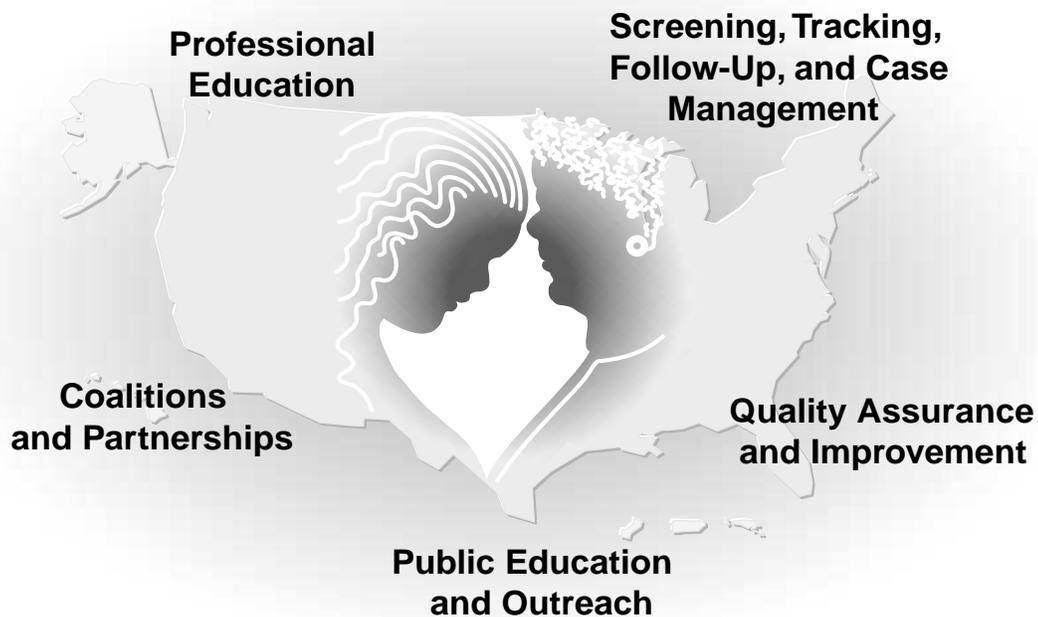


The National Breast and Cervical Cancer Early Detection Program

AT-A-GLANCE
2000



“Over 1.4 million women have taken advantage of services provided through CDC’s National Breast and Cervical Cancer Early Detection Program. Now a decade old, this program operates in every state in the country, providing recommended screening to low-income women. Yet we are still able to reach only 15% of the eligible population. As a nation, we must step up our commitment to reaching all women.”

Jeffrey P. Koplan, MD, MPH
Director, Centers for Disease Control and Prevention



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention



Breast and Cervical Cancer Screening: Preventing Deaths Among Women

Excluding skin cancer, breast cancer is the most common cancer among American women and is second only to lung cancer as a cause of cancer-related death. An estimated 182,800 new cases will be diagnosed among women in 2000, and 40,800 women will die of this disease. The incidence of invasive cervical cancer has decreased significantly over the last 40 years, in large part because of early detection efforts. Even so, an estimated 12,800 new cases will be diagnosed in 2000, and 4,600 women will die of this disease. Many of these deaths—which will occur disproportionately among women of racial and ethnic minority and low-income groups—could be avoided by making cancer screening services available to all women at risk.

Mammography is the best available method to detect breast cancer in its earliest, most treatable stage—an

average of 1.7 years before the woman can feel the lump. In most cases, the earlier breast cancer is detected, the better the survival rate. When breast cancer is diagnosed at a local stage, the 5-year survival rate is 96%; this rate decreases to 21% when the disease is diagnosed after spreading to other sites. Overall, timely mammography screening could prevent approximately 15%–30% of all deaths from breast cancer among women over the age of 40.

