



Cancer is the state's leading cause of death with approximately 2,600 deaths annually.*

OBJECTIVES

NEW HAMPSHIRE COMPREHENSIVE CANCER CONTROL PLAN 2010–2014

The New Hampshire Comprehensive Cancer Collaboration (NH CCC), a dedicated group of more than 200 individuals and community partners, has identified 33 objectives to reduce the burden of cancer statewide.

The NH CCC work groups are engaged in activities to implement the objectives that are described in detail in the *New Hampshire Comprehensive Cancer Control Plan 2010–2014*.

Complete Plan Available Online

The *New Hampshire Comprehensive Cancer Control Plan 2010–2014* provides detailed information about each of these objectives, including baseline data and specific achievement strategies. You can view the complete plan online at www.NHCancerPlan.org.

How You Can Help

Share your knowledge and expertise by joining a work group to help achieve these objectives. Contact us at:

NH CCC
c/o Foundation for
Healthy Communities
125 Airport Road
Concord, NH 03301
603-225-0900
603-225-4346 fax
info@NHCancerPlan.org
www.NHCancerPlan.org

*Centers for Disease Control and Prevention (CDC)/National Center for Health Statistics (NCHS). *National Vital Statistics System, National Vital Statistics Reports, Vol. 57, No. 14*. April, 17, 2009.

Primary Prevention

1. Decrease the percent of New Hampshire high school youth who report first using cigarettes before the age of 13 to 8.5%.
2. Decrease the percent of New Hampshire adults who report currently smoking cigarettes to 14%, using smokeless tobacco to 1.5%, and smoking cigars to 4%.
3. Increase the percent of adults in New Hampshire who report they are free from exposure to secondhand smoke in the workplace to 100%, in the home to 85%, and in the car to 85%.
4. Increase the percent of high school youth in New Hampshire who report they are free from exposure to secondhand smoke indoors to 75% and in a car to 100%.
5. Reduce the average annual increase in prevalence of overweight and obese adults to 0%.
6. Reduce the average biennial increase in the percent of overweight and obese youth to 0%.
7. Increase the percent of adults who report regularly engaging in moderate or vigorous physical activity to 57% and 33%, respectively.
8. Increase the percent of youth who report being physically active at least 60 minutes per day on five or more of the past seven days to 49%.
9. Reduce the percent of youth who report watching three or more hours of television per day to 23%.
10. Increase the percent of adults who report eating fruits and vegetables five or more times per day to 30%.
11. Increase the percent of youth who report eating fruits and vegetables five or more times per day to 24%.
12. Reduce the percent of youth who report drinking a sugar-sweetened beverage one or more times a day to 22%.
13. Increase the percent of mothers who report exclusively breastfeeding their infants at three months and at six months to 40% and 17%, respectively.
14. Reduce the percent of adults who report having had a sunburn in the past year to 38%.
15. Promote the strengthening of state regulations concerning youth and indoor tanning facilities.
16. Promote state-of-the-art diagnostic procedures for melanoma to New Hampshire healthcare providers.

Prevention and Early Detection

17. Increase the percent of adults age 50 and older who report being screened for colorectal cancer to 80%.
18. Decrease the percent of distant and regional staged colorectal cancer to 35%.
19. Increase the percent of women age 40 and older in the lowest income and education levels who currently report receiving recommended breast cancer screenings to 68% and 69%, respectively.
20. Increase the percent of women between the ages of 18 and 69 who report having had a Pap test in the previous three years to 91.1%.
21. Increase the percent of women at the lowest income and education levels who report having had a Pap test in the previous three years.
22. Increase the number of men age 40 and older who report having discussed prostate cancer screening with their healthcare providers (in other words, those who have made an informed decision about the screening) to 73%.

Treatment and Survivorship

23. Disseminate information about existing and evolving survivorship resources to 50% of targeted New Hampshire healthcare providers and a majority of survivors.
24. Increase the use of survivorship care plans by 50% among providers working with cancer survivors.
25. Disseminate consumer-oriented, clinical-trial information to the general public.
26. Increase provider awareness of clinical trials.

Palliation

27. Increase the participation of hospitals providing palliative-care services to cancer survivors to 90%.
28. Establish a baseline of how cancer survivors access information about palliative care.
29. Increase the proportion of New Hampshire cancer-care settings that have adopted evidence-based assessment and symptom management by a minimum of 5%.

Emerging Issues

30. Identify four emerging issues within the continuum of cancer annually.
31. Develop materials for each emerging issue to translate the information and make it accessible to targeted audiences.
32. Each quarter, disseminate the information about one issue to targeted audiences.
33. Monitor the identified emerging issues until scientific consensus is reached.



New Hampshire
COMPREHENSIVE
CANCER
COLLABORATION