

## Cancer in Utah

### Colon and Rectum

<i>Summary</i>	Male		Female	
	Utah 1996-2000	US 1996-99	Utah 1996-2000	US 1996-99
Average annual age-adjusted incidence rates*	50.5	65.6	38.5	47.7
Rank among cancer incidence rates	2	3	2	3
Average annual number of new cases	326	73,200	312	73,220
Percent of all new cancer cases	9.9 %	11.3 %	10.8 %	11.6 %
Lifetime risk of cancer (00-79 years)	1 in 21	1 in 16	1 in 28	1 in 22
Average annual age-adjusted mortality rates*	19.6	26.0	15.3	18.3
Rank among cancer mortality rates	3	3	3	3
Average annual of deaths	117	28,100	124	28,811
Percent of all cancer deaths	9.8 %	9.9 %	11.6 %	11.1 %
* Rates per 100,000 and standardized to the 2000 U.S. population				

Incidence rates for colorectal cancer vary widely throughout the world, with relatively high rates in North America and Western Europe, and low rates in Eastern Europe, Asia, and Africa. Environmental factors are thought to be responsible for the large international variation in rates.

Evidence for environmental causation comes from studies of migrants, who quickly acquire the risk for colorectal cancer in their adopted homelands. Numerous dietary factors have been associated with the occurrence of colorectal cancer. Diets high in meat and fat have been associated with an increased risk of the disease. Conversely, diets high in fiber, fruits, vegetables, legumes, and whole grain products are associated with a lower risk of the disease. There is also evidence that physically active individuals may be at lower risk for colorectal cancer than sedentary individuals.

Genetic factors clearly predispose some individuals to develop colorectal cancer. Individuals with inherited syndromes such as familial adenomatous polyposis coli (FAP) are at particularly high risk of the disease. Still, the majority of colorectal cancers in the population are unrelated to such syndromes.

The specific dietary constituents that alter risk of colorectal cancer are not fully understood. Nonetheless, a preponderance of evidence from epidemiological studies suggests that individuals may lower their risk of colorectal cancer by reducing dietary fat and increasing the intake of fruits, vegetables, and whole grain products.

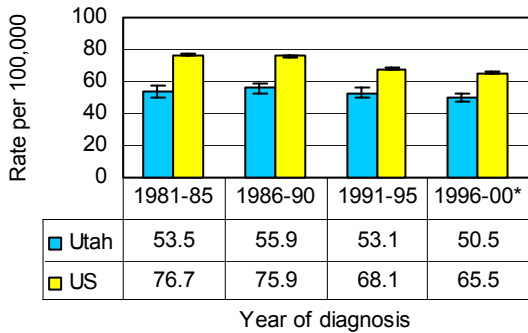
Further, screening for colorectal cancer has been shown to be effective in lowering mortality rates from the disease. Unfortunately, the percentage of Utah residents that have ever been screened for colorectal cancer ranks among the lowest in the United States.

## Cancer in Utah

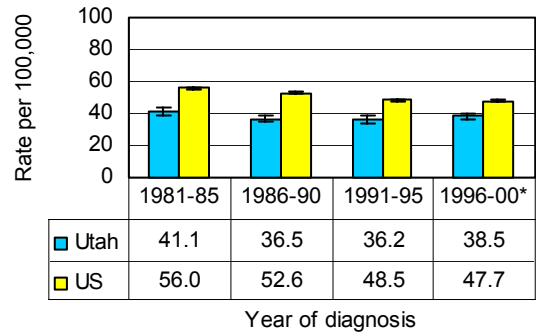
<b>Colon and Rectum</b>	<b>Incidence</b>
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Average annual age-adjusted incidence rates per 100,000 (US 2000 standard) by 5-year time period and sex, 1981-2000

