

Federated States of Micronesia Comprehensive Cancer Control Plan 2019 – 2024





The Vice President
Pohlgar, Pohnpei
Federated States of Micronesia



Message from the Vice President

Kaselehite, Rahn Anim, Mogethin and Lenwo my fellow citizens:

Cancer continues to claim many lives and poses serious threat to the health and growth of our Nation. It interrupts our way of life and threatens the future wellbeing of our people. Being touched by this disease, I pledge to personally take heed in the nation's efforts to reduce the cancer burden among families and love ones in our island communities.

The urgency to mitigate the threat of cancer is real and I am glad to share that it has become a chief priority in our nation. The participation of our local and external partners in cancer prevention and control is evident in this regard. I highly commend community champions for their dedication and commitment. Furthermore, I want to thank them and continue to encourage them to keep on keeping on.

My leadership will continue to support the efforts by way of strengthening capacity and infrastructure. We cannot persevere in the fight against cancer without a plan. That is why a strategic plan has been development and updated to guide our efforts. With the infrastructure (program, plan and coalition) created by the establishment of the FSM NCCCP and each of the state Comprehensive Cancer Control (CCC) Programs, cancer services are now well coordinated and collaborated.

I applaud the collaborative work exerted by coalition members, partners and communities in the fight against cancer. I proudly join the State Governors of Chuuk, Pohnpei, Yap and Kosrae in urging the people of this blessed Nation to continue to be assiduous in the fight against cancer by collaboratively implementing the 2019-2023 Cancer Plan.

Wholeheartedly,


Yosiwo P. George



JOHNSON S. ELIMO
Governor

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January 25, 2019

Moving forward into another cycle of our comprehensive Cancer Control and Prevention Agreement, I on behalf of the people of the State of Chuuk would like to take this opportunity to express our deepest appreciation to the Government of the United States and the Center for Disease Control and Prevention Division of Comp Cancer Control and Prevention for its supports for essential resources to help us devise amiable ways to deal with the cancer epidemic in the islands. We are and we will continue to be effective members of the global anti-cancer coalition, internationally, domestically and locally, to the best of our ability.

This cycle of the NCCCP with certainty, will enhance continuation of collaborative efforts as then, in the first and second cycle with encouraging positive results. Changing in the behaviors, and the level of cancer knowledge through the effort of awareness among the Chuukese people. Through these processes of cancer awareness new policies within the village level, community level, and state level has been implemented. The goal of the awareness is to lead and way forward the idea that "health is no longer the responsibility of the Department of Health" but that of the individual, the family, the community and the government.

I, the Governor of Chuuk State fully support the FSM National CCCP Plan to continue its strategic approach and effort to control and prevent the spread and escalation of cancer and the other NCDs in the islands.

Sincerely,



Johnson Elimo
Governor, Chuuk State



GOVERNMENT OF KOSRAE

Office of the Governor

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Greetings from the Island of the Sleeping Lady!

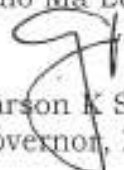
The Overall Goal for the Health Sector in the Kosrae Strategic Development Plan: 2014 – 2023 is ***“Health Status of Kosraeans improved by provisions of better health care as a result of better management and service delivery.”***

The 2019 – 2024 FSM cancer plan focuses on effective, efficient and proven cancer control strategies that are aligned with the overall goal of the health sector in the Kosrae SDP.

The Kosrae Governor’s Office and the People of Kosrae State support the FSM Cancer Plan for 2019 -2024 and stand ready to collaborate with other stakeholders to work toward a cancer free FSM.

I express our sincere appreciation to the Center for Disease Control and other Regional and National Partners for their continued support toward cancer control and prevention in the US Affiliated Pacific Islands and specifically FSM and Kosrae State.

Kulo Ma Lulap.


Carson K Sigrah
Governor, Kosrae State

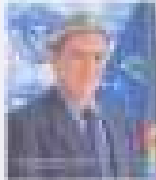


POHNPEI STATE GOVERNMENT

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Marcelo K. Peterson
Governor

Road B. Oliver
Lieutenant Governor



Eusebio Mangkor

Cancer is a major disease and health burden in Pohnpei State. It is still considered as a major cause of death and remains a major source of financial health burden on the economy. The operational approaches and the current structure of our health department existing in our unique and proud culture do not necessarily provide conducive setting and environment of prevention and protection against this disease. There is much energy, pain, and sacrifice, exerted from patients and family members of cancer victims and loss from health services, communities, and individuals which can positively influence the outcome of the disease. As we are aware, moving forward and learning from our past experiences, we realize that tackling this major public health issue requires a sustainable commitment, collaboration, and an integrated approach at all levels of care in order to improve the quality of life for individuals affected by cancer.

