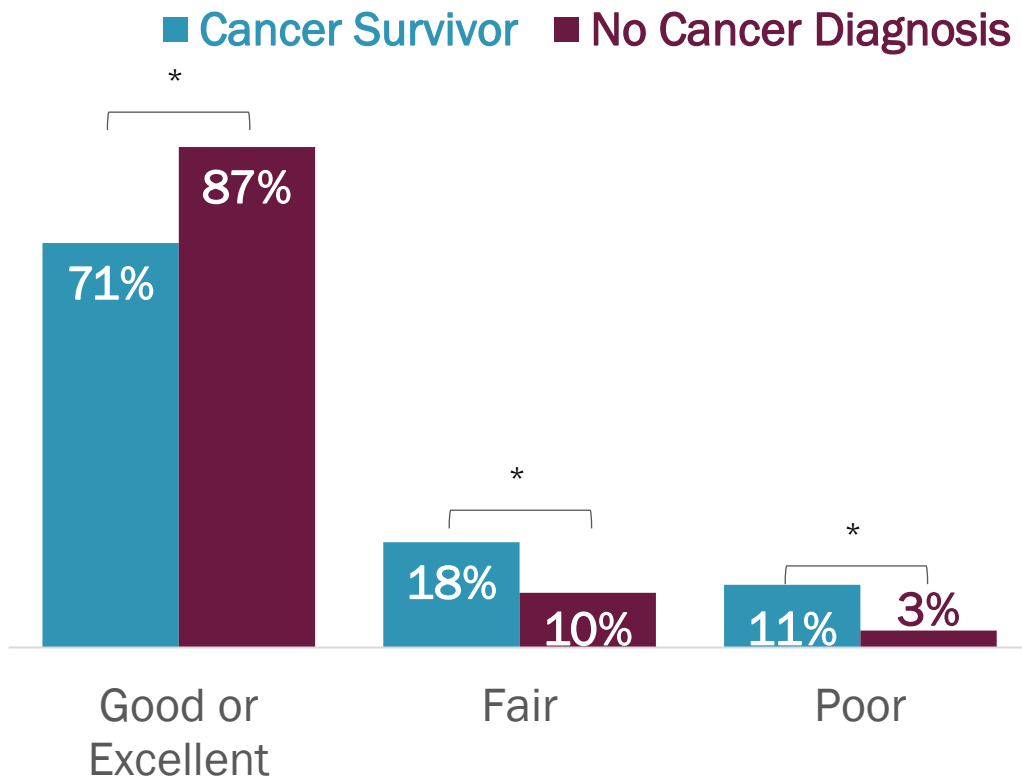Vermonters ages 55+ have been diagnosed with cancer more than Vermonters in general.

Bar chart showing cancer prevalence by age group:
- 18-44: 2%
- 45-54: 5%
- 55-64: 9%
- 65-74: 15%
- 75+: 21%
- Vermont (dashed line): 7%

Vermont Department of Health Source: BRFSS 2018, 2019
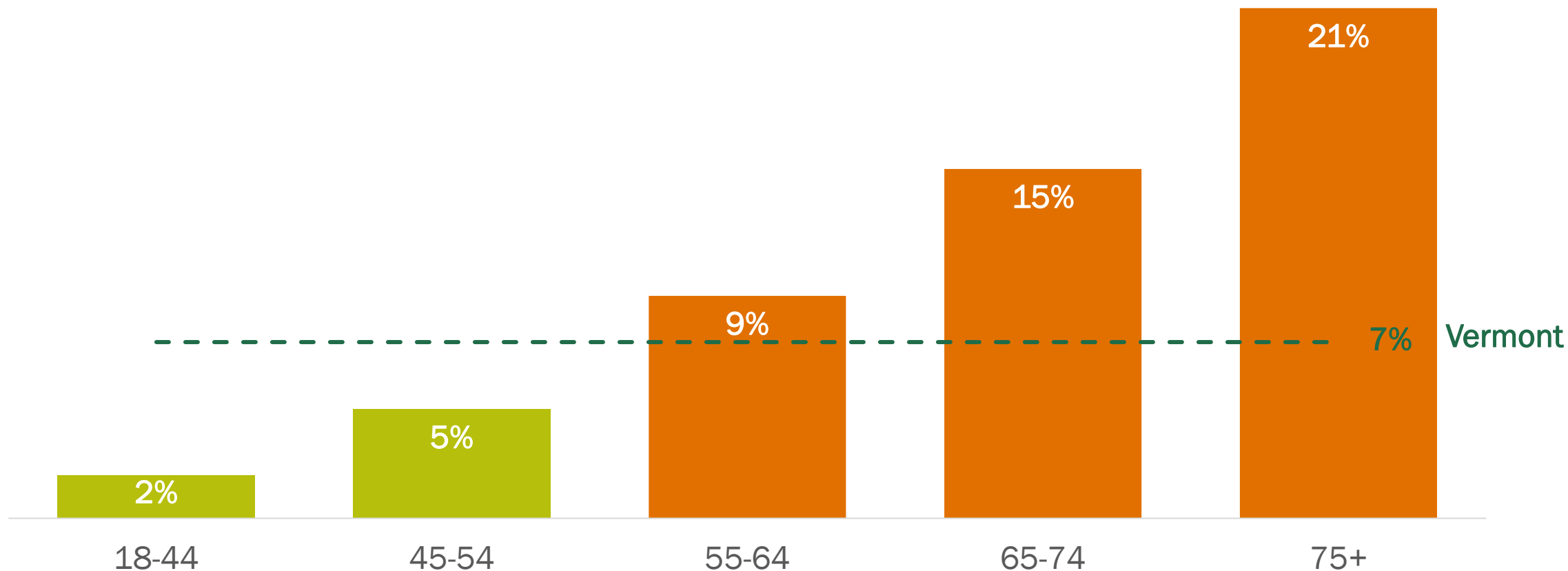
Cancer Survivorship

Females under the age of 65 are more likely to have been diagnosed with cancer than **males** of the same age.

■ Females ■ Males

	18-44	45-54	55-64	65-74	75+
Females	3%	6%	12%	15%	20%
Males	1%	3%	7%	14%	24%

* Indicates significant difference between groups.

