

New York State Department of Health  
Community-Based Breast Cancer Support & Wellness  
Services Project  
March 1, 2019-February 28, 2020



Department of Health

In 2017, 14 community-based contractors were awarded five-year State contracts in response to a competitive Request for Applications. Each contractor receives about \$23,000 per year for each of five years to offer wellness, support, and education services, free of charge, to breast cancer survivors. Research suggests that social support services can positively impact quality of life and may even positively influence health outcomes in individuals with cancer who access these services. Services are held in various settings such as hospitals, libraries, and via phone and web.



For more information about support services in your community, call the toll-free number 1-866-442-CANCER or visit [https://www.health.ny.gov/diseases/cancer/services/community\\_resources/](https://www.health.ny.gov/diseases/cancer/services/community_resources/)

### What is the burden of breast cancer in NYS?

Nearly 16,000 women are diagnosed with breast cancer in NYS each year and over 211,000 breast cancer survivors live in NYS today. As the number of survivors grows, services are needed to address their unique physical, emotional, and social needs and improve quality of life.<sup>1</sup>

### What services are provided?

Community-based contractors provide peer and professional-led support groups, exercise classes, yoga classes, individual counseling, hotline and web-based assistance, educational activities, stress management classes, and nutritional programs to breast cancer survivors.

### How many breast cancer survivors were reached by service type?\*

On a quarterly basis, community-based contractors report on the number of breast cancer survivors participating in provided services. The average number of breast cancer survivors reached each quarter by service category:

Hotline & web-based assistance

74,540

Fitness & stress management classes

402

Individual & group counseling

606

Educational programs & seminars

458

\*Services may be supported with State and other funding.

### What are breast cancer survivor participants saying?

"Thank you for putting this group together. I've gained so much insight and feel that I'm much better informed to continue the fight!"

"I have so enjoyed the workshops and they have truly motivated me to eat better, move more, and just work towards a healthier lifestyle."

<sup>1</sup><https://www.health.ny.gov/statistics/cancer/registry/>