On November 14 2013, former Governor John Hira declared an emergency crisis on Non-communicable diseases (diabetes, hypertension, cardiovascular diseases, including cancer). The State NCD established a working team namely "State NCD Emergency Response Team" in short SNERTS to spear head the NCD strategic plan based on PHC/A ten initiatives to address the NCD crisis in Pohnpei State. The Pohnpei Cancer, Tobacco Control, Immunization, Maternal and Child Health, Sexually Transmitted Infection, Pohnpei Community Health Center, private hospital and clinics are part of the SNERTS working group and I constituted three working groups for their collaborative hard work during the past year to develop a practical cancer plan that aligns with the Nation's Cancer Control Strategic Plan. I also like to extend my appreciation to our facilitating partners in this major health endeavor. With practical innovative ideas, we are preparing ourselves to face challenges in health that cannot be controlled individually, but rather in an integrative and collaborative approach.

Hence, I hereby urge the people of Pohnpei to support the content of this plan as we mobilize and prepare for implementation of the FSM Comprehensive Cancer Control Plan.

M wala,


Marcelo K. Peterson
Governor



**THE GOVERNOR
STATE OF YAP**

November 15, 2018

His Excellency Peter Christian
President
Federated States of Micronesia
Palikir, Pohnpei, FM 96941

**RE: SUPPORT FOR FSM COMPREHENSIVE CANCER CONTROL (CCC) 5-YEAR PLAN
2019-2023**

Dear Mr. President

I present my compliments and warm greetings from the people of Yap State in conveying our support and deep appreciation by this administration for the above referenced five year FSM Cancer Control Plan, developed in partnership with the various cancer programs and working partners at the FSM National and State levels.

I am advised by the Yap Comprehensive Cancer Control Program, that, all the State CCC Programs and FSM National CCC Program have worked together over the last year with their partners to put together this new five year plan which updates the current plan and that will be rolled out on World Cancer Day in 2019.

The State of Yap and our people are fully committed to continue working with the FSM Department of Health and Social Affairs, FSM National CCC Program, State CCC Programs and their respective Leadership Teams and the Chronic Disease Program partners to garner community and political support for the CCC efforts to continue nationwide over the next five years.

We look forward to working collectively with you and other stakeholders and partners in our region to reduce the high burden of cancer and all non-communicable diseases (NCD's) affecting our people in the Federated States of Micronesia.

Respectfully yours

Tony Cummings
Governor

Xc: Magdalena Walber, Secretary, Dept. of HSA
Mr. Xuer Luther, FSM NCD/CCC Coordinator

FSM CANCER CONTROL STEERING COMMITTEE

Greetings from the FSM Cancer Control Steering Committee:


We congratulate the FSM Comprehensive Cancer Control Program and their partners in the development of the FSM Cancer Control Plan for 2019 to 2023.

The FSM Cancer Control Steering Committee (FSM SC) fully endorse the plan and are confident that the planning process and format will greatly contribute toward improving implementation of strategies and reporting in the federation.

The FSM Cancer Control Steering Committee took part in the initial planning and actual planning activities at the National and State level in the development of the current FSM Cancer Control Plan.

We express on behalf of the Cancer Control Coalition our appreciation to the Center for Disease Control and other National Partners for their sustained support in cancer control and prevention efforts in the FSM.

Respectfully Submitted,



Walbeck Hadley
Chairman

FSM Cancer Control Steering Committee

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Dedication and Acknowledgements

Dedication

This work is dedicated to those who make the cancer journey. Our hope is that their pain and suffering teach us as a people how we can travel this journey together to reduce the cancer burden in our nation.



Acknowledgements

We humbly thank the following people for their assistance in coordinating, reviewing, updating and producing this Comprehensive Cancer Control Plan for the Federated States of Micronesia: Karin Hohman and Leslie Given for their selfless time and valuable expertise; Jennifer Palemar, Pertina Saimon, Nena Tolenoa, Frita Fritz-Irons, Maryrose Johnny, Evel Pelep, Ari Skilling, Walberg Hadley, Stephanie Fredrick Kapiriel, RobinaWaguk, Cecilia Sigrah, Janos Baksa and many others who contributed to the work.

Special thanks extends to Magdalena Walter, Secretary DHSA, State Directors; KapilleCapelle, Julio Marar, Livinson Taulung, Martina Reichhardt, and our CDC Program Consultant, members of National Cancer Partnership, members of Chuuk State Cancer Coalition, members of Kosrae State Cancer Coalition, members of Pohnpei State Cancer Coalition, members of Yap State Cancer Coalition, members of the Steering Committee, and local and regional partners for their time and shared resources in producing the FSM Comprehensive Cancer Control Plan for 2019-2024.

