

# Maine Cancer Plan 2021-2025 Metrics

Maine Cancer Plan 2021-2025 Performance Measures Progress			Baseline	Current	U.S. Compare	Progress	Target	Data Source
<b>GOAL 1: PREVENTION – Reduce Cancer Risk Through Evidence-Based Strategies</b>								
<b>Tobacco Objectives</b>								
1.1	Reduce the percentage of Maine youth that smoke cigarettes:	A. Middle school students	1.5% (1.2-1.7) 2019	1.4% (1.2-1.6) 2021	N/A	●	1.4%	MIYHS
		B. High school students	7.1% (6.6-7.5) 2019	5.5% (4.9-6.1) 2021	N/A	▲	6.4%	
1.2	Reduce the percentage of Maine youth that smoked cigarettes and/or cigars and/or used chewing tobacco, snuff, dip, dissolvable tobacco product or an electronic vaping product on one or more of the past 30 days:	A. Middle school students	7.6% (6.9-8.3) 2019	5.7% (4.8-6.5) 2021	N/A	▲	6.8%	MIYHS
		B. High school students	29.6% (28.4-30.8) 2019	18.6% (17.5-19.8) 2021	N/A	▲	26.6%	
1.3	Reduce the percentage of Maine youth that are exposed to environmental tobacco smoke:	A. Middle school students	22.1% (20.8-23.3) 2019	17.8% (16.5-19.0) 2021	N/A	▲	19.9%	MIYHS
		B. High school students	27.0% (25.4-28.6) 2019	19.6% (18.3-21.0) 2021	N/A	▲	24.3%	
1.4	Reduce the percentage of Maine adults that smoke cigarettes.		17.6% (16.4-18.8) 2019	15.6% (14.6-16.6) 2021	13.4% (13.2-13.7) 2021	●	15.8%	BRFSS
1.5	Reduce the percentage of Maine adults that report currently using any tobacco products (cigarettes, smokeless tobacco, e-cigarettes, or other tobacco products).		23.5% (21.2-25.8) 2015	24.7% (22.6-26.7) 2019	N/A	●	21.2%	BRFSS
1.6	Reduce the percentage of Maine adults that indicate that someone (including themselves) had smoked cigarettes, cigars or pipes anywhere inside their home in the past 30 days.		8.5% (7.2-9.8) 2017	9.6% (8.3-10.9) 2019	N/A	●	7.7%	BRFSS
<b>Symbol Key:</b> ▲ = Improving   ● = No statistically significant change   ◆ = Worsening Ninety-five percent confidence intervals are provided for most measures. If the 95 percent confidence intervals for two estimates overlapped, they were considered similar. If the confidence intervals did not overlap, the estimates were considered to be significantly different.								

### Performance Measures Table Definitions

Baseline – established using the most recent data available during development of the plan  
 BRFSS – Behavioral Risk Factor Surveillance System  
 CAPC Survey – Center to Advance Palliative Care  
 ImmPact – Maine Immunization Information System

MIYHS – Maine Integrated Youth Health Survey  
 MRP – Maine Radon Program  
 NSDUH – National Survey on Drug Use and Health  
 SEOW – State Epidemiological Outcomes Workgroup  
 USPSTF – U.S. Preventive Services Task Force



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<b>Obesity Objectives</b>								
1.7	Increase healthy eating and physical activity among Maine youth.							MIYHS
	A. Youth who consume 100% fruit juice, fruits, and/or vegetables five or more times a day:	1. Grade 5-6 students	46.6% (44.5-48.6) 2019	42.7% (39.6-45.7) 2021	N/A	●	51.3%	
		2. Middle school students	20.9% (19.9-21.8) 2019	18.1% (17.0-19.2) 2021	N/A	◆	23.0%	
		3. High school students	15.2% (14.3-16.0) 2019	13.6% (12.8-14.5) 2021	N/A	●	16.7%	
	B. Youth who are physically active for at least one hour per day:	1. Middle school students	25.5% (24.6-26.3) 2019	31.5% (30.1-32.9) 2021	N/A	▲	28.1%	
		2. High school students	20.9% (20.1-21.7) 2019	25.2% (24.1-26.3) 2021	N/A	▲	23.0%	
1.8	Increase healthy eating and physical activity among Maine adults.							BRFSS
	A. Adults who consume fruits or vegetables one or more times per day:	1. Fruits	63.9% (62.0-65.8) 2019	65.0% (63.7-66.3) 2021	60.2% (59.8-60.5) 2021	●	70.3%	
		2. Vegetables	87.1% (85.7-88.5) 2019	86.9% (85.9-87.9) 2021	79.3% (79.0-79.6) 2021	●	95.8%	
	B. Adults who participate in enough physical activity to meet guidelines.	20.1% (18.7-21.5) 2017	20.6% (18.9-22.2) 2019	22.8% (22.5-23.1) 2019	●	22.7%		
<b>Alcohol Objectives</b>								
1.9	Decrease past 30-day alcohol use in high school students.	22.9% (21.8-24.0) 2019	19.0% (17.8-20.2) 2021	N/A	▲	20.6%	MIYHS	
1.10	Decrease past 30-day alcohol use by 18-25 year-olds.	63.4% (59.2-67.4) 2017-2018	60.1% (55.8-64.2) 2018-2019	54.7 (53.9-55.5) 2018-2019	●	57.0%	SEOW NSDUH	
<b>Radon and Arsenic Objectives</b>								
1.11	Increase radon testing in:							BRFSS
	A. Owner-occupied structures.	35.3% (33.9-36.8) 2015-2016	30.3% (28.3-32.2) 2019	N/A	◆	38.8%		
	B. Non-seasonal residential rental properties.	32.5% (29.5-35.4) 2015-2016	This is no longer asked on the BRFSS. Updated data not available.			35.8%		
1.12	Increase the number of households that install a radon mitigation system when they receive a high radon test result.	2,281 2019	2,681 2021	N/A	▲	2,510	MRP	
1.13	Increase the proportion of private wells tested for arsenic.	55.5% (52.8-58.3) 2017	52.0% (49.1-54.8) 2019	N/A	●	65.0%	BRFSS	

