Collective Action – Key Actions We Can Take Together

- Support and build the HCCC Coalition as Hawaii's unified effort to reduce cancer health disparities.
- Advocate for equal access to, and adequate resources for, cancer screening and cancer care.
- Establish policies for the prevention and early detection of cancer, timely and affordable cancer care, and support for survivors and their families.

Individual Action

Here's how you can take action against cancer NOW!

- Don't smoke.
- Make your house a smoke-free zone.
- Eat more fruits and vegetables every day.
- Get more daily physical exercise.
- Volunteer to support cancer survivors in your community.
- Ask your health care provider about appropriate cancer screenings and, or preventive vaccinations.
- Wear sunscreen, a hat and sunglasses; and make sure your children do too.
- Learn your family's medical history.
- Learn more about clinical trials, palliative care and end-of-life health care planning.
- Providers encourage your patients and employers encourage your employees to get more exercise and eat healthy.
- Join the HCCC Coalition.
- Get involved with a HCCC Coalition Action Team.
- Advocate for policies that make cancer prevention screening and cancer care available and affordable for all.
- Be that person, and that family, that understands and practices behaviors that promote health and wellness and reduces your risk of cancer.
- Take advantage of screening services that help detect cancer early, when it is most treatable.

It's all about partnerships & collaboration!

The HCCC Coalition has convened hundreds of cancer stakeholders including health care providers, advocates, researchers, cancer survivors, employers, community-based organizations, medical insurance companies, members of Hawaii's diverse ethnic groups and many individuals who are dedicated to reducing the impact of cancer throughout the state.

Our approach to eliminating cancer in Hawai'i requires us to address a multitude of known and unknown factors that can critically affect the growth, development and severity of the disease.

Our strategies are focused on:

- Reducing the risks for cancer.
- Increasing early detection of cancer, when it is easier to cure.
- Improving the quality of life for all cancer patients and their families.
- Reducing existing health disparities.

The Hawai'i Comprehensive Cancer Control Coalition gratefully acknowledge the contributions of time, energy, and expertise provided by many individuals and organizations to create and implement the Hawai'i State Cancer Plan, including:

American Cancer Society
American College of Obstetricians and Gynecologists – Hawai'i Section
Alu Like, Inc.
American Lung Association
Asian American Network for Cancer Awareness, Research & Training
Cancer Research Center of Hawai'i
- Hawai'i Tumor Registry

Castle Medical Center
Coalition for a Tobacco Free Hawai'i
Hamakua Health Center
Hawai'i Business Health Council
Hawai'i Children's Cancer Foundation
Hawai'i Community Genetics
Hawai'i COPD Coalition
Hawai'i Department of Health
Hawai'i Health System Corp.
- Hilo Medical Center
- Kona Community Hospital
- Maui Memorial Medical Center

Hawai'i Medical Center, East and West
Hawai'i Medical Service Association (HMSA)
Hawai'i Pacific Health System
- Kapi'olani Medical Center for Women & Children
- Kapi'olani Breast Center
- Straub Clinic & Hospital
- Wilcox Memorial Hospital

Hawai'i Pacific University, School of Nursing
Hawai'i Primary Care Association
Hawai'i Prostate Cancer Coalition
Hawai'i State Legislature
Ho'ola Lahui Hawai'i (Kaua'i Community Health Center)
Hospice Hawai'i
Hui Mālama Ola Nā 'Oiwi
Hui No Ke Ola Pono
'Imi Hale
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- Department of Family Medicine & Community Health
- Department of Public Health Sciences

Kaiser Permanente
Kalihi-Palama Health Center
Ke Ānuenue AHEC
Ke Ola Hou o Lana'i
Ke Ola Mamo
Kokua Kalihi Valley (Comprehensive Family Services)
Kōkua Mau
Kuakini Health System
Lance Armstrong Foundation
Lawyers for Equal Justice
Maui Tobacco-Free Partnership
Moloka'i General Hospital
Na Pu'uwai
National Cancer Institute
Office of Hawaiian Affairs
OnCare Hawai'i
Oncology Nursing Society - Hawai'i
Pacific Cancer Coalition
- Cancer Council of Pacific Islands
- USAPI Comprehensive Cancer Coalitions

Pacific Cancer Foundation
Pacific Cancer Institute of Maui
Pacific Center of Excellence in Eliminating Disparities (CEED)
Pacific Health Research Institute
Papa Ola Lokahi
Physical Activity and Nutrition Coalition
Stacy Brookfield Cancer Foundation
Susan G. Komen for the Cure
The Queen's Medical Center
UH School of Nursing and Dental Hygiene
Us Too

HAWAII STATE DEPARTMENT OF HEALTH

Nondiscrimination in Services. We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion or disability. Write or call our Affirmative Action Officer at P.O. Box 3378, Honolulu, HI 96801-3378, or at (808) 586-4616 (voice/tty) within 180 days of the problem.

