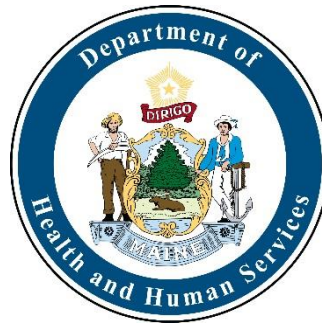


# *Maine CDC* CHWs, Cancer Prevention, and The Community Guide

Janine Bonk and Gretchen Sminkey

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# CHW Summit

## Cancer Breakout Learning Objectives



Maine CDC

Breast and Cervical Health Program

Maine CDC

Colorectal Cancer Control Program



and a quick orientation to **The Community Guide.**

# Maine CDC Breast & Cervical Health Program (MBCHP)

You, a friend, or a loved one may qualify for  
**Free Breast & Cervical  
Cancer Screening, Diagnostic,  
and Treatment Services**



## **MBCHP information**

- Direct services program
- Multiple print resources available  
(MBCHP one-pager and Breast / Cervical screening recommendation cards included in your handout packet)
- Call toll-free 1-800-350-5180, Press 1 or TTY 711



# MBCHP

## Who Qualifies?

### Who qualifies?

- ✦ Age 35 or older
- ✦ Uninsured or underinsured
- ✦ Income level ( $\leq 250\%$  FPL)

2024 Income Levels for MBCHP		
Household / Family Size	Earn in One Month	Earn in One Year
1	\$3,138	\$37,650
2	\$4,258	\$51,100
3	\$5,379	\$64,550
4	\$6,500	\$78,000
For each additional person, add:		
+1	\$1,121	\$13,450

# Federal Income Guidelines

(link to chart in pdf format)



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FOR PLANNING AND EVALUATION

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## Poverty Guidelines

[ASPE](#) > [Topics](#) > [Poverty & Economic Mobility](#) > Poverty Guidelines

### Poverty Guidelines

[Prior HHS Poverty Guidelines and  
Federal Register References](#)

[Frequently Asked Questions](#)

[Further Resources](#)

[Mollie Orshansky](#)

[Poverty Guidelines API](#)

The 2024 poverty guidelines are in effect as of January 17, 2024. [Federal Register Notice, January 17, 2024.](#)

The [Poverty Guidelines API](#) is now available with the 2024 data.

***U.S. Federal Poverty Guidelines Used to Determine Financial Eligibility for Certain Programs***

### HHS Poverty Guidelines for 2024

Join our [listserv](#) to stay up-to-date on the latest news regarding the poverty guidelines.

