

Maine has some of the highest cancer mortality and incidence rates in the nation. As the number of cancer survivors has grown, so has the emphasis on enhancing health and quality of life after cancer treatment. Caregivers, such as family members and friends, are also impacted by the survivorship experience.

Using data from the Behavioral Risk Factor Surveillance System across multiple years (2011 – 2016), this data brief provides a snapshot of cancer survivors in Maine – the prevalence, health, quality of life, and the challenges faced. While quantifying differences between genders, counties, age groups, etc., the data does not tell us why these differences exist.

CANCER IN MAINE

Cancer is the leading cause of death in Maine.

- Nearly **1 in 4** deaths in Maine are due to cancer.
- Every year, more than **8,000** Maine adults are diagnosed with cancer and more than **3,000** die from cancer.
- Among U.S. states, Maine has the **9th** highest rate of new cancer cases.

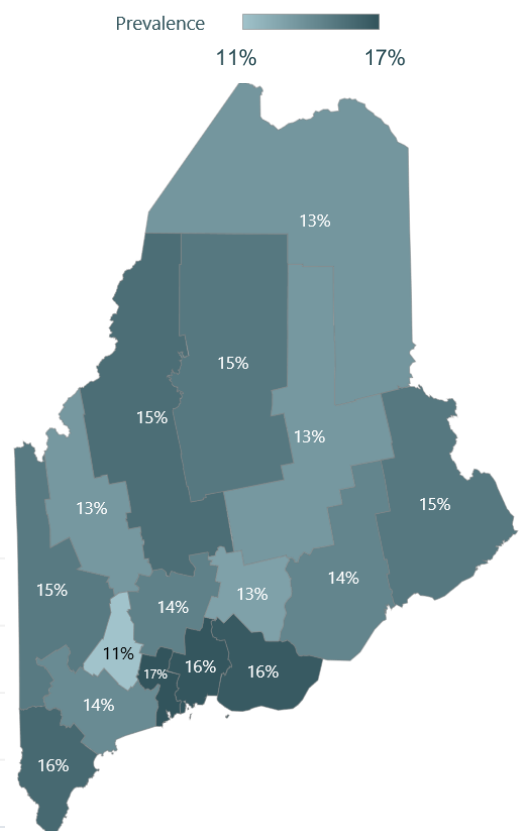
SURVIVORSHIP AMONG MAINE ADULTS (2011 – 2016)

Cancer survivor is defined here as any adult who reports they have ever been diagnosed with cancer¹. Survivorship begins at the time of diagnosis and continues across the lifespan.

In 2016, there was an estimated **148,000** adult cancer survivors in Maine – that is **1 in 7** adults.

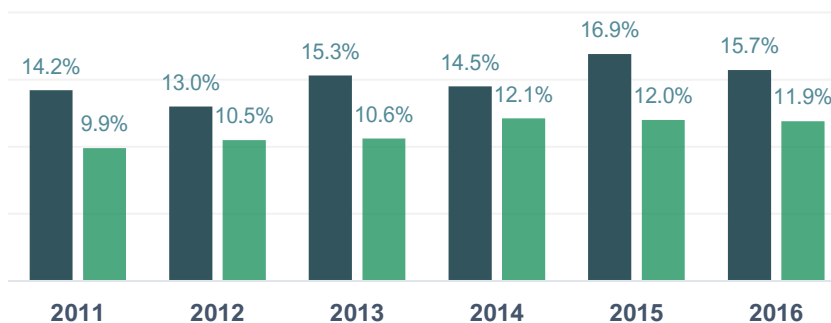
- Almost half (49.7%) of cancer survivors identified as having a history of skin cancer.
- A higher percentage of Maine adult women are cancer survivors than are Maine adult men (15.7% vs. 11.9%).
- The percentage of Maine adults who are cancer survivors increases with age. More than half (54.4%) of Maine's adult cancer survivors are 65 years and older.
- Highest prevalence of cancer survivorship is found in the Mid Coast Public Health District counties: Knox (16.2%), Lincoln (16.4%), and Sagadahoc (16.5%).