### Male

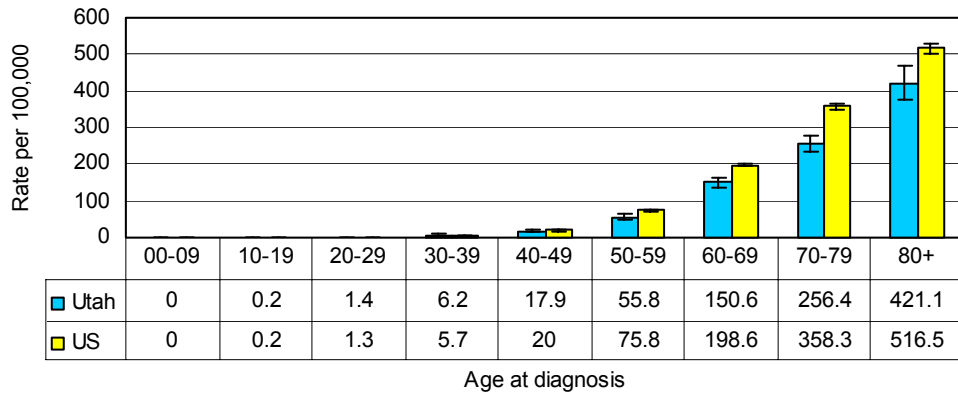


### Female

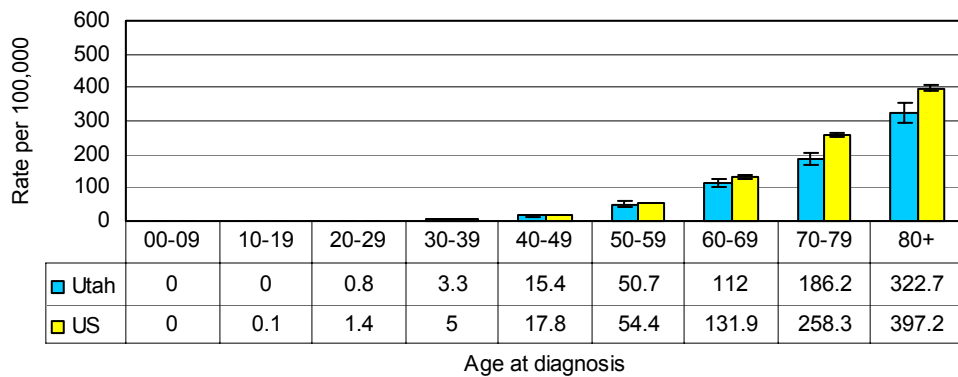


Average annual age-specific incidence rates per 100,000 by sex, 1996-2000

### Male



### Female

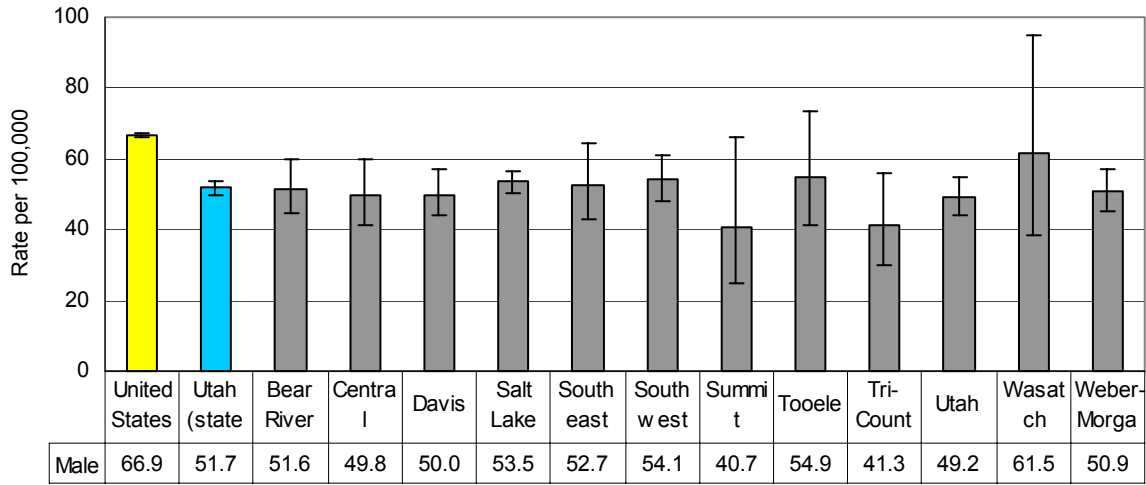


## Cancer in Utah

<b>Colon and Rectum</b>	<b><i>Incidence</i></b>
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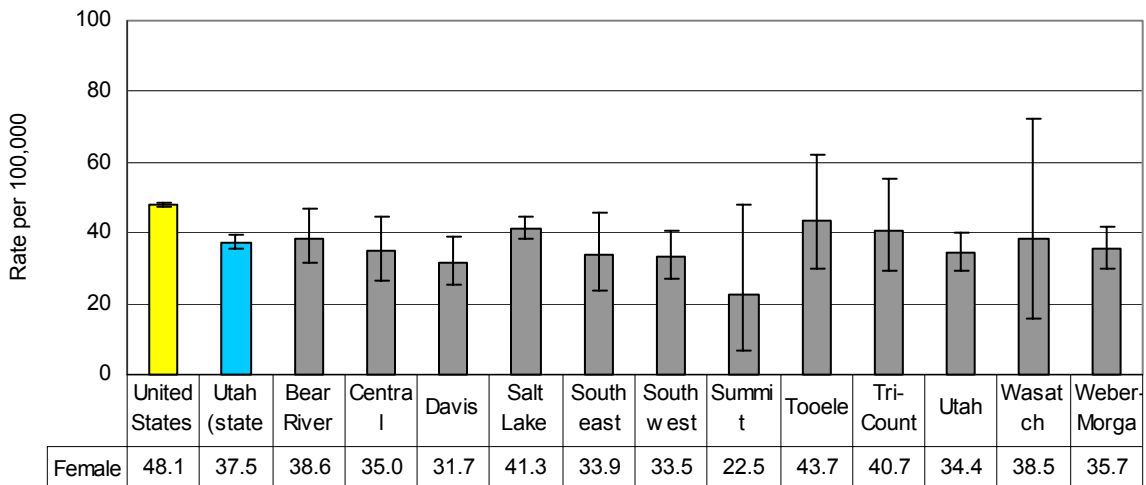
Average annual age-adjusted incidence rates per 100,000 (US 2000 standard) for twelve Utah Health