Vermont Department of Health Source: BRFSS 2018, 2019
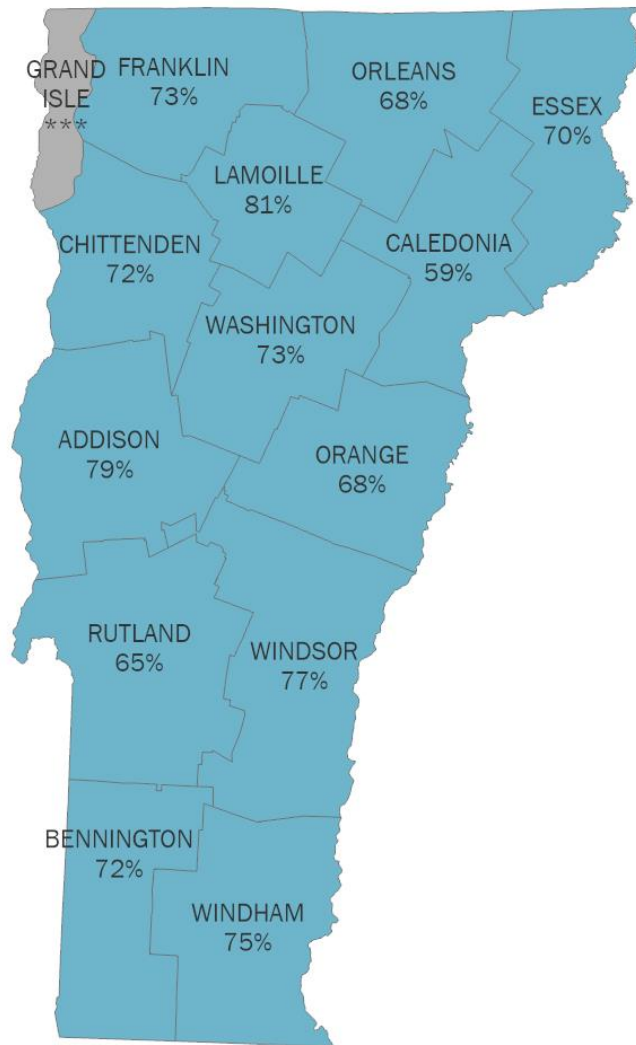
Cancer Survivorship

General Health

Cancer survivors report good or excellent health <u>less</u> and fair and poor health <u>more</u> than those without a cancer diagnosis.
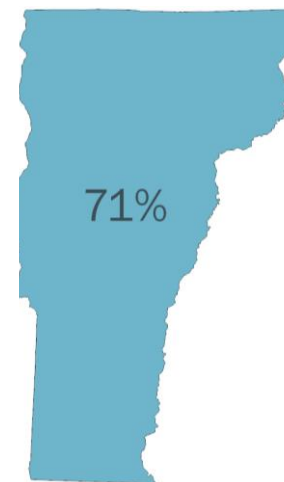
■ Cancer Survivor   ■ No Cancer Diagnosis

*

Good or Excellent	Fair	Poor
71% / 87%	18% / 10%	11% / 3%

Good or Excellent: 71% (Cancer Survivor), 87% (No Cancer Diagnosis) *
Fair: 18% (Cancer Survivor), 10% (No Cancer Diagnosis) *
Poor: 11% (Cancer Survivor), 3% (No Cancer Diagnosis) *

Cancer survivors in all counties report good or excellent health at a <u>similar rate</u> as Vermont survivors.

*** Sample size too small to report.

■ Same as state rate

GRAND ISLE ***
FRANKLIN 73%
ORLEANS 68%
ESSEX 70%
LAMOILLE 81%
CHITTENDEN 72%
CALEDONIA 59%
WASHINGTON 73%
ADDISON 79%
ORANGE 68%
RUTLAND 65%
WINDSOR 77%
BENNINGTON 72%
WINDHAM 75%

71%

Vermont Department of Health Source: BRFSS 2018 and 2019

*Indicates significant difference between groups.

Cancer Survivorship

General Health

⚠️ **BIPOC cancer survivors report good or excellent health <u>less</u> than White, Non-Hispanic survivors.**
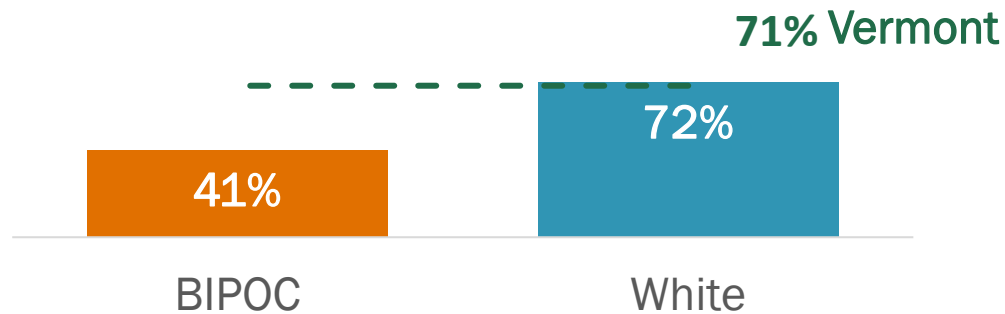
71% Vermont

- BIPOC: 41%
- White: 72%

⚠️ **LGBT and non-LGBT cancer survivors report good or excellent health at a <u>similar rate</u>.**

71% Vermont

- LGBT: 61%
- Not LGBT: 71%
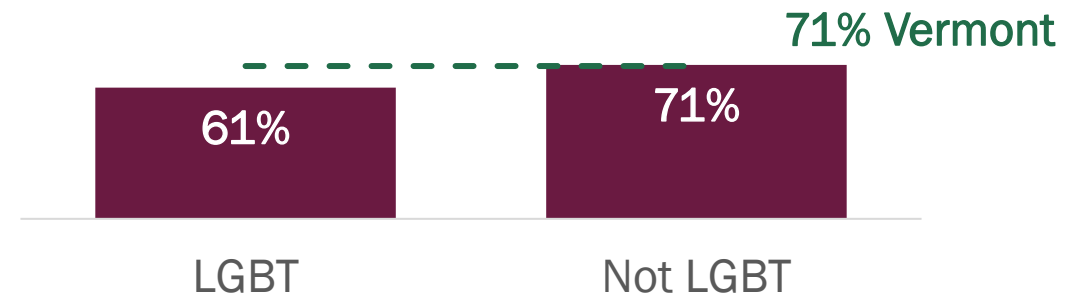
⚠️ **Cancer survivors with a disability report good or excellent health <u>less</u> than those without a disability.**

