

Colorectal Cancer in Multnomah County

Of cancers that affect both men and women, colorectal cancer — cancer of the colon or rectum — is the second leading cause of cancer-related deaths here in Multnomah County, as well as nationally.¹

Screening can find precancerous polyps (abnormal growths in the colon or rectum) so that they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure. About nine out of every ten people whose colorectal cancer is found early and treated are still alive five years later.

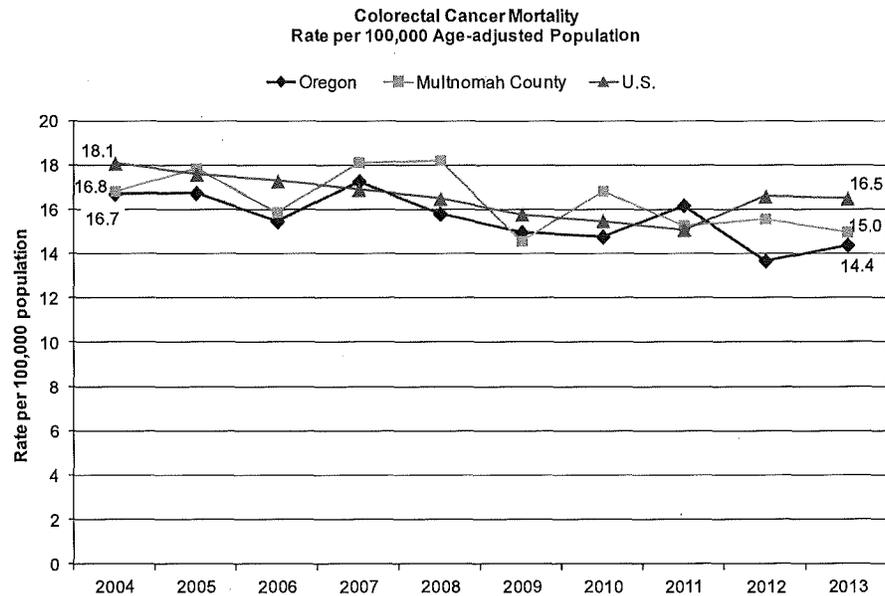
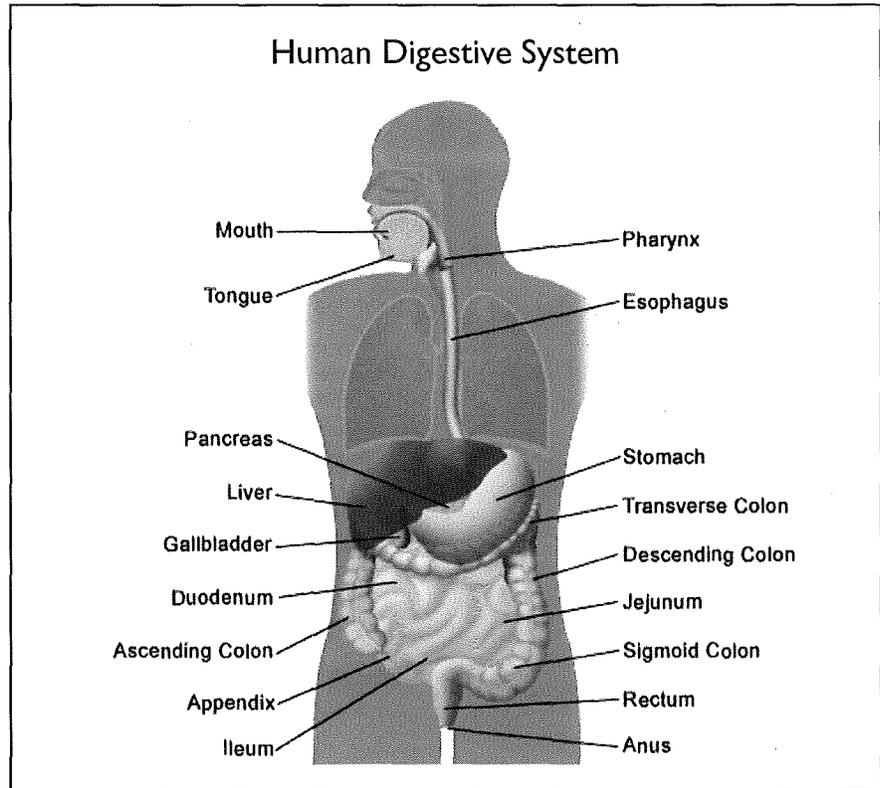
About one in three adults nationally, aged 50 to 75, have not been screened for colorectal cancer as recommended by the United States Preventive Services Task Force.²

If everyone aged 50 or older had regular screening tests and all precancerous polyps were removed, as many as 60% of deaths from colorectal cancer could be prevented.³

Mortality Rates

The rates of colorectal cancer deaths in Multnomah County are similar to Oregon and the United States. Over the ten year period from 2004 to 2013, colorectal cancer death rates in Multnomah County declined from 16.8 per 100,000 population in 2004 to 15.0 per 100,000 population in 2013.

Colorectal cancer mortality varies by race and ethnicity.