Districts, by sex, for the time period 1991-2000, with rates from Utah (statewide) and the United States for comparison

### Male



Utah Health District

### Female



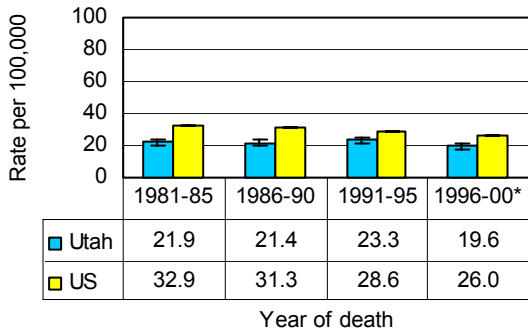
Utah Health District

## Cancer in Utah

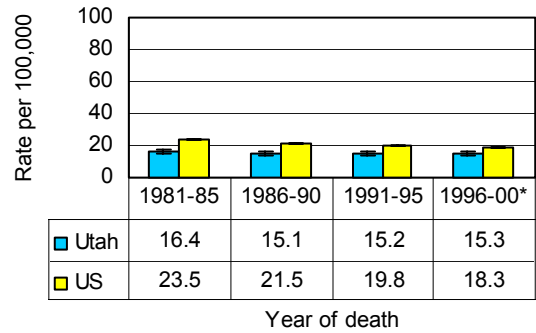
<b>Colon and Rectum</b>	<b>Mortality</b>
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Average annual age-adjusted mortality rates per 100,000 (US 2000 standard) by 5-year time period and sex, 1981-2000

