

# CANCER SURVIVORSHIP IN MAINE - 2023

Maine has some of the highest cancer mortality and incidence rates in the nation. As the number of cancer survivors has grown, so has the emphasis on enhancing health and quality of life after cancer treatment. Caregivers, such as family members and friends, are also impacted by the survivorship experience.

Using data from the Behavioral Risk Factor Surveillance System across multiple years, this data brief provides a snapshot of the prevalence of survivorship among adults in Maine and shares health inequities among survivors.

According to the US Centers for Disease Control and Prevention, health inequities are rooted in a number of social, economic, and environmental determinants that often perpetuate the unequal distribution of resources, power, and opportunities. This leads to groups being more vulnerable to negative health outcomes based on factors such as race, income, education, sexual orientation, and geographic location.

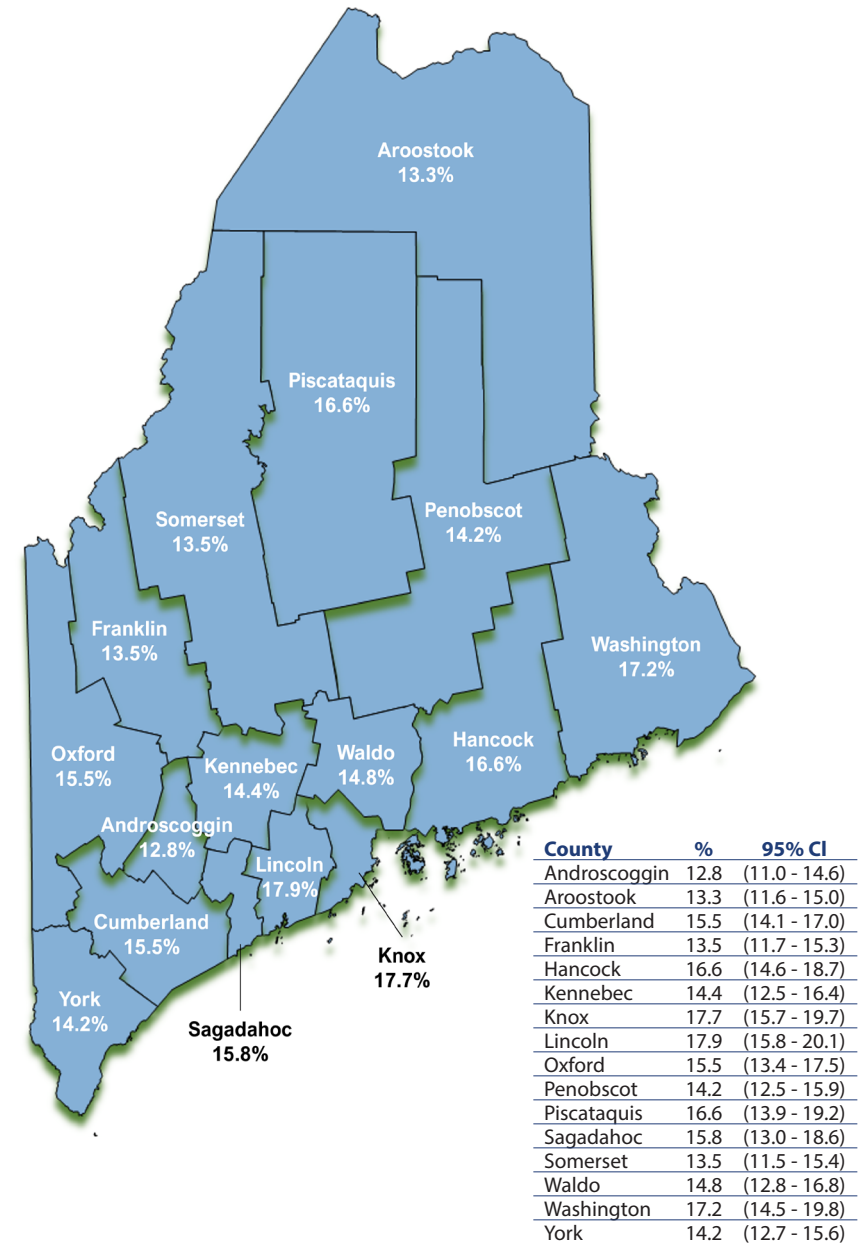
Cancer is a leading cause of death in Maine.

Every year, more than 9,000 Maine residents are diagnosed with cancer and more than 3,000 die from cancer.

Among US states, Maine is in the top 10 states with the highest rate of new cancer cases.

*Data Source:  
Maine Cancer Registry, 2022*

**Percentage of Maine Adults who are Cancer Survivors by County  
2018-2020**



## Survivorship Disparities in Maine

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. As of 2020, there were an estimated 150,000 adult cancer survivors, which represents 13.7% of Maine's adult population.

- A higher percentage of Maine adult women are cancer survivors than are Maine adult men (15.3% vs. 12.1%).
- The percentage of cancer survivors in Maine increases with age: 25.8% of survivors are ages 65-74 and 38.6% are over 75.
- One in five Maine adults who are Veterans are cancer survivors.
- There is a higher prevalence of cancer survivors among Maine adults living in small rural (16.3%) or isolated rural (15.6%) areas compared to the overall Maine population.

# SURVIVORS' HEALTH AND WELLBEING

## Survivors' Health Insurance (2020)

Private	31.8%
Medicaid or MaineCare	7.0%
Medicare	51.5%
TRICARE, VA, or Military	4.3%
Other (Indian Health Services, other)	2.8%
Uninsured	2.5%

## Survivors' Chronic Health Conditions (2020)

Angina or coronary heart disease	9.3%
Arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia	6.2%
Asthma	14.9%
COPD, emphysema or chronic bronchitis	15.2%
Depressive disorders	23.3%
Diabetes	17.1%
Kidney disease	7.0%
Stroke	6.2%

## Survivors' Sexual Orientation (2011 - 2015 & 2017 - 2020)

Bisexual	6.4%
Heterosexual or Straight	14.3%
Homosexual (Gay or Lesbian)	9.6%
Other	12.5%

## Survivors' Quality of Life (2017 - 2021)

	%	%	%
Survivors who currently smoke	15.1 2018	12.4 2019	10.8 2020
Survivors who engage in physical activity	20.8 2017	19.3 2019	NA 2020
Survivors who consume fruit 1+ times per day	69.5 2017	67.5 2019	68.9 2021
Survivors who consume vegetables 1+ times per day	88.4 2017	88.0 2019	86.9 2021
Survivors who experience poor mental health for 14+ more days in the past month	15.0 2018	13.5 2019	11.9 2020
Survivors who experience poor physical health for 14+ days in the past month	23.8 2018	22.8 2019	15.7 2020

## Survivors' Cancer Treatment (2020)

	%
Survivors who are currently receiving treatment for cancer	11.8
Survivors who have received comprehensive survivorship care plans	36.2
Survivors who have participated in clinical trials	5.1

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