71% Vermont

- Disability: 46%
- No Disability: 86%

⚠️ **Cancer survivors with a low income report good or excellent health <u>less</u> than those without a low income.**

71% Vermont

- Low Income: 55%
- Not Low Income: 82%

Vermont Department of Health Source: BRFSS 2016 and 2018
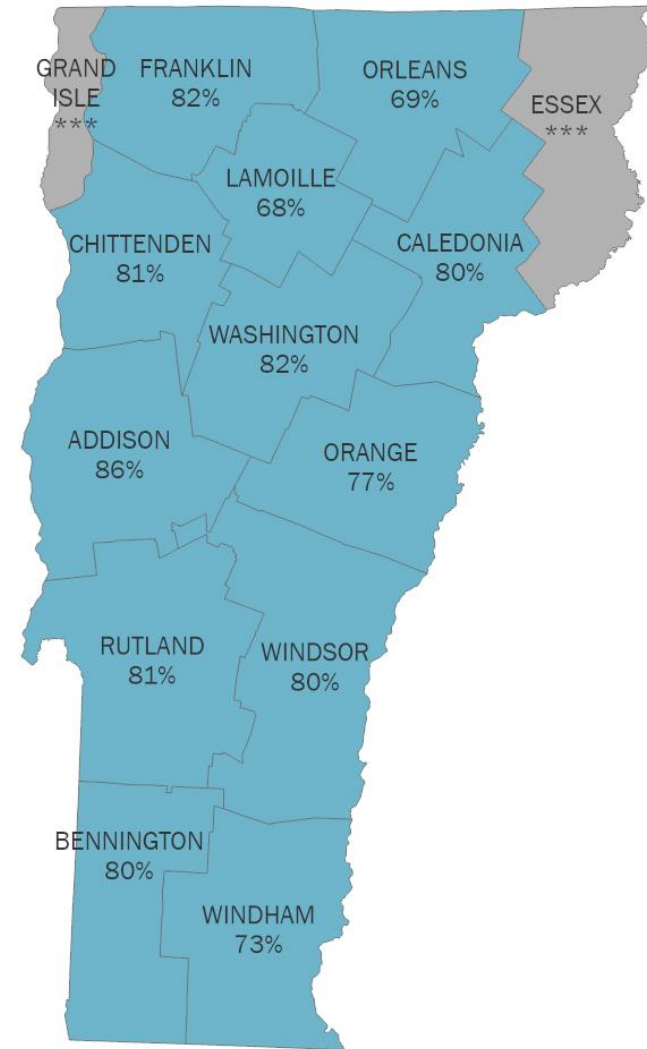
Cancer Survivorship
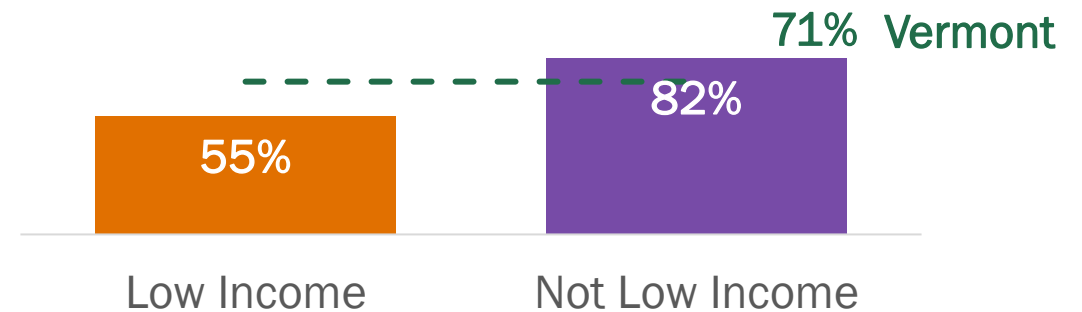
Emotional or Social Support

Cancer survivors receive emotional and social support at a similar rate as those never diagnosed with cancer.

■ Cancer Survivors   ■ No Cancer Diagnosis

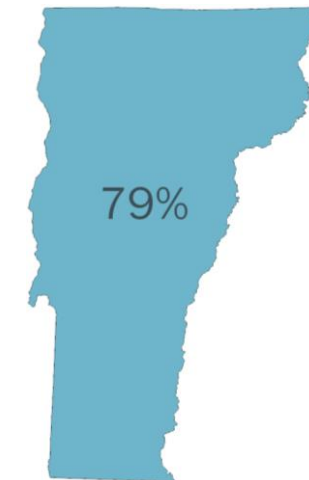|	Always	Sometimes	Rarely or Never
Cancer Survivors	79%	12%	9%
No Cancer Diagnosis	80%	11%	9%
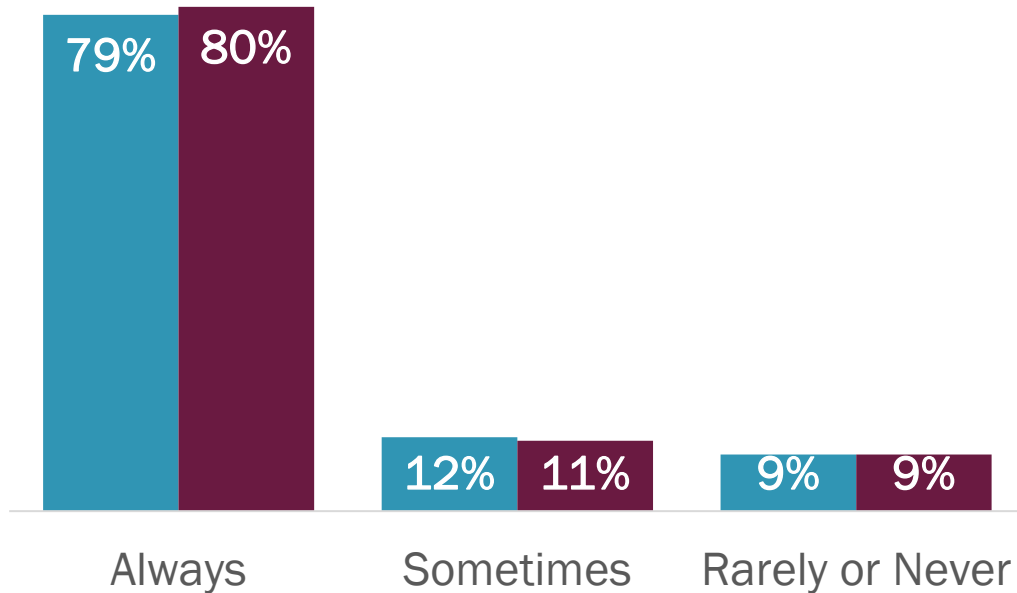
Vermont Department of Health Source: BRFSS 2018

Survivors in each county always or usually receive emotional or social support at a similar rate as Vermonters in general.


