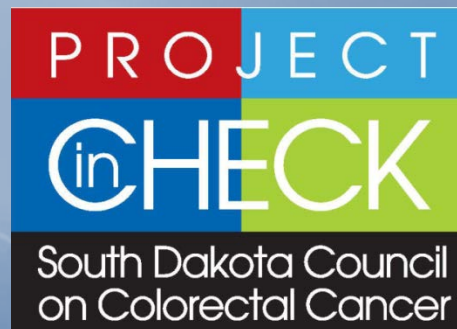


Colorectal Cancer in South Dakota



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Colorectal Cancer Estimates for 2018¹

In 2018, South Dakota expects 440 new colorectal cancer cases and 160 deaths due to this cancer. During the same time, an estimated 140,250 newly diagnosed colorectal cancer cases and 50,630 colorectal cancer deaths are projected for the United States.

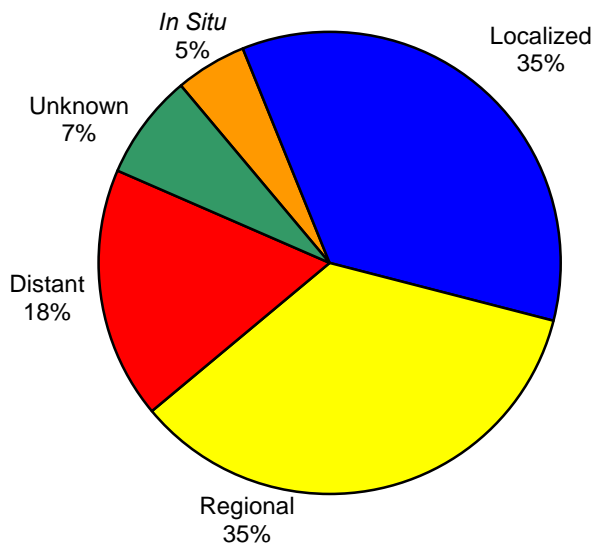
Incidence and Mortality

During 2011-2015, there was an average of 425 (225 men and 200 women) new invasive cases of colorectal cancer diagnosed among South Dakota residents per year. Of those cases, the white population averaged 394 cases and the American Indian population 26 cases. In 2015, there were 400 invasive and 21 *in situ* colorectal cancers diagnosed. Of that total, 372 invasive and 20 *in situ* cases were white, while 21 invasive and one *in situ* cases were American Indian.

In South Dakota, an average of 164 people died annually from colorectal cancer spanning the years from 2011 to 2015. Of that number, 151 were white and 12 were American Indian.

| Incidence 2015 | | Mortality 2015 | |
|--|-----------|--|------------|
| Number of cases | | Number of deaths | |
| Total | 400 | Total | 168 |
| Males | 216 | Males | 84 |
| Females | 184 | Females | 84 |
| White | 372 | White | 156 |
| American Indian | 21 | American Indian | 11 |
| Median age at diagnosis | 70 yrs | Median age at death | 76 yrs |
| Mode | 77 yrs | Mode | 77 yrs |
| Age range at diagnosis | 8-103 yrs | Age range at death | 22-104 yrs |
| S.D. age-adjusted incidence rate | 40.0 | S.D. age-adjusted death rate | 15.7 |
| U.S. SEER age-adjusted incidence rate (2014) | *38.9 | U.S. SEER age-adjusted death rate (2014) | *14.1 |

Rates per 100,000 U.S. 2000 Standard Population and S.D. 2015 Estimated Population / *2015 U.S. SEER age-adjusted rates not available
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, 2015

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

| Stage at Diagnosis | 5-Year Relative Survival, 2007-2013 |
|--------------------|-------------------------------------|
| Localized | 89.9% |
| Regional | 71.3% |
| Distant | 13.9% |
| Unknown | 35.4% |