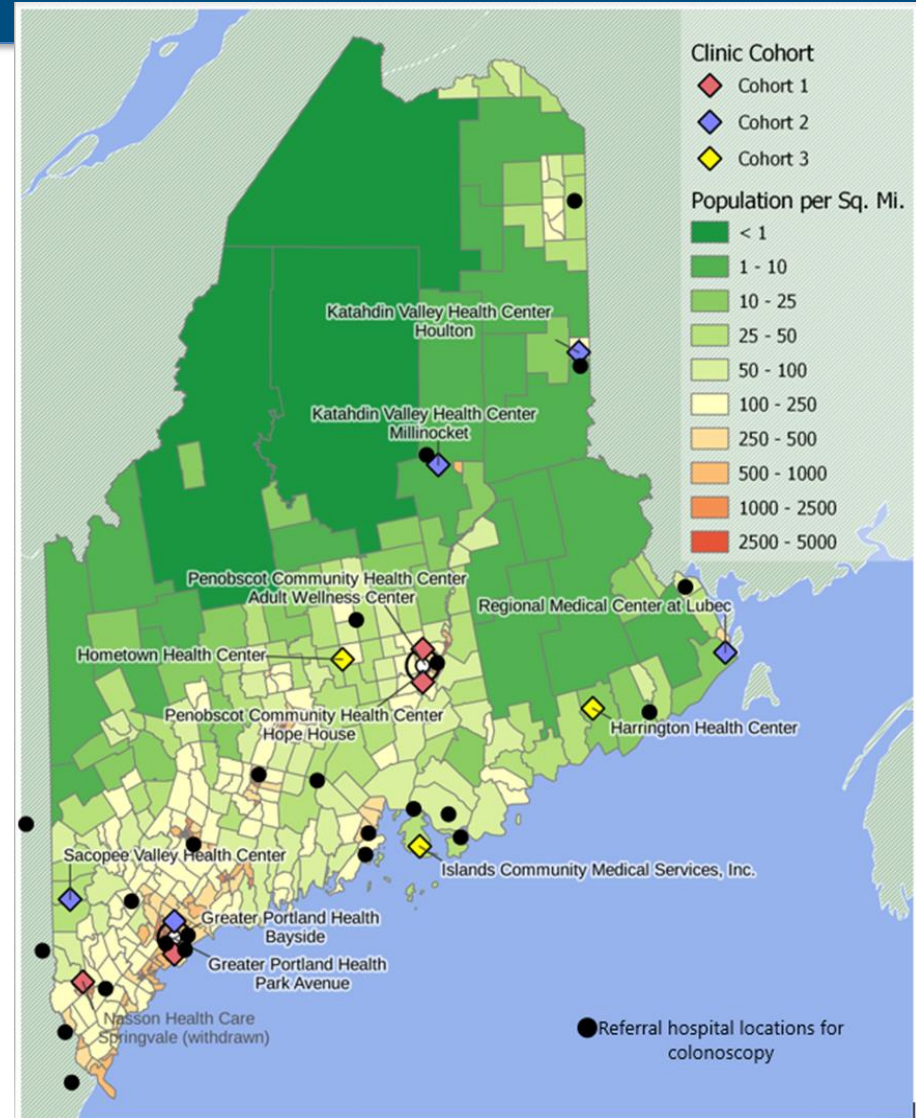
### FILES

[Chart Showing different multiples of the poverty guidelines for 2024 \(xlsx, 55.46 KB\)](#)

[Chart showing different multiples of the poverty guidelines for 2024 \(pdf, 135.47 KB\)](#)

# Maine CDC Colorectal Cancer Control Program (CRCCP)

- Clinical quality improvement program
- Direct technical assistance to enrolled clinics (with screening rates <60%)
- Colorectal screening recommendation cards included in your handout packet



# The Community Guide Homepage

Welcome to The Community Guide! Let us know what you think of the website by completing this [quick survey](#).



The Community Guide

Topics ▾

CPSTF ▾

Publications & Resources ▾

About ▾

Search The Community Guide

Search

- Developed by the [Community Preventive Services Task Force \(CPSTF\)](#)
- Established by U.S. DHHS in 1996
- 15 public health and disease prevention experts appointed by CDC Director
- Offers evidence-based [recommendations and findings](#)
- Recommendations are considered the “gold standard” for what protects and improves population health

# The Community Guide Flyer

## How to Use CSPTF Findings

Public health professionals, healthcare providers, employers, researchers, and other decision makers in states and local communities across the nation use CPSTF recommendations and findings in a variety of ways to improve community health.

### Inform



Identify evidence-based approaches to implement in communities, schools, businesses, or organizations



Use economic findings to inform budget decisions and identify priorities



Inform program goals and objectives



Use identified evidence gaps to inform research priorities and develop proposals

### Develop



Develop evidence-based policies and regulations



Design training content to include systematic review methods



Develop funding opportunities

### Support



Improve health systems and patient care



Support public health department accreditation



Strengthen proposals for program funding



Foster dialogue with partners and decision makers

A copy of [The Community Guide Flyer Applying Evidence to Public Health Decision Making](#) is included in your handout packet.

## Topics Addressed by CPSTF Reviews

The CPSTF has active recommendations and findings for more than 230 intervention approaches across 21 topic areas:

- Adolescent Health
- Asthma Control
- Cancer Prevention and Control
- Cardiovascular Disease Prevention and Control
- Diabetes Prevention and Control
- Emergency Preparedness and Response
- Excessive Alcohol Consumption and Related Harms
- Health Communication and Health Information Technology
- Health Equality
- HIV/AIDS, Sexually Transmitted Diseases, and Teen Pregnancy
- Mental Health
- Motor Vehicle-Related Injury Prevention
- Nutrition
- Obesity Prevention and Control
- Oral Health
- Physical Activity
- Pregnancy Health
- Tobacco Use and Second-Hand Smoke Exposure
- Vaccination (Increasing Appropriate)
- Violence Prevention
- Worksite Health

[www.thecommunityguide.org](http://www.thecommunityguide.org)



# The Community Guide

## CHWs and Cancer Screenings

### Engaging Community Health Workers to Increase Cancer Screening is Effective and Cost-Effective



The Community Preventive Services Task Force (CPSTF) recommends interventions that engage community health workers to increase screening for [breast](#), [cervical](#), or [colorectal](#) cancer. Evidence from systematic reviews reported interventions were effective when community health workers were engaged independently or as part of a team.

