

# Healthier Nation Fact Sheet

## Cancer Prevention and Survivorship

### Small Business Associations and Minority-Owned Businesses

#### Vision for a Vibrant Economy:

*All businesses and employers will be equipped with opportunities to provide a high level of services that protect, promote and preserve optimal health of their workforce regardless of industry type, business size or geography.*

#EndCancerSilence

#EndCancerAsWeKnowIt

Our current economic reality reminds us that now more than ever, about the need to invest more in the backbone of our economy: the American workforce. America's businesses are uniquely positioned to lead or become collaborative partners to advance this mission. **Wellness Alliance, 2009 Almanac of Chronic Disease**

As purchasers for the health services of a large proportion of American families, the employer sector has an important role in ensuring the availability of high-quality health care services. Healthy employees consume fewer benefits in the form of benefit payments for medical care, short- and long-term disability, and workers' compensation.<sup>1</sup> **National Library of Medicine (NLM)**

Employment provides important psychological and financial benefits for cancer survivors in terms of both income and healthcare benefits. Ongoing employment and return to work can promote a sense of normalcy and control.<sup>2</sup> **Journal of Clinical Oncology**

Some of the country's leading causes of mortality (death) such as: heart disease, stroke and lung cancer are caused by or made worse by exposure secondhand smoke in adults.<sup>3</sup> **Centers for Disease Control and Prevention (CDC)**

Employers who offer wellness initiative have achieved excellent returns on their investment (ROI). Programs that follow best practice guidelines return \$2 to \$3 for each dollar invested. **United States Chamber of Commerce**

Employers care about their employees but may possess limited resources to address or sustain optimal employee health. However, every day is an opportunity to fundamentally change the trajectory of cancer in every region, state and county or parish. Cancer transcends geography including regional belts: Rust Belt, Wheat Belt, Sun Belt, Corn Belt, Stroke Belt, Rice Belt, Jell-O Belt, and Frost Belt as well as income. **SelfMade Health Network (SMHN)**



The leading causes of death among adults are heart disease, cancer, COVID-19, chronic lower respiratory disease (including COPD-chronic obstructive pulmonary disease), stroke and unintentional injury, and diabetes.<sup>4</sup>



## Medical Conditions in the Nation

Regardless of industry type, business size or geographic location, employers and employees may be living with or impacted by health conditions. Approximately one in three American adults have multiple chronic conditions (MCCs), which are medical conditions that last one year or more and require

ongoing medical attention.<sup>5</sup> Moreover, the number of adult cancer survivors with multiple chronic conditions (MCC) or comorbidities has increased in the past 2 decades, especially among cancer survivors aged 18-44 years of age.<sup>6</sup> And as noted in the 2022 Cancer Moonshot report, “the avoidable burden

of cancer imposes a heavy physical, emotional, and economic toll on individuals, families, and communities around the country. It also has broader economic implications, reducing work-force productivity and adding unnecessary strain to the healthcare system.”<sup>7</sup>

## What is Cancer Survivorship?

According to the American Cancer Society’s most recent statistics, approximately 5,250 Americans are diagnosed with cancer (new cases) and approximately 1,670 Americans lose their lives to cancer each day.<sup>8</sup> And upon examination by gender, prostate,

lung, and colorectal cancers account for approximately 43% of all cancers diagnosed in men. And the 3 most common cancers among women are breast, lung, and colorectal, and they account for an estimated 50% of all new cancer diagnoses.<sup>9</sup>

Cancer survivorship includes living beyond cancer diagnosis and treatment. Cancer survivorship begins at diagnosis and includes populations who continue to receive treatment over the long term, to either reduce the risk of recurrence or to manage chronic disease.<sup>10</sup>

## Cancer Prevention and Survivorship Are Good for the Economy, Employers, and Employees in All States and Regions

The onset of certain cancers can affect an organization or industry’s most dependable employees or workers. Previous studies have demonstrated that cancer screening rates vary by industry, occupational status and are dependent upon several factors (including health insurance coverage).<sup>11</sup> In some instances, cancer screening rates are also impacted by events such as: pandemics, natural disasters, or other unanticipated environmental factors. Key results from the 2022 American Association for Cancer Research (AACR) report revealed that nearly 10 million Americans missed their cancer screenings during the COVID-19 pandemic.<sup>12</sup>

Early screening, diagnosis and treatment of lung, prostate, colorectal cancers (most common among men) can lead to increased survival rates. Routine screening along with early detection and treatment for some of our nation’s leading cancers including: breast, cervical, colorectal (colon), and lung cancers as recommended by the U.S. Preventive Services Task Force (USPSTF) and other guidelines are also intended to improve the overall health status among adults by reducing disability and mortality.<sup>13</sup> An example of preventive health services is cancer screenings. Although some progress has been made, breast cancer and other cancers remain a significant public health challenge.

