

Maine Cancer Plan 2021-2030 Metrics

Performance Measures			Baseline (2021)	Midpoint (2025)	Current (2026)	U.S. Compare	Progress	2030 Target	Data Source
Goal 1 – Reduce cancer risk through evidence-based strategies									
Alcohol Objectives									
1.1	Reduce the percentage of youth who report using alcohol in the past 30 days.	A. Middle School	4.0% (3.6-4.4) 2019	4.8% (4.3-5.3) 2023	3.6% (3.2-4.0) 2025	N/A	▲	3.6%	MIYHS
		B. High School	22.9% (21.8-24.0) 2019	20.5 (19.2-21.7) 2023	16.5% (15.4-17.5) 2025	22.1% (20.5-23.8) 2023 YRBS	▲	18.8%	
1.2	Reduce the percentage of youth who had five or more alcoholic drinks on at least one day in the last 30 days.	A. Middle School	1.3% (1.1-1.5) 2019	1.8% (1.6-2.1) 2023	1.5% (1.3-1.7) 2025	N/A	●	0.4%	
		B. High School	32.7% (31.1-34.2) 2019	36.1% (34.5-37.6) 2023	41.5% (39.7-43.2) 2025	N/A	◆	28.1%	
1.3	Reduce the percentage of Maine adults (ages 18 and older) at-risk from heavy alcohol use in past month.		8.9% (7.9-9.8) 2019	8.2% (7.4-8.9) 2023	7.0% (6.4-7.7) 2024	6.2% (no CI) 2024	●	6.3%	BRFSS
1.4	Reduce the percentage of Maine adults (ages 18 and older) who binge alcohol use in the past month.		17.0% (15.7-18.3) 2019	15.0% (14.0-16.1) 2023	14.6% (13.6-15.5) 2024	15.5% (no CI) 2024	●	13.4%	
1.5	Reduce the percentage of Maine adults (ages 18 and older) with any alcohol use in the past month.		57.0% (55.5-58.5) 2019	55.5% (54.1-56.8) 2023	55.2% (53.9-56.4) 2024	52.1% (no CI) 2024	●	52.0%	
HPV Objectives									
1.6	Increase the percentage of adolescents aged 9-12 years old who have initiated the HPV vaccination series.		20.68% (19.98-21.38) 2023	25.13% (24.45-25.81) 2025	25.13% (24.45-25.81) 2025	N/A	▲	40%	MIP
1.7	Increase the percentage of adolescents aged 13-17 years old who have completed the HPV vaccination series.		63.5% (45.7-59.4) 2020	61.2% (55.0-67.1) 2023	66.9% (61.3-72.1) 2024	62.9% (61.6-64.1) 2024	●	68.2%	NIS-Teen
Obesity Objectives									
1.8	Increase the percentage of youth who consume 100% fruit juice, fruits, and/or vegetables five or more times a day:	A. Grade 5-6	46.6% (44.5-48.6) 2019	46.8% (44.2-49.3) 2023	43.6% (41.9-45.3) 2025	N/A	●	51.6%	MIYHS
		B. Middle school	20.9% (19.9-21.8) 2019	18.9% (18.0-19.9) 2023	23.0% (21.8-24.2) 2025	N/A	▲	22.7%	
		C. High school	15.2% (14.3-16.0) 2019	14.2% (13.5-14.9) 2023	16.4% (15.6-17.2) 2025	N/A	▲	19.0%	
Symbol Key: ▲ = Improving ● = No statistically significant change ◆ = Worsening Ninety-five percent confidence intervals are provided for most measures. If the 95 percent confidence intervals for two estimates overlap, they were considered similar. If the confidence intervals did not overlap, the estimates were considered to be significantly different.									
Performance Measures Table Definitions									
AHR-SR – America’s Health Rankings – Senior Report BRFSS – Behavioral Risk Factor Surveillance System ImmPact – Maine Immunization Information System MCR – Maine Cancer Registry MIP – Maine CDC Immunization Program			MIYHS – Maine Integrated Youth Health Survey MTN – Maine Tracking Network PPCMS – Prevalence of Palliative Care in Maine Study YRBS – Youth Risk Behavior Surveillance						
									
Baseline established using the data available during the development of the 2021-2025 plan unless guidelines changed.									



