# APPENDIX VII: A CALL TO ACTION WHAT CAN YOU DO?

California's Comprehensive Cancer Control Plan, 2021–2025 lays out broad goals to reduce the burden of cancer among all Californians. In order to accomplish these goals, all Californians need to be involved in this effort. Please join CDOC and other stakeholders throughout the state to make our plan's goals a reality. Below are a few examples of what you can do to help reduce the burden of cancer in our state.

## IF YOU ARE A CALIFORNIAN

- Participate in cancer-related health surveys.
- Avoid overexposure to the sun and artificial tanning.
- Get cancer-preventive immunizations such as Hepatitis B and human papillomavirus (HPV).
- Know when to be screened and do it on schedule.
- Support smoke-free environments and avoid secondhand smoke.
- Consider enrolling in a cancer clinical trial.
- Volunteer to support cancer-related activities including joining CDOC efforts.

## IF YOU ARE A LOCAL HEALTH DEPARTMENT

- Provide cancer information and resources to the community.
- Collaborate in community health activities and awareness events.
- Work with physicians to promote screening programs and case reporting.
- Provide space for survivor support groups.

## IF YOU ARE A COMMUNITY-BASED ORGANIZATION

- Provide cancer information and resources to clients.
- Promote cancer screening among clients.
- Encourage participation in cancer clinical trials.
- Collaborate to provide programs to the community on cancer prevention and screening.

## IF YOU ARE A PROFESSIONAL ORGANIZATION

- Provide cancer information and resources to constituents.
- Educate constituents on the importance of promoting cancer clinical trials.
- Support cancer awareness activities of local affiliates.
- Provide cancer control trainings.

## IF YOU ARE AN EMPLOYER

- Provide healthy foods in vending machines and cafeterias.
- Collaborate with health care institutions to host screening events.
- Establish a worksite wellness committee.
- Offer employee benefits such as health insurance that covers smoking cessation aids and prevention screening.

## IF YOU ARE A SCHOOL/UNIVERSITY

- Include cancer prevention messages in health classes.
- Provide healthy foods in vending machines and cafeterias.
- Increase physical education requirements.
- Make your entire campus a smoke-free environment.
- Encourage sun-safe behaviors.

## IF YOU ARE A FAITH-BASED ORGANIZATION

- Provide cancer prevention information to members.
- Provide healthy foods at church activities.
- Provide indoor space for walking clubs when the weather is inappropriate.
- Make your events smoke-free.

## IF YOU ARE A HOSPITAL

- Submit complete cancer case reports in a timely manner to the state registry.
- Collaborate to sponsor community screening programs.
- Acquire or maintain American College of Surgeons membership.
- Implement a patient navigation system.

## IF YOU ARE A PHYSICIAN OR HEALTH INSURER

- Ensure patients are screened for cancer in accordance with the most current guidelines.
- Implement a cancer screening reminder system.
- Refer patients to smoking cessation classes and nutrition programs.
- Submit complete cancer case reports in a timely manner to the state registry.
- Refer patients to and encourage patients to enroll in cancer clinical trials.