

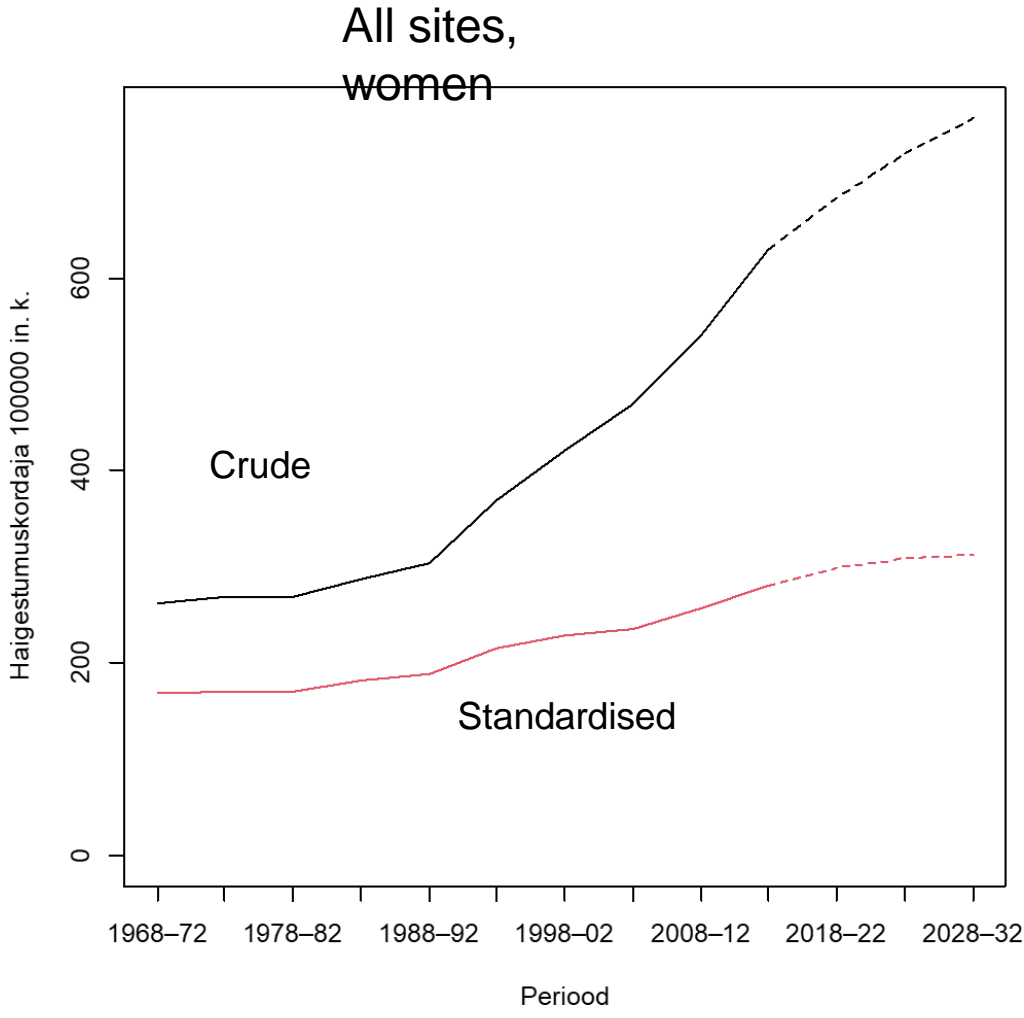
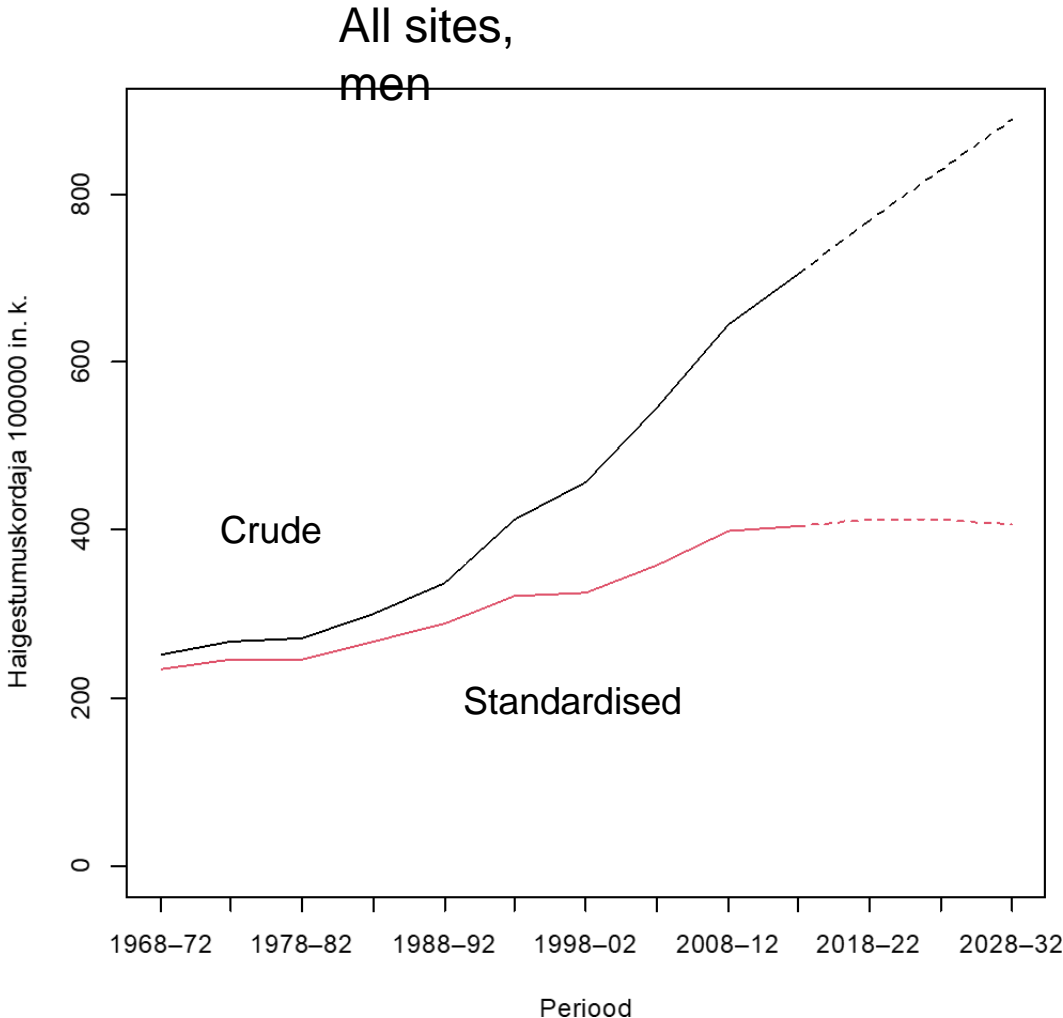
Estonian National Cancer Control Plan 2021–2030