Source: Oregon Health Authority, Center for Health Statistics
United States Cancer Statistics, CDC

Nationally, colorectal cancer kills a disproportionate number of Blacks/African Americans each year.⁴

In Multnomah County, during the 2009-2013 time period, Blacks/African Americans had the highest mortality rate at 25.1 deaths per 100,000 population. Asians/Pacific Islanders had the lowest rate at 10.2 deaths per 100,000 population.⁵

Colorectal Cancer Screening

The U.S. Preventive Services Task Force recommends that persons aged 50-75 years at average risk for colorectal cancer be screened for the disease. Screening can occur by using one or more of the following methods:

- Fecal Occult Blood Test (FOBT) every year
- Flexible sigmoidoscopy every five years
- Colonoscopy every ten years⁶

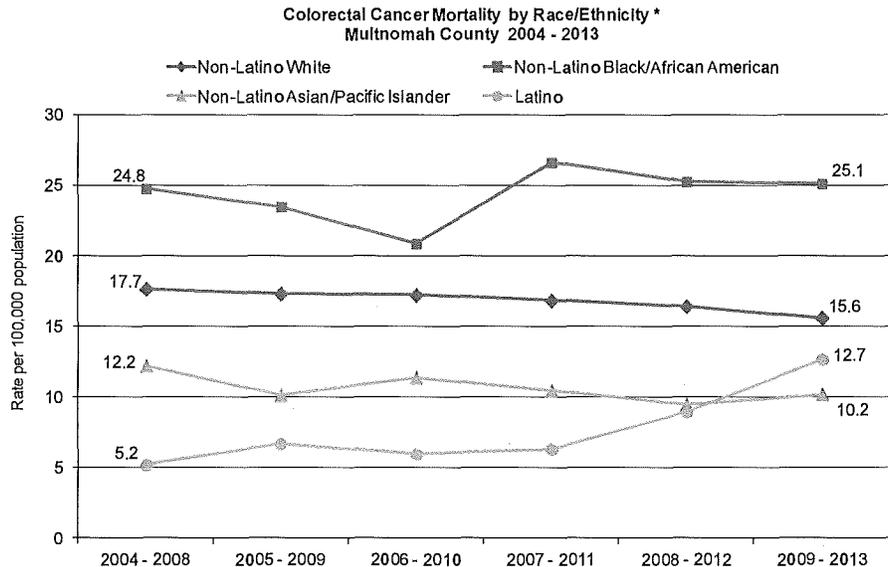
People at higher risk for colorectal cancer may need earlier or more frequent tests than others. Those at higher risk include people who have:

- Inflammatory bowel disease, Crohn's disease, or ulcerative colitis
- A personal or family history of colorectal polyps or colorectal cancer
- Certain genetic syndromes⁷

Those at higher risk should consult with their health care provider about when to begin screening and how often to be screened.

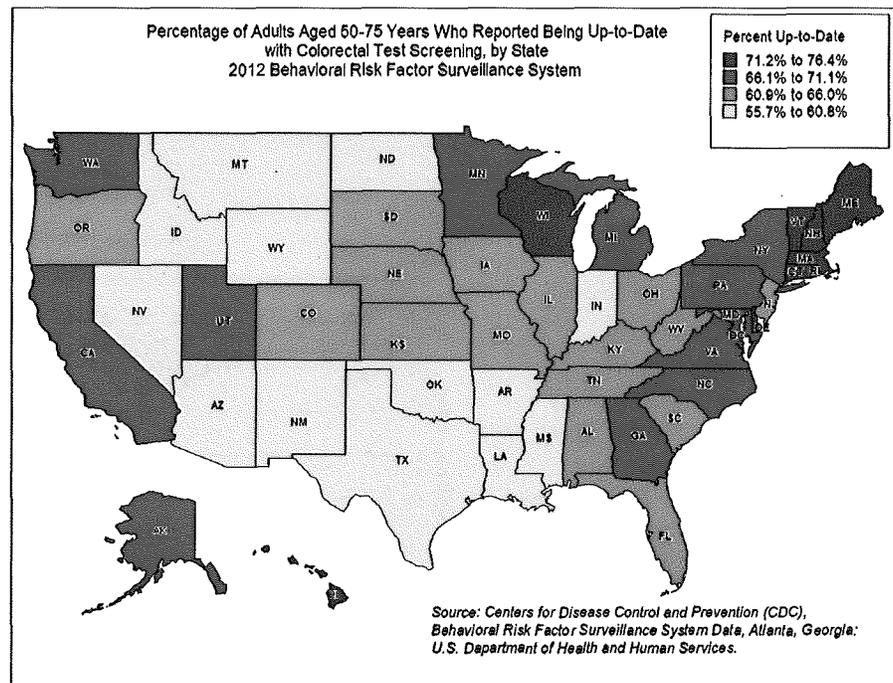
Screening Rates

In 2012, 64.7% of Oregon adults reported being up-to-date with colorectal screening tests, compared with 65.1% nationally. Nearly 28% of adults aged 50 to



*Insufficient cases to calculate rates for non-Latino American Indian/Alaska Native group.
Source: Oregon Health Authority, Center for Health Statistics

Colorectal cancer mortality varies by race and