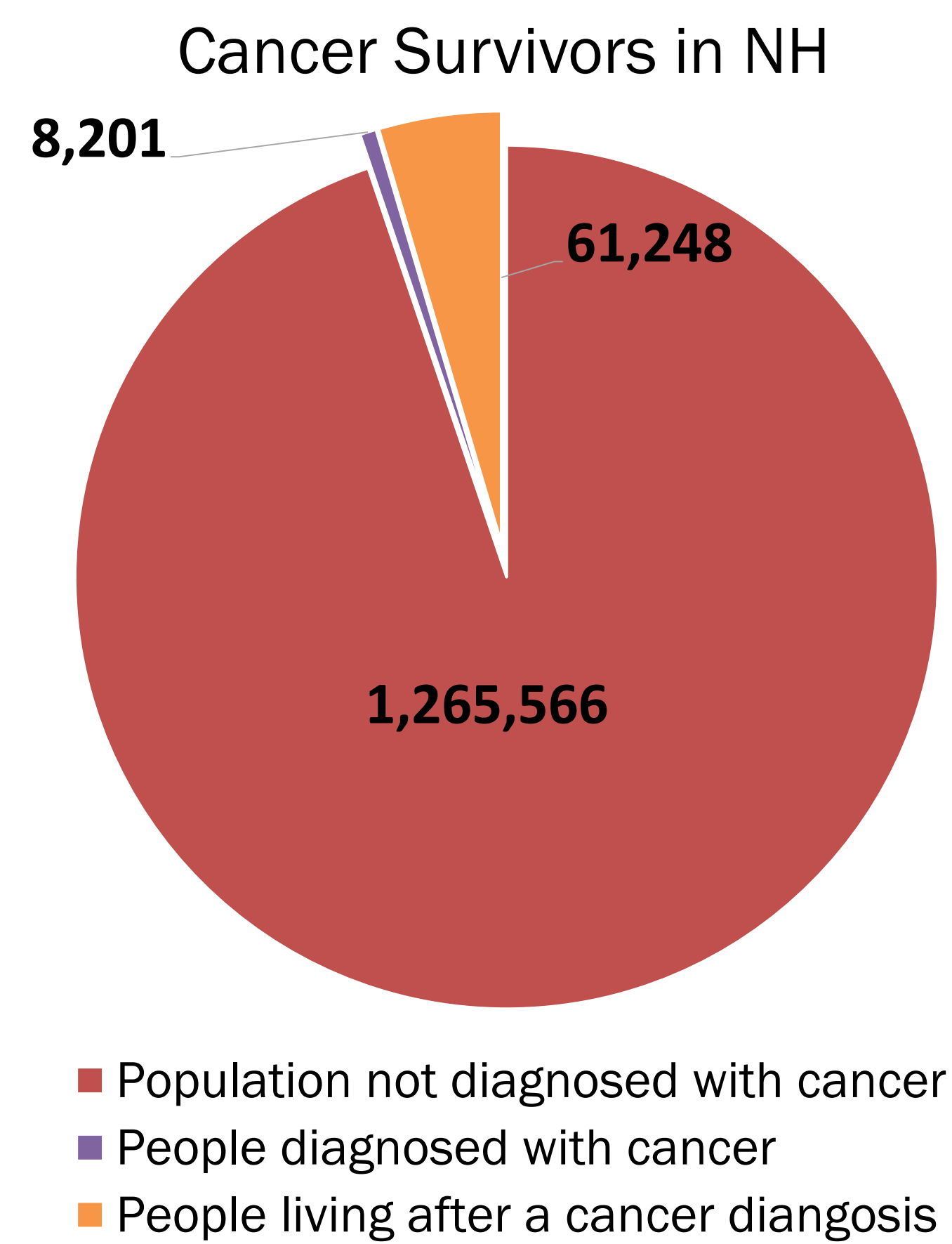


Understanding Cancer Survivorship Experiences in New Hampshire

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INTRODUCTION

There are 69,449 people living with or after cancer in NH. The NH Department of Health and Human Services (NH DHHS) was interested in better understanding the experiences of people living with and after cancer to inform program planning around addressing cancer survivor needs.



The impact of many cancer treatments can have social, emotional, financial, and health-related impacts that require ongoing monitoring, support, and treatment.

Surveillance of cancer survivors helps to:

- Better understand the extent of risk factors, preventive care practices, and the burden of chronic disease.
- Monitor the progress of prevention efforts.
- Help public health professionals and policy makers make more timely and effective decisions.