GRAND ISLE ***
FRANKLIN 82%
ORLEANS 69%
ESSEX ***
LAMOILLE 68%
CHITTENDEN 81%
CALEDONIA 80%
WASHINGTON 82%
ADDISON 86%
ORANGE 77%
RUTLAND 81%
WINDSOR 80%
BENNINGTON 80%
WINDHAM 73%

*** Sample size too small to report.

■ Same as state rate

79%

Vermont Department of Health Source: BRFSS 2018 and 2019
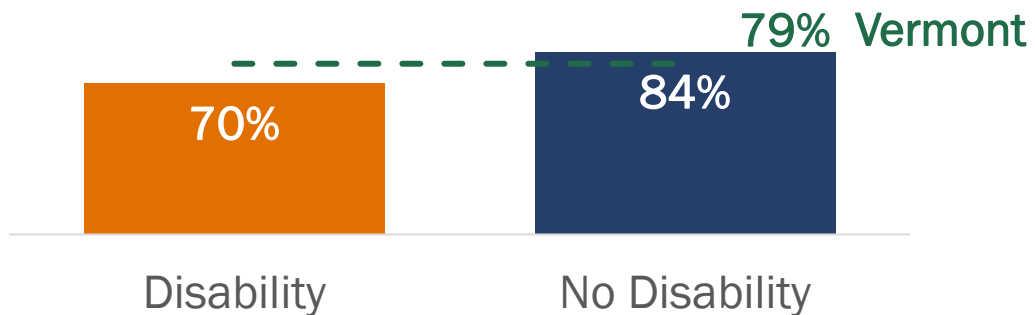
Cancer Survivorship

Emotional or Social Support

**BIPOC and White, Non-Hispanic cancer survivors always or usually receive emotional or social support at a <u>similar rate</u>.**

79% Vermont

BIPOC	White
61%	80%

LGBT and non-LGBT cancer survivors always or usually receive emotional or social support at a <u>similar rate</u>.

79% Vermont

LGBT	Not LGBT
81%	79%
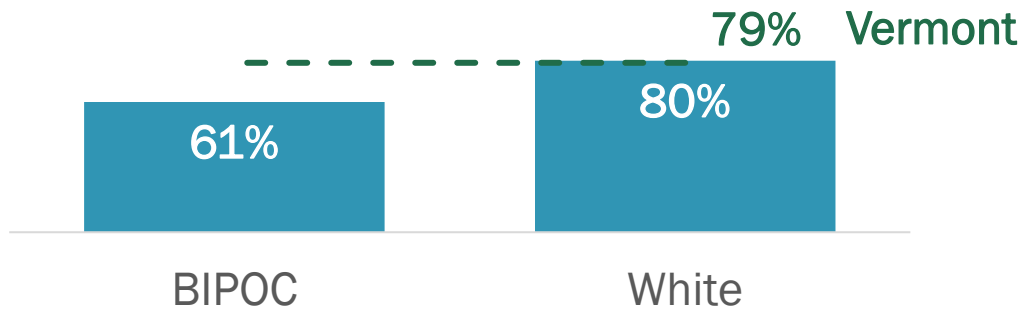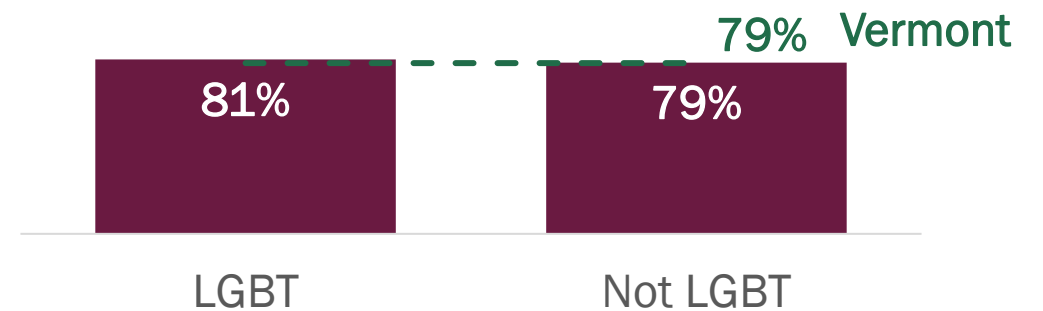
⚠️ **Cancer survivors with a disability always or usually receive emotional or social support <u>less</u> than those without a disability.**

79% Vermont

Disability	No Disability
70%	84%

⚠️ **Cancer survivors with a low income always or usually receive emotional or social support less than those without a low income.**

