

# REDUCING THE BURDEN OF CANCER IN NJ



Hunterdon | Mercer  
Chronic Disease Coalition

## Improving Health

The aim of the Chronic Disease Coalition (Coalition) is to address the state's cancer burden and work toward improving health outcomes for people with or at risk for cancer and other chronic diseases. The Coalition is engaged in the delivery of cancer and chronic disease prevention education, support of early detection initiatives, addressing survivor quality of life along with policy and systems change that contributes to healthy and equitable communities. Coalitions state-wide are supported by the New Jersey Department of Health Office of Cancer Control and Prevention to coordinate comprehensive cancer control efforts in New Jersey and contribute to the national efforts of the Centers for Disease Control (CDC).

A shared vision with **HEALTHY PEOPLE 2030** to reduce the burden of cancer and improve health and well-being for all people.

*Healthy People 2030 (health.gov/healthypeople) and American Cancer Society (www.cancer.org).*



### OBJECTIVE

Promote cancer prevention, support early detection efforts, address the needs of cancer survivors and promote health equity.



### APPROACH

Deploy evidence-based strategies through a collaborative and coordinated approach to education and community outreach.

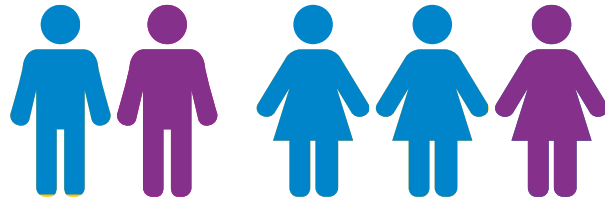


### LONG TERM OUTCOME

Improved health outcomes for community members.

**CANCER IS THE SECOND** leading cause of death in New Jersey.

**1 IN 2 MEN AND 1 IN 3 WOMEN** will develop cancer during their lifetimes.



- > New cancer cases in New Jersey is estimated to be **53,340** and estimated deaths to be **15,710** (2021 American Cancer Society).
- > The top 5 cancers in New Jersey are: Breast, Prostate, Lung, Colorectal, and Skin.

## Prevention Saves Lives

Nobody is immune from getting cancer and multiple factors both inside and outside the body can contribute to the development of cancer. However, many cancers are preventable by reducing risk factors or getting appropriate vaccinations. Screening is effective in identifying some types of cancers in early, often highly treatable stages. Some risk factors for cancer can be avoided or controlled. For example, people can choose to avoid smoking, modify their diet and increase their exercise. Other risk factors, such as a person's age, race, family history of cancer and genetics are not possible to modify.

## What We Do

Focus on prevention to equip community members with the information needed to avoid behaviors that place them at risk of developing cancer, as well as, understanding the warning signs so cancers can be detected early, treated and controlled or cured.

## What We Promote

- > Healthy Lifestyle Choices
- > Cancer Screening
- > Early Detection
- > Disease Management
- > Quality of Life

An estimated **42%** of cancer cases and **45%** of cancer deaths in the US are attributed to potentially modifiable risk factors. (ACS)

## PREVENTION EDUCATION

Educational programming is delivered throughout the year focused on various aspects of cancer prevention including lifestyle choices such as nutrition and physical activity, exploring integrative health therapies, and topic specific such as breast care, colorectal health, women's health, men's health, patient advocacy and the role of genetics/family history.

## SURVIVOR QUALITY OF LIFE

Many survivors experience long-term physical, emotional and practical needs resulting from cancer and cancer treatments that affect quality of life. Programs designed specifically to meet the needs of survivors include:

- > Presentations from experts addressing topics relevant to survivors to support long term quality of life such as stress and anxiety, pain management, emotional wellness, fitness and fatigue.
- > Cancer Thriving & Surviving Workshops – A 6-week, licensed program in self-management proven to help cancer patients, survivors and caregivers learn to better manage the challenges to thriving. Led by trained facilitators, this curriculum covers issues experienced by many such as managing fatigue; pain and sleep; dealing with difficult emotions and relationships; staying active and communicating with providers, family and friends.



## HEALTHY CHOICES

Making healthy choices like keeping a healthy weight, avoiding tobacco, limiting alcohol consumption, and protecting skin from the sun can reduce the risk of getting cancer.



## VACCINES

Vaccines help lower cancer risk. The human papillomavirus (HPV) vaccine helps prevent most cervical cancers and several other kinds of cancer.



## HEALTH EQUITY

Addressing cancer disparities ensures everyone has an equal opportunity to be as healthy as possible.



## SCREENING TESTS

Getting screening tests regularly may find cancer early when treatment is likely to work best.

## COMMUNITY-CLINICAL LINKAGES

Support of community-clinical linkages to connect people to health care resources that meet their needs. This includes collaboration with the NJ Cancer Education Early Detection (NJCEED) program which provides free screening services for breast, cervical, colorectal and prostate cancer to those with the greatest need. (Individuals that are uninsured or under-insured, do not have Medicare or Medicaid or are under the 250% NJ Income Guidelines.)

## CHANNELING CHANGE VIA COLLECTIVE IMPACT

The Coalition is comprised of the expertise and support of over 75 member organizations working together to share information and improve health outcomes. This leverages the power of a collective in addressing complex issues on a multi-dimensional level that can lead to sustainable change.

## How to Contact the Coalition

**Regional Coordinator:** Bonnie Petrauskas  
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For upcoming events and access the full range of free educational programs, visit the Hunterdon-Mercer Chronic Disease Coalition at: <https://www.hunterdonhealth.org/services/hunterdon-mercerc-chronic-disease-coalition>



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