



*Cancer is the
leading cause of
death and accounts
for one in four deaths
in New Hampshire**

OBJECTIVES

NEW HAMPSHIRE COMPREHENSIVE CANCER CONTROL PLAN 2015-2020

The New Hampshire Comprehensive Cancer Collaboration (NH CCC) is a partnership of individuals and organizations working together to eliminate cancer, the leading cause of death in the state. The vision of the NH CCC is for cancer incidence, morbidity, and mortality to be significantly reduced or completely eliminated and for the people of New Hampshire to enjoy a healthy quality of life.

Complete Plan Available Online

The *New Hampshire Comprehensive Cancer Control Plan 2015-2020* is intended to be a living plan that may change over time and will be kept updated online at: www.NHCancerPlan.org

Contact Us

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Goal 1: Foster communities and systems that support and reinforce healthy lifestyles.

There is ongoing research that confirms the link between health status and where people live. Poverty, access to healthy food, opportunities for physical activity, access to healthcare, transportation, child care, employment, and receiving information in a person's own language, all impact how much influence a person has on their own health. Communities that support and reinforce healthy lifestyles will have better health outcomes for their community members. The NH CCC will focus efforts on making change through public policy as well as community and organizational systems change.

TOBACCO

- Objective 1:** Increase direct funding for statewide comprehensive tobacco prevention and control services to the CDC recommended level.
- Objective 2:** Decrease the percentage of NH adolescents who report tobacco use in the past 30 days.
- Objective 3:** Decrease the percentage of NH adults who report currently smoking cigarettes.
- Objective 4:** Reduce the percentage of NH children and adults who report being exposed to secondhand smoke.
- Objective 5:** (Developmental) Increase the percentage of health care centers that report having a system in place to assist smokers with tobacco treatment.

OBESITY

- Objective 6:** (Developmental) Increase synergistic and targeted work with Healthy Eating Active Living (HEAL) NH in HEAL defined Communities of Need to prevent cancer.

HUMAN PAPILLOMAVIRUS (HPV) VACCINE

- Objective 7:** Increase the percentage of NH youth who complete the recommended HPV vaccination series.

BREASTFEEDING

- Objective 8:** Increase the percentage of NH low income women who initiate and continue breastfeeding.

SUN SAFETY

- Objective 9:** Reduce the percentage of NH teens who report indoor tanning.
- Objective 10:** (Developmental) Increase the percentage of NH worksites, schools, municipalities and recreational programs that have sun safety policies.

Goal 2: Prevent and detect cancer at its earliest stage.

Screening at appropriate intervals can help to prevent and detect some types of cancer (e.g., breast, cervical, colorectal and lung) before they cause symptoms. Finding cancer at the earliest stage allows doctors to provide the most effective treatment, which should lead to reduced cancer morbidity and mortality. Despite increased access to health insurance and coverage for preventive screenings, disparities remain in screening rates among NH residents. In order to ensure health equity the NH CCC is focused on improving health systems to support these services, navigate patients and improve community-clinical linkages.

- Objective 1:** Increase percentage of NH adults who receive screening for colorectal, cervical, and breast cancer based on the most recent US Preventive Services Task Force (USPSTF) guidelines, with an emphasis on populations experiencing disparities.
- Objective 2:** (Developmental) Increase access to informed and shared decision making for cancer screenings.

Goal 3: Optimize quality of life for those affected by cancer.

Improving the health and well-being of cancer patients, their families and caregivers begins at the time of diagnosis and continues across the natural trajectory of the disease. Work on this goal will focus on improving access to high quality health services through policy, system and environmental strategies that promote access to comprehensive and cutting-edge treatment. Strategies will need to be data-driven and may require considerable efforts to identify and utilize existing data, develop new data and identify disparities.

- Objective 1:** (Developmental) Improve access to quality; diagnostic and treatment services, clinical trial / research, and palliative care.
 - Objective 2:** (Developmental) Increase availability and access to systems that provide relevant, evidence based and / or recommended survivorship programs and services designed to improve quality of life.
 - Objective 3:** (Developmental) Increase access to quality end of life care.
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