79% Vermont

Low Income	Not Low Income
69%	86%

Vermont Department of Health Source: BRFSS 2016 and 2018

Cancer Survivorship
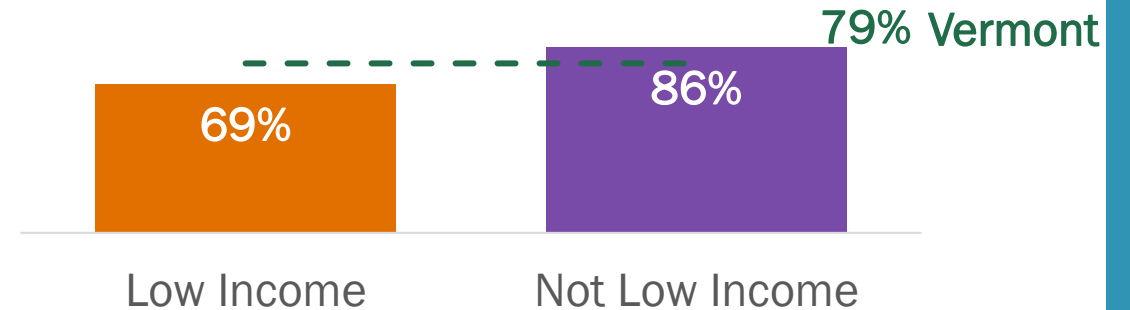
Cancer survivors are more likely to report poor health than those never diagnosed with cancer.
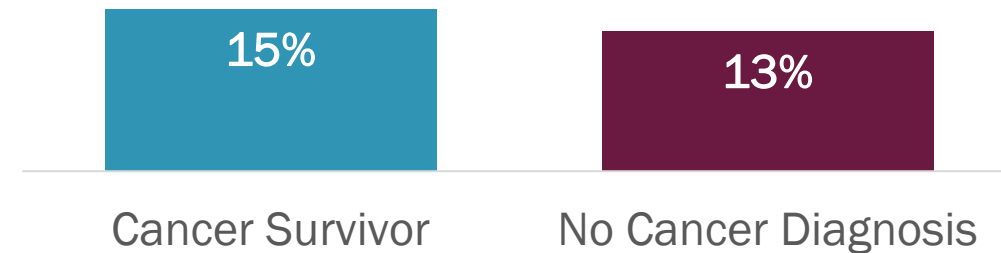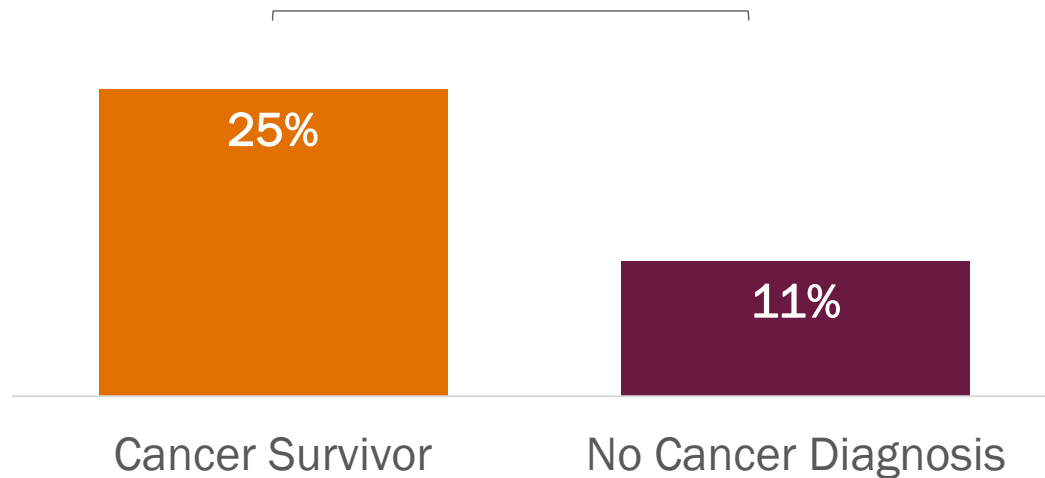
Cancer survivors are more likely to report poor **physical health** more than 13 days a month than **those never diagnosed with cancer**.
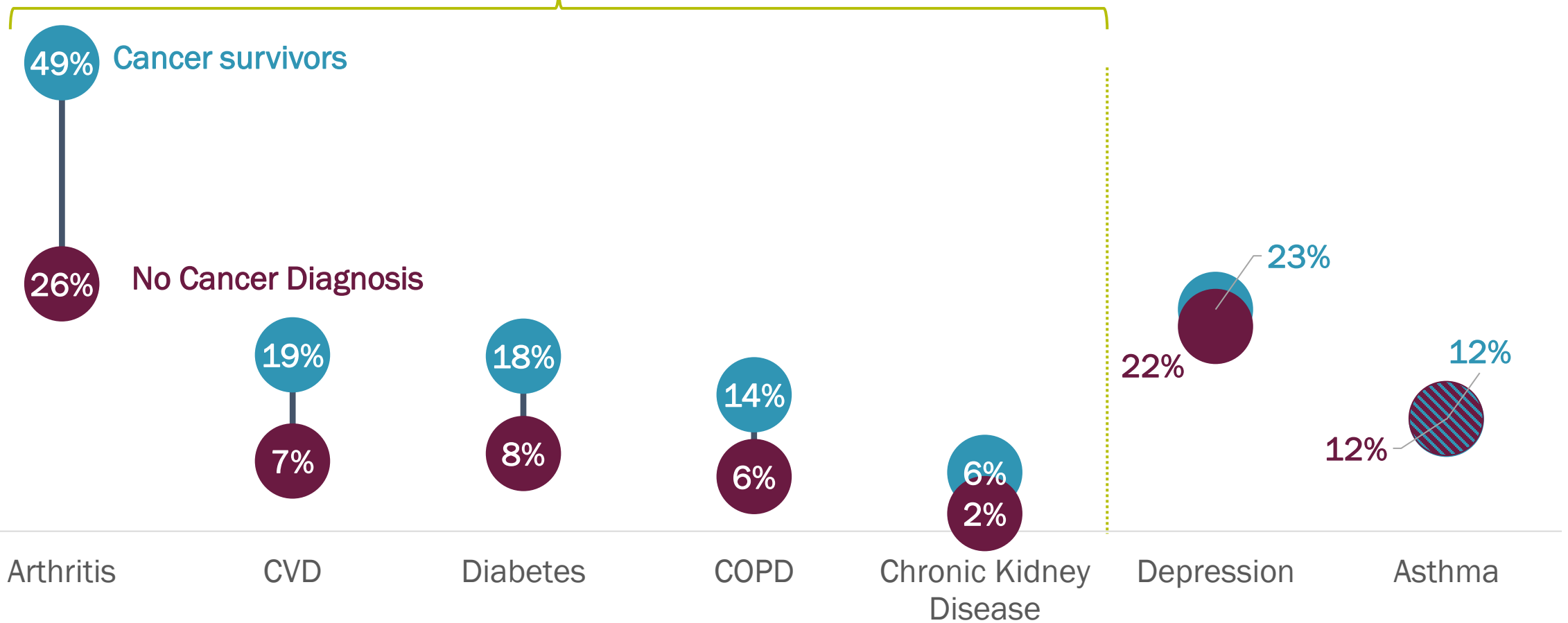
Cancer survivors and those never diagnosed with cancer report poor **mental health** more than 13 days a month at a similar rate.

