

# BRFSS Brief

Number 2022-14

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual telephone survey of adults developed by the Centers for Disease Control and Prevention conducted in all 50 States, the District of Columbia, and several US Territories. The New York BRFSS is administered by the New York State Department of Health to provide statewide and regional information on behaviors, risk factors, and use of preventive health services related to the leading causes of chronic and infectious diseases, disability, injury, and death.

## Cancer Survivors

New York State Adults, 2020

### Introduction and Key Findings

A person is considered a cancer survivor from the time of diagnosis until the end of their life. Cancer survivorship refers to the physical, mental, emotional, social, and financial consequences associated with cancer including side effects of treatment, the risk and worry of getting cancer again, and quality of life.<sup>1</sup> There are over one million cancer survivors living in New York State (NYS).<sup>2</sup> This number is expected to grow as our population ages and advances in cancer detection and treatment continue.

Health professionals play an important role ensuring cancer survivors receive comprehensive care that includes assistance managing long-term effects of cancer and its treatment and facilitating receipt of needed screening and preventive services. Communications between oncology and primary care clinicians is critical in ensuring that survivor care needs are met. Survivorship care plans help coordinate communication between survivors and their health care providers and are given to patients at the end of their treatment. They summarize the patient's cancer and treatment history; potential long-term effects; and needed screening, preventive care, and follow up.<sup>3</sup>

#### Key Findings

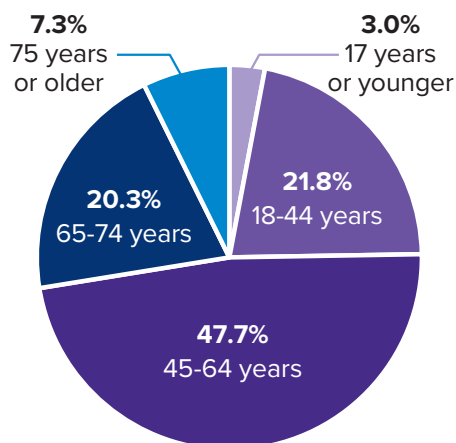
Of adult cancer survivors (respondents aged 18 years or older with a history of cancer, excluding nonmelanoma skin cancer only), nearly half (47.7%) received their first diagnosis between the ages of 45 and 64 years and the majority (42.6%) reported it having been more than 10 years since their first diagnosis. Over a quarter of survivors report having been diagnosed with more than one type of cancer. Among male cancer survivors, the most frequently reported cancers were reproductive cancers (prostate or testicular), followed by melanoma. Among female cancer survivors, breast cancer was the most common, followed by melanoma. The prevalence of cancer survivors was significantly higher among: females compared with males; adults 65 years of age and older compared with adults younger than 65; non-Hispanic White adults compared with non-Hispanic Black, Hispanic, or non-Hispanic multiracial or other race adults; and adults who were living with disability compared with adults who were living without disability.

Most (58.8%) cancer survivors reported having completed their treatment at the time of the survey and over half of cancer survivors (52.8%) who completed their cancer treatment received a written summary of all the cancer treatments that they received. About 66% of cancer survivors who completed their treatment received written instructions from their health care provider regarding where to return or whom to see for routine check-ups, 17% report receiving instructions without them being written out, and 16% did not get any instructions about follow-up care.

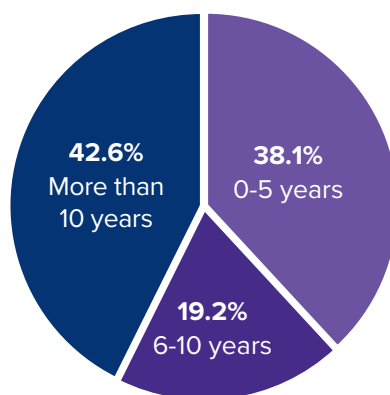
### BRFSS questions

1. Has a doctor, nurse, or other health professional ever told you that you had cancer?  
[If "yes":]
2. How many different types of cancer have you had?
3. At what age were you told that you had cancer?
4. What type of cancer was it?
5. Are you currently receiving treatment for cancer?
6. Did any doctor, nurse, or other health professional ever give you a written summary of all the cancer treatments that you received?
7. Have you ever received instructions from a doctor, nurse, or other health professional about where you should return or who you should see for routine cancer check-ups after completing your treatment for cancer?  
[If "yes":]
8. Were these instructions written down or printed on paper for you?