### Male

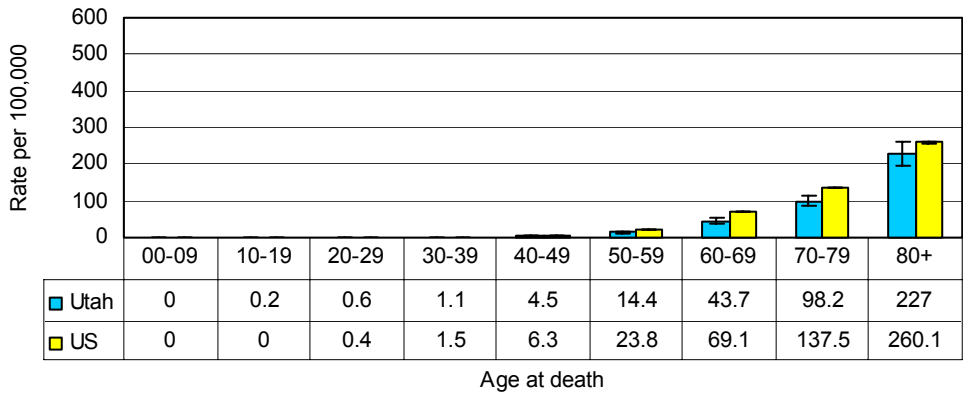


### Female



Average annual age-specific mortality rates per 100,000 by sex, 1996-2000

### Male



### Female

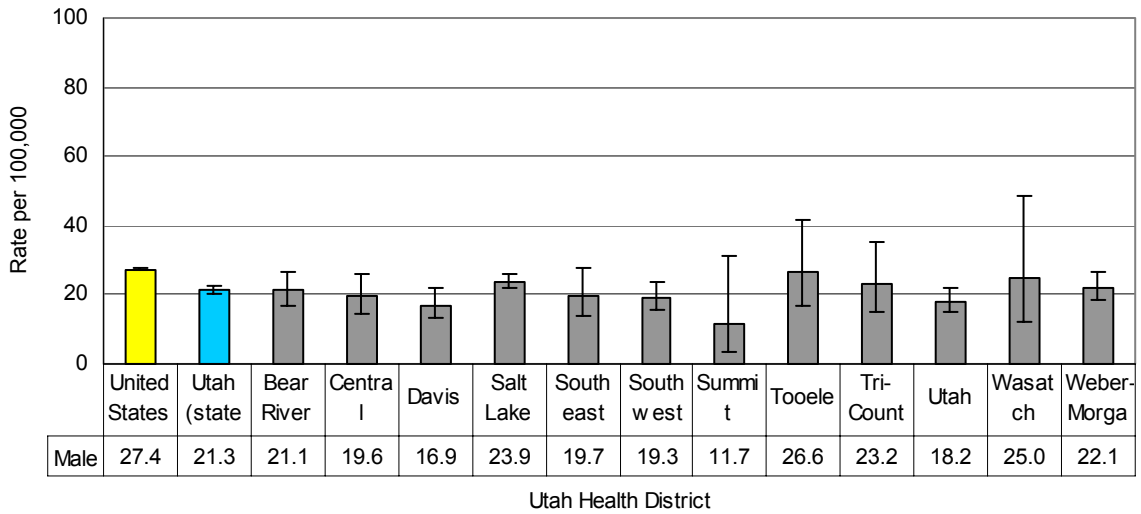


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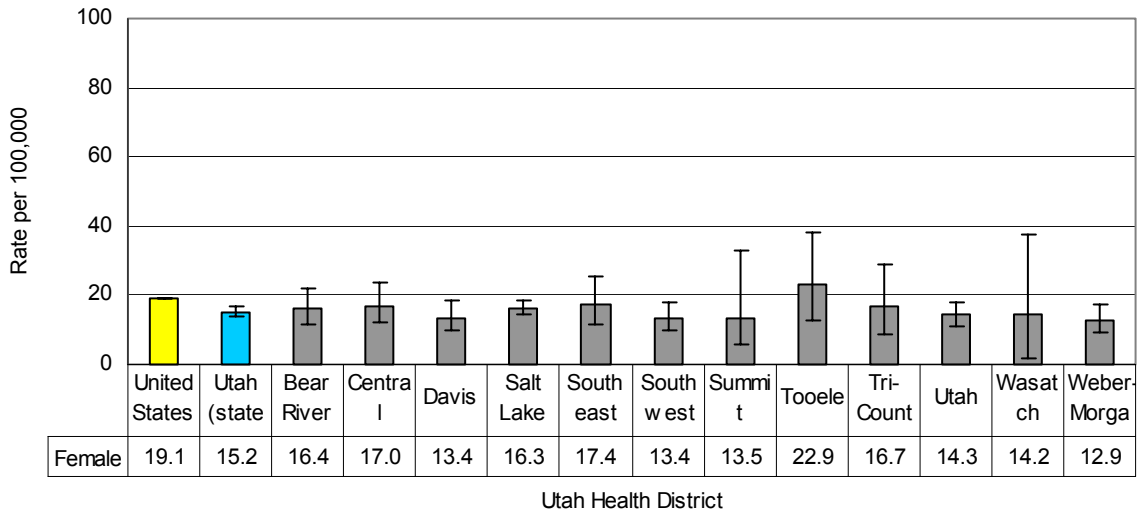
<b>Colon and Rectum</b>	<b>Mortality</b>
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Average annual age-adjusted mortality rates per 100,000 (US 2000 standard) for twelve Utah Health Districts, by sex, for the time period 1991-2000, with rates from Utah (statewide) and the United States for comparison

