

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

	2003 Baseline	2008 Data	2010 Goal
Reduce prevalence of smoking in past month among youth in grades 8-12	20%	(2007) 16%	16%
Reduce prevalence of adult smoking	(2004) 20%	17%	12%
Increase the percentage of Vermont smokers with children who prohibit smoking in their homes	(2004) 58%	66%	65%
Halt the increase in the percentage of Vermonters who are over a Body Mass Index of 30 (ages 20+)	20%	24%	22%
Increase the percentage of adults who consume at least 3 daily servings of vegetables	31%	(2007) 32%	51%
Increase the percentage of adults who consume at least 2 daily servings of fruits	41%	(2007) 38%	54%
Reduce the prevalence of overweight Vermont youth ( $\geq 95^{\text{th}}$ percentile of BMI) (grades 8-12)	11%	(2007) 12%	9%
Increase the percentage of youth in grades 8-12 who consume at least 3 daily servings of vegetables	16%	(2007) 16%	18%
Increase the percentage of youth in grades 8-12 who consume at least 2 daily servings of fruit	40%	(2007) 35%	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) 58%	63%
Increase the percentage of adolescents who participate in 60 minutes of physical activity every day*	(2007) 26%	(2007) 26%	30%
Continue to increase the percentage of Vermont households tested for radon gas	(2004) 22%	(2004) 22%	20%
Reduce the percentage of Vermont adults reporting sunburns in the past 12 months	(2004) 45%	(2004) 45%	40%
Increase the percentage of adults age 18+ who follow protective measures that may reduce the risk of skin cancer	(2006) 74%	(2006) 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) 41%	(2006) 41%	45%
Reduce the percentage of youth who have used a tanning booth or sun lamp in the past 12 months	(2006) 15%	(2006) 15%	7%
Increase the percentage of Vermont mothers who report ever breastfeeding	(2004) 66%	(2005) 67%	75%

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

	2003 Baseline	2008 Data	2010 Goal
Increase the percentage of Vermonters aged 50+ receiving the recommended colorectal cancer screening tests**	(2007) 68%	66%	75%
Increase screening among people 50+ at high risk for colon cancer due to family or personal medical history of colorectal cancer	(2007) 78%	(2007) 78%	86%
Increase the percentage of patients referred for colon cancer screening	(2006) 83%	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)	(2004) 73.1	(2005) 66.5	65.8
Increase the percentage of women age 40 and over getting a mammogram within the past 2 years	(2004) 75%	80%	85%
Reduce the rate of breast cancer diagnosed at an advanced stage among women age 40 and over (rate per 100,000)	(2004) 90.2	(2005) 82.1	81.2
Increase the percentage of women (age 18+) who have had a Pap test in the past 3 years	(2004) 84%	82%	90%
Reduce the rate of cervical cancer diagnosed at an advanced stage among women age 20 and over (rate per 100,000)	(2004) 5.2	(2005) 2.9	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 Baseline	2008 Data	2010 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 Vermonters who used the American Cancer Society's Road to Recovery program to obtain their cancer treatment	(2005) 536	(2007) 560	600
Increase the number of Vermonters enrolled in clinical trials, as measured by participants in studies at the Vermont Cancer Center	(2005) 105	(2005) 105	135
Increase the percentage of Vermonters covered by insurance for all or part of the year	(2004) 85%	89%	100%

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

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

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

	2003 Baseline	2008 Data	2010 Goal
Improve Vermont's grade on the Pain Policy Report Card	C+	(2007) 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) 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.

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# Vermont Cancer Plan Status Report

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