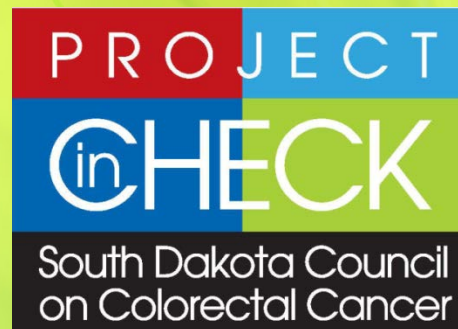


Colorectal Cancer in South Dakota



Published April 2019

Colorectal Cancer Estimates for 2019¹

In 2019, South Dakota expects 430 new colorectal cancer cases and 170 deaths due to this cancer. During the same time, an estimated 145,600 newly diagnosed colorectal cancer cases and 51,020 colorectal cancer deaths are projected for the United States.

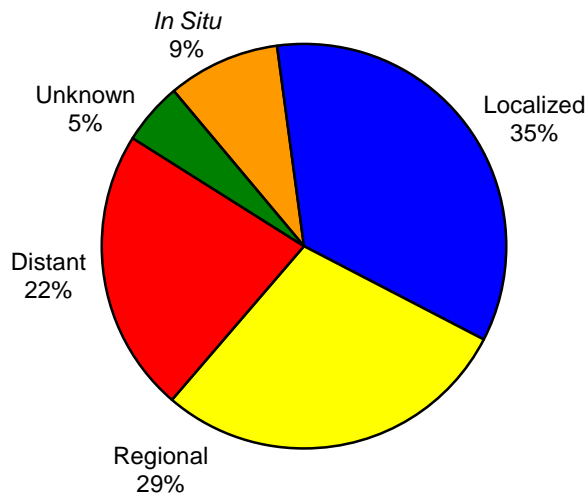
Incidence and Mortality

During 2012-2016, there was an average of 419 (219 men and 200 women) new invasive cases of colorectal cancer diagnosed among South Dakota residents per year. Of those cases, the white population averaged 387 cases and the American Indian population 26 cases. In 2016, there were 406 invasive and 40 *in situ* colorectal cancers diagnosed. Of that total, 369 invasive and 39 *in situ* cases were white, while 29 invasive and no *in situ* cases were American Indian.

In South Dakota, an average of 170 people died annually from colorectal cancer spanning the years from 2012 to 2016. Of that number, 158 were white and 10 were American Indian.

Incidence 2016		Mortality 2016	
Number of cases		Number of deaths	
Total	406	Total	164
Males	213	Males	73
Females	193	Females	91
White	369	White	157
American Indian	29	American Indian	5
Median age at diagnosis	71 yrs	Median age at death	76 yrs
Mode	74 yrs	Mode	73 yrs
Age range at diagnosis	17-96 yrs	Age range at death	29-99 yrs
S.D. age-adjusted incidence rate	39.3	S.D. age-adjusted death rate	15.3
U.S. SEER age-adjusted incidence rate	37.1	U.S. SEER age-adjusted death rate	13.7

Rates per 100,000 U.S. 2000 Standard Population and S.D. 2016 Estimated Population
Source: South Dakota Department of Health



Source: South Dakota Department of Health

Figure 1 SEER Summary Stage

The pie chart at left represents colorectal cancer stage at diagnosis, South Dakota, 2016

5-Year Relative Survival for Colorectal Cancer, U.S.