*

25%

11%

Cancer Survivor

No Cancer Diagnosis

15%

13%

Cancer Survivor

No Cancer Diagnosis

Cancer Survivorship

Vermont Department of Health Source: BRFSS 2018 and 2019

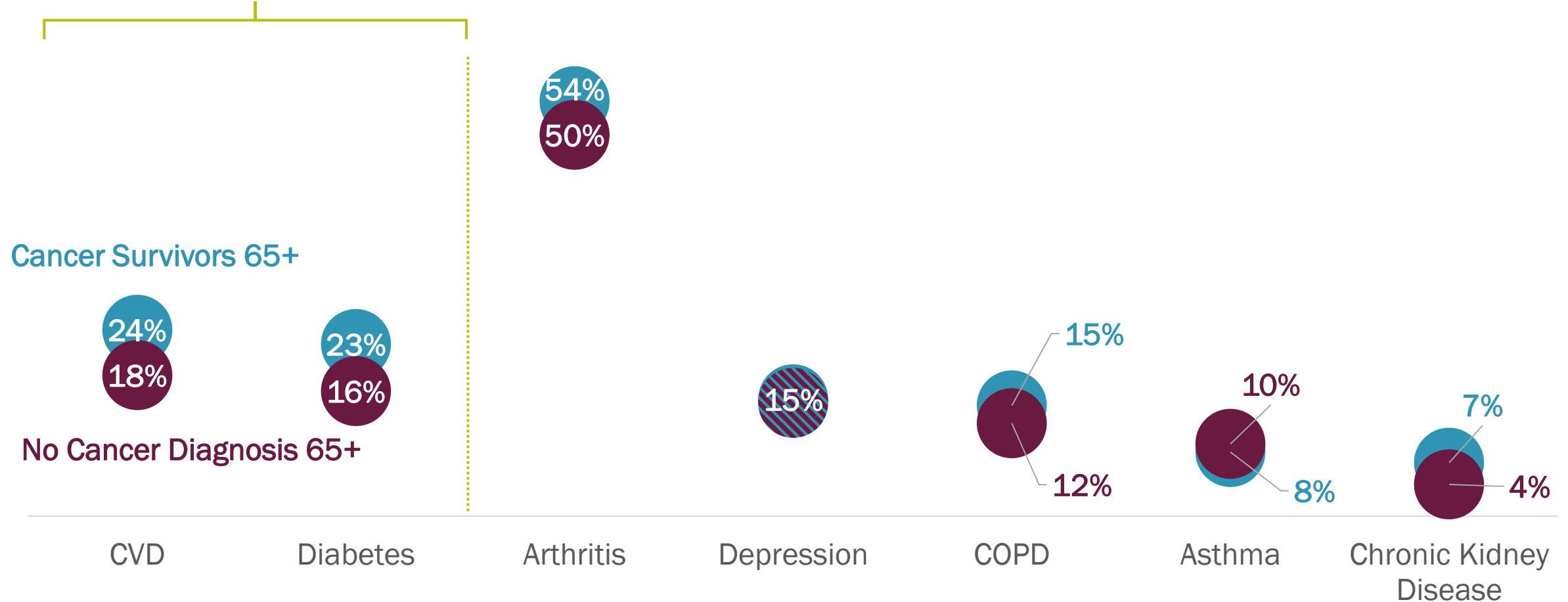*Indicates significant difference between groups.

Cancer survivors are more likely to report arthritis, cardiovascular disease, diabetes, COPD and chronic kidney disease than those with no cancer diagnosis.

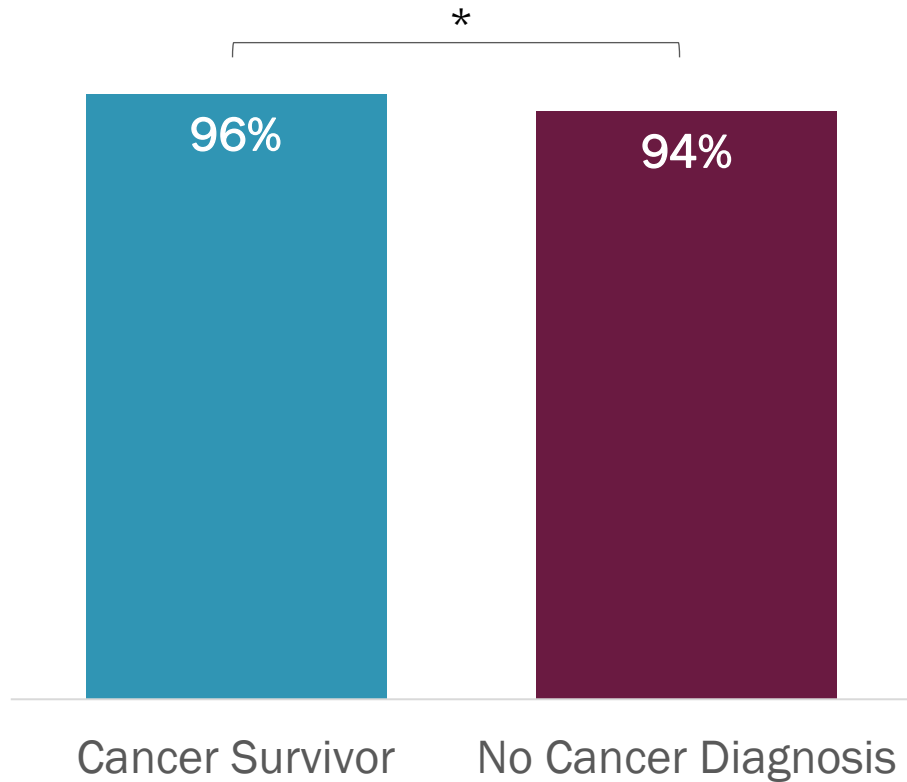Significant difference between cancer survivors and individuals with no cancer diagnosis

49% Cancer survivors

26% No Cancer Diagnosis

19%

18%

14%

23%

22%

7%

8%

6%

6%

2%

12%

12%

Arthritis

CVD

Diabetes

COPD

Chronic Kidney Disease

Depression

Asthma

Cancer Survivorship

Vermont Department of Health Source: BRFSS 2018 and 2019

CVD: Cardiovascular Disease; COPD: Chronic Obstructive Pulmonary Disease

When comparing Vermonters 65+ , cancer survivors are more likely to report cardiovascular disease and diabetes than those with no cancer diagnosis.

