

# Missouri's Cancer Plan

## What you can do



The Missouri Cancer Plan identifies broad goals to reduce the burden of cancer. To accomplish these Goals, **everyone** needs to be involved. **What can you do?** Here are some important steps you can take to reduce the burden of cancer for all Missourians.

### If you are a:

### You can:

#### Missourian



- Avoid all tobacco and secondhand smoke.
- Support a smoke-free environment.
- Eat a nutritious and balanced diet and maintain a healthy weight.
- Increase your daily physical activity.
- Know when to be screened and obtain screenings on schedule.
- If diagnosed with cancer, consider enrolling in a clinical trial.
- Show your support and care for those who are diagnosed.
- Volunteer at your hospital, health department, or faith community or for local groups who support cancer control efforts.

#### Health Care Professional



- Make sure patients get appropriate cancer screening tests.
- Refer patients to smoking cessation classes.
- Refer patients to nutrition education programs.
- Learn how to enroll patients in clinical trials.
- Report cancer cases into the cancer registry in a timely manner.
- Make early referrals to hospice for end-of-life care.

#### Hospital



- Maintain American College of Surgeons membership.
- Report cancer cases to the cancer registry in a timely manner.
- Collaborate and/or sponsor community screening and education programs.
- Provide meeting space for cancer support groups.
- Attend the annual State Cancer Summit.

#### Local Public Health Department



- Assess community needs and implement policies and environmental changes to reduce cancer risks.
- Work with physicians and health care providers to promote screening programs and case reporting.
- Provide cancer awareness information and data to citizens and community groups.
- Provide meeting space for cancer support groups.
- Collaborate in community-based coalitions.
- Assure access to care for uninsured and under-insured residents.



## If you are:

## You can:

### ... a Community-based Organization



- Provide cancer awareness information to constituents.
- Promote cancer screening among clients.
- Collaborate to provide community prevention programs, environmental changes and policy implementation.
- Encourage participation in clinical trials.

### ... a Professional Organization



- Form speakers' bureaus to provide cancer education.
- Provide continuing education credits on cancer topics.
- Include clinical trials information in meeting agendas.
- Train facilitators for cancer support groups.

### ... an Employer



- Provide health insurance coverage.
- Establish a smoke-free work place policy.
- Provide healthy foods in vending machines and cafeterias.
- Encourage employees to increase their physical activity.
- Collaborate with hospitals to host screening events.

### ... a School or University



- Make your entire campus a smoke-free environment.
- Provide healthy foods in vending machines and cafeterias.
- Increase physical education requirements.
- Include cancer prevention messages in health classes.

### ... a Faith-based Organization



- Provide cancer prevention information to members.
- Encourage members to obtain cancer screenings on schedule.
- Learn how to provide healthy pot-lucks and meeting meals.
- Collaborate with other community-based groups.
- Open your building for walking clubs in cold weather and during excessive heat.

Let us know what you or your organization is doing to reduce the burden of cancer. Please complete the brief form below and mail it to The Missouri Department of Health and Senior Services, Comprehensive Cancer Control Program, PO Box 570, Jefferson City, MO 65109-0570. If you have any questions, please call 573-522-2848.

#### I am a:

- Missourian
- Health Care Professional
- Hospital
- Local Public Health Department
- Community-based Organization
- Professional Organization
- Employer
- School or University
- Faith-based Organization

#### Here is what I am doing to reduce the burden of cancer:

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