Kaire Innos, MD, PhD
Senior Researcher
Department of Epidemiology and
Biostatistics National Institute for Health
Development Tallinn, Estonia

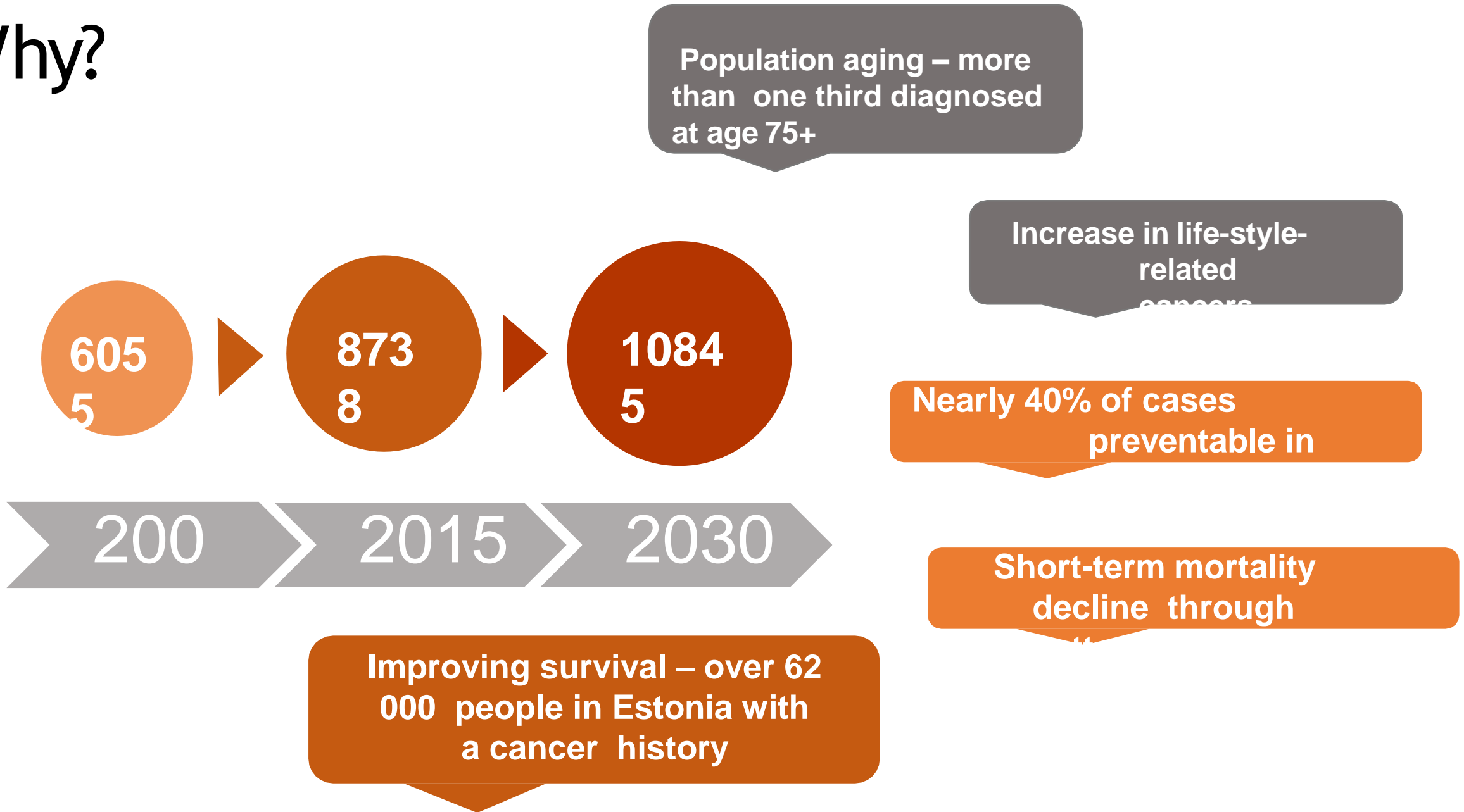
Vähitõrje
tegevuskava
2021–2030

A vertical strip on the right side of the slide features a microscopic image of tissue. The image shows a complex pattern of red and grey staining, likely representing cellular structures and possibly a tumor. The red areas are more prominent and appear to be staining the cytoplasm or extracellular matrix, while the grey areas represent the nuclei and other cellular components. The overall appearance is that of a histological section, possibly from a glandular or epithelial tissue.

Cancer incidence trends and predictions in Estonia



Why?



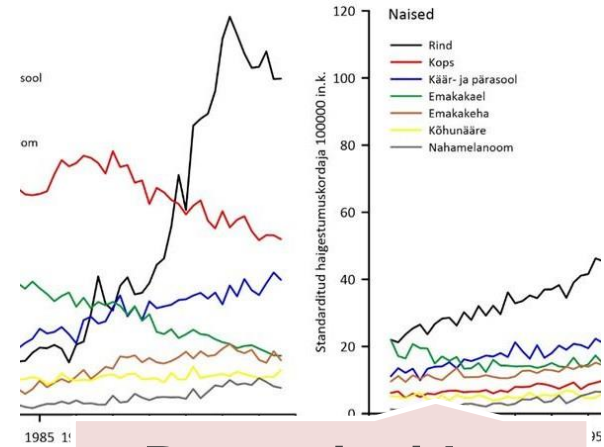
Why?

Specific problems in Estonia:

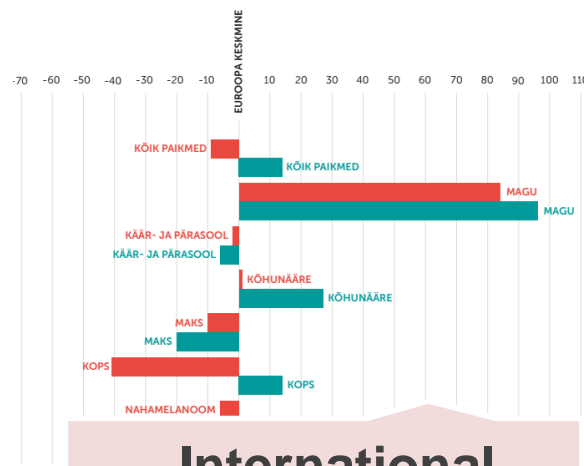
- Late-stage diagnosis
- Inefficient screening, particularly for cervical cancer
- Screening not available for the whole population
- No strategic planning in cancer care, not centralized to cancer centres
- Fragmented cancer patient journey
- Very little attention to quality of life and patient experience