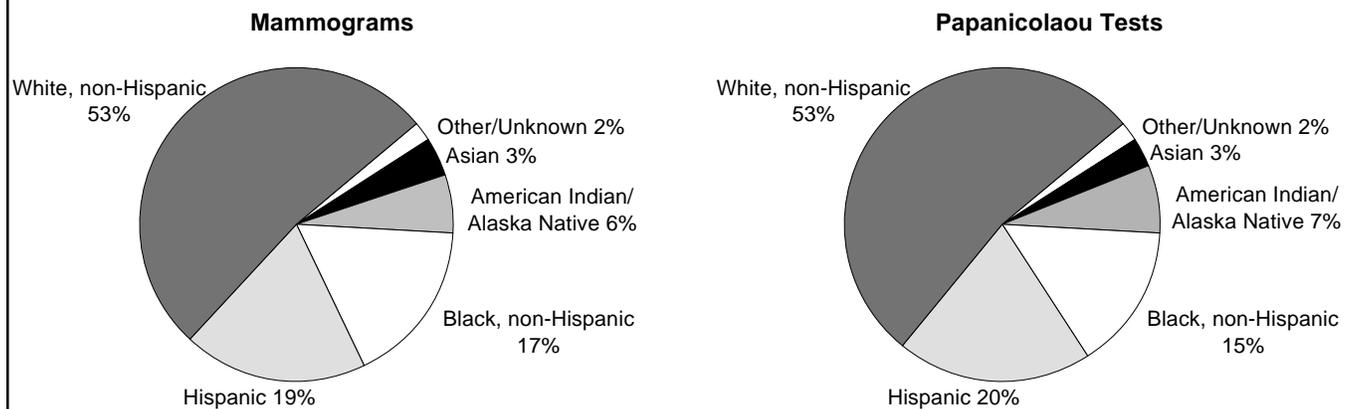
Cervical cancer screening, which is performed by using the Papanicolaou (Pap) test, detects not only cancer but also precancerous lesions. Detection and treatment of such lesions can actually prevent cervical cancer—and thus can prevent virtually *all* deaths from this disease. Women whose cancer is detected in its earliest stage have a survival rate of almost 100% when they receive timely and appropriate treatment and follow-up.

CDC’s National Breast and Cervical Cancer Early Detection Program: A Decade of Progress

Recognizing the value of screening and early detection, Congress passed the Breast and Cervical Cancer Mortality Prevention Act of 1990. This act established CDC’s National Breast and Cervical Cancer Early Detection Program (NBCCEDP). Now in its tenth year, the NBCCEDP has provided more than 2 million screening exams to underserved women, including older women, women with low

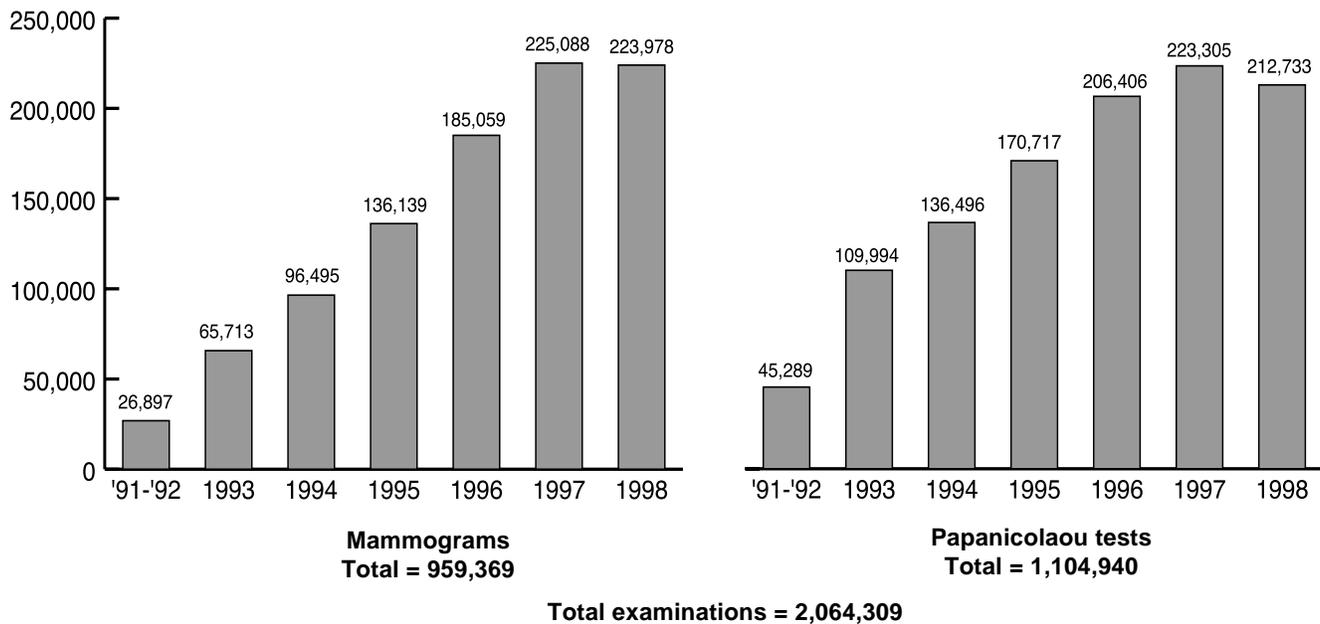
incomes, and women of racial and ethnic minority groups. The program has diagnosed over 5,800 breast cancers, over 31,000 precancerous cervical lesions, and over 500 cervical cancers. These numbers do not include the many women who, though screened outside the NBCCEDP, have benefited from its outreach programs.