Performance Measures			Baseline (2021)	Midpoint (2025)	Current (2026)	U.S. Compare	Progress	2030 Target	Data Source
Obesity Objectives Continued									
1.8	Increase the percentage of youth who consume 100% fruit juice, fruits, and/or vegetables five or more times a day:	A. Grade 5-6	46.6% (44.5-48.6) 2019	46.8% (44.2-49.3) 2023	43.6% (41.9-45.3) 2025	N/A	●	51.6%	MIYHS
		B. Middle school	20.9% (19.9-21.8) 2019	18.9% (18.0-19.9) 2023	23.0% (21.8-24.2) 2025	N/A	▲	22.7%	
		C. High school	15.2% (14.3-16.0) 2019	14.2% (13.5-14.9) 2023	16.4% (15.6-17.2) 2025	N/A	▲	19.0%	
1.9	Increase the percentage of youth who are physically active for at least one hour per day during the past seven days:	A. Middle school	25.5% (24.6-26.3) 2019	27.9% (26.9-29.0) 2023	28.4% (27.2-29.7) 2025	N/A	●	34.6%	
		B. High school	20.9% (20.1-21.7) 2019	24.0% (23.1-24.9) 2023	23.8% (23.1-24.6) 2025	24.6% (22.8-26.5) 2023 YRBS	●	29.6%	
1.10	Increase the percentage of adults who consume fruits one or more times per day.		63.9% (62.0-65.8) 2019	65.0% (63.7-66.3) 2021	63% (60.9 – 65.1) 2023	60.2% (59.8-60.5) 2021	◆	68.6%	BRFSS
1.11	Increase the percentage of adults who consume vegetables one or more times per day.		87.1% (85.7-88.5) 2019	86.9% (85.9-87.9) 2021	85.9% (84.3 – 87.5) 2023	79.3% (79.0-79.6) 2021	◆	90.3%	
1.12	Increase the percentage of Maine adults who participate in enough aerobic and muscle strengthening exercises to meet guidelines.		20.2% (18.8-21.5) 2019	31.0% (29.6-32.4) 2023	31.0% (29.6-32.4) 2023	30.4% No CI 2023	▲	34.1%	
Radon and Arsenic Objectives									
1.13	Increase radon testing in:	A. Owner-occupied structures.	34.0% (31.8-36.2) 2019	38.6% (36.4-40.7) 2021	36.9% (35.4-38.5) 2023	N/A	●	43.7%	BRFSS (MTN)
		B. Non-seasonal residential rental properties.	21.5% (17.0-26.0) 2019	23.5% (19.2-27.8) 2021	19.6% (17.0-22.3) 2023	N/A	●	30.2%	
1.14	Increase the number of households that install a radon mitigation system when they receive a high radon test result.		70.6% (61.4-79.8) 2019	73.4% (66.7-80.0) 2021	77.6% (72.0-83.1) 2023	N/A	●	79.2%	
1.15	Increase the percentage of private wells tested for arsenic.		52.0% (49.1-54.8) 2019	54.9 (53.0-56.8) 2021	53.0% (51.1-54.9) 2023	N/A	●	61.9%	
Tobacco Objectives									
1.16	Reduce the percentage of Maine youth that smoke cigarettes.	A. Middle school	1.5% (1.2-1.7) 2019	2.0% (1.7-2.3) 2023	1.6% (1.3-1.8) 2025	1.4% (1.0-2.0) 2021 YRBS	●	0.5%	MIYHS
		B. High school	7.1% (6.6-7.5) 2019	5.6% (5.1-6.0) 2023	5.1% (4.6-5.6) 2025	3.5% (2.9-4.2) 2023 YRBS	●	2.9%	
1.17	Reduce the percentage of Maine youth that smoke cigarettes and/or cigars and/or use chewing tobacco, snuff, dip, dissolvable tobacco product or electronic vaping product.	A. Middle school	7.6% (6.9-8.3) 2019	6.2% (5.5-7.0) 2023	5.0% (4.3-5.6) 2025	6.6% (5.6-7.8) 2021 YRBS	●	3.2%	MIYHS
		B. High school	29.6% (No CI) 2019	18.4% (17.3-19.4) 2023	17.9% (16.8-19.1) 2025	17.9% (16.4-19.6) 2023 YRBS	●	13.0%	