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<b>GOAL 1: PREVENTION – Reduce Cancer Risk Through Evidence-Based Strategies continued</b>								
<b>HPV Objective</b>								
1.14	Increase the completion rate of HPV vaccination among male and female 13-year-olds.	44.8% December 2019	35.7% December 2021	N/A	◆	49.3%	ImmPact	
<b>Ultraviolet Radiation Objectives</b>								
1.15	Increase the proportion of youth that use a SPF of 15 or higher when outside for more than one hour on a sunny day:	A. Grade 5 & 6	48.5% (45.4-51.7) 2019	37.8% (35.6-40.0) 2021	N/A	◆	53.4%	MIYHS
		B. Middle school students	32.2% (30.0-34.4) 2019	24.6% (22.4-26.8) 2021	N/A	◆	35.5%	
		C. High school students	23.6% (22.0-25.1) 2019	15.8% (14.6-17.0) 2021	N/A	◆	26.0%	
1.16	Reduce the proportion of youth who use indoor tanning devices:	A. Middle school students	4.0% (3.3-4.7) 2019	2.5% (1.9-3.1) 2021	N/A	▲	2.0%	MIYHS
		B. High school students	8.1% (7.1-9.1) 2019	4.7% (4.0-5.3) 2021	N/A	▲	4.1%	
<b>GOAL 2: SCREENING - Increase evidence-based screening for all Mainers</b>								
<b>Breast Screening Objectives</b>								
2.1	Increase the percentage of Maine women ages 50-74 who had a mammogram in the past two years.	80.9% (78.6-82.9) 2018	82.6% (80.6-84.6) 2020	78.2% (77.5-78.9) 2020	●	81.5%	BRFSS	
2.2	Reduce the rate of new cases of female breast cancer diagnosed as late stage.	38.9 per 100,000 (36.4-41.5) 2016-2018	39.2 per 100,000 (36.8-41.8) 2017-2019	41.1 per 100,000 (40.9-41.2) 2017-2019	●	35.0 per 100,000	Maine Cancer Registry	
<b>Cervical Screening Objectives</b>								
2.3	Maintain the percentage of Maine women ages 21-65 years old who had a Pap test within the past 3 years.	81.9% (79.5-84.4) 2018	80.3% (77.9-82.7) 2020	78.0% (77.3-78.6) 2020	●	81.9%	BRFSS	
2.4	Rate of new cases of cervical cancer diagnosed as late stage is lower than (or does not exceed) current rate.	2.3 per 100,000 (1.7-3.0) 2016-2018	2.4 per 100,000 (1.7-3.1) 2017-2019	3.5 per 100,000 (3.5-3.6) 2017-2019	●	2.3 per 100,000	Maine Cancer Registry	
<b>Colorectal Screening Objectives</b>								
2.5	Increase colorectal cancer screening among eligible adults based on current U.S. Preventive Services Task Force guidelines (including stool-based test, colonoscopy, sigmoidoscopy, or CT colonography). <i>Note: USPSTF recommended screening test options increased between 2018 and 2020.</i>	75.8% (74.2-77.5) 2018	81.2% (79.7-82.7) 2020	71.8% (71.2-72.4) 2020	▲	83.4%	BRFSS	
2.6	Reduce the rate of new cases of colorectal cancer diagnosed as late stage.	20.4 per 100,000 (19.1-21.6) 2016-2018	20.8 per 100,000 (19.6-22.1) 2017-2019	21.9 per 100,000 (21.8-21.9) 2017-2019	●	18.4 per 100,000	Maine Cancer Registry	