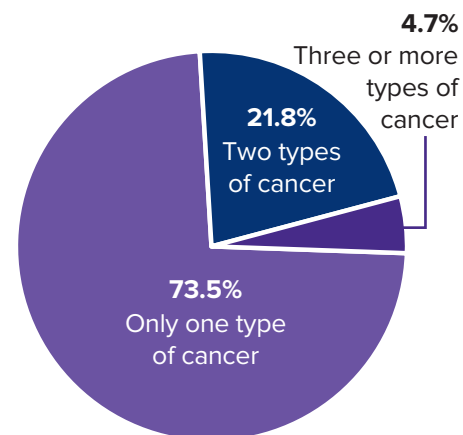
**Figure 1. Age at first diagnosis of cancer (excluding nonmelanoma skin cancer) among NYS adult cancer survivors, BRFSS 2020**



**Figure 2. Years since first cancer diagnosis (excluding nonmelanoma skin cancer) among NYS adult cancer survivors, BRFSS 2020**



**Figure 3. Types of cancer among NYS adult cancer survivors, BRFSS 2020**



**Table 1. Prevalence of self-reported cancer type among NYS adult cancer survivors, overall and by sex, BRFSS 2020**

Cancer Type <sup>a</sup>	All Survivors		Male Survivors		Female Survivors	
	%*	95% CI*	%*	95% CI*	%*	95% CI*
Breast	20.8	17.0-24.5	—**	—**	35.6	29.7-41.5
Melanoma	16.8	13.3-20.2	19.1	13.9-24.2	15.0	10.3-19.7
Male reproductive <sup>b</sup>	15.6	12.3-18.9	35.8	29.3-42.4	NA***	NA***
Leukemia/Lymphomas	9.9	6.5-13.3	13.0	7.9-18.2	7.5	3.0-12.1
Other cancer types <sup>c</sup>	7.3	4.7-9.8	8.5	3.8-13.3	6.3	3.7-8.8
Female reproductive <sup>d</sup>	6.7	4.7-8.7	NA***	NA***	11.9	8.5-15.3
Gastrointestinal <sup>e</sup>	5.4	3.5-7.3	5.7	2.7-8.8	5.2	2.7-7.6
Head/Neck <sup>f</sup>	5.1	2.7-7.4	3.0	0.8-5.1	6.7	2.9-10.5
Lung	4.3	2.5-6.0	3.8	1.6-6.0	4.6	2.0-7.3
Urinary tract <sup>g</sup>	2.7	1.4-3.9	3.0	1.3-4.8	2.4	0.6-4.2
Unknown/Refused	5.6	3.9-7.3	6.5	3.7-9.3	4.9	2.7-7.1

\*% = weighted percentage; 95% CI = 95% confidence interval

\*\*suppressed

\*\*\*NA=not applicable

<sup>a</sup> For cancer survivors who reported more than one cancer diagnosis, the cancer type reported was the most recently diagnosed cancer.

<sup>b</sup> Includes prostate and testicular cancers.

<sup>c</sup> Includes bone, brain, neuroblastoma, and other not specified cancer types.

