



Cancer Prevention

Illinois Comprehensive Cancer Control Program

In this video, we will present the 2022-2027 Illinois Comprehensive Cancer Control Plan's prevention section.

IDPH OVERVIEW

- **VISION**

- Illinoisans empowered and supported to achieve their optimal health with dignity and acceptance in diverse and thriving communities.

- **MISSION**


- The Illinois Department of Public Health is an advocate for and partner with the people of Illinois to re-envision health policy and promote health equity, prevent and protect against disease and injury, and prepare for health emergencies.



This is the IDPH vision and mission statements.

State of Illinois
Illinois Department of Public Health

2022-2027 Illinois Comprehensive Cancer Control Plan



The 2022-2027 Illinois Comprehensive Cancer Control Plan is dedicated to all Illinoisians whose lives have been affected by cancer.

ILLINOIS DEPARTMENT OF PUBLIC HEALTH
IDPH
PROTECTING HEALTH. PROMOTING LIFE.



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<https://dph.illinois.gov/topics-services/diseases-and-conditions/cancer/2022-2027-illinois-comprehensive-cancer-control-plan.html>

The 2022-2027 Illinois Comprehensive Cancer Control Plan is available to view and download on the IDPH website at the link shown here. In this presentation, we will review the primary prevention goals, objectives, and strategies.

The prevention section is on pages 14 through 20 of the cancer plan.

PREVENTION

Prevention is stopping cancer before it starts.

I feel like prevention is the greatest that we can do in trying to reduce the number of people that are affected with cancer or maybe I should say we can catch it early and offer those early treatments to prevent it from spreading.



Black Non-Hispanic community member from southern Illinois, 40 years of age

Prevention is defined as stopping cancer before it starts. This includes promoting healthy living habits among adults and youth to reduce the risk of cancer occurring from a poor diet, drinking alcohol, and inadequate physical activity.

GOAL #1

Promote healthy living habits among youth and adults

Objective	Baseline	Target
Decrease the percentage of high school students who did not eat vegetables (YRBSS 2019).	7.9%	7.1%
Decrease the percentage of high school students who drank a sugar-sweetened soda one or more times per day (YRBSS 2019).	13.7%	12.3%
Decrease the percentage of high school students who are obese (a body mass index of 30 or greater) (YRBSS 2019).	15.2%	13.7%

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The first goal for cancer primary prevention is to increase healthy living habits among youth and adults. The baseline data measure is from the data source listed in parenthesis after the objective. The target is where we would like to see the measure in 2027.

The first three objectives are related to increasing health eating habits and decreasing obesity in youths. The data measures are from the Youth Risk Behavioral Surveillance System.

GOAL #1 OBJECTIVES CONTINUED

Promote healthy living habits among youth and adults

Objective	Baseline	Target
Increase the percentage of adults who eat one vegetable per day (BRFSS 2019).	76.6%	84.3%
Decrease the percentage of adults who are overweight (a body mass index between BMI is 25.0 to less than 30) or obese (BRFSS 2019).	65.7%	59.1%
Decrease the percentage of adults who binge drink alcohol (BRFSS 2019).	19.9%	17.9%
Increase the percentage of adults ages 18-64 with health insurance coverage (BRFSS 2019).	84.4%	92.8%
Increase the percentage of adults who visited a doctor in the past year (BRFSS 2019).	76.5%	84.2%

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The next set of objectives are related to healthy eating habits among adults. All the data is from the Illinois Behavioral Risk Factor Surveillance System. These objectives focus on increasing vegetable consumption, decreasing obesity or overweight, and decreasing binge drinking. These objectives also includes increasing health insurance coverage and increasing the percentage of adults who visited a doctor in the past year.

GOAL #2

Reduce exposure to environmental carcinogens.

Objective	Baseline	Target
Decrease the amount of particulate matter the general public is exposed to (America's Health Ranking).	9.5 microns	8.3 microns
Increase the number of Illinois schools tested for radon (IEMA School testing program for radon with American Lung Association).	89 schools	200 schools
Reduce the percentage of tested classrooms with a ≥ 4.0 pCi/L measurement for radon (IEMA School Testing Program for radon with American Lung Association).	9.7%	8.7%
Reduce the percentage of tested schools with one classroom with a ≥ 4.0 pCi/L measurement for radon (IEMA School Testing Program for radon with American Lung Association).	65.6%	59.0%

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The second goal is to reduce exposure to environmental carcinogens. The first objective is related to the amount of particulate matter the general public is exposed to from the data source America's Health Ranking. The final three objectives are focused on radon testing in Illinois schools. All data for these three objectives is from the Illinois school testing program for radon with the American Lung Association.

GOAL #3

Prevent tobacco-related lung cancers among youth and adults.