Although preventive care is included in most health insurance plans, some services may include an out-of-pocket cost, so fluctuations in temporary or permanent income (including among low-income populations and other populations with low socioeconomic status characteristics) may have a greater effect on the use of preventive healthcare services including cancer screenings.<sup>14</sup> The good news is that in some instances, employers have reported that supporting preventative care (without cost-sharing) creates several advantages such as: reducing medical disability costs and preventing illness (94%), keeping employees healthy (84%), and productive (59%).<sup>15</sup>







## Reducing Tobacco Use and Risks Attributed to Tobacco-Related Cancers and Illnesses

Tobacco addiction can be challenging and complex. The illness or morbidity cost attributed to cigarette smoking is expense at the state level, with a median morbidity (illness) cost of \$2.7 billion and ranging from \$291 million to \$16.9 billion. Largest costs are associated with inability to work.<sup>16</sup>

According to the CDC's most recent reports, cigarette smoking cost the United States more than \$600 billion in 2018 alone including:

- More than \$240 billion in healthcare spending,
- Nearly \$185 billion in lost productivity from smoking-related illnesses and health conditions,
- Nearly \$180 billion in lost productivity from smoking-related premature death, and,
- \$7 billion in lost productivity from premature death from secondhand smoke exposure.<sup>17</sup>

Significant differences in secondhand smoke exposure (SHS) by industry, occupation and socioeconomic class continue to exist. Including disproportionately SHS experienced by “blue-collar” workers, thereby placing them at higher risk for lung cancer and other tobacco-related medical conditions.<sup>18</sup>

Studies have shown that businesses offering tobacco cessation benefits report an increased number of smokers willing to participate in cessation treatment as well as an increase in those who successfully quit.<sup>19</sup>

The recent National Cancer Institute (NCI) data revealed that the percentage (%) of cancer survivors aged 18 years and older who smoke cigarettes varies by age group:

Age group: 18-44 years (21.3%)

Age group: 45-64 years (18%)

Age group: 65 years and older (7.4%)<sup>20</sup>

### Comprehensive Tobacco Cessation Benefits

The *gold standard* of tobacco cessation coverage is based on the United States Public Health Service (USPHS) Clinical Practice Guidelines for Treating Tobacco Use and Dependence, which are universal and deemed effective.

- ✓ No prior authorizations, co-pays or other financial barriers for medication support or cessation counseling
- ✓ At least a 90-day supply of all Food and Drug Administration (FDA) approved medications
- ✓ All 3 forms of tobacco cessation counseling (individual, group and phone)
- ✓ A minimum of 4 tobacco cessation counseling sessions annually
- ✓ At least 2 tobacco quit attempts annually



## Numerous Opportunities Exist for Businesses, Worksites and Employers to Cultivate a Healthier Environment by Supporting Cancer Prevention and Survivorship in the Workplace:

Within each state, every day is an opportunity to fundamentally change the trajectory of cancer by closing gaps in cancer prevention, screening, early detection, treatment, and survivorship including among low-income or minimum wage employees as well as part-time, seasonal, temporary, and contractual staff.

- Promote ongoing awareness among multiple divisions or departments and all employees about the National Breast and Cervical Cancer Early Detection Program (NBCCEDP) and Colorectal Cancer Control Program (CRCCP) services.
- Establish collaborations between local health systems (including primary care associations, federally qualified health centers, rural health clinics, national association of free and charitable clinics) and employee health departments, worksite wellness and occupational health departments at chemical plants, manufacturing plants, warehouses, industrial plants, construction, mining, oil/gas, other blue-collar industries and factories to increase awareness about access to the CDC's National Breast and Cervical Cancer Early Detection Program (NBCCEDP) at: <https://www.cdc.gov/cancer/nbccedp/index.htm> among low-income employees and their families.
- Structure health benefits plans that encourage compliance with recommended routine cancer screenings and other services throughout the cancer continuum of care to prevent "late" stage cancer diagnosis.
- Manage disability and leave benefits (including paid sick leave) to support compliance with cancer treatment and recovery as well as return to work options.
- Convene employee health meetings with local health systems using resources that feature state/county level data (geography data) such as the CDC's United States Cancer Statistics (USCS): Data Visualization tool with geography data at: <https://gis.cdc.gov/Cancer/USCS/#/AtAGlance/> enhance or strengthen the company's health-related activities and benefits
- Consider partnering with similar industries or sectors located in the same county or adjacent/neighboring counties by convening employee health meetings with local health systems [primary care associations, federally qualified health centers (FQHCs), rural health clinics, free clinics and/or county health departments] using resources that feature state/county level data (geography data) such as the CDC's United States Cancer Statistics (USCS): Data Visualization tool with geography data at: <https://gis.cdc.gov/Cancer/USCS/#/AtAGlance/> enhance or strengthen the company's health-related activities and benefits throughout a shared region within the state.
- Convene employee health meetings using resources that feature state level data such as: America's Health Rankings Annual Report (Health Outcomes-Chronic Conditions section) at: <https://www.americashealthrankings.org/explore/annual/measure/PrevHosp/state/ALL> to enhance or strengthen the company's health-related activities and benefits.
- Sponsor promotional and educational activities throughout the year to increase awareness and knowledge of comprehensive Tobacco Cessation Coverage (state specific benefits) among employees (including full-time, part-time), their spouses and other family members.
- Promote the availability of free and confidential state tobacco quitline services (including telephonic counseling) in accordance with evidence-guidelines among multiple divisions or departments and all employees (including part-time, temporary, and seasonal).
- Explore and maximize opportunities for Employee Health Departments to partner with a local or regional network of oncology nurse navigators, patient navigators or community health workers (CHWs).