Our utmost gratitude is extended to the states and national leadership for their continuous support in this endeavor. Without your leadership and support this Plan would have not materialized.

We want to thank our NCD partners including Immunization Program, Behavior Health and Wellness Program, Maternal and Child HealthProgram and FSM National Statistic Office for their support and contribution to the updating of this Plan. Your collaborative efforts and collective thoughts inspired and encouraged us to keep on moving forward.

Above all, we thank our Creator for His provision of life upon our people and our islands.

Kalahngan, Kinisou, Kamagar, Kulo and Thank you!

CCC Plan Introduction and Overview

The Federated States of Micronesia (FSM) has updated and revised its comprehensive cancer control (CCC) plan for the years 2019 – 2024. The overall goal of this plan is to reduce the burden of cancer in the FSM. Within the plan there are specific goals related to each point in the continuum of cancer control, from prevention to survivorship. Each goal has measurable objectives that have been identified to help monitor our progress in achieving the goals. Corresponding to each objective there are specific evidence-based strategies that will help us make real and lasting change.



The 2019 – 2024 FSM cancer plan focuses on effective, efficient and proven cancer control strategies. The themes across the plan include:

- Educating decision makers and policy makers on strategies and policies that promote and support progress towards achieving the cancer plan goals
- Establishing and maintaining key partnerships with other programs and coalitions (for example tobacco and immunization) in order to:
 - Identify common goals (including baseline data and target data)
 - Share information and efforts
 - Identify and address gaps in efforts
 - Coordinate, support and leverage each other's work

As with our previous plans, we followed several guiding principles we identified as important to the successful creation and the implementation of the plan. Therefore, we commit to:

- Use the most up to date data and existing information available to identify cancer problems
- Coordinate and collaborate with other programs (such as non-communicable disease programs) and regional, national, state and community organizations who also are interested in working towards a healthier, cancer-free FSM
- Not duplicate others' efforts, but rather recognize and value the work of others in our nation and communities and strive to enhance and expand efforts that are also important to our goals
- Build on the strengths of the policies, programs and efforts that already exist as well as learn from the lessons experienced in building those strengths
- Track, measure and communicate our efforts and our progress so we know if we are being successful
- Seek to address issues of cancer and cancer-risk health disparities among our populations
- And finally, we will use this plan to guide our efforts, to make decisions about our resources, to measure our progress and to change the course of cancer in FSM

We invite you to join us as we diligently work towards a cancer-free nation.

FSM National Cancer Coalition
Chuuk Cancer Coalition
Kosrae Cancer Coalition

Pohnpei Cancer Coalition
Yap Cancer Coalition

Overview of Cancer in FSM

Lung, oral, cervical and breast cancers are the most commonly diagnosed cancers in FSM. Five-year survival rates for cancer patients in FSM remains low (33% nationally), as many cancer are diagnosed at a late stage. The following tables give a current picture of cancer in FSM:

US-Affiliated Pacific Island Adult Invasive Cancer Incidence Rates for age 20 and older per 100,000 population: 2007-2015 USAPI in comparison to U.S.								
	Cases	Crude	US Std	World Std	Incidence Rate US	Five-year Survival Rates	% diagnosed Stage 1	% diagnosed Stage 3 or Higher
All USAPI	4663	197.5	206.2	154.7	449.0	58%	20%	75%
Guam	2858	312.5	284.4	211.5		65%	24%	73%
Republic of the Marshall Islands	438	179	213.1	169.8		43%	18%	68%
Commonwealth of the Northern Mariana Islands	325	102.4	116.7	89.8		66%	13%	83%
Pohnpei State, FSM	253	146.8	150.2	121.1		36%	8%	87%
Republic of Palau	250	192.8	185.2	143.5		36%	13%	71%
American Samoa	212	79.1	78.4	59.9		67%	6%	90%
Yap State, FSM	153	261.5	224.9	186.4		46%	26%	73%
Chuuk State, FSM	129	57.4	64.9	50.6		19%	9%	91%
Kosrae State, FSM	43	137.3	121.3	95.1		9%	12%	88%

Note: USAPI Incidence Rates are per 100,000 and age-adjusted to the 2000 U.S. standard population; Chuuk data incomplete

Source for USAPI data: Pacific Regional Central Cancer Registry (PRCCR), 2007-2015

Source for US data: U.S. Cancer Statistics Working Group. U.S. Cancer Statistics Data Visualizations Tool, based on November 2017 submission data (1999-2015): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; www.cdc.gov/cancer/dataviz June 2018.

