Vermont State Cancer Plan 2008 Activities Report

PREVENTING FUTURE CANCERS

Tobacco cessation programs for youth and adults & reducing second hand smoke exposure

The Vermont Department of Health (VDH) Tobacco Control Program has implemented a six-prong comprehensive approach to reduce tobacco use in Vermont. These include 1) twenty tobacco-free community coalitions, 2) over 280 school-based tobacco use prevention programs, 3) The Vermont Quit Network which includes hospital-based cessation services, a toll-free telephone "Quitline" and a web-based Quit Network, 4) use of media for public education, 5) enforcement of laws banning tobacco sales to minors, and 6) program evaluation. For more information, please visit http://healthvermont.gov/prevent/tobacco/index.aspx

Obesity control and fruits and vegetable consumption

The VDH Fit and Healthy Vermonters obesity prevention program continued implementing components of the state plan for nutrition and physical activity. Several target areas have been identified that engage communities, build collaborations, develop plans and carry out the goals of the program. Supporting these activities is the "Eat for Health" web site. For more information, please visit http://healthvermont.gov/eatforhealth/index.aspx

Physical activity for youth and adults

Collaborations between Vermont's Departments of Health and Education, the Agency of Transportation and the Governor's Council on Physical Fitness and Sport has promoted an increase in moderate physical activity in both adults and adolescents. These collaborations include the Governor's Spring and Fall Daylight Savings Challenges, Girls on Track, SPARK (Sports, Play and Active Recreation for Kids) and the Safe Routes to School (SR2S) Program. Also included are the VDH "Get Moving Vermont" and "Fit & Healthy Kids" physical activity programs. For more information, please visit http://healthvermont.gov/fitandhealthy.aspx

Radon detection

The VDH Comprehensive Cancer Control and Radon programs continue to work together with the Environmental Protection Agency to promote free residential radon detection kits in areas where radon testing rates are lowest. Once again, free radon kits were promoted in Northeastern and Southwestern Vermont. For more information, please visit http://healthvermont.gov/enviro/rad/Radon.aspx

Sun protection promotion

The American Cancer Society (ACS) has taken the lead in providing information on promoting sun protection for adults and children. The VDH Comprehensive Cancer Control program supports these efforts by providing educational and promotional materials. For more information, please visit http://www.cancer.org/docroot/PED/ped_7.asp or http://www.cdc.gov/cancer/skin/

Breastfeeding promotion

The VDH promotes breastfeeding through its District Offices, WIC program, and the La Leche League. Vermont is one of eight states to meet the Healthy People 2010 Objectives for breastfeeding. Vermont's private, not-for-profit home health agencies and Visiting Nurse Associations work in collaboration with VDH through the Healthy Babies, Kids & Families Program to provide comprehensive education and support to new families. This past year the Breast Feeding Friendly Employer project was introduced. For more information, please visit http://healthvermont.gov/family/breastfeed/resources.aspx

DETECTING NEW CANCERS EARLY

Breast cancer screening

The VDH Ladies First Program continues to reach out to low-income, under-insured women across Vermont through collaborations with clinical providers, free clinics and others. A VTAAC pilot project in the Burlington area screened non-English speaking refugee and immigrant women for cancers of the breast and cervix, from 10 cultural groups. For more information, please visit http://healthvermont.gov/prevent/ladies_first.aspx

Cervical cancer screening

The VTAAC Cervical Cancer Work Group continues to develop and prioritize strategies related to HPV vaccinations for young women and cervical cancer screening for women of all ages. State funding was secured to allow the VDH to provide free HPV vaccinations to females age 12-18. VTAAC partner, the Hicks' Foundation sponsored free screening days in 2008 in two communities. For more information, please visit http://www.freepap.org

Colorectal cancer screening

The VTAAC Colon Cancer Work Group evaluated the results of the collaboration with the state's health insurers to encourage healthcare providers and insured Vermonters over age 50 to talk about colorectal cancer screening. This collaborative effort has led to increase in the number of Vermonters getting screened. The Vermont Department of Health Cancer Control and Tobacco Control programs provided funds to the SCORE Health Program at worksites in Chittenden, Franklin, Rutland and Caledonia counties to promote doctor visits for cancer screening including colon cancer. For more information, please visit http://www.cdc.gov/cancer/colorectal

Prostate cancer screening/informed decision making

Prostate cancer survivors and health care providers met at the 2008 Annual Meeting to discuss issues of importance. Follow up visits have been made to Prostate cancer survivor groups to assess the need for a workgroup. For more information, please visit http://www.cancer.net/patient/cancer+types/prostate+cancer

INCREASING ACCESS TO OPTIMUM CANCER TREATMENT

Multi-modality treatment assessment

To be addressed in 2009 and 2010, by comparing data from several Vermont cancer centers.