Stage at Diagnosis	5-Year Relative Survival, 2009-2015
Localized	89.9%
Regional	71.3%
Distant	14.2%
Unknown	35.4%

Source: SEER Program www.seer.cancer.gov

¹Source: *Cancer Facts and Figures 2019* American Cancer Society

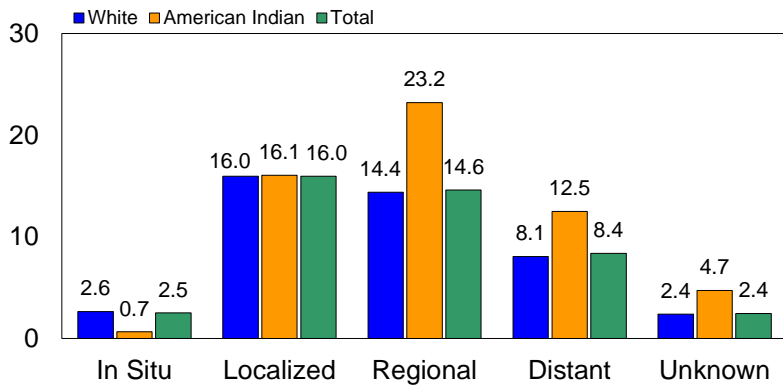


Figure 2
Stage at Diagnosis Incidence Rate
 Age-adjusted incidence rate for colorectal cancer cases at stage of diagnosis by race, South Dakota, 2012-2016

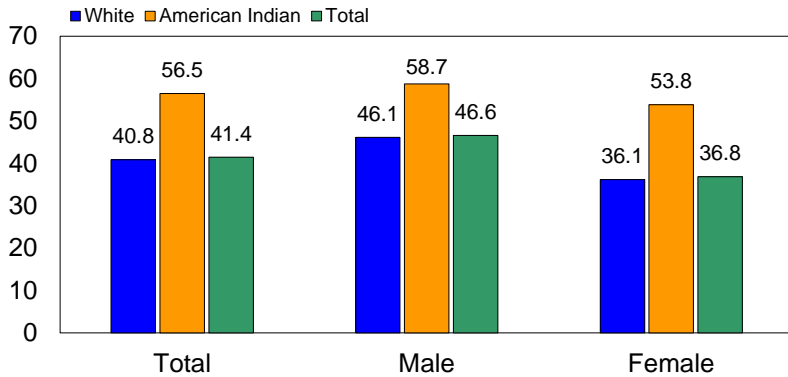


Figure 3
Colorectal Cancer Incidence Rate
 Age-adjusted incidence rate for colorectal cancer cases by race and gender, South Dakota, 2012-2016

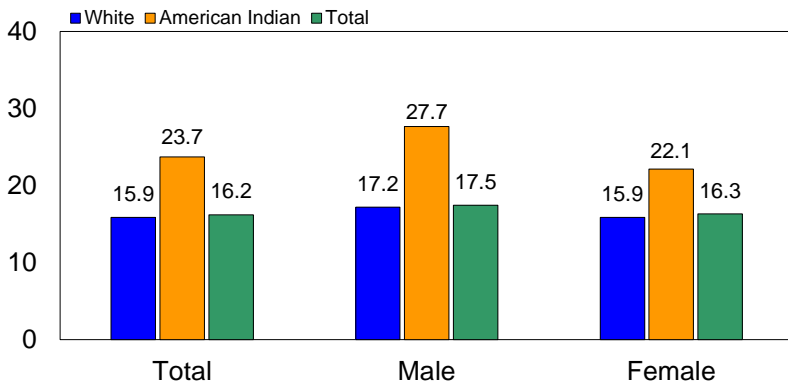


Figure 4
Colorectal Cancer Mortality Rate
 Age-adjusted mortality rate for colorectal cancer deaths by race and gender, South Dakota, 2012-2016

Rates per 100,000 U.S. 2000 Standard Population and S.D. Estimated Population
 Source: South Dakota Department of Health

Modifiable Risk Factors

Diet and physical activity are the most important environmental influences on colorectal cancer. Choices made every day can improve a person's general health. The following changes in diet and lifestyle can reduce the risk of developing colorectal cancer:

- Be physically active every day for 30 minutes or more.
- Limit alcohol to one drink per day for women and two drinks per day for men, if drinking at all.
- Limit red meat and avoid processed meat.
- Maintain a healthy weight throughout life and avoid weight gain—particularly fat around the midsection.
- Get regular screenings by a doctor beginning at age 50 since risk increases with age.
- Be tobacco free. Call the South Dakota QuitLine to enroll at 1-866-737-8487 or for more information go to the website at <http://sdquitline.com/>.