Top 10 ADULT CANCERS FSM (Chuuk data incomplete)	# of Cases	Crude rate	Incidence rate Adj to US Std population	Incidence Rate Adj to World Std population	US incidence rate
All Sites	578	118.7	120.6	96.9	449.0
Lung & Bronchus	80	16.4	18.2	14.9	60.2
Tobacco-related Oral Cavity & Pharynx	71	14.6	12.1	10.7	12.0
Cervical Cancer, invasive	59	24.3	19.1	16.8	7.5
Breast	58	23.0	20.7	17.0	124.7
Liver	54	11.1	10.3	8.6	8.1
Uterus	35	14.4	14.4	11.7	26.2
Prostate	30	12.3	26.3	16.6	109.5
Colon & Rectum	22	4.5	5.5	4.0	39.2
Leukemia	20	4.1	3.8	3.1	14
Stomach	19	3.9	4.7	3.6	7.0

Source: Incidence Data reported from Guam to Pacific Regional Central Cancer Registry, 2007-2015

Another way to look at cancer in FSM is:

- 63% of FSM’s adult cancers are **tobacco-related**
- 20% of FSM’s adult cancers are **obesity-related**
- 29% of these cancers have an **evidence-based screening test** such as clinical breast exam to find breast cancer, Pap smears or visual inspection with acetic acid (VIA) to find cervical cancer, fecal occult blood testing or colonoscopy to find colon cancer, and prostate-specific antigen (PSA) test and rectal exam to find prostate cancer
- 11% of cancers could be diagnosed in earlier stages if the patient presents to the doctor early enough and if the doctor does a **thorough history and physical**

While this is the current cancer picture in FSM, we are making progress and will continue to do so, guided by this cancer plan.

2013 – 2018 Progress in Addressing Cancer in FSM

The FSM Department of Health and Social Affairs (National) together with the four states of Chuuk, Kosrae, Pohnpei and Yap, and our partners at the national and state level, have made significant progress towards implementing the *2013 – 2018 FSM Comprehensive Cancer Control Plan*. Although the cancer burden remains high, and we still have much work to do to prevent and find cancers earlier, much progress had been made since 2007 when FSM began implementing the first five year cancer plan, which covered 2007 – 2012.



The National and State CCC plans are now combined into one coordinated plan for the nation and there is evidence that duplication of effort are reduced while more coordinated implementation of plan priorities are enhanced. The FSM coordinated CCC programs, in conjunction with the Pacific Regional CCC effort, has made progress toward the long term goal of raising the standard of cancer care in the FSM and the Pacific Region and will continue to work toward a cancer-free FSM.



FSM now has cancer registries in all four states including the National government that are linked to the Pacific Regional Central Cancer Registry.



National Standards of Care Guidelines for Breast and Cervical Cancer were revised and updated in 2015. These national guidelines are used to guide the development of training modules on cancer prevention, early detection, palliative care and survivorship.

Collaborative efforts are underway between the FSM CCC Program and FSM Maternal and Child Health (MCH) Program as the implementation of visual inspection with acetic acid (VIA) is accepted for cervical cancer screenings. All four states have VIA-trained health providers with all four states already implementing it as the primary screening method for cervical cancer. There is a gradual increase in cervical cancer screening in all the states. From 2017 to 2018, cervical cancer screening rate rose from 9% to 16%. With the Dispensary Strengthening Programs in Pohnpei and Chuuk, FSM anticipates this rate to increase.



HPV VACCINE IS CANCER PREVENTION

The National and State CCC Programs continue to lead the way in chronic disease collaboration. A collaborative agreement was established in 2016 between the FSM CCC Program and the FSM National Immunization Program to ensure implementation at the state levels in increasing HPV Immunization coverage. For instance, through the implementation of a collaborative plan, in 2017, the coverage of HPV significantly rose from 45% to 78%.

All four states have passed their own version of a Clean Indoor Air Act and are expanding tobacco-focused interventions. One state has recently passed a betel nut law and the other three states are following suit.



The following are some notable accomplishments from each of the FSM States:

Chuuk

- Community church leaders are enforcing the clean indoor air act of 2011 by banning the use of tobacco during church, community and family events
- All Catholic churches only serve water or coconut water during events, instead of sugar sweetened drinks
- Two municipalities are working on putting a law in place to license the sale of tobacco and betel nut; one municipality has committed to fully banning the sale of betel nut

Kosrae

- The Kosrae CCC program in collaboration with DHS Management and Kosrae CHC had successfully conducted VIA Screening and Awareness Campaign. This activity enabled the 12 trained VIA screeners to screen eligible women ages 21-65. The outcome was a total of 182 women were screened. A brochure was also developed on Cervical Cancer and available screening methods.
- CCC Program joined DHS and KCHC in spearheading the Kosrae NCD Hybrid Survey 2018. This survey will really support the program in prioritizing its activities since core risk behavior questions and screenings were administered and or conducted such as BMI screening, questions on tobacco smoking, betelnut chewing, alcohol consumption, fruits and vegetables intake and others of significance to the program.
- CCC Program also partnered with Kosrae CHC in supporting the Kosrae KiK Program which mainly focuses on healthy eating and physical activities thus preventing overweight and obesity in both youths and adults.
- Kosrae State passed a law banning sales of electronic cigarettes and pack containing less than 20 cigarette sticks.