Performance Measures			Baseline (2021)	Midpoint (2025)	Current (2026)	U.S. Compare	Progress	2030 Target	Data Source
Tobacco Objectives Continued									
1.18	Reduce the percentage of Maine youth that are exposed to environmental tobacco smoke.	A. Middle school	22.1% (20.8-23.3) 2019	19.9% (18.4-21.5) 2023	19.1% (17.6-20.7) 2025	N/A		14.4%	MIYHS
		B. High school	27.0% (25.4-28.6) 2019	19.3% (18.2-20.5) 2023	19.0% (17.9-20.2) 2025	N/A		15.5%	
1.19	Reduce the percentage of Maine adults that smoke cigarettes.		17.6% (16.4-18.8) 2019	15.0% (13.9-16.1) 2022	14.4% (13.5-15.3) 2024	11.6% (No CI) 2024		10.7%	BRFSS
1.20	Reduce the percentage of Maine adults that report currently using any tobacco products (cigarettes, smokeless tobacco, e-cigarettes, or other tobacco products).		24.7% (22.6-26.7) 2019	21.5% (19.7-23.3) 2022	21.3% (19.7 - 22.9) 2023	N/A		20.5%	
1.21	Reduce the percentage of Maine adults that indicate someone (including themselves) had smoked cigarettes, cigars or pipes anywhere inside their home in the past 30 days.		9.6% (8.3-10.9) 2019	8.1% (6.9-9.3) 2022	8.5% (7.5 - 9.6) 2023	N/A		6.9%	
Ultraviolet Radiation Objectives									
1.22	Increase the percentage of youth that use SPF of 15 or higher when outside for more than one hour on a sunny day.	A. Grade 5 & 6	48.5% (45.4-51.7) 2019	46.9% (44.6-49.2) 2023	50.2% (48.2-52.3) 2025	N/A		51.9%	MIYHS
		B. Middle school	32.2% (30.0-34.4) 2019	31.0% (28.6-33.5) 2023	36.1% (33.2-39.0) 2025	N/A		35.7%	
		C. High school	23.6% (22.0-25.1) 2019	24.3% (22.5-26.0) 2023	28.1% (25.9-30.2) 2025	N/A		28.0%	
1.23	Reduce the percentage of youth who use indoor tanning devices.	A. Middle school	4.0% (3.3-4.7) 2019	3.6% (2.8-4.3) 2023	4.4% (3.4-5.4) 2025	N/A		2.3%	MIYHS
		B. High school	8.1% (7.1-9.1) 2019	4.7% (3.9-5.4) 2023	5.1% (4.4-5.7) 2025	N/A		2.8%	
Goal 2 – Increase evidence-based screening for all Mainers									
Breast Screening Objectives									
2.1	Increase breast cancer screening among eligible adults based on current U.S. Preventive Services Task Force guidelines.		74.9% (73.0-76.8) 2018	73.6% (71.8-75.4) 2022	76.5% (75.0-78.1) 2024	70.2% (no CI) 2022		81.0%	BRFSS
2.2	Reduce the rate of new cases of female breast cancer diagnosed as late stage.		38.9 per 100,000 (36.4-41.5) 2016-2018	41.2 per 100,000 (38.7-43.9) 2019-2021	41.3 per 100,000 (38.8-44) 2020-2022	41.9 per 100,000 (41.9-42.2) 2020-2022		36.3 per 100,000	MCR
Cervical Screening Objectives									
2.3	Increase cervical cancer screening among eligible adults based on current U.S. Preventive Services Task Force guidelines.		82.7% (80.4-84.9) 2018	80.4% (78.1-82.7) 2020	80.4% (78.1-82.7) 2020	78.0% (77.3-78.6) 2020	N/A ¹	86.3%	BRFSS
¹ In 2022 BRFSS, the questions for cervical cancer screening changed entirely, hence, cervical cancer screening estimates for 2022 are not comparable to 2020.									