Percent Distribution of Screening Examinations Among NBCCEDP* Participants, by Race and Ethnicity, 1991–1998



*CDC’s National Breast and Cervical Cancer Early Detection Program.

Number of Screening Examinations Among NBCCEDP* Participants, Fiscal Years 1991–1998



*CDC's National Breast and Cervical Cancer Early Detection Program.

The NBCCEDP operates in all 50 states, the District of Columbia, 6 U.S. territories, and 12 American Indian/Alaska Native organizations. Fiscal year 2000 appropriations of approximately \$167 million enable CDC to increase education and outreach programs for women and health care providers, improve quality assurance measures for screening, and improve access to screening and follow-up services. Screening services

provided by the NBCCEDP include clinical breast examinations, mammograms, pelvic examinations, and Pap tests. Postscreening diagnostic services, such as surgical consultation and biopsy, are also funded by the NBCCEDP to ensure that all women with abnormal screening results receive timely and adequate diagnostic evaluation and treatment referrals.

Public Education and Outreach: Eliminating Barriers to Screening

NBCCEDP programs work to reduce key barriers known to impede a woman's ability or decision to obtain screening. By promoting the life-saving benefits of early detection available through NBCCEDP-funded services, educational outreach programs help women overcome barriers such as the **fear** of learning that one has cancer, **lack of transportation and child care**, linguistic and cultural **communication barriers**, and **lack of physician referral**.

To address these barriers, CDC works with health care professionals and organizations, human services and voluntary organizations, academia, and health agencies to provide effective outreach programs.

State-Based Activities

With CDC's leadership, state-based programs have made significant progress in building state and community partnerships to reach women about the benefits of screening and early detection. For example,

- In **Arizona**, the Hopi Tribe has worked with physicians and staff from the Indian Health Service Unit in Keams Canyon, Arizona, to arrange home visits to Hopi women who have been referred for NBCCEDP-funded screening. These one-on-one meetings, which occur in the native Hopi language, focus on the importance of women

taking care of themselves—such as by keeping mammography or Pap test appointments—both for their own and for their families' sake.

- **Arkansas'** "Hats Off to Health" is a light-hearted but informative skit in which characters confront reasons women often give for not having breast cancer screening. Over 600 women have attended the program; surveys found that this nonthreatening approach to breast cancer screening education was effective in reducing self-perceived barriers to mammography.
- **North Dakota's** "Women's Way" program has set up 47 teams of volunteers statewide to employ diverse outreach strategies to educate and enroll local women in this breast and cervical cancer early detection program. Using either one-on-one or small group modes, these efforts use innovative methods (such as role model stories and program-related accessories) to convey their educational and motivational messages.
- A **Minnesota** Twin Cities community coalition has developed "Save Our Sisters," a screening campaign conducted at a popular eating and gathering place for the Minneapolis African American community. Sponsored by the Minnesota Department of Health and by local media, clinics, and churches, the campaign features free gospel music and food, local speakers who are breast cancer survivors, and opportunities to sign up for free mammograms.

- **New Hampshire's** "Let No Woman Be Overlooked" is an outreach strategy that uses public presentations, media advertising, and community networking to increase public knowledge that breast and cervical screening is free and accessible. Community outreach workers enlist the support of local worksites, churches, and other community gathering places.

National Efforts

Examples of CDC collaboration with national organizations include the following:

- CDC collaborates with the American Cancer Society (ACS) to develop and disseminate comprehensive information on cancer prevention and early detection. Through CDC, ACS divisions have formed partnerships with state health departments to increase screening services to medically underserved women. CDC and ACS collaborate in many program areas, including establishing infrastructure and public and professional education activities.
- A unique public-private partnership was established among CDC, **Avon Products Inc.**, the **National Alliance of Breast Cancer Organizations** (NABCO), and the **National Cancer Institute**. Avon's Breast Cancer Awareness Crusade has raised more than \$37 million for breast cancer programs nationwide through the sale of its Breast Cancer Awareness pink ribbon products.