Pohnpei

- The Dispensary Strengthening Program is a collaborative effort between all public health service programs. The aim of the program is to improve the service delivery to remote population, upscale dispensaries and capture patients lost to follow up. Although the program covers a wide range of public health services, it is an NCD initiative. The program focused on reaching remote communities. Since its inception and roll out NCD data including cervical and breast cancer screening rates have increased. This is a promising approach in addressing the NCD dilemma in Pohnpei.
- Today, with the high rate of mouth cancer, Pohnpei State passed a law on betel nut. A citation form is now in place to help with the enforcement of the betel nut law.
- Most traditional leaders are enforcing the clean indoor air act by banning smoking in community halls.

Yap

- Our "Go Local" theme is Let Local Food Be Your Medicine and Your Medicine Local Food. The goal was to encourage people to buy and eat local food which in turn over the years will create a demand and thus get more local farmers to keep growing and supplying. With this in mind in 2012 in collaboration with other prevention partners we started promoting local food with three vendors with monthly raffles for customers. Nine businesses now sell local food, fruits,

vegetables and fish that can be found on a daily basis giving people more choice and variety and access to healthy local foods.

- Go Local has helped medical referral patients that come from the outer islands to the main island for care get access to healthier foods through the monthly coupons valued at \$40 each that they can redeem for local food, fruits, vegetables and fish. This has injected about \$50,000 per year for the last two years into the economy through the Go Local program.
- Collaboration with Public Health and CHC partners to offer free cancer screenings during the Annual National Women's and National Men's Health Weeks in May and June each year.
- Participation in the piloting of use of CDC Inside Knowledge education materials on five gynecological cancers in targeted communities to increase knowledge of women on these cancers and empower them to get screened.



Plan Goals, Objectives, Strategies

The following goals, measurable objectives and evidence-based strategies were developed by the FSM national and state cancer coalitions and cancer program staff. We encourage and invite partners to work on these goals, objectives and strategies with the cancer coalitions.

Prevention Goal 1: Prevent cancer from occurring

Objective 1

Increase HPV vaccination coverage for Adolescent females aged 11 to 12 years old

Measure

Adolescent females aged 11 to 12 years that have completed the 2-dose HPV vaccination series

Baselines

National 63%
Yap 55%
Pohnpei 34%
Kosrae 86%
Chuuk 78%

Targets

National 79%
Yap 65%
Pohnpei 70%
Kosrae 95%
Chuuk 87%

Source: National Immunization Program, HPV data Set, 2017

Strategies:

- Facilitate national and state coordination among immunization, STD and cancer programs
- Vaccination requirements for school attendance to increase community demand for vaccines
- Vaccination programs in schools to increase community access to vaccination services
- Health care system-based interventions implemented in combination to increase appropriate vaccination

Objective 2

Decrease the percentage of FSM high school age (9-12 grade) that is overweight/obese

Measure

Population who are overweight or obese (age 13 to 19)

Baselines

National 35.4%
Yap 33.4%
Pohnpei 32.6%
Kosrae 38.1%
Chuuk 40.4%

Targets

National 24%
Yap 14%
Pohnpei 28%
Kosrae 30%
Chuuk 32%

Sources: Kosrae Rapid High School Survey (RHSS), 2017
Pohnpei Rapid High School Survey (RHSS), 2017
Chuuk Rapid High School Survey (RHSS), 2016
Yap Youth Survey, 2016

Strategies:

- Implement community-wide campaigns to increase physical activity
- Facilitate national and state coordination among physical activity, nutrition and cancer programs
- Promote workplace wellness
- Support community “Go Local” campaigns
- Establish physical activity and/or physical education requirements in schools
- Enforce existing laws on food policy
- Support passage of the expansion of the Healthy Trade Bill, to increase taxation of high salt and sugar foods
- Implement hybrid survey every two years to collect data about obesity

Objective 3

Reduce tobacco use and resulting harm among the FSM population

Measure

Percentage tobacco use among adults

Baselines

National	Yap	Pohnpei	Kosrae	Chuuk
Males: 40% Females: 25% Total: 35%	Smoking Yap Proper Males: 35% Females: 23% Total: 29%	Smoking Males: 46% Females: 23% Total: 33%	Smoking Males: 67% Females: 11% Total: 37%	Smoking Males: 53% Females: 8% Total: 29%
	Other products Males: 22% Females: 16% Total: 19%	Other Products Males: 22% Females: 8% Total: 14%	Other Products Males: 59% Females: 19% Total: 37%	Other Products Males: 19% Females: 3% Total: 10%