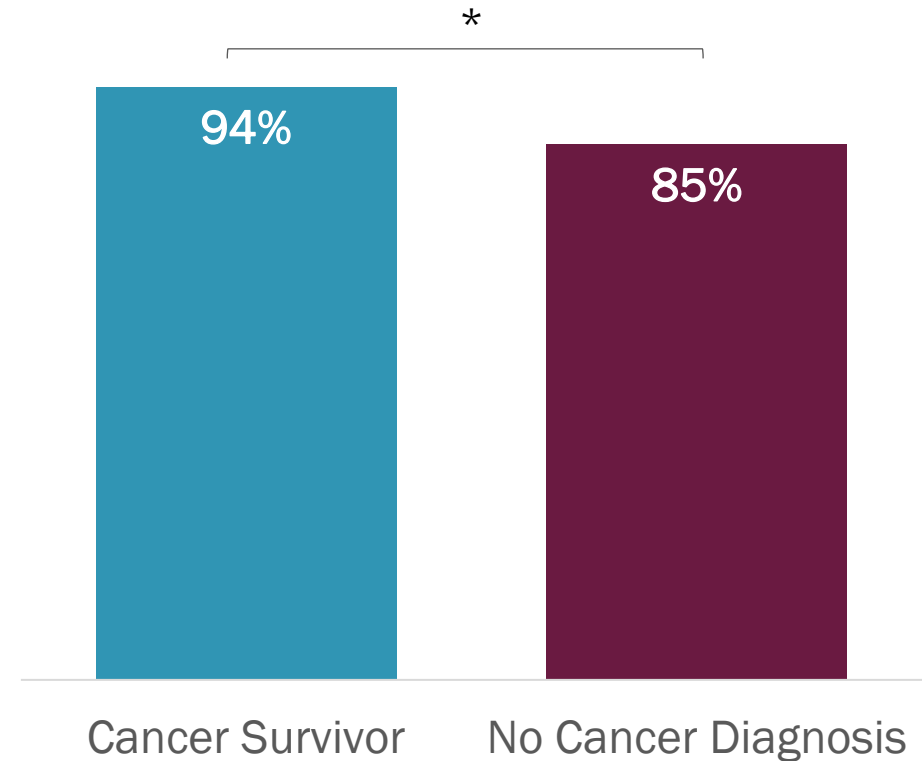Significant difference between cancer survivors and individuals with no cancer diagnosis

Cancer Survivors 65+

No Cancer Diagnosis 65+

CVD: 24% / 18%
Diabetes: 23% / 16%
Arthritis: 54% / 50%
Depression: 15%
COPD: 15% / 12%
Asthma: 10% / 8%
Chronic Kidney Disease: 7% / 4%

CVD   Diabetes   Arthritis   Depression   COPD   Asthma   Chronic Kidney Disease

Cancer Survivorship

CVD: Cardiovascular Disease; COPD: Chronic Obstructive Pulmonary Disease

Cancer survivors are more likely to access health systems than those never diagnosed with cancer.

Cancer survivors are more likely to have <u>health coverage</u> than **those never diagnosed with cancer.**

Cancer survivors are more likely to have a <u>primary care provider</u> than **those never diagnosed with cancer.**
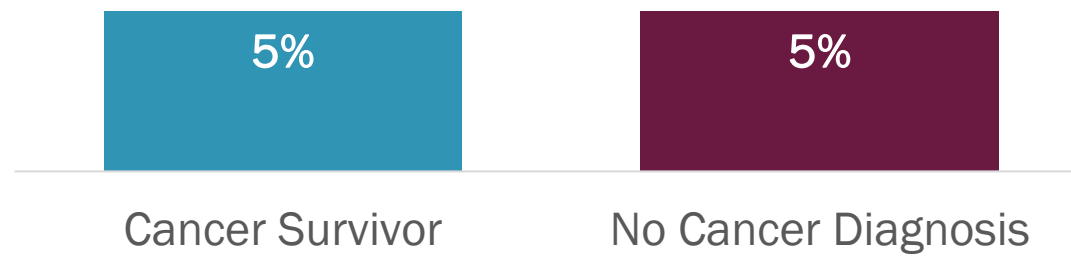

Vermont Department of Health Source: BRFSS 2018 and 2019

*Indicates significant difference between groups.

Cancer Survivorship

# Survivors and those with no cancer diagnosis report not having enough food in the past month at the same rate.

5%	**5%**
Cancer Survivor	No Cancer Diagnosis

Cancer Survivorship

Prevention

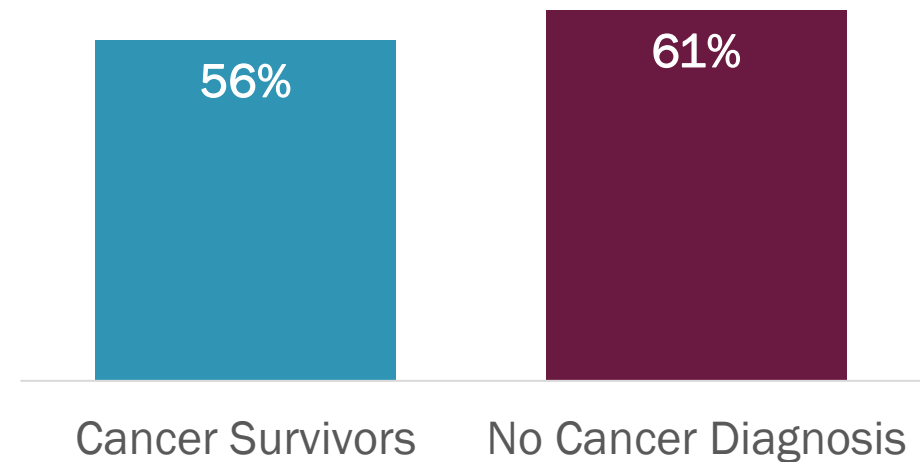**Cancer survivors** eat 5 or more servings of fruits and vegetables at a <u>similar rate</u> as those never diagnosed with cancer.