To join the Coalition call 808-692-7480 or e-mail hcccp@doh.hawaii.gov or join us on Facebook: Hawai'i Comprehensive Cancer Control Coalition.

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Hawai'i State Cancer Plan

2010 - 2015

Hawai'i Comprehensive Cancer Control

"Bringing people together to help coordinate cancer prevention, early detection, equitable access and ongoing research efforts to improve the quality of life for all residents of Hawai'i."

Our vision is clear:
"No more cancer"

Hawai'i Cancer Plan January 2004: Revised October 2010

Introduction

Cancer affects all of us. Everyone in Hawai'i, at some time, will be touched by cancer. Some of us are dealing with our own personal cancer struggles or we are supporting co-workers, friends and loved ones with cancer. This awful disease has deeply touched us all and takes a heavy toll on our community.

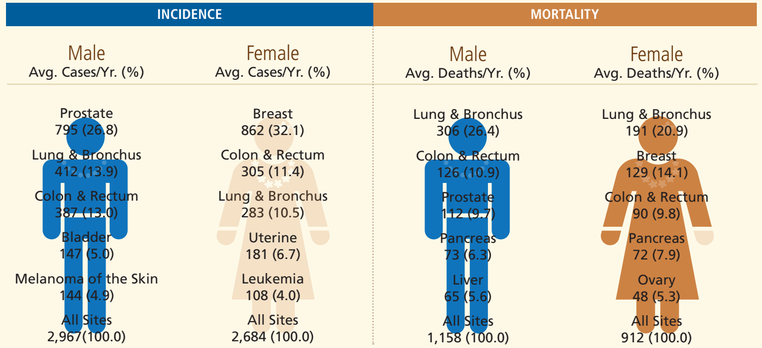
Cancer is the second leading cause of death in Hawai'i. Each year, nearly 6,000 people throughout the Islands are diagnosed with cancer, and more than 2,000 die from the disease. In Hawai'i, the five most common cancers diagnosed in men are prostate, lung, colorectal, stomach and melanoma. In women, the most commonly diagnosed cancers are breast, colorectal, lung, uterine and leukemia.

The good news is that every year, the number of cancer survivors in our state increases, due largely to the timely use of new cancer screening methods, the discovery of innovative treatment options and more effective medications.

The causes of cancer are complex and the cancer care landscape is complicated. We cannot provide the solutions by working alone. We invite you to be part of our community-wide effort to take action to reduce cancer's impact in Hawai'i. Together, we can win the battle to reduce the burden of cancer in our state.

Can you envision a Hawai'i without cancer? WE CAN

Figure 1. Five Leading Cancer Sites in Cases, Percentages & Deaths, Hawai'i, 2000-2005



Note: Invasive cases only; Cases (Incidence) and Deaths (Mortality) are 6 year average annual, rounded to the nearest whole; Excludes deaths from unspecified cancers. These five leading cancer sites will not add up to 100%.
Source: Hawai'i Tumor Registry, Cancer Research Center of Hawai'i, University of Hawai'i

Goals & Objectives

In 2003, key leaders from across Hawai'i in cancer, healthcare and community organizations came together, forming the Hawai'i Comprehensive Cancer Control (HCCC) Coalition and developed a strategic plan to carry out the vision of "No more cancer." The plan guided the Coalition's activities to reduce Hawaii's cancer burden.

In 2010, key leaders from across Hawai'i convened again, reviewed the progress of the current plan and updated it. The updated plan is driven by data in the Hawai'i Cancer Facts & Figures 2010.

The Hawai'i State Cancer Plan represents collective thoughts, goals, strategies and passion for fighting cancer shared by the dedicated members of the Coalition. Our plan is a road map for reducing the cancer burden on Hawaii's population. Through the following objectives, we will expand our inspiring community of cancer survivors and thrivers.

Goal 1: Prevention

Prevent future cancers by reducing exposure to known risk factors for Hawai'i residents.

Nearly two-thirds of cancer deaths in Hawai'i can be linked with tobacco use, poor diet, obesity and a lack of physical activity.

Objectives

- Reduce tobacco use.
- Increase the number of smoking cessation attempts by all smokers.
- Increase the percentage of residents with children that prohibit smoking in their homes.
- Decrease the percentage of residents who report involuntary exposure to second-hand smoke in vehicles.
- Prevent the increase of obesity.
- Increase breastfeeding rates.
- Increase daily fruit and vegetable consumption.
- Increase regular, moderate physical activity.
- Increase use of sun protection methods.
- Increase the number of adults and youth who receive cancer prevention immunizations.
- Increase the awareness of the significance of family health history of cancer.

Goal 2: Early Detection

Increase early detection to decrease late stage cancer.

Identifying cancer early greatly increases both the effectiveness of treatment and the likelihood of survival.

Objectives

- Increase colon cancer screening for those age 50 and over.
- Increase breast cancer screening among women age 40 and over.
- Increase cervical cancer screening among women age 18 and over.
- Promote informed decision making about prostate cancer screening among men.
- Increase routine screening for skin cancer.
- Increase utilization of genetic screening in high risk patients.
- Increase use of genetic counseling for women identified as high risk for breast and ovarian cancer from their family histories.

