

People's Health

Outcomes • Planning • Evaluation



Know the Facts: Colorectal Cancer

DID YOU KNOW?

- Colorectal cancer is the second leading cause of cancer-related deaths in the United States, accounting for 10% of all cancer deaths.
- Overall, the lifetime risk of developing colorectal cancer is about 1 in 20 (5%). This risk is slightly lower in women than in men.
- A diet high in saturated fat and low in fiber, family history of colorectal cancer or polyps, obesity, a sedentary lifestyle and the use of alcohol and tobacco have been associated with a higher incidence of colorectal cancer.
- The death rate from colorectal cancer has been dropping in the past 20 years due to improved screening, removal of pre-cancerous polyps and improved treatment of cancer cases.

WHERE WE WERE (BASELINE):

In Shasta County, there were 18.9 deaths per 100,000 people (age-adjusted rate, three-year average) in 1999-2001.

WHERE WE ARE:

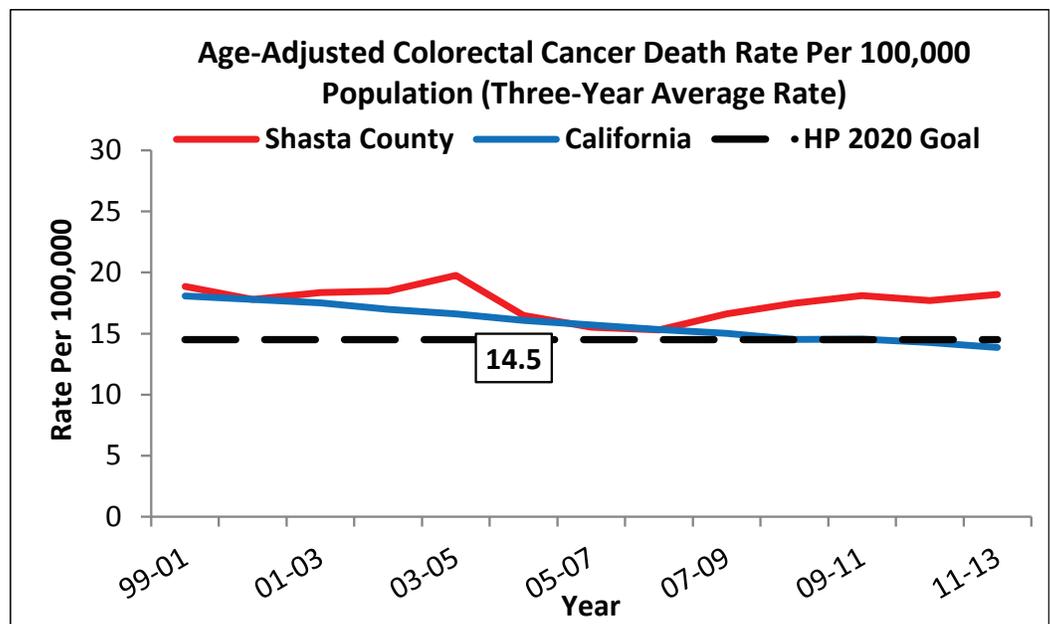
In Shasta County, there were 18.2 deaths per 100,000 people (age-adjusted rate, three-year average) in 2011-13.

WHERE WE ARE AIMING:

The Healthy People 2020 goal is to reduce the colorectal cancer death rate to 14.5 per 100,000 population.

DEFINITION:

Number of deaths and death rate (age-adjusted deaths per 100,000 population) due to colorectal cancer for Shasta County residents. (Malignant neoplasms of colon and rectum; ICD-10 codes C18-C21 and C26.0)



Contributing Staff: Ali Abadi and Stephanie Taylor. Last updated April 2016.

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KEY POINTS:

- In 2011, about 135,260 cases of colorectal cancers were diagnosed in the United States. Also, 51,783 people in the United States died from colorectal cancer.
- There has been a steady decline in death rates due to colorectal cancer in California from 1999 to 2013. The rates were lower than the Healthy People 2020 goal of 14.5 per 100,000 since 2011.
- Although the average three-year colorectal cancer death rates for Shasta County have been higher than California in some periods during 1999-2013, the differences were not statistically significant.
- The 2012 rate for Shasta County (14.1/100,1000) has been one of the lowest of all time, while not statistically significant as compared to the three-average of the county or state. This rate again increased to 20.1 per 100,000 in 2013.

PRIMARY PREVENTION ACTIVITIES:

- Consume a diet low in saturated fat and high in dietary fiber (e.g. whole grain foods).
- Eat at least 5 servings of fruit and vegetables daily.
- Increase physical activity.
- Maintain a healthy weight.
- Reduce alcohol consumption and stop smoking.
- Reduce red meat consumption.

SECONDARY PREVENTION ACTIVITIES:

- Begin annual colorectal cancer screening at age 50 by a simple, painless fecal occult blood test.
- Have a colonoscopy every five years beginning at age 40 if you have a family history of colon cancer or polyps, or at age 50 every 10 years for everyone else.

From the Desk of Andrew Deckert, MD, MPH

*Shasta County
Public Health Officer*



Colorectal cancer is one of the most common cancers in the United States, but fortunately, there are many ways that people can help prevent it or increase the odds of early diagnosis.

Family history can play a role, but other risk factors are within a person's control, such as a sedentary lifestyle, poor diet, alcohol consumption and tobacco use.

You can decrease your risk of colorectal cancer by eating plenty of fruits and vegetables, increasing your physical activity and having regular screening starting at the ages of 40-50, depending on your risk factors. Screening colonoscopy can help in detecting pre-cancerous lesions so they can be removed.

To your health!