To learn more, please feel free to contact us.

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## Resources:

America's Health Rankings Annual Report. Accessed at: <https://www.americashealthrankings.org/explore/annual/measure/PrevHosp/state/ALL>

Employer Toolkit and Strategies: Guiding Principles for Promotion of High-Quality Cancer Care (National Comprehensive Cancer Network-NCCN) <https://www.nccn.org/business-policy/business/employer-resources/employer-toolkit>

Cancer Care from an Employer Perspective (featuring an employer-sponsored health insurance, plan design and interventions/webinar)-National Cancer Institute (NCI) <https://healthcaredelivery.cancer.gov/media/cancer-care.html>

National Institute for Occupational Safety and Health (NIOSH) --CDC Total Health Worker: Making the Business Case Why Do I Need An Integrated Approach to Safety and Health? <https://www.cdc.gov/niosh/twh/business.html>

National Cancer Institute (NCI)-Cancer Support Services <https://www.cancer.gov/about-cancer/managing-care/services/support>

State Tobacco Cessation Coverage Database (sponsored by the American Lung Association) at: <http://www.lung.org/our-initiatives/tobacco/cessation-and-prevention/state-cessation-coverage.html>

National Colorectal Cancer Roundtable Resource: How Can Employers Save More Lives From Colorectal Cancer? <https://nccrt.org/setting/workplace/>

CDC - Colorectal Cancer Control Program (CRCCP) <https://www.cdc.gov/cancer/crccp/>

Workplace Wellness Programs: Promoting Better Health While Controlling Costs Guide (United States Chamber of Commerce) <https://www.uschamber.com/health-care/workplace-wellness>

Cancer in the Workplace: Human Resources (HR) Department Tip Sheet (Business Group on Health). <https://www.businessgrouphealth.org/resources/cancer-hr-tip-sheet>

CDC National Breast and Cervical Cancer Early Detection Program (NBCCEDP) <https://www.cdc.gov/cancer/nbccedp/>

Lung Cancer Screening Health Insurance Coverage (American Lung Association) <http://www.lung.org/about-us/>

Cancer Care: Managing Costs and Medical Information (National Cancer Institute) <https://www.cancer.gov/about-cancer/managing-care/track-care-costs>

Academy of Oncology Nurses & Patient Navigators- Local Oncology Nurse Navigator Networks <https://www.aononline.org/community/local-navigator-networks/>

Cancer and Careers Organization: Resources for Cancer Survivors/Employee Health <https://www.cancerandcareers.org/en/about-us>

CDC Tips from Former Smokers Campaign Resources-Partners <https://www.cdc.gov/tobacco/campaign/tips/partners/php/index.html>

SelfMade Health Network (SMHN) Fact Sheets-Men's Cancer Health Disparities <http://www.selfmadehealth.org/educate/determinants-of-health-fact-sheets/>

Seven Ways Businesses Can Align with Public Health for Bold Action and Innovation <https://debeaumont.org/businesspublichealth/>

Delivering Value in Cancer Care: The Employer Perspective and Cancer Survivorship: Challenges and Opportunities for Employers Guides (Northeast Business Group on Health) Accessed at: <https://nebgh.org/initiative/cancer/>

Lung Cancer Screening Health Insurance Coverage Resources (American Lung Association) <https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer/saved-by-the-scan>

State Lung Cancer Screening Toolkit (American Lung Association) <https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer/saved-by-the-scan/resources/state-lung-cancer-screening>

State of Lung Cancer Report (State level data)-American Lung Association <https://www.lung.org/research/state-of-lung-cancer>

SelfMade Health Network (SMHN) Fact Sheet Series: Coronavirus (COVID-19) and Cancer Survivorship at: <https://selfmadehealth.org/educate/determinants-of-health-fact-sheets/>