# The Community Guide

## CHWs and Cancer Screenings

### New Publication Shows it is Cost Effective to Engage Community Health Workers for Cervical and Colorectal Cancer Screening



The Community Preventive Services Task Force (CPSTF) recommends interventions that engage community health workers to increase screening for [breast](#), [cervical](#), or [colorectal](#) cancer. Systematic reviews of economic evidence showed these interventions were cost-effective for cervical and colorectal cancer. There was not enough evidence to determine cost-effectiveness for breast cancer interventions.

# The Community Guide

## What Works for Cancer Screening Fact Sheet

(copy included in your handout packet)






### WHAT WORKS










## Cancer Screening

*Evidence-Based Interventions for Your Community*

### CPSTF FINDINGS ON CANCER SCREENING

The Community Preventive Services Task Force (CPSTF) has released the following findings on what works in public health to increase cancer screening. These findings are compiled in The Guide to Community Preventive Services (The Community Guide) and listed in the table below. Use the findings to identify intervention strategies you could use for your community.

Legend for CPSTF Findings:  Recommended  Insufficient Evidence  Recommended Against (See detailed description on the next page.)

INTERVENTION	CPSTF FINDING		
	Breast Cancer	Cervical Cancer	Colorectal Cancer
Interventions engaging community healthworkers			
Multicomponent interventions			
Patient navigation services			
<b>CLIENT-ORIENTED SCREENING INTERVENTION STRATEGIES</b>			

# Cancer Risk Assessment: Average vs. High Risk

<b>Evaluation of Cancer Risk</b>	
<b>Familial / Genetic Risk “Non-Modifiable”</b>	<b>Environmental Factors “Modifiable”</b>
<ul style="list-style-type: none"><li>• Cancer history along maternal and paternal genetic lines</li><li>• Specific attention to <a href="#">hereditary cancer syndromes</a></li></ul>	<p>Smoking / Alcohol Diet / Obesity Physical Activity</p>

# Cancer Risk Assessment: Breast, Cervical, and Colorectal

## Assessing Breast Cancer Risk

[https://www.cdc.gov/cancer/breast/basic\\_info/risk\\_factors.htm](https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm)

## Assessing Colorectal Cancer Risk

[https://www.cdc.gov/cancer/colorectal/basic\\_info/risk\\_factors.htm](https://www.cdc.gov/cancer/colorectal/basic_info/risk_factors.htm)

## Cervical Cancer Prevention

[https://www.cdc.gov/cancer/cervical/basic\\_info/prevention.htm](https://www.cdc.gov/cancer/cervical/basic_info/prevention.htm)

# Another Resource: American Cancer Society

## Education Materials for Your Patients

### Prevention, Screening, and General Information

#### Cancer Prevention and Early Detection

Share information with your patients about the American Cancer Society screening guidelines and healthy living recommendations.

[You Can Help Reduce Your Cancer Risk](#)

[Healthy Eating and Being Active Can Lower Your Cancer Risk](#)

[Tobacco: What is it costing you?](#)

[Get Your Tests!](#)

[7 Things to Know about Getting a Mammogram](#)

[Breast Density and Your Mammogram Report](#)

[You Can Prevent Cervical Cancer](#)

[Testing for Prostate Cancer: Should I Be Tested? Is Testing Right for Me?](#)

[Getting Screened for Colorectal Cancer](#)

[Do You Need Lung Cancer Screening?](#)

[Finding Lung Cancer Early](#)

[Healthy Lungs for Everyone](#)

[What You Should Know About Skin Cancer](#)

#### Cancer Fact Sheets

These single page, front-and-back PDF flyers offer easy-to-read information about common cancers and cancer causes. Appropriate for the general public, health fairs, informational handouts, and patient education.