OBJECTIVES

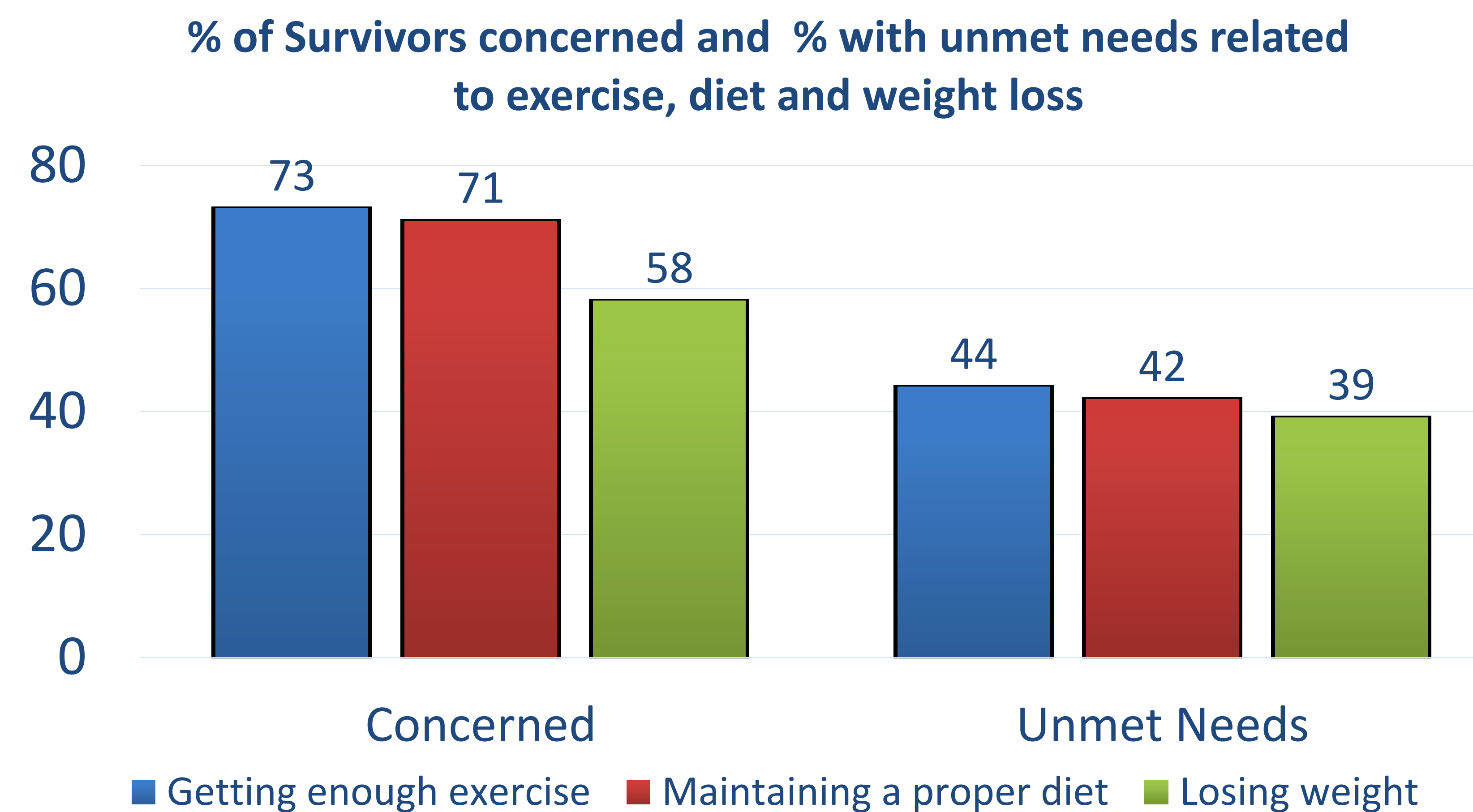
- To understand the experiences of cancer survivors in NH
- To understand ways the NH DHHS can work to facilitate statewide partnerships to address unmet needs of cancer survivors and the professionals that serve them