Objective	Baseline	Target
Decrease the percentage of high school students who currently smoke cigarettes or used electronic vapor products in the last 30 days (YRBSS 2019).	20.9%	18.8%
Decrease the percentage of high school students who currently use smokeless tobacco in the last 30 days (YRBSS 2019).	4.1%	3.7%
Decrease the percentage of adults who are current smokers (BRFSS 2019).	14.5%	13.1%
Decrease the percentage of adults who currently use smokeless tobacco (BRFSS 2019).	2.7%	2.4%
Increase the number of adults using to the Illinois Tobacco Quitline and 5% annually thereafter (Illinois Tobacco Quitline FY 2020).	2,202 callers	2,459 callers

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The third goal is the prevention of tobacco-related lung cancers among youth and adults. The first two objectives focus on high school students that currently smoke cigarettes, electronic vapor products or smokeless tobacco. The data source for these two objectives is from the Youth Risk Behavioral Surveillance System.

The next two objectives (objectives 3 and 4) address adults that are current smokers or use smokeless tobacco. Data for these objectives is from the Illinois Behavioral Risk Factor Surveillance System. The targets are a 10% change from the baseline data, but the healthy people 2030 target is much lower for objective three at five percent.

The final objective focuses on increasing the number of adults that are using the Illinois Tobacco Quitline. Data for this objective is from the Illinois Tobacco Quitline for fiscal year 2020.

GOAL #4

Prevent HPV-Related Cancers.

Objective	Baseline	Target
Increase the percentage of female adolescents ages 13-17 who have at least received one dose of the HPV vaccine (TeenVaxView 2019).	72.1%	79.3%
Increase the percentage of male adolescents ages 13-17 who have at least received one dose of the HPV vaccine (TeenVaxView 2019).	71.3%	78.4%
Increase the percentage of female adolescents ages 13-17 who are up to date on the HPV vaccine (TeenVaxView 2019). Healthy People 2030 Target: 80%.	55.2%	60.7%
Increase the percentage of male adolescents ages 13-17 who are up to date on the HPV vaccine (TeenVaxView 2019). Healthy People 2030 Target: 80%.	54.5%	60%

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The fourth goal involves the prevention of HPV-related cancer. All data is from “TeenVaxView.” All objectives focus on teenage adolescents ages 13-17.

The first two objectives focus on increasing the number of teenage adolescents who have received at least one dose of the HPV vaccine. The final two objectives focus on increasing the percentage of adolescents that are up to date on the HPV vaccine. The targets set for the final objectives are a 10% change from the baseline data, but is lower than the healthy people 2030 target goal of 80 percent.

GOAL #5

Promote awareness of hereditary cancers and use of genetic counseling.

Objective	Baseline	Target
Promote resources annually to patients on hereditary cancer risks and cancer genetic counseling services.	N/A	2 resources
Promote resources annually to providers on hereditary cancer risks, such as breast, ovarian, and colorectal cancers.	N/A	2 resources
Increase the number of certified genetic counselors in Illinois by 10% (https://findageneticcounselor.nsgc.org/In-Person-FindaGC?reload=timezone)	77	85

The final prevention goal is the promotion of hereditary cancers and the use of genetic counseling. Objectives one and two focus on providing resources to patients and providers on hereditary cancer risks and genetic counseling services. The final objective addresses the need to increase the number of certified genetic counselors throughout Illinois. The data source for objective three is from the “Find a Genetic Counselor” website.

PREVENTION STRATEGIES

- **Policy:** Adopt cancer control plans health improvement policies.
- **System:** Engage patient navigators or community health workers to provide education, referral, and follow-up for those at high risk for poor health outcomes.
- **Environmental Changes:** Provide community-wide education.
- **Health Equity:** Deliver patient education materials that are culturally and linguistically tailored to specific patient populations (print and online).

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The strategies are divided into different focus areas of policy, health systems, environmental changes, and health equity. Each objective has a list of policy, health systems, environmental changes, and health equity strategies. Here is an example of each type of strategy in the prevention section.

CALL TO ACTION

What can you do to address cancer prevention?

Individuals	Get vaccinated to prevent against vaccine preventable cancers, such as HPV and HPV.
Community organizations	Provide information on ways to prevent cancer.
Schools	Implement HPV vaccine campaign with school health staff.
Employers	Offer employee insurance benefits for participation in health and wellness programs .
Health care professionals	Utilize community partners/navigators to conduct outreach on prevention practices.
Insurance and policy makers	Support the implementation of policies for healthier environments.

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Whether you are a cancer patient, cancer survivor, caregiver of a cancer patient, community member, student, employer, health care professional, or policy maker, everyone can play a role in helping with the prevention, early detection, treatment, and survivorship of cancer in Illinois. Here are some ways different groups can address cancer prevention.



THANK YOU

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If you have any questions, please feel free to contact the Illinois Comprehensive Cancer Control Program at DPH.CompCancer@Illinois.gov.