Previous cancer strategy 2007–2015

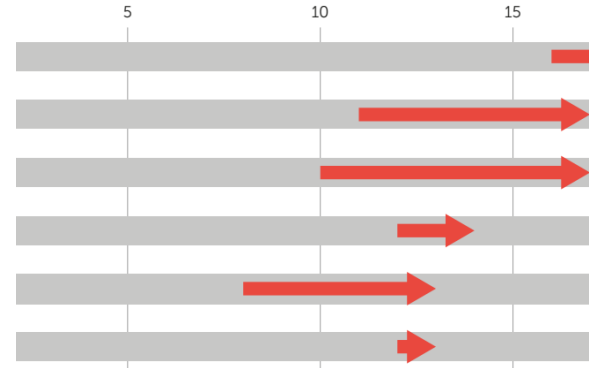
Overview of current situation



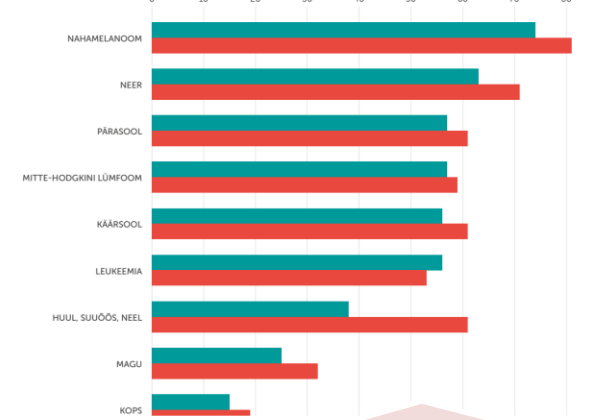
Recent incidence trends



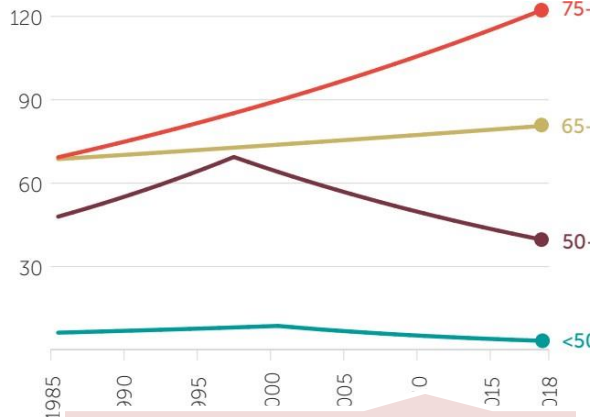
International incidence comparison



Survival trends in international comparison



Survival by gender and stage



Screening results

oloogiliste kasvajate haigestumuse aastane protsent



Hematological tumors

Kuni 15aastastel lastel diagnoositakse keskmiselt 35 vähijuhtu aastas, neist üle poole alla 5aastastel

Childhood and AYA cancer

Vision for cancer control

Fewer people develop cancer

People live longer and healthier lives after a cancer

diagnosis People living with cancer have a better

quality of life

Vision for cancer control and priorities for 2021–2030

Fewer people develop cancer

- Lowering the risk of life-style-related cancers
- Vaccination against viruses that cause cancer
- Detection of pre-cancerous conditions through preventive screening
- People live longer and healthier lives after a cancer diagnosis
- People living with cancer have a better quality of life

Vision for cancer control and priorities for 2021–2030

Fewer people develop cancer

People live longer and healthier lives after a cancer diagnosis

- **Early cancer diagnosis for patients of all ages**
- **Optimal care – centralization of diagnostics and treatment in cancer centres**
- **Availability of care according to patient needs**
- **People living with cancer have a better quality of life**

Vision for cancer control and priorities for 2021–2030

Fewer people develop cancer

People live longer and healthier lives after a cancer diagnosis

People living with cancer have a better quality of life

- **A patient-centred comprehensive cancer journey**
- **Optimal follow-up of cancer survivors**
- **Life beyond cancer – psychosocial support for returning to society**

Evaluation of NCCP results and progress

Outcome indicator	Target
Age-standardized cancer incidence	Overall – decline from 2030 Cervical – decline from 2022 Colorectal – decline from 2026
Relative (net) survival	Achieve level of Nordic countries Reduce gender differences
Quality of life	Continuous increase
Process indicators (examples)	Target
Childhood obesity prevalence	<25% by 2030
HPV vaccination coverage	≥70% by 2030
% of patients meeting target waiting times	≥95% by 2023
% of patients receiving rehabilitation services	≥40% by 2030

Implementation of NCCP

- Key role – Steering Committee and Ministry of Social Affairs
- Implementation plan – work in progress
- Activities initiated by stakeholders in 2021
 - Designing comprehensive cancer patient journey at cancer centres
 - Measurement of PROMS and PREMS
 - Moving towards gender-neutral HPV vaccination (inclusion of boys)
 - EU Joint Action on HPV vaccination
 - Communication strategy for increasing early symptom awareness
 - Piloting HPV self-sampling within cervical cancer screening program
 - Feasibility study of lung cancer screening
 - Analyses to support optimal organization of surgical oncology & radiation therapy services
 - Preparation for fully digital data collection of cancer registry data

Thank you!

Kaire.innos@tai.ee

European Missions

Cancer

Improving the lives of more than 3 million people by 2030 through prevention, cure and for those affected by cancer including their families, to live longer and better



Vähitõrje
tegevuskava
2021–2030