Performance Measures		Baseline (2021)	Midpoint (2025)	Current (2026)	U.S. Compare	Progress	2030 Target	Data Source
Cervical Screening Objectives Continued								
2.4	Reduce the incidence of cervical cancer in Maine.	5.4 per 100,000 (3.7-7.5) 2016	7.5 per 100,000 (5.5-10.0) 2021	6.3 per 100,000 (4.5-8.5) 2022	7.4 per 100,000 (7.2-7.5) 2022	●	4.5 per 100,000	MCR
2.5	Reduce the rate of new cases of cervical cancer diagnosed as late stage.	2.3 per 100,000 (1.7-3.0) 2016-2018	2.9 per 100,000 (2.2-3.8) 2019-2021	3.3 per 100,000 (2.5-4.2) 2020-2022	3.8 per 100,000 (3.7-3.8) 2020-2022	●	2.3 per 100,000	MCR
Colorectal Screening Objectives								
2.6	Increase colorectal cancer screening among eligible adults based on current U.S. Preventive Services Task Force guidelines (including stool-based tests, colonoscopy, sigmoidoscopy, or CT colonography).	72.2% (70.5-73.8) 2022	72.2% (70.5-73.8) 2022	76.5% (75.2-77.9) 2024	71.1% (No CI) 2024	▲	76.6%	BRFSS
2.7	Reduce the rate of new cases of colorectal cancer diagnosed as late stage.	20.4 per 100,000 (19.1-21.6) 2016-2018	20.7 per 100,000 (19.5-22.0) 2019-2021	20.5 per 100,000 (19.2-21.7) 2020-2022	21.7 per 100,000 (21.6-21.8) 2020-2022	●	18.6 per 100,000	MCR
Lung Cancer Screening Objectives								
2.8	Increase lung cancer screening among eligible adults based on current U.S. Preventive Services Task Force guidelines.	18.1% (14.1-22.1) 2019	24.5% (20.6-28.6) 2022	29.2% (25.7-32.8) 2024	22.1% (no CI) 2024	●	34.2%	BRFSS
2.9	Monitor shared decision making among adults who have received low dose computed tomography (LDCT) screening.	19.2% (15.3-23.1) 2019	24.5% (19.8-29.4) 2021	Question discontinued	N/A	N/A	†	BRFSS
2.10	Reduce the rate of new cases of late-stage lung cancer.	48.4 per 100,000 (46.6-50.2) 2016-2018	42.2 per 100,000 (40.6-43.8) 2019-2021	39.6 per 100,000 (38.1-41.2) 2020-2022	32.0 per 100,000 (31.9-32.1) 2020-2022	●	38.7 per 100,000	MCR
2.11	Reduce the percentage of late-stage lung cancer.	68.2% (66.8-69.6) 2016-2018	64.3% (62.8-65.7) 2019-2021	68.2% (66.2-70.2) 2020-2022	64.1% (64.0-64.2) 2020-2022	◆	58.6%	MCR
Prostate Screening Objectives								
2.12	Reduce the incidence of prostate cancer.	84.1 per 100,000 (78.4-90.3) 2016-2018	111.6 per 100,000 (105.3-118.2) 2019-2021	109.0 per 100,000 (105.4-112.8) 2020-2022	114.9 per 100,000 (114.6-115.2) 2020-2022	●	100.4 per 100,000	MCR
2.13	Reduce the rate of new cases of late-stage prostate cancer.	23.9 per 100,000 (22.2-25.9) 2016-2018	26.2 per 100,000 (24.4-28.1) 2019-2021	27.8 per 100,000 (26-29.8) 2020-2022	26.4 per 100,000 (26.2-26.5) 2020-2022	●	23.6 per 100,000	MCR
Goal 3 – Increase timely, high-quality, and evidence-based cancer treatment for all Mainers								
3.1	Monitor the number of patients treated at Commission on Cancer accredited hospitals in Maine.	83.3% (85.0-86.4) 2019	87.9% (87.3-88.6) 2021	91.9% (91.3, 92.4) 2023	N/A	N/A	†	MCR
Goal 4 – Improve the quality of life for cancer survivors in Maine								
4.1	Reduce the percentage of survivors using tobacco.	15.1% (12.5-17.7) 2018	11.5% (9.3-13.7) 2022	12.5% (10.4-14.6) 2023	10.0% (9.4-10.5) 2023	●	8.7%	BRFSS
4.2	Reduce the percentage of survivors using alcohol.	49.2% (46.1-52.3) 2019	50.2% (46.4-54.0) 2022	51.5% (48.7-54.3) 2023	49.3% (48.4-50.2) 2023	●	47.0%	