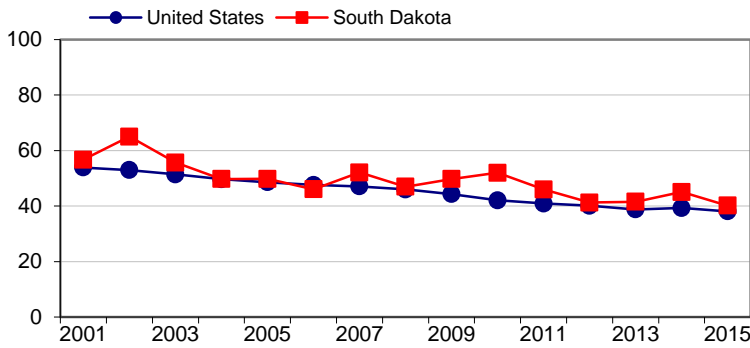


Figure 5
Colorectal Incidence Rates, United States and South Dakota
 Colorectal cancer incidence rates for the United States and South Dakota by year, 2001-2015

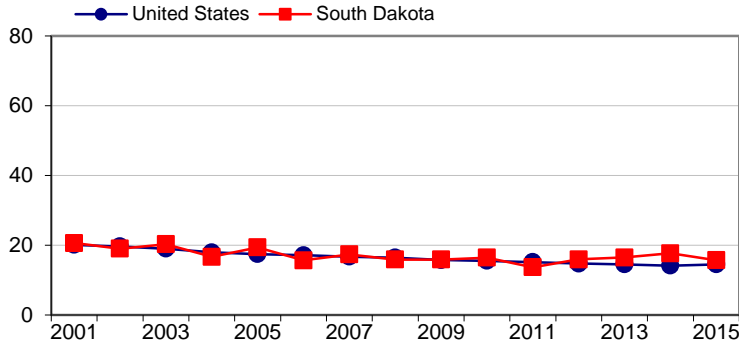


Figure 6
Colorectal Mortality Rates, United States and South Dakota
 Colorectal cancer mortality rates for the United States and South Dakota by year, 2001-2015

Rates per 100,000 U.S. 2000 Standard Population and S.D. Estimated Population, U.S. rates are provided by SEER Program, National Cancer Institute <http://www.seer.cancer.gov/canques/>, Source: South Dakota Department of Health

Achieving 80% Colorectal Screening in Every Community



Adults ages 50-75 are not getting screened as recommended.

80% in Every Community is an initiative that aims to substantially reduce colorectal cancer as a major public health problem. The initiative seeks to build on and grow the tremendous success of the 80% by 2018 initiative.

Colorectal cancer is the second-leading cause of cancer death in the United States for men and women, yet many of these deaths can be prevented through screening. That's why so many organizations are committed to working together to reach a nationwide screening rate of 80% or higher. The National Colorectal Cancer Roundtable (NCCRT) is working with community health clinics, health plans, employers, counties, and others to achieve 80% screening rates and higher in every community.



Estimated adults diagnosed with colorectal cancer in 2019.

Not everyone is benefiting equally. There are still communities with lower colorectal cancer screening rates – rural communities, certain racial and ethnic communities, and low-income communities. This campaign, led by NCCRT and supported by hundreds of organizations across the country, is focused on bringing down barriers to screening because everyone deserves to live a life free from colorectal cancer. The collective mission isn't achieved until 80% and higher screening rates are seen in every community.

Become a “screening champion” or re-energize current efforts to help spread the word that colorectal screening saves lives. With screening, colorectal cancer can be prevented by finding and removing precancerous polyps, or found early when treatment is more likely to be successful. More information is available at <http://nccrt.org/80-in-every-community/>.

The best colorectal screening test is the one that gets done!