Overall Target

By 2024 date, decrease tobacco use among adults by 5%

Source: National Outcomes Measures Survey 2012

Measure

Percentage tobacco use among youth (30 day Smoking among youth in FSM)

Baselines

National	Yap	Pohnpei	Kosrae	Chuuk
28%	39.7%	30.8%	24.6%	19.3%

Sources: Yap Youth Survey, 2016
Pohnpei Rapid High School Survey (RHSS), 2017
Kosrae Rapid High School Survey (RHSS), 2017
Chuuk Rapid High School Survey (RHSS), 2016

Overall Target

By 2024 date, decrease tobacco use among youth by 5%

Strategies:

- Align targets with tobacco programs/coalitions
- Facilitate coordination among tobacco and cancer programs and coalitions across FSM
- Strengthen and support utilization of tobacco cessation services
- Establish and improve data collection strategies and monitoring systems to evaluate the success of tobacco control efforts

Objective 4

Reduce the misuse of alcohol and resulting harm among the FSM population

Measure

% of adults who report excessive alcohol consumption

Baselines

National	Yap	Pohnpei	Kosrae	Chuuk
24.3% adults (current drinking)	34% adults (consumption)	29% adults (consumption)	10.8% (binge drinking)	18% adults (consumption)

Source: National STEP Survey combined 2016
Yap STEP Survey
Pohnpei STEP Survey
Kosrae NCD Dashboard, STEP Survey
Chuuk STEP Survey

Overall

Target for Objective 4

By 2024 date, decrease both adult and youth excessive alcohol consumption by 5%

Measure

% of youth who report excessive alcohol consumption (30 day Alcohol Use among youth in FSM)

Baselines

National	Yap	Pohnpei	Kosrae	Chuuk
30.6%	44.8%	35.9%	18.2%	17.4%

Source: Yap Youth Survey 2016
All others Rapid High School Survey (RHSS) 2016-17

Strategies:

- Facilitate national and state coordination among Behavior Health and Wellness and Cancer programs at the national and state levels
- Support the Strategic Prevention Framework Partnership For Success- State Incentive Grant program in each state that focuses on underage drinking and driving

Objective 5

Increase the percentage of the FSM population who are immunized against Hepatitis B

Measure

Percentage of children that have received the Hep B vaccine

Baselines

	National	Yap	Pohnpei	Kosrae	Chuuk
19-35 Months	56%	82%	66%	97%	40%
2 years old	60%	89%	70%	99%	43%
6 years old	63%	90%	67%	93%	52%

Targets

	National	Yap	Pohnpei	Kosrae	Chuuk
19-35 Months	18%	18%	34%	3%	20%
2 years old	15%	11%	30%	1%	20%
6 years old	17%	10%	33%	7%	20%

Source: National Immunization Program Data Set, 2017

Strategies:

- Facilitate national and state coordination among immunization and cancer programs
- Continue to support HepB vaccination through outreach awareness and education
- Maintain data collection and tracking

Objective 6

Reduce betel nut use and resulting harm among the FSM youth population

Measure

Percentage of youth who chew betel nut (30 day betel nut chewing among youth)

Baselines

National 47%
Yap 75%
Pohnpei 43%
Kosrae 40%
Chuuk 39%

Overall Target

By 2024 date, decrease youth betel use by 5%

Sources: National NCD Dash Board 2017

Yap Youth Survey 2016

Pohnpei RHSS 2017

Kosrae RHSS 2017

Chuuk RHSS 2016

Strategies:

- Facilitate national and state coordination among tobacco and cancer programs and with the Dept. of Education and schools to increase education of youth about the harms of betel nut
- Support policy development and enforcement at state and municipal levels aimed at decreasing

- betel nut use
- Participate in and utilize research findings in the Pacific region to identify evidence-based interventions to decrease betel nut use
- Train community health centers in utilizing brief interventions for tobacco and betel nut use
- Increase use of social media on dangers of betel nut chewing

Early Detection and Screening Goal 2: When cancer does occur, detect it as early as possible

Objective 1

Increase the early detection of cervical cancer

Measure

Women that have been screened* within the past 3 years, aged 15 to 44 years, with no hysterectomy

Baselines

National	Yap	Pohnpei	Kosrae	Chuuk
VIA/Paps 22%	VIA/Paps 18%	VIA/Paps 17%	VIA/Paps 52%	VIA/Paps 34%

Source: National MCH Data Set, 2018

Targets

By 2024, increase VIA/Pap screening rates to:
 FSM 32%
 Yap 28%
 Pohnpei 27%
 Kosrae 62%
 Chuuk 44%