Source: SEER Program www.seer.cancer.gov

¹Source: *Cancer Facts and Figures 2018* American Cancer Society

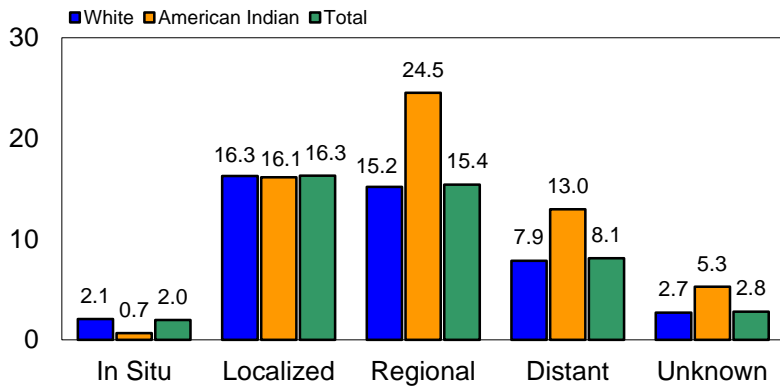


Figure 2
Stage at Diagnosis Incidence Rate
 Age-adjusted incidence rate for colorectal cancer cases at stage of diagnosis by race, South Dakota, 2011-2015

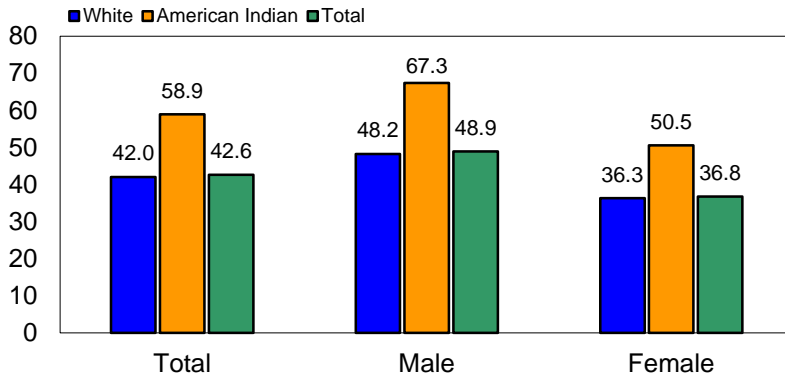


Figure 3
Colorectal Cancer Incidence Rate
 Age-adjusted incidence rate for colorectal cancer cases by race and gender, South Dakota, 2011-2015

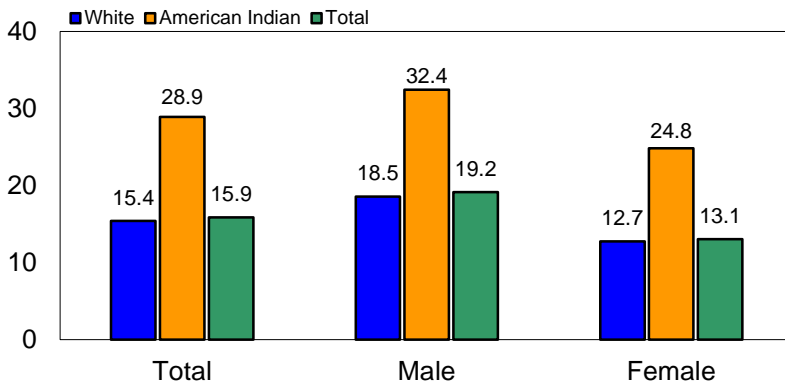


Figure 4
Colorectal Cancer Mortality Rate
 Age-adjusted mortality rate for colorectal cancer deaths by race and gender, South Dakota, 2011-2015

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/>.

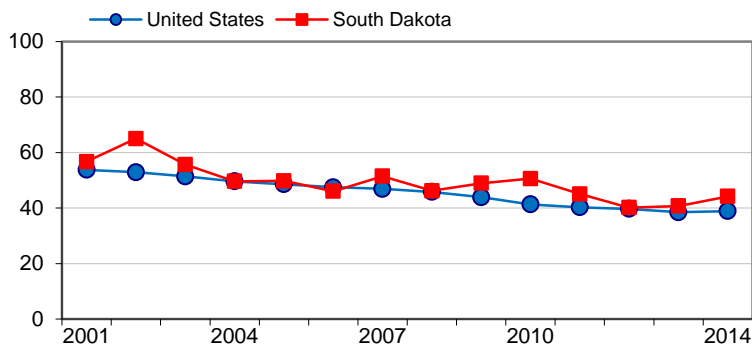


Figure 5
Colorectal Incidence Rates, United States and South Dakota
 Colorectal cancer incidence rates for the United States and South Dakota by year, 2001-2014