METHODS

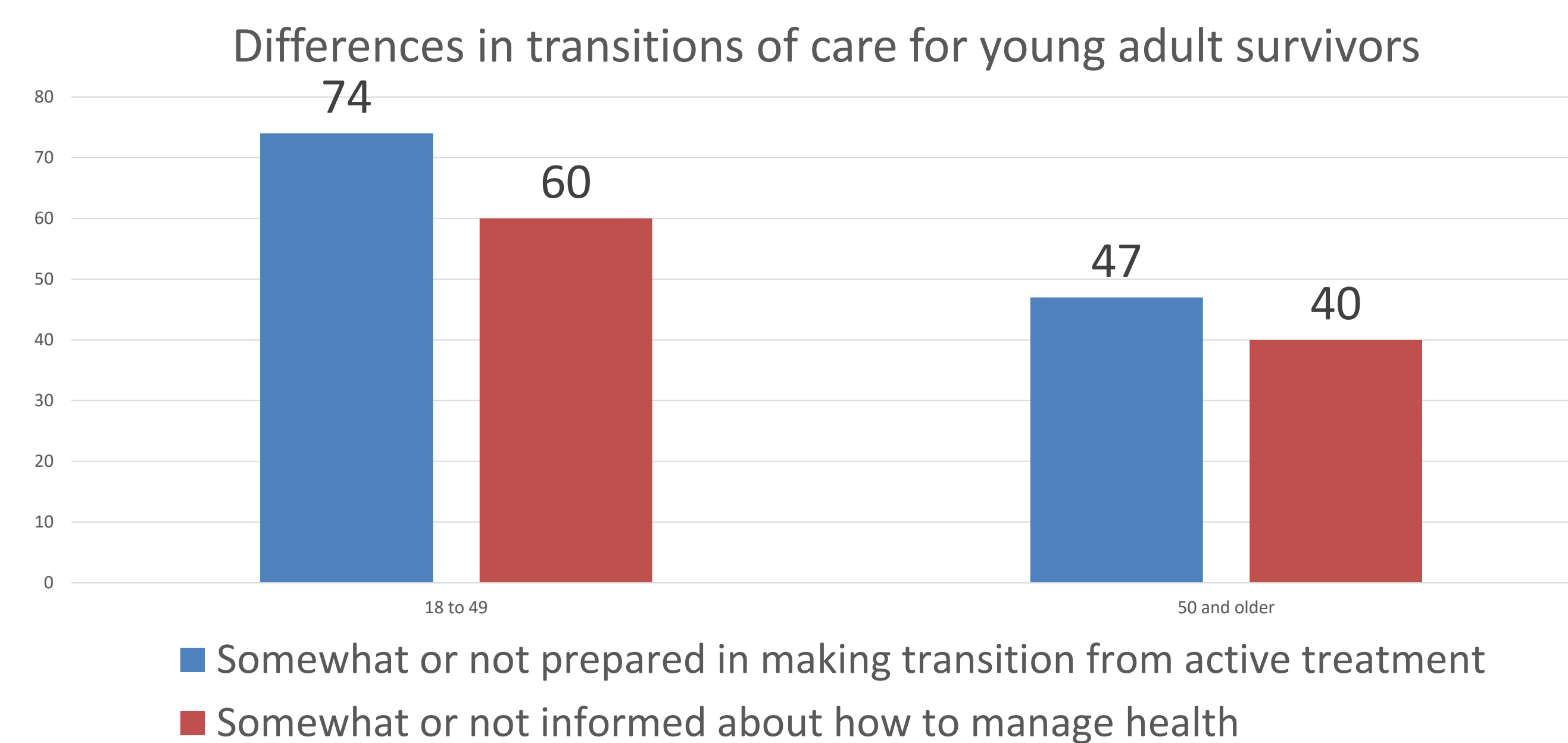
The Cancer survivorship statewide survey is a web-based survey distributed to NH citizens through multiple avenues including social media, NH Cancer Centers, and other partners. The survey was completed by 588 people living with or after cancer. NH DHHS partnered with oncology professionals from Catholic Medical Center, Cheshire Medical Center, Concord Hospital, Elliot Hospital, Exeter Hospital, Norris Cotton Cancer Center, Southern NH Medical Center, and Wentworth-Douglass Hospital to promote the survey.

RESULTS

Results from the statewide survey indicate that more programming around physical activity, nutrition and weight loss are wanted by cancer survivors, and that more than half of patients transitioning from active cancer care feel only somewhat prepared or not prepared for post-treatment care.



Young adult cancer survivors reported feeling less prepared for their transition from treatment to survivorship and feel less informed about how to manage their health post-treatment than their older survivor counterparts.



NEXT STEPS

The gap between concerns and getting needs met represents an opportunity to address some of the top concerns of cancer survivors. Addressing these types of concerns is not limited to oncologists and partnerships and planning can help to connect people with a number of resources to help them make difficult lifestyle changes.

Addressing needs of cancer survivors needs to take a lifespan approach to survivorship care models and resources to address the unmet needs of young adult survivors.

As a next step the NHDHHS will bring together survivorship professionals and public health partners to:

- Share the results of our data collection
- Discuss ways that the NH DHHS can help to foster collaboration to better address the needs of cancer survivors in NH
- Explore the feasibility of NH DHHS partnering with cancer professionals throughout the state to develop a centralized resource for survivorship programming and other useful resources

SOURCES

Cancer in New Hampshire, 2012-2016. New Hampshire Department of Health and Human Services, Division of Public Health Services, Services, NH Healthy Lives, Cancer Program.

ACKNOWLEDGEMENT

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University of New Hampshire Survey Center helped develop the survey and analyze survey results