Measure

Incidence of invasive cervical cancer

Baselines

National	Yap	Pohnpei	Kosrae	Chuuk
50%	44%	54%	25%	50%

Source: Pacific Regional Central Cancer Registry, 2007-2015

Overall Target

By 2024 date, decrease the incidence of cervical cancer by 10%

*FSM Standards of Care indicate (core):

Screen with VIA (Visual Inspection with Acetic Acid)

- Ages 25 to 45, at least twice in a lifetime
- Referral for Pap test after pre-cancerous cells detected with VIA (until treatment with cryotherapy available)
- Opportunistic screening with Pap test as resources permit

Strategies:

- One-on-One Education to increase community demand for cancer screening services
- Patient navigation to facilitate timely access to screening
- Provider assessment and feedback to increase screening recommendation and delivery by healthcare providers

Objective 2

Increase the number of women age 20-39 who receive clinical breast examinations every three years, and every year starting at age 40

Measure

Number of women receiving clinical breast exams

Baselines

National 733
Yap 200
Pohnpei 167
Kosrae 115
Chuuk 251

Targets

By 2024, increase the number of CBEs to:
National 933
Yap 400
Pohnpei 367
Kosrae 315
Chuuk 451

Sources: Yap National Women's Health Week Database 2017
Pohnpei Dispensary Strengthening Program, 2018
Kosrae CHC and Public Health Data, 2018
Chuuk CHC and Public Health Data, 2018

Strategies:

- Educate providers about the National Standards of Practice for Breast and Cervical Cancer
- Establish policies to include breast screening when age-appropriate women come for any medical checkup at the hospital or dispensaries
- Advocate for clinical preventive services exemption policy
- Work with women's groups to increase awareness (model the existing CEED program)
- Designate a cancer screening day in health clinics/dispensaries
- Collaborate with other programs to provide community-based screening services

Objective 3

Increase efforts to understand colorectal cancer burden and set clinical guidelines for colorectal cancer screening

Measure

Assessment and analysis of CRC screening, incidence, mortality data completed

Baselines

National	Yap	Pohnpei	Kosrae	Chuuk
No current assessment or analysis				

Overall Target

By 2024, complete a state and national baseline assessment

Measure

National CRC guideline or standard established at national level

Baselines

National	Yap	Pohnpei	Kosrae	Chuuk
No current national standard or guideline				

Overall Target

By 2024, Establish a national guideline/standard for colorectal cancer screening, diagnosis and treatment

Strategies:

- Assess and analyze existing data regarding colorectal cancer screening, incidence and mortality for FSM national and states
- Establish a national clinical guideline or standard for early detection, diagnosis, and treatment of colorectal cancer

Objective 4

Decrease incidence of stage 2 oral cancer

Measure

Incidence of oral cancer in FSM

Baselines

Yap 34 cases
Pohnpei 32 cases
Kosrae 3 cases
Chuuk 2 cases

Targets

By 2024, decrease the number of cases to:
Yap 25
Pohnpei 23
Kosrae 1
Chuuk 0

Source: USAPI Regional Cancer Registry 2015

Strategies:

- Facilitate national and state coordination among dental/oral health and cancer programs
- Collaborate with cancer registrar on data collection and monitoring of oral cancer, as well as use of data

- Develop and implement a screening checklist for dental staff to use with patients
- Develop policies related to oral cancer risk factors

Treatment Goal 3: When cancer is detected, provide and assure access to quality cancer treatment

Objective 1

Improve the ability of health providers to provide quality cancer care on island, especially for Stage 1 and Stage 2 breast and cervical cancers

Measure

Number of providers trained to provide quality cancer treatment (chemotherapy treatment, chemo maintenance, radiation)

Baselines

National	Yap	Pohnpei	Kosrae	Chuuk
NA	2 providers	2 providers	0 providers	0 providers

Targets

By 2024, increase the # of providers trained to:
 Yap 3
 Pohnpei 5
 Kosrae 1
 Chuuk 2

Measure

Number of facilities are equipped to offer quality cancer treatment services

Baselines

National	Yap	Pohnpei	Kosrae	Chuuk
NA	1 facility	2 facilities	1 facility	1 facility

Overall Target

By 2024 date, maintain the # of facilities that equipped to offer quality treatment services

Source: State Hospital Chief of Administration Report

Strategies

- Provide workforce development and training using the FSM National Breast and Cervical Cancer Standards curriculum
- Collaborate with partners to secure needed and appropriate diagnostic equipment
- Organize attachment or study tours with off island institutions
- Explore sponsorship for off island diagnostic training opportunities
- Conduct inventory of training needs
- Provide telehealth-based training for health workers
- Support and ensure formal quality assurance mechanisms so that needed diagnosis and treatment supplies and equipment are available and functional