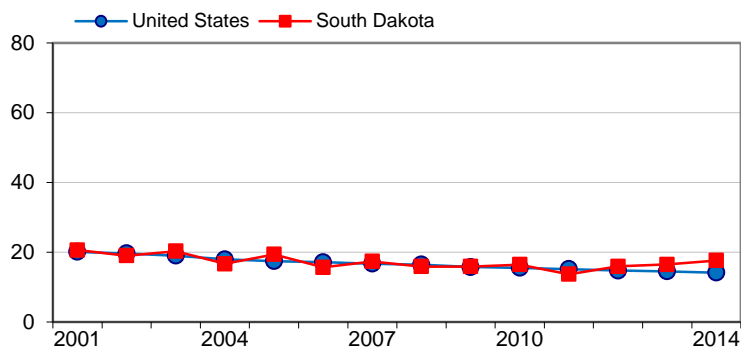
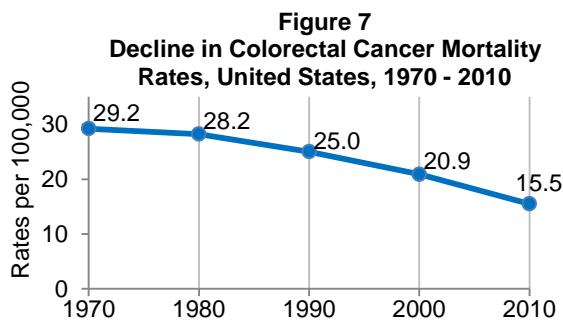


Figure 6
Colorectal Mortality Rates, United States and South Dakota
 Colorectal cancer mortality rates for the United States and South Dakota by year, 2001-2014

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

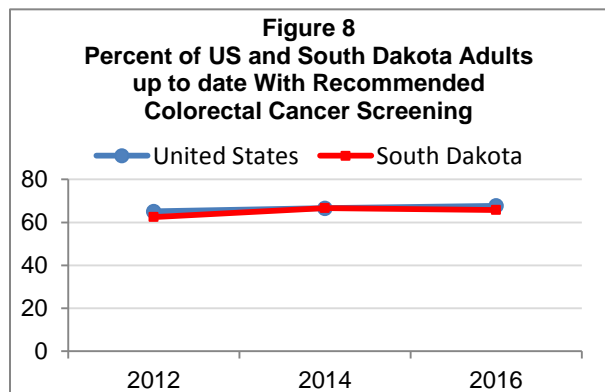
Working Toward the Shared Goal of 80% Screened for Colorectal Cancer by 2018

“80% by 2018” is a National Colorectal Cancer Roundtable initiative to increase the use of recommended colorectal cancer (CRC) screening tests. Over 1,500 organizations have pledged to make this goal a priority. These organizations are working toward the shared goal of 80% of adults aged 50 and older being regularly screened for colorectal cancer by 2018. Visit www.nccr.org/80by2018 for tools and resources.

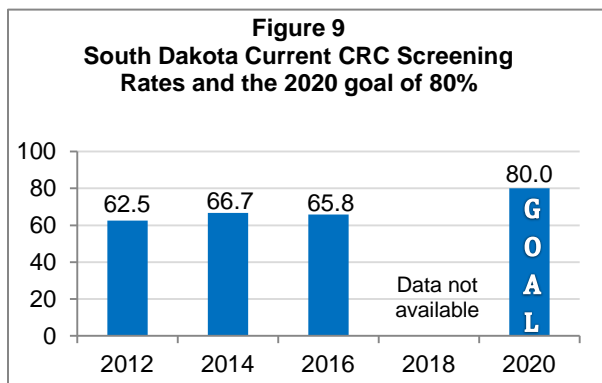


Source: National Colorectal Cancer Roundtable

Colorectal cancer mortality rates have declined over the past four decades as illustrated in Figure 7. From 2000 to 2010, there was a 25% reduction in mortality rates. The most recent available mortality rate was 14.1 in 2014. The decrease supports the importance of screening and early detection of colorectal cancer. Figures 8 and 9 illustrate South Dakota’s screening progress.



Source: South Dakota Department of Health



Source: South Dakota Department of Health