Cancer survivors meet physical activity recommendations at a <u>similar rate</u> as those never diagnosed with cancer

33% — Cancer Survivors
26% — No Cancer Diagnosis

56% — Cancer Survivors
61% — No Cancer Diagnosis
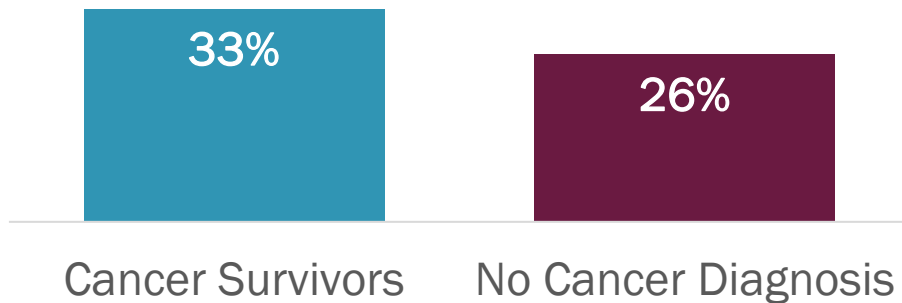
Vermont Department of Health Source: BRFSS 2017 and 2019

All estimates are age adjusted to the 2000 U.S. standard population

Cancer Survivorship

Risk Factors

Cancer survivors **drink heavily** at a <u>similar rate</u> as **those never diagnosed with cancer**.

Cancer survivors and **those never diagnosed with cancer** **have obesity** at a <u>similar rate</u>.

Cancer Survivor 7%
No Cancer Diagnosis 9%

Cancer Survivor 30%
No Cancer Diagnosis 28%

Vermont Department of Health Source: BRFSS 2018 and 2019

All estimates are age adjusted to the 2000 U.S. standard population
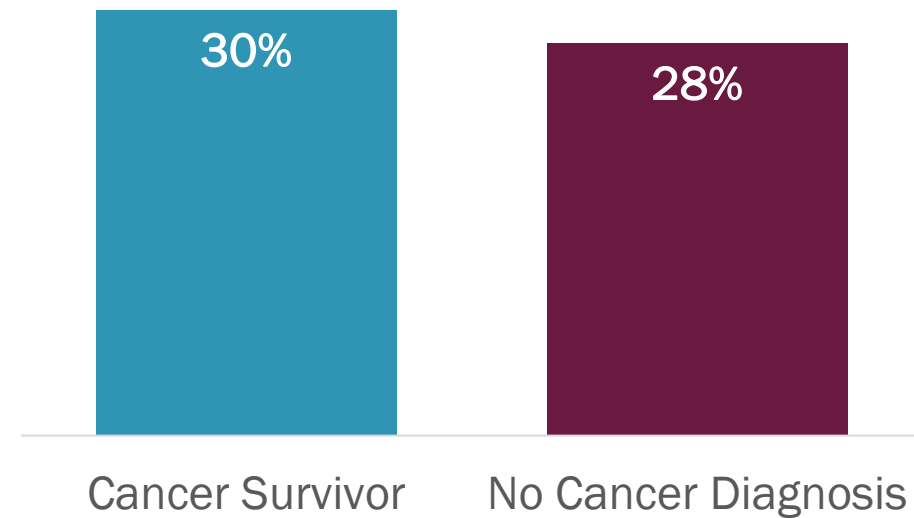
Cancer Survivorship

Tobacco Use

Cancer survivors **smoke** at a <u>similar rate</u> as those never diagnosed with cancer.
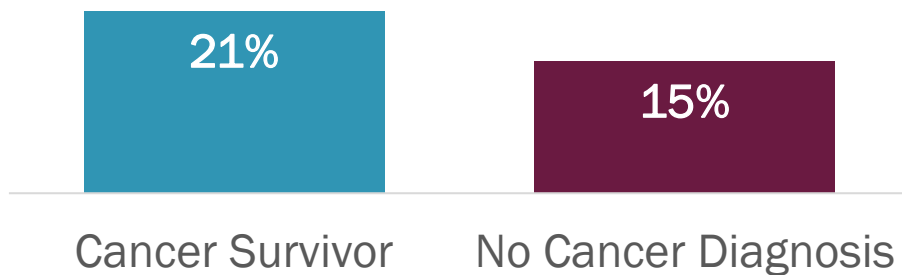
Cancer survivors and **those never diagnosed with cancer** who smoke **make quit attempts** at a <u>similar rate</u>.

21%

Cancer Survivor

15%

No Cancer Diagnosis

52%

Cancer Survivor

54%

No Cancer Diagnosis

Cancer Survivorship
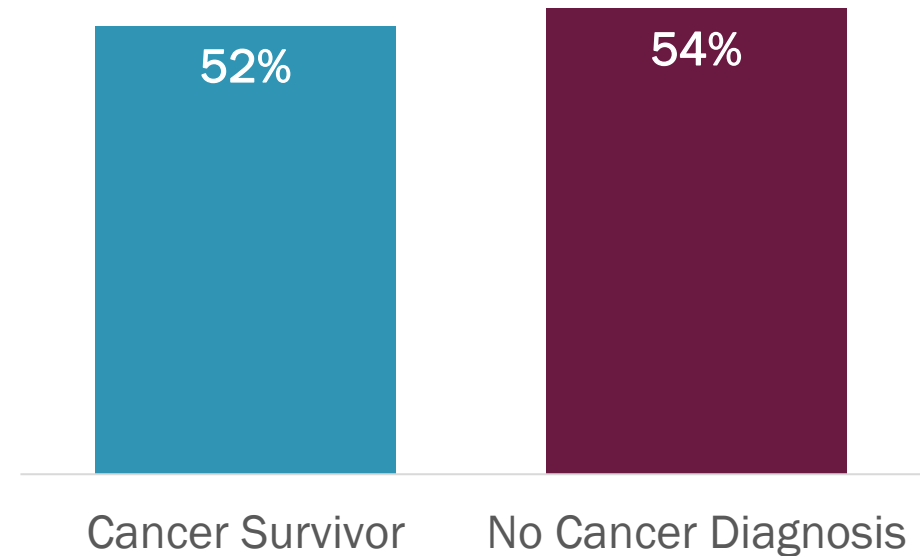
All estimates are age adjusted to the 2000 U.S. standard population

Data Notes

Behavioral Risk Factor Surveillance System (BRFSS): Vermont tracks risk behaviors using this telephone survey of adults. The results are used to plan, support, and evaluate health promotion and disease prevention programs. Vermont, along with the 49 other states and three territories, has participated in the BRFSS with the Centers for Disease Control and Prevention (CDC) since 1990. An adult (18 or older) in the household is asked a uniform set of questions. The results are weighted to represent the adult population of the state.

Age Adjustment: Many measures throughout this document are age adjusted. Age adjustment eliminates variation that results from differences in a populations' age distributions. Measures from BRFSS are adjusted for age only if they are Healthy Vermonters 2020 goals. Age adjustment groupings come from those determined by Healthy People 2020.

Cancer Survivorship