Quality of Life and Survivorship Goal 4: Provide the highest quality of life possible to cancer patients, survivors and their families

Objective 1					
Ensure that cancer patients are getting pain and palliative care services					
Measure					
Pain and palliative care policies and procedures are currently in place					
Baselines					Overall Target By 2024, policies and procedures will be in place at national, state levels
National	Yap	Pohnpei	Kosrae	Chuuk	
Not in place					
Measure					
Number of provider who aware of/trained in appropriate use of pain/palliative care therapies					
Baselines					Overall Target By 2024 date, 100% of providers will be aware of/trained in appropriate use of pain/palliative care therapies
National	Yap	Pohnpei	Kosrae	Chuuk	
NA	2	5	2	2	
Measure					
Pain medications and palliative care services are available and offered appropriately to all cancer patients					
Baselines					Overall Target By 2024, pain medications and palliative care services will be available and offered appropriately to all cancer patients
National	Yap	Pohnpei	Kosrae	Chuuk	
Often					

Source: State Hospital reporting

Strategies

- Utilize existing USAPI Palliative Care Curriculum training modules for providers on survivorship support issues and palliative care
- Advocate to use WHO’s essential medicines list
- Advocate for insurance coverage and discount on pain medication

Objective 2

Increase coordinated community support services for cancer patients, survivors, families and friends to address physical, mental, spiritual and practical issues

Measure

Receipt of social or emotional support among cancer survivors (number of services offered)

Baselines

National	Yap	Pohnpei	Kosrae	Chuuk
NA	2 services	4 services	4 services	2 services

Source: State Cancer Programs, NCD Clinics

Targets

By 2024, increase the # of social or emotional support services for survivors to:
Yap 3
Pohnpei 4
Kosrae 4
Chuuk 3

Measure

5-year survival rates for all cancers

Baselines

National	Yap	Pohnpei	Kosrae	Chuuk
33%	46%	36%	9%	19%

Source: USAPI Regional Cancer Registry 2015

Overall Target

By 2024 date, maintain the 5-year survival rate for all cancers

Strategies

- Work with other NCD related programs in strengthening integration of cancer survivorship into NCD Homebound Care Services.
- Work with the University of Hawaii and other regional partners in providing support services and training to care takers, family members, and community partners.
- Extend training opportunities to community groups (women groups, local healers, etc.)
- Work with Department leadership to secure support for use of the FSM Breast and Cervical Cancer Guidelines, (which includes other types of cancer)

What You Can Do to Help

This is your FSM cancer plan. It will only be words on paper unless people in FSM – organizations and individuals – help make a difference. With your support as an organization, an elected official, a community leader, a cancer survivor or a family member of someone that has had cancer, this plan can be successful and reduce the suffering of those in FSM from cancer.

If you are a **business...**

- Offer to host cancer screenings or educational sessions at your place of business
- Donate a portion of sales for one day to a cancer cause in FSM
- Encourage all your employees to engage in healthy behaviors, such as walking during breaks, eating healthy lunches, getting screened for cancer, not smoking or chewing.
- Promote health event observances (World Cancer Day, World No Tobacco Day, etc.)



If you are a **community member...**

- Stop using tobacco or betel nut – or never start. Tell your children never to start
- Be active. Walk, swim, hike, play volleyball or basketball or do more farming and fishing
- Eat more fruits and vegetables and decrease fatty, low nutrition foods
- Plant, grow and eat more local food
- Talk with your elected officials about the importance of the cancer plan and strong health policies
- Support, talk to, and provide breaks to those families with a cancer patient



If you are an **elected official...**

- Learn about the cancer issues, what we know works, and how policies can help your citizens. Set up a time to talk with the department of health cancer and NCD program staff to educate you about the issues so you can create and support effective laws and policies.
- Ask your constituents how they have been affected by cancer and what they would like to be different in FSM. Listen for realistic solutions.
- Support your health department programs and encourage them to state their needs, strengths and challenges.
- Be a champion in all health policies



If you are a **member or leader in your church**

- Offer to host cancer screenings or educational sessions in your church
- Provide healthy meals at church gatherings
- Encourage walking or stretching breaks during church meetings or gatherings
- Integrate health messages in sermons



If you are a **cancer survivor or family member of a survivor...**

- Your story can help others! Share your experience with others. Talk about what you went through and what was important to you, what you wished was different and how you handled having cancer.
- Support the cancer and NCD programs by asking how you can get involved and volunteer to support their programs.



If you are a **health care provider...**

- Read the cancer plan and identify areas where you can provide support and implement strategies within the plan.
- Talk with cancer and NCD program staff and ask for support, materials, and information so that you can do your part to encourage and support cancer control approaches with your patients.



THANK YOU, KAMMAGAR, KULO, KINISOU AND KALAHNGAN