PREVALENCE OF CANCER SURVIVORSHIP (2014 - 2016)



CANCER SURVIVORSHIP BY SEX

■ Female ■ Male



¹Office of Cancer Survivorship, Division of Cancer Control & Population Sciences, National Cancer Institute, National Institute of Health.

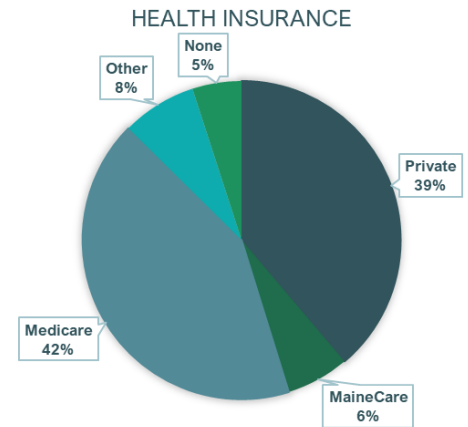
CANCER SURVIVORS' HEALTH AND WELLNESS (2016)

Maine adult cancer survivors seek care.

- 95% have healthcare coverage.
- 96% have a personal doctor or healthcare provider.
- 83% had a routine checkup within the past year.

Compared to other adults in Maine, cancer survivors:

- Report more non-cancer medical conditions such as arthritis, heart disease, diabetes and kidney disease.
- Are less likely to have exercised in the past 30 days.
- Are less likely to smoke daily.
- Are just as likely as other adults to drink heavily, but much less likely to binge drink.



	Cancer Survivors	All Other Adults
MEDICAL CONDITIONS		
Angina or coronary heart disease	10.0% (8.1-11.2)	4.2% (3.9-4.6)
Arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia	50.7% (48.8-52.7)	28.8% (28.0-29.7)
Asthma	14.1% (12.7-15.4)	11.1% (10.5-11.7)
COPD, emphysema or chronic bronchitis	13.9% (12.6-15.1)	6.7% (6.3-7.2)
Depressive disorders	25.0% (23.2-26.9)	23.4% (22.6-24.3)
Diabetes	17.8% (16.4-19.3)	9.1% (8.6-9.6)
Kidney disease	6.7% (5.5-7.8)	2.1% (1.8-2.4)
Stroke	6.2% (5.1-7.3)	2.1% (2.3-2.8)
PHYSICAL ACTIVITY		
Exercised in the past 30 days	71.7% (69.9-73.6)	77.5% (76.6-78.3)
WEIGHT		
Overweight	38.5% (36.6-40.4)	35.4% (34.5-36.4)
Obese	28.8% (27.0-30.6)	29.8% (28.9-30.7)
TOBACCO USE		
Never smoked	42.6% (40.7-44.5)	50.5% (49.5-51.5)
Smoke daily	11.0% (9.5-12.4)	15.2% (14.5-16.0)
Quit smoking for 1+ day in the past 12 months	58.4% (51.8-64.9)	56.1% (53.6-58.5)
ALCOHOL USE		
Heavy alcohol use (14+ drinks per week for men and 7+ drinks per week for women)	7.8% (6.6-9.1)	8.7% (8.1-9.3)
Binge drinking (5+ drinks on one occasion for men and 4+ drinks on one occasion for women)	8.6% (7.2-10.0)	19.5% (18.7-20.4)



1 in 5 survivors experienced 14+ days of poor **physical health** in the past month.



1 in 7 survivors experienced 14+ days of poor **mental health** in the past month.



1 in 10 survivors experienced serious difficulty concentrating, remembering, or making decisions because of a physical, mental, or emotional condition.



For more information, contact the Comprehensive Cancer Prevention and Control Program, Division of Disease Prevention, Maine Center for Disease Control and Prevention.

Telephone: 207-287-5380 or visit www.maine.gov/dhhs/mecdc/population-health/ccc/