[Adolescent Cancer](#)

[Breast Cancer](#)

[Cervical Cancer](#)

[Childhood Cancer](#)

[Colorectal Cancer](#)

[Diet and Physical Activity](#)

[LGBTQ+ People and Cancer](#)

[Lung Cancer](#)

[Ovarian Cancer](#)

[Prostate Cancer](#)

[Skin Cancer](#)

[Tobacco and Cancer](#)

#### Sun Safety and Skin Cancer

These single page, front-and-back PDF flyers offer tips on prevention and early detection for skin cancer, as well as information for patients diagnosed with skin cancer.

[How to Protect Yourself and Your Family from the Sun](#)

[Checking Your Skin for Signs of Skin Cancer](#)

[Questions to Ask Your Health Care Team About Skin Cancer](#)

[Tests and Procedures to Find and Treat Skin Cancer](#)

[Skin Cancer Treatments](#)

[Living with Skin Cancer](#)



# American Cancer Society (ACS)



## Get your tests!

Recommended cancer testing can help save your life.  
Ask your doctor or nurse about these tests.

### Recommended Cancer Screening Tests

25 to 39 Years

40 to 49 Years

50+ Years

GLOSSARY

Current ACS Cancer Screening Guidelines for Breast,  
Cervical, Colorectal, Lung, and Prostate cancers

(copy included in your handout packet)

# Resource Links

- Maine CDC Breast and Cervical Health Program  
<https://www.maine.gov/dhhs/mecdc/population-health/bcp/contact.htm>
- Federal Income Guidelines 2024  
<https://aspe.hhs.gov/sites/default/files/documents/7240229f28375f54435c5b83a3764cd1/detailed-guidelines-2024.pdf>
- The Community Guide Homepage  
<https://www.thecommunityguide.org/index.html>
- About the Community Preventive Services Task Force (CPSTF)  
<https://www.thecommunityguide.org/pages/about-community-preventive-services-task-force.html>
- Community Guide Preventive Services Task Force Findings  
<https://www.thecommunityguide.org/pages/task-force-findings.html>
- The Community Guide Flyer *Applying Evidence to Public Health Decision Making*  
<https://www.thecommunityguide.org/media/pdf/Community-Guide-Flyer-508.pdf>
- Engaging Community Health Workers to Increase Cancer Screening is Effective and Cost-Effective  
<https://www.thecommunityguide.org/news/engaging-community-health-workers-increase-cancer-screening-effective-and-cost-effective.html#print>



# More Resource Links

- Engaging Community Health Workers to Increase Cancer Screening: A Community Guide Systematic Economic Review  
<https://www.thecommunityguide.org/media/pdf/cancer-ajpm-ecrev-community-health-workers.pdf>
- What Works for Cancer Screening Fact Sheet  
<https://www.thecommunityguide.org/media/pdf/what-works-fact-sheets/what-works-fact-sheet-cancer-screening-p.pdf>
- Hereditary Cancer Syndrome (as described by NIH's National Cancer Institute)  
<https://www.cancer.gov/publications/dictionaries/cancer-terms/def/hereditary-cancer-syndrome>
- Assessing Breast Cancer Risk  
[https://www.cdc.gov/cancer/breast/basic\\_info/risk\\_factors.htm](https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm)
- Assessing Colorectal Cancer Risk  
[https://www.cdc.gov/cancer/colorectal/basic\\_info/risk\\_factors.htm](https://www.cdc.gov/cancer/colorectal/basic_info/risk_factors.htm)
- Cervical Cancer Prevention  
[https://www.cdc.gov/cancer/cervical/basic\\_info/prevention.htm](https://www.cdc.gov/cancer/cervical/basic_info/prevention.htm)
- ACS Education Materials for Your Patients  
<https://www.cancer.org/health-care-professionals/patient-education-materials-for-professionals.html>
- ACS Get Your Tests!  
<https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/get-your-tests-english.pdf>

# Questions?

<b>Janine Bonk</b>	<b>Gretchen Sminkey</b>
Maine CDC Breast and Cervical Health Program Public Health Educator III	Maine CDC Colorectal Cancer Control Program Coordinator
Email: <a href="mailto:janine.bonk@maine.gov">janine.bonk@maine.gov</a>	Email: <a href="mailto:gretchen.sminkey@maine.gov">gretchen.sminkey@maine.gov</a>