### Male



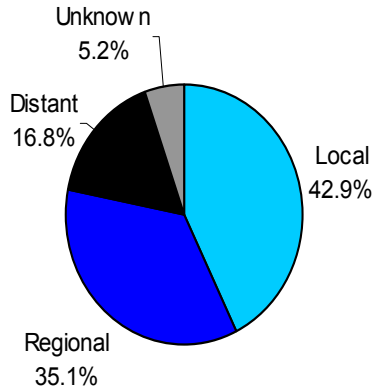
### Female



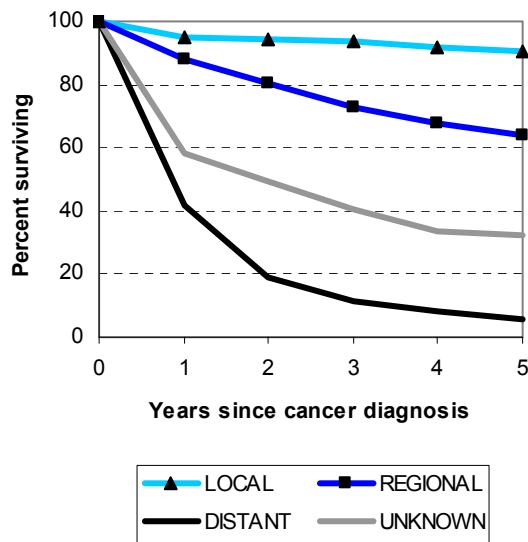
# Cancer in Utah

## Colon and Rectum Stage and Survival

Stage of disease at diagnosis:  
Utah residents diagnosed 1996-2000



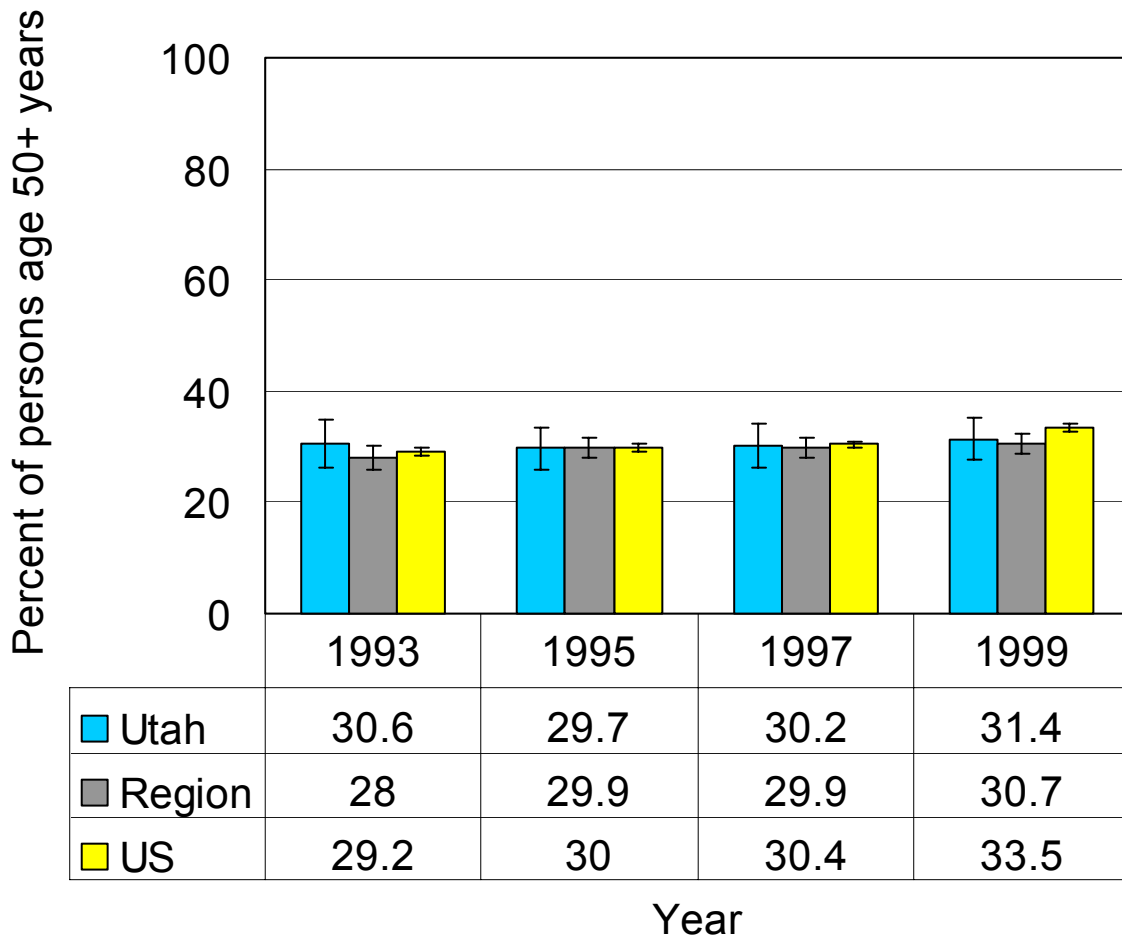
5-year relative survival by stage:  
Utah residents diagnosed 1991-95



## Cancer in Utah

<b>Colon and Rectum</b>	<b>Screening</b>
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Percentage of persons who reported having a sigmoidoscopy or colonoscopy within the past five years, adult (ages 50+ years) residents of Utah, Seven Western State Region\*, and the United States  
(Surveys conducted in calendar years 1993, 1995, 1997, and 1999)



\* Seven Western States including Arizona, Colorado, Idaho, Nevada, New Mexico, Utah, and Wyoming

Source: Behavioral Risk Factor Surveillance System

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