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<b>GOAL 2: SCREENING-Increase evidence-based screening for all Mainers continued</b>								
<b>Lung Screening Objectives</b>								
2.7	Increase lung cancer screening among eligible adults based on current U.S. Preventive Services Task Force guidelines.	<b>11.8%</b> (7.7-15.9) 2017-2018	<b>17.6%</b> (14.8-20.5) 2019-2020	N/A	●	<b>25.0%</b>	BRFSS	
2.8	Increase the rate of shared decision making among adults who have received low dose CT screening.	<b>19.2%</b> (15.3-23.1) 2019	<b>24.5%</b> (19.8-29.4) 2021	N/A	●	<b>32.0%</b>	BRFSS	
2.9	Reduce the rate of new cases of late stage lung cancer.	<b>48.4</b> per 100,000 (46.6-50.2) 2016-2018	<b>46.6</b> per 100,000 (44.8-48.3) 2017-2019	<b>35.6</b> per 100,000 (35.5-35.7) 2017-2019	▲	<b>43.6</b> per 100,000	Maine Cancer Registry	
2.10	Reduce the proportion of late stage lung cancer.	<b>68.2%</b> (66.8-69.6) 2016-2018	<b>67.3%</b> (65.9-68.7) 2017-2019	<b>65.0%</b> (64.8-65.1) 2017-2019	▲	<b>61.4%</b>	Maine Cancer Registry	
<b>Prostate Screening Objectives</b>								
2.11	Increase evidence-based prostate specific antigen (PSA) screening: (Screening rates by age categories are determined by the USPSTF.)	A. Among men aged 40 to 54	<b>11.3%</b> (8.6-13.9) 2016	<b>9.8%</b> (6.2-13.5) 2020	N/A	●	**	BRFSS
		B. Among men aged 55-69	<b>37.3%</b> (33.9-40.8) 2016	<b>32.1%</b> (28.6-35.6) 2020	N/A	●	**	
		C. Among men over 70	<b>42.2%</b> (37.9-46.5) 2016	<b>40.3%</b> (36.5-44.3) 2020	N/A	●	**	
2.12	Reduce the rate of new cases of late stage prostate cancer.	<b>23.9</b> per 100,000 (22.2-25.9) 2016-2018	<b>25.8</b> per 100,000 (24.0-27.7) 2017-2019	<b>23.7</b> per 100,000 (23.6-23.8) 2017-2019	●	<b>21.5</b> per 100,000	Maine Cancer Registry	
<b>GOAL 3: TREATMENT - Increase timely, high-quality, and evidence-based cancer treatment for all Mainers</b>								
3.1	Establish a baseline and monitor the number of patients treated at Commission on Cancer accredited hospitals in Maine.	<b>83.3%</b> (85.0-86.4) 2019	<b>85.7%</b> (82.5-84.1) 2020	N/A	▲	**	Maine Cancer Registry	
3.2	Increase the percentage of Mainers that participate in clinical trials as part of cancer treatment.	<b>7.6%</b> (5.3-9.9) 2011-2012	<b>5.1%</b> (2.7-7.4) 2020	N/A	†	**	BRFSS	

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† Use caution when comparing data due to large gap in data collection years.

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<b>GOAL 4: SURVIVORSHIP - Improve the quality of life for cancer survivors in Maine</b>								
4.1	Increase the percentage of Maine cancer survivors who receive a holistic/comprehensive survivorship care plan which includes a treatment summary, surveillance, recommendations for health promotion, and risk reduction.	37.5% (32.1-43.0) 2011	36.2% (30.6-41.9) 2020	N/A	†	TBD	BRFSS	
Improve the following health outcomes for Maine cancer survivors:								
A. Reduce the percentage of survivors using tobacco.		15.1% (12.5-17.7) 2018	13.0% (10.5-15.5) 2021	12.0% (11.5-12.5) 2021	●	13.6%		
4.2	B. Increase the percentage of survivors who consume:	1. Fruits one or more times per day	69.5% (66.0-73.1) 2017	68.9% (66.2-71.6) 2021	63.2% (62.3-64.0) 2021	●		76.5%
		2. Vegetables one or more times per day	88.4% (86.0-90.9) 2017	86.9% (84.8-89.0) 2021	82.0% (81.3-82.8) 2021	●		97.2%
C. Increase the percentage of survivors who engage in physical activity.		20.8% (18.0-23.7) 2017	19.3% (16.8-21.9) 2019	23.2% (22.5-23.8) 2019	●	22.9%		
D. Reduce the percentage of survivors with poor mental health days (past month >13 days).		15.0% (12.4-17.6) 2018	12.8% (10.5-15.0) 2021	14.5% (13.9-15.1) 2021	●	13.5%		
E. Reduce the percentage of survivors who have poor physical health days (past month >13 days).		23.8% (20.8-27.1) 2018	19.7% (17.1-22.2) 2021	19.8% (19.1-20.5) 2021	●	21.5%		
<b>GOAL 5: PALLIATIVE CARE - Ensure all patients have comprehensive, high-quality palliative care throughout their cancer diagnosis and treatment</b>								
5.1	Increase utilization of palliative care services in Maine.	76.9 B Grade 2019	All New England states have an A grade except Maine.		**		<a href="#">CAPC Survey</a>	
<b>GOAL 6: END-OF-LIFE - Ensure timely, high quality end-of-life support for cancer patients</b>								
6.1	Increase awareness/utilization of quality hospice care in Maine.	No way to measure how many people in Maine are utilizing the www.medicare.gov site. In many rural areas there is not a choice. Will need to revise metric when the plan is updated.					<a href="#">Medicare Utilization Hospice Compare</a>	

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