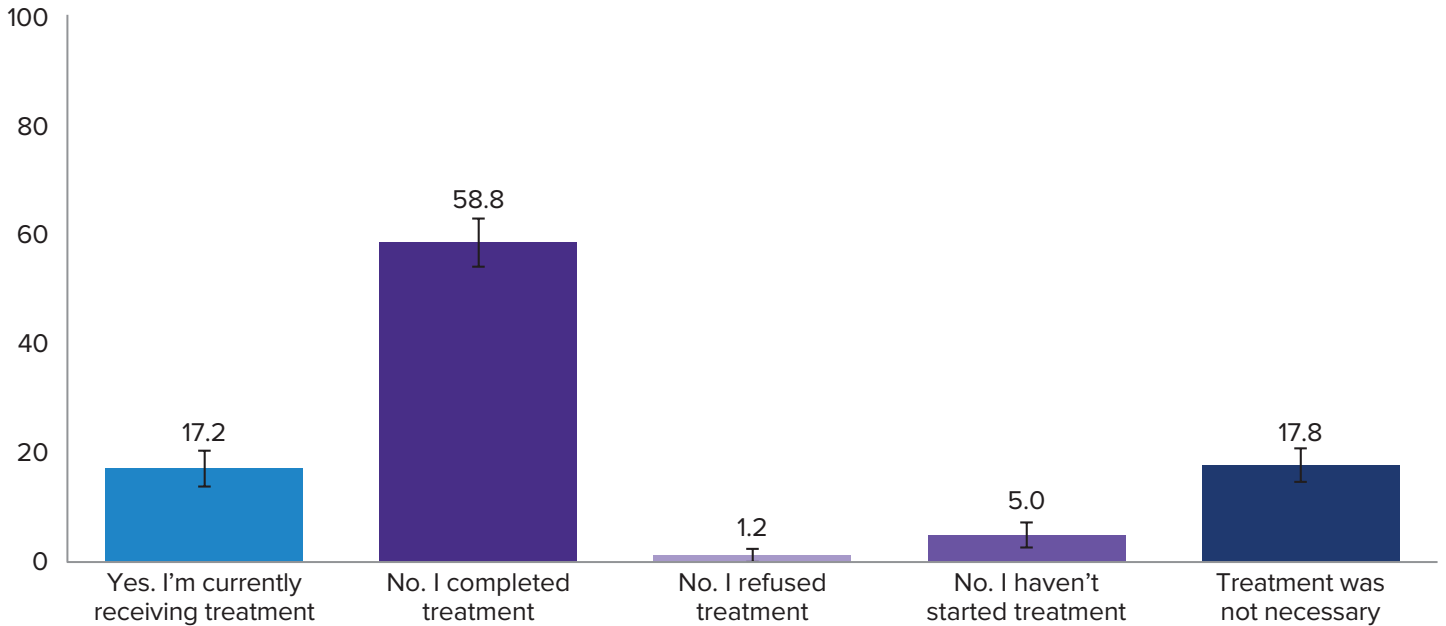
<sup>d</sup> Includes cervical, endometrial, and ovarian cancers.

<sup>e</sup> Includes colon, esophageal, liver, pancreatic, rectal and stomach cancers.

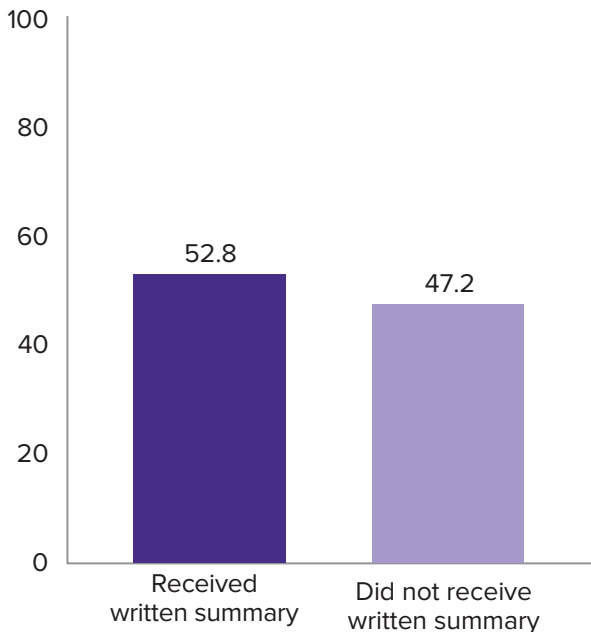
<sup>f</sup> Includes head and neck, oral, pharyngeal (throat), thyroid, and larynx cancers

<sup>g</sup> Includes bladder and renal cancers.

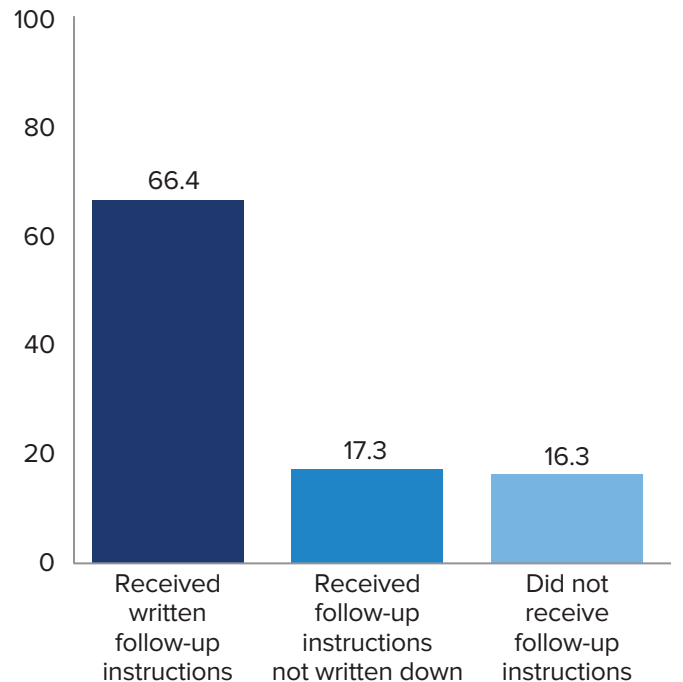
**Figure 4. Percentage of NYS adult cancer survivors by treatment status, BRFSS 2020**