Enhanced Professional Services for Effective Screening and Follow-Up

Successful detection and treatment of breast and cervical cancer depends on the quality of diagnostic services and on appropriate medical and technical training. Improved screening techniques and diagnostic skills translate to more cancers diagnosed early and more lives saved. The NBCCEDP provides national guidance and support to ensure that screening-related professional and medical services incorporate current techniques and best practices.

Quality Assurance for Screening and Follow-Up

All health agencies participating in the NBCCEDP use mammography facilities certified by the American College of Radiology and laboratories that follow the Clinical Laboratory Improvement Amendments of 1988. CDC provides screening and diagnostic guidelines to all state-based programs and assists states in evaluating their clinical services. As more women are screened by the NBCCEDP, participating health agencies and providers will experience greater challenges in obtaining sufficient resources for treating women with breast and cervical cancer. To help women overcome financial, logistical, and other barriers to these follow-up services, the NBCCEDP has distributed case management procedures and policies to all participating programs.

“My mom had a breast removed almost 10 years ago. She also had two sisters who had breast cancer, so I’m very diligent about having a mammogram and Pap test once a year. Thank you for this program. Without it, the chances of my having a mammogram once a year would be slim at best, since I simply couldn’t afford it.”

—An Iowan woman screened through the NBCCEDP

NBCCEDP Accomplishments

- Almost 1 million mammograms provided.
- About 1.1 million Pap tests provided.
- Over 5,800 breast cancers diagnosed.
- Over 31,000 precancerous cervical lesions diagnosed.
- Over 500 cervical cancers diagnosed.

Professional Education: Enhancing Health Care at the Source

Through professional education services, the NBCCEDP has helped a wide range of health care professionals—including physicians, nurses, radiology technologists, and cytologists—better understand and perform their key roles in the early detection of breast and cervical cancer.

- CDC’s national training center for cancer detection and prevention has recently developed a self-study packet with a videotape to help providers—particularly those in rural areas—improve follow-up of women who have abnormal screening results from clinical breast examinations and mammograms. The training center also offers Native American nurses “Native Web” training to enhance their clinical breast examination skills.
- Professional education opportunities are also offered through the NBCCEDP’s state, tribal, and territorial programs. For example, the Kentucky Cancer Program offers a self-study kit to help primary care physicians increase and improve routine breast and cervical cancer screenings. The program features a videotape discussing communication strategies, physical examination recommendations and techniques, risk management, and office reminder systems.

Partnerships for Cancer Control in Populations at Higher Risk

Partnerships that focus their prevention efforts on populations at greater risk are essential for understanding and alleviating disparities. Both mammograms and Pap tests are underused by women who are members of racial and ethnic minority groups, have less than a high school education, are older, or live below the poverty level.

CDC funds a strong and effective network of partners who are well-positioned in communities at risk. These partners have developed projects that are focused on underserved populations and cover a wide range of public and professional education interventions. For example, many projects are involved with developing low-literacy, bilingual, and culturally appropriate educational materials that are used in diverse training and outreach programs and educational campaigns. The various interventions used by the different projects contribute to the common goal of increasing access to and use of screening services among priority populations.

“This screening program was an answered prayer. I had been concerned about having to skip checkups lately, but there was no way to come up with the money anytime soon. I will tell all of my friends about this and will gladly return for follow-up.”

—A Maine woman screened through the NBCCEDP

CDC funds the following partners to promote screening among populations at higher risk:

American Social Health Association
Association of Asian Pacific Community Health Organizations
Baylor College of Medicine, Salud en Accion Program
Institute for the Advancement of Social Work Research
Mautner Project for Lesbians With Cancer
National Asian Women’s Health Organization
National Association of Community Health Centers
National Caucus and Center on Black Aged, Inc.
National Center for Farmworkers Health, Inc.
National Education Association Health Information Network
National Hispanic Council on Aging
U.S. Conference of Mayors’ Research and Education Foundation
The Witness Project
World Education

For more information or additional copies of this document, please contact the Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Mail Stop K-64, 4770 Buford Highway NE, Atlanta, GA 30341-3717, (770) 488-4751. Voice Information System: 1 (888) 842-6355 Fax: (770) 488-4760 cancerinfo@cdc.gov <http://www.cdc.gov/cancer>