

Cancer Survivorship in Maine - 2026

Surveillance Brief · 2019–2023 · Maine CDC



CANCER SURVIVORSHIP IN MAINE

Maine has consistently ranked among states with the highest cancer incidence and mortality rates in the nation.¹ As medical advances and early detection have extended survival, the number of Mainers living after a cancer diagnosis has grown substantially — and with it, the importance of understanding and improving health and quality of life beyond active treatment. A cancer survivor is anyone who has been diagnosed with any type of cancer. Survivorship begins at the time of diagnosis and continues across the lifespan.

This brief uses data on self-reported history of cancer from the Behavioral Risk Factor Surveillance System (BRFSS) from 2019 through 2023. These data are summarized to provide a snapshot of cancer survivorship among Maine adults, including the prevalence of survivorship and an examination of chronic conditions and quality of life.

TRENDS and GEOGRAPHY

166,378

adults reported being cancer survivors in Maine in 2023

15%

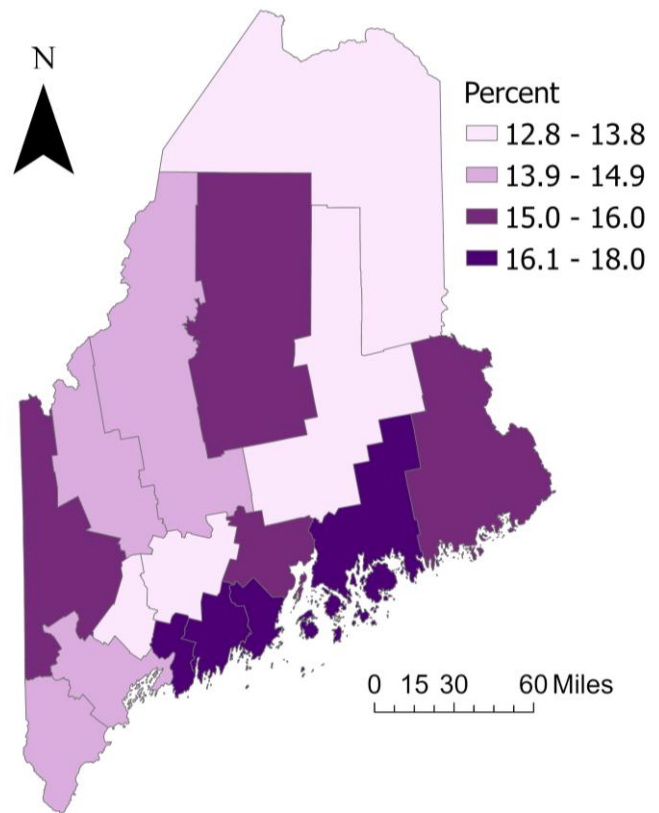
of Maine's adult population are cancer survivors (2019-2023)

16% of adult females are cancer survivors, compared to **13%** of adult males.

97% of adult cancer survivors are White and **less than 1-2%** are among other racial groups².

22% of veterans are cancer survivors, compared to **14%** among adults who are not veterans.

Percentage of Maine Adults who are Cancer Survivors by County, 2019-2023



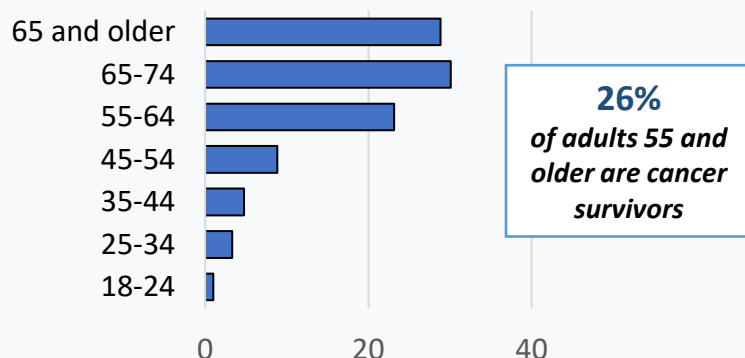
For more information on the Maine CDC Comprehensive Cancer Program, including screening and prevention resources visit: <https://rethinkchronicdisease.org/comprehensive-cancer/>