Performance Measures		Baseline (2021)	Midpoint (2025)	Current (2026)	U.S. Compare	Progress	2030 Target	Data Source
Survivorship Objectives Continued								
4.3	Increase the percentage of survivors who participate in enough aerobic and muscle strengthening exercises to meet guidelines. (Asked every 4 years)	19.3% (16.8-21.9) 2019	31.7% (28.9-34.6) 2023	2023 is most current data	29.4% (28.6-30.3) 2023	N/A	32.4%	BRFSS
4.4	Increase the percentage of survivors who consume fruits one or more times per day.	69.5% (66.0-73.1) 2017	68.9% (66.2-71.6) 2021	69.7% (65.5-73.9) 2023	63.2% (62.3-64.0) 2021		73.4%	
4.5	Increase the percentage of survivors who consume vegetables one or more times per day.	88.4% (86.0-90.9) 2017	86.9% (84.8-89.0) 2021	88.8% (86-91.6) 2023	82.0% (81.3-82.8) 2021		90.1%	
4.6	Reduce the percentage of survivors with poor mental health days (past month >13 days).	15.0% (12.4-17.6) 2018	14.4% (11.9-16.9) 2022	12.4% (10.5-14.3) 2023	13.2% (12.6-13.8) 2023		11.6%	
4.7	Reduce the percentage of survivors who have poor physical health days (past month >13 days).	23.8% (20.8-27.1) 2018	20.3% (17.6-23.1) 2022	22.4% (20.0-24.7) 2023	21.0% (20.2-21.7) 2023		16.4%	
Goal 5 – Ensure all patients have comprehensive, high-quality palliative care throughout their cancer diagnosis and treatment								
5.1	Increase the percentage of hospital-based palliative care programs in Maine.	39.0% 2022	39.0% 2022	2022 is most current data	N/A	N/A	42.2%	PPCMS
5.2	Increase the percentage of hospice-based palliative care programs in Maine.	17.0% 2022	17.0% 2022	2022 is most current data	N/A	N/A	18.7%	
Goal 6 – Ensure timely access to high-quality end-of-life support for cancer patients								
6.1	At a minimum, maintain hospice utilization in Maine.	52.9% 2024	52.9% 2024	50.6% 2025	46.9% 2025		52.9%	AHR-SR

† Metric is for monitoring purposes only and no target is set

Targets were set by using a tool from Healthy People 2030 that calculates targets based on a 10 or 20 percent increase or decrease. Where the targets calculated by the tool didn't make sense with current data, exceptions were made on a case-by-case basis.