**Figure 5. Percentage of NYS adult cancer survivors\* who report having received a written treatment summary after completing their cancer treatment, BRFSS 2020**



**Figure 6. Percentage of NYS adult cancer survivors\* who report having received follow-up care instructions after completing their cancer treatment, BRFSS 2020**



\*Excludes respondents reporting they are currently receiving treatment for cancer

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**Table 2. History of cancer\* among New York State adults aged 18 years or older by selected characteristics, BRFSS 2020**

	%*	95% CI*
<b>Total NYS</b> [n=14,769]	6.1	5.6-6.6
<b>Region</b>		
New York City (NYC)	4.7	3.9-5.4
NYS excluding NYC	7.2	6.6-7.9
<b>Sex</b>		
Female	7.1	6.3-7.9
Male	5.1	4.5-5.7
<b>Race, Ethnicity</b>		
Black, non-Hispanic	4.8	3.5-6.1
Hispanic	2.8	1.9-3.6
Other race or multiracial, non-Hispanic <sup>a</sup>	3.3	1.5-5.1
White, non-Hispanic	8.2	7.5-8.9
<b>Age (years)</b>		
18-44	1.1	0.7-1.5
45-64	6.9	5.9-7.9
65-74	13.6	11.9-15.3
≥75	18.1	15.5-20.6
<b>Educational Attainment</b>		
Less than high school	5.3	3.7-6.8
High school or GED	5.2	4.3-6.1
Some post-high school	7.3	6.1-8.5
College graduate	6.3	5.7-7.0
<b>Annual Household Income</b>		
<\$25,000	5.9	4.5-7.3
\$25,000 - <\$35,000	5.6	3.8-7.5
\$35,000 - <\$50,000	7.5	5.7-9.3
\$50,000 - <\$75,000	8.1	6.4-9.9
≥\$75,000	5.8	5.1-6.6
Missing <sup>b</sup>	5.6	4.6-6.6
<b>Healthcare Coverage</b>		
Medicaid	4.4	3.1-5.7
Medicare	14.7	13.0-16.3
No insurance	1.3	0.8-1.9
Other	5.6	3.4-7.9
Private	5.4	4.6-6.1
<b>Frequent Mental Distress<sup>c</sup></b>		
Yes	7.0	5.1-9.0
No	6.0	5.5-6.5
<b>Disability Status<sup>d</sup></b>		
Yes	10.8	9.2-12.3
No	4.8	4.3-5.3

\*Numerators do not include persons who reported nonmelanoma skin cancer, only.

\*\*%= Weighted percentage; 95% CI= 95% confidence interval.

<sup>a</sup> Includes American Indian, Alaskan Native, Asian, Native Hawaiian or other Pacific Islander, Other, or Multiracial.

<sup>b</sup> "Missing" category included because more than 10% of the sample did not report income.

<sup>c</sup> Frequent mental distress is defined as yes if respondents reported problems with stress, depression, or emotions on at least 14 of the previous 30 days.

<sup>d</sup> Respondents who reported at least one type of disability (cognitive, self-care, independent living, vision, mobility, or hearing).

## References

1. New York State Department of Health. Cancer Survivorship <https://www.health.ny.gov/diseases/cancer/survivorship/index.htm> . Available at: New York State Cancer Registry. Estimated Cancer Prevalence by Site of Cancer and Gender, 2018. New York State Department of Health. Available at: <https://www.health.ny.gov/statistics/cancer/registry/pdf/table8.pdf>
2. Centers for Disease Control and Prevention. Cancer Survivors: Information for Health Care Providers. Available at: <https://www.cdc.gov/cancer/survivors/health-care-providers/index.htm>.
3. Centers for Disease Control and Prevention. Cancer Survivorship Care Plans. Available at: <https://www.cdc.gov/cancer/survivors/life-after-cancer/survivorship-care-plans.htm>.

## Program Contributions

New York State Department of Health  
Bureau of Chronic Disease Evaluation and Research  
Bureau of Community Chronic Disease Prevention

## Order Information

### Copies may be obtained by contacting:

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