¹Maine Cancer Registry ([Maine 2025 Annual Cancer Snapshot](#))

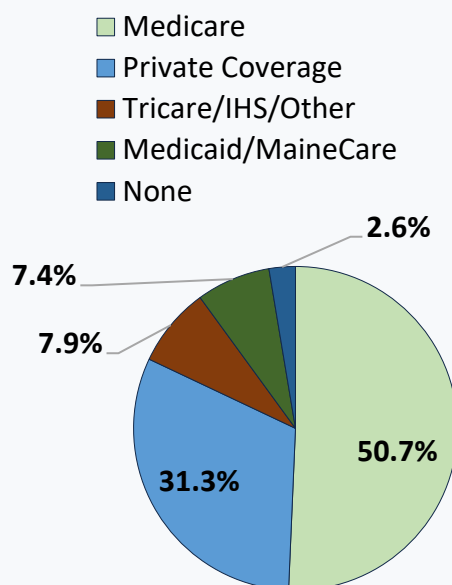
²American Indian or Alaska Native, Asian, Black or African American, Other race, Native Hawaiian or Other Pacific Islander, Two or more races

CHARACTERISTICS of CANCER SURVIVORS

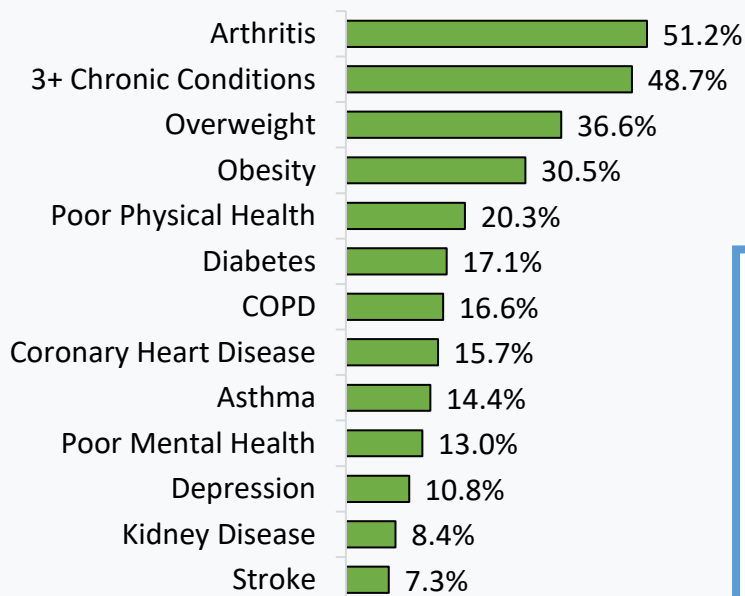
Age of Adult Cancer Survivors



Survivors' Health Insurance



Chronic Conditions of Adult Cancer Survivors



Compared to those without a history of cancer, cancer survivors are more likely³ to have a chronic condition such as kidney disease, poor physical health, COPD, asthma, stroke, arthritis, depression, poor mental health, coronary heart disease and diabetes – **overall they are nearly 5 times more likely to have 3 or more chronic health conditions.**

BEHAVIORS AND RISK FACTORS

Most adult cancer survivors have overweight or obesity, and only 25% meet physical activity recommendations (2019, 2021). However, most consumed at least one fruit (68%) and at least one vegetable (88%) daily (2019, 2021, 2023). Twelve percent of adult cancer survivors are current smokers and 51% consume alcohol – similar to adults without a history of cancer.

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³Based on odds ratios for the predictors represent the odds of cancer survivors compared to those with no history of cancer. We used survey-weighted logistic regression to estimate the association between each predictor and history of cancer, adjusting for age and sex.