

The Vermont Department of Health and Vermonters Taking Action Against Cancer (VTAAC) gratefully acknowledge the contributions of time, energy, and expertise provided by many individuals and organizations to create and implement the Vermont State Cancer Plan, including:

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Vermont Center for Cancer Medicine  
Vermont Department of Health  
Vermont Department of Aging & Independent Living

**Together, we are Taking Action Against Cancer in Vermont!**  
**You can Take Action Against Cancer in the following ways:**

Avoid smoking, especially around children  
Support smoke-free environments  
Eat more fruits and vegetables every day  
Get more physical exercise every day  
Volunteer to support cancer survivors in your community  
Talk to your health care provider about appropriate cancer screening  
Learn more about clinical trials and end-of-life health care planning  
Encourage your patients and employees to exercise & eat healthy  
Get involved with a VTAAC work group!  
**Find out more at [vtaac.org](http://vtaac.org)**

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# VERMONT STATE CANCER PLAN

Cancer affects everyone in some way. Either we have had it ourselves or we know someone who has. Each year in Vermont, more than 3,000 people are diagnosed with cancer and about 1,200 people die from cancer.

The five most common cancers diagnosed in men are prostate, lung, colon, bladder and melanoma. In women, the most commonly diagnosed cancers are breast, colon, lung, uterine and melanoma.

Every year there are victories in the battle against cancer: new treatments, new methods of screening and early detection, and more and more people are taking advantage of them. Many forms of cancer can be prevented and the prospect of surviving cancers that are detected early continues to improve.

Vermonters Taking Action Against Cancer (VTAAC) is a statewide coalition of more than 150 people-cancer survivors, advocates, public health and health care professionals, and other Vermonters-dedicated to reducing the impact of cancer for all Vermonters.

The Vermont Department of Health and Vermonters Taking Action Against Cancer are working together to raise awareness, to prevent cancer where possible, and to improve the prospects of surviving cancer for those who are diagnosed with it. The Vermont State Cancer Plan is summarized here.

Find out more about Vermonters Taking Action Against Cancer at: [vtaac.org](http://vtaac.org). You can request a copy of the State Cancer Plan by calling (802) 865-7706, or download it at the Vermont Department of Health website: [HealthVermont.gov/Cancer](http://HealthVermont.gov/Cancer).

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# VERMONT'S STRATEGIC PRIORITIES FOR ACTION:

**1 Prevent future cancers by reducing exposure to known risk factors.** Nearly two-thirds of cancer deaths in the U.S. can be linked with tobacco use, poor diet, obesity, and lack of physical activity.

- reduce tobacco use among all Vermonters
- increase the percentage of Vermonters with children that prohibit smoking in their homes
- halt the increase of obesity among all Vermonters
- increase daily fruit and vegetable consumption among all Vermonters
- increase regular, moderate physical activity among all Vermonters
- increase number of Vermont homes tested for radon gas
- increase use of sun protection methods by all Vermonters
- increase breastfeeding rates among Vermont mothers

**2 Detect new cancers as early as possible through appropriate screening.** Identifying cancer early greatly increases effectiveness of treatment and likelihood of survival.

- increase colon cancer screening among Vermonters ages 50+
- increase breast cancer screening among women ages 40+
- increase cervical cancer screening among women age 18+
- reduce percentage of colon, breast and cervical cancers found at an advanced stage
- promote informed decision making about prostate cancer screening among Vermont men ages 50+

**3 Increase access to optimal cancer treatment and follow-up care.** Effective treatment includes medical, surgical, and radiological interventions as well as approaches that support a patient's physical, nutritional and emotional needs.

- reduce financial, geographic and cultural barriers to appropriate cancer treatments
- increase referrals for multi-modality treatment assessment
- increase use of transportation services to access cancer treatment
- increase participation in clinical trials
- increase the percentage of Vermonters covered by health insurance

**4 Improve the quality of life for people living with, through and beyond cancer.** Emotional support, on-going health maintenance, and social connections can greatly improve quality of life for cancer survivors.

- improve emotional & psychological support for cancer survivors
- improve the general health of cancer survivors

**5 Improve end-of-life care for cancer patients.** Options for pain management, palliative care and hospice services are part of the full spectrum of care for people diagnosed with cancer, yet many people do not have the opportunity to take advantage of these services.

- improve Vermont's Pain Policy Grade to an "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 using the electronic Advanced Directives Registry

## Websites with more information about cancer:

[vtaac.org](http://vtaac.org) (Vermonters Taking Action Against Cancer)  
[healthvermont.gov/Cancer](http://healthvermont.gov/Cancer) (Vermont Department of Health)  
[vcsn.net](http://vcsn.net) (Vermont Cancer Survivors Network)  
[vermontcancer.org](http://vermontcancer.org) (Vermont Cancer Center of UVM / FAHC)  
[cancer.org](http://cancer.org) (American Cancer Society)  
[cancer.gov](http://cancer.gov) (National Cancer Institute)  
[www.cdc.gov/cancer](http://www.cdc.gov/cancer) (Centers for Disease Control and Prevention)