Goal 3: Equitable Access to Care*

All Hawai'i residents, especially cancer survivors and the medically underserved, must have facilitated access to the health care system.

Objectives

- Reduce financial, geographic and cultural barriers to appropriate cancer treatments.
- Support the development of the HOPE Lodge or other housing accommodations like it for Hawai'i residents who need to travel away from home for cancer care.
- Increase the number of patient navigators statewide.
- Increase the number of hospitals and clinics offering patient navigation services.
- Establish the discipline of Certified Patient Navigator as a reimbursed service in Hawai'i.
- Increase the number of hospitals, clinics and screening programs that provide translation services for the growing number of Micronesians and other non-English speaking groups diagnosed with cancer.
- Identify a pool of bilingual medically proficient translators, especially those who speak Marshallese and Chuukese.
- Develop data-sharing protocols among medical institutions to ensure that patients can access, retrieve and share their relevant medical data with and among multiple providers and clinical institutions providing their care.
- Increase access to and participation in clinical trials, especially on the Neighbor Islands.
- Increase the number of cancer survivors with a medical home.

Goal 4: Quality of Life*

Improve the quality of life for cancer survivors and others battling the effects of cancer.

Objectives

- Increase survivorship resources, ranging from pediatric to adult services.
- Increase the availability of palliative care and support services from the time of diagnosis through the end of life.
- Increase Hawaii's capacity to access palliative care services.
- Implement policies that facilitate quality palliative care services.
- Increase utilization of hospice care.

* Baseline data for some of these objectives will be determined. For a full version of the Cancer Plan, that contains the measurable objectives and the strategies, please contact the Hawai'i Comprehensive Cancer Control Program at (808) 692-7480.

Health Disparities

Hawai'i has consistently placed a high value on providing accessible, top quality health care for all. In recent years, there has been a noticeable weakening of this standard. To continue progress to reduce the toll of cancer pain and suffering, loss of life and added health care costs requires that we reduce existing health inequities. We must strive to offer the best strategies for cancer prevention and risk reduction, early detection and treatment to all segments of our populations.

Factors such as poverty, poor nutrition, lower education levels, limited access to health care and language barriers are known to influence the early detection of cancer and outcomes. Toxic environmental exposures, risky health behaviors, geographic isolation and genetics also play a role.

Less understood factors perpetuate cancer health disparities among Native Hawaiians, Filipinos, Samoans, Pacific Islanders and people with lower income or lower educational attainment. Individuals in these groups are more likely to be underinsured or lack health insurance and could be disadvantaged by long distances to health services or a lack of culturally sensitive health care.

Such health disparities in our community are ***no longer acceptable***. As a state whose population ranks second nationally in the number of diverse ethnic groups, engagement with these groups is needed to identify specific cultural strategies that help reduce cancer risks. Hawai'i has a proud community tradition of working to improve the health and well being of its people. Family or friend or neighbor, we are determined to take the steps needed to discover and implement solutions that reduce Hawaii's death rates from cancer and help eliminate existing health disparities.

We pledge to remain thoroughly involved in planning, improving and expanding cancer prevention and treatment services, including the promotion of lifestyle choices that can reduce cancer risks for everyone.

Cancer incidence and mortality rates (the number per 100,000 population adjusted by age) vary widely. The lowest incidence rates are seen among Filipino and Chinese females. Among females, Native Hawaiians have the highest incidence rate, followed by Whites. Among males, Whites have the highest incidence rates followed by Native Hawaiians and Japanese. In terms of cancer deaths, among both males and females, Native Hawaiians and Whites have the highest mortality for all cancer sites combined. (Table 1)

Table 1. Average Annual Incidence & Mortality Counts & Rates for All Cancer Sites by Sex & Race/Ethnicities Combined, Hawai'i, 2000-2005

	INCIDENCE				MORTALITY			
	Male Incidence Count	Male Incidence Rate	Female Incidence Count	Female Incidence Rate	Male Mortality Count	Male Mortality Rate	Female Mortality Count	Female Mortality Rate
Native Hawaiian	369	479.6	441	447.8	173	231.7	162	171.0
White	980	542.4	767	413.6	336	198.2	252	133.6
Chinese	186	423.5	166	317.3	68	154.4	61	107.2
Filipino	403	466.8	336	341.4	158	178.7	95	98.3
Japanese	842	476.3	776	363.9	337	187.1	273	109.9
Total, All Races	2,967	485.7	2,684	382.2	1,158	192.0	912	124.7

Note: Invasive cases only, in-situ cases are excluded. Counts are 6 year average annual, rounded to the nearest whole. All Races include race/ethnic groups listed plus all other race/ethnic groups combined. Rates are average annual and are per 100,000 population, age-adjusted to the 2000 U.S. standard population.
Source: Hawai'i Tumor Registry, Cancer Research Center of Hawai'i, University of Hawai'i