Transportation service usage

ACS continues to recruit volunteers for its "Road to Recovery" program, which links volunteer drivers to patients needing rides to treatment. For more information, please visit http://www.cancer.org/docroot/ESN/content/ESN_3_1x_Road_to_Recovery.asp

Clinical trials participation

To be addressed in 2009. For more information, please visit http://www.cancer.gov/clinicaltrials

Insurance coverage

The ACS and several VTAAC partners continued working on barriers to access to the Catamount Health Plan. In 2008 the pre-existing conditions requirement was waived for a short period of time, allowing cancer survivors to sign up for coverage. For more information, please visit http://www.greenmountaincare.org/

IMPROVING QUALITY OF LIFE FOR CANCER SURVIVORS

Survivorship

VTAAC affiliate, the Vermont Cancer Survivor Network (VCSN), continued their pilot of a peer-to-peer support program "Kindred Connections" which connects cancer patients with others who have had similar experiences in Washington and Orleans Counties. VCSN and VTAAC partners presented five National Cancer Survivor's Day celebrations. In addition, the ACS, the Cancer Patient Support Program, the Rutland Community Cancer Center and other VTAAC partners promoted and provided support services across Vermont. For more information, please visit http://www.vcsn.net

Pain management, Hospice and palliative care availability

ACS and several VTAAC partners continued working to revise state policies, resulting in Vermont maintaining a "Pain Report Card" grade of B+. For more information, please visit http://aspi.wisc.edu/advocacy.htm

Advance directives

In 2006, the Vermont Department of Health launched a statewide electronic Advance Directives Registry. VTAAC and the Vermont Ethics Network are promoting use of this on-line service. To date, over 3,000 Vermonters have registered for this free service. For more information, please visit http://healthvermont.gov/vadr/index.aspx

COALITION STRUCTURE AND PROMOTION

Infrastructure

Guiding Principles and VTAAC organizational chart were updated. Additional committees were formed to address resources and the annual meeting.

Promoting VTAAC and the State Cancer Plan

VTAAC staff presented information at several cancer-related programs and conferences across the state in 2008. Outreach priorities include reaching out to the six American College of Surgeons (ACoS) Commission on Cancer certified centers in Vermont to further promote the coalition, the State Cancer Plan, and various cancer control activities.

The Vermont State Cancer Plan

The VDH issued a Status Reports on our progress toward our 2010 objectives in August. VTAAC published its second Annual Activities Report in March. VTAAC also held its second Annual Meeting in March. For more information, please visit http://healthvermont.gov/pubs/cancerpubs/state_cancer_plan.aspx

ACTIVITIES PLANNED FOR 2009

Prevention

VDH Programs to continue activities in tobacco control, obesity control, fitness promotion, radon detection, sun protection and promotion of breastfeeding; including policy, media, community and individual level interventions. The VDH Comprehensive Cancer Control program will provide support for several of these initiatives this year.

Breast Cancer

VTAAC to work with partners to increase access to screening for low-income and minority women and convene a workgroup of breast cancer advocates in preparation for the next State Cancer Plan.

Cervical Cancer

VTAAC Work Group to assess HPV vaccination program efforts in Vermont. Strategize and prioritize plans to share information on the importance of screening for all women and vaccination for girls and young women and work with partners to increase access to screening for low-income, minority, and older Vermont women.

Colorectal Cancer

VTAAC Work Group to continue developing strategies to increase access to screening for under-insured Vermonters.

Prostate Cancer

VTAAC to continue to explore interest in starting a work group to address informed decision-making about screening and to prepare for the next State Cancer Plan.

Survivorship

Vermont Cancer Survivor Network to assess peer support pilot program and develop plan to expand support programs in Vermont. VTAAC to work with partners to develop strategies for increasing access to information for cancer survivors.

Clinical Trials

VTAAC to create Work Group to strategize and prioritize ways to increase participation in clinical trials among cancer patients in Vermont.

Insurance

VTAAC to continue working with partners to improve Vermonters access to quality health care.

Sun Protection

VTAAC to continue working with partners to institute sun protection programs in Vermont communities.

Pain Management & Palliative Care

VTAAC to work with partners to promote effective pain management for all cancer patients.

Partner Recruitment

VTAAC will develop a recruitment plan and work with partners to reach membership goals for geographic representation.

Promote Plan

VTAAC and VDH staff to continue working with partners to promote cancer plan and activities.

Evaluate Plan

VTAAC Steering Committee to start process of evaluating Plan and progress.

Partnership

VTAAC to begin the process of creating the 2011-2015 Vermont State Cancer Plan, for publication prior to January 2011.

ACTIVITIES PLANNED FOR 2010 & 2011

- **Continue to expand partnerships**
- **Evaluate progress toward goals of the State Cancer Plan 2006-10**
- **Create, write and publish Vermont State Cancer Plan 2011-2015**
- **Plan for implementation of new plan**

VERMONTERS ARE TAKING ACTION AGAINST CANCER!

To find out what actions you can take:

Call: David Cranmer, VTAAC coordinator, at 802-872-6303

Email: david.cranmer@cancer.org

Click: www.vtaac.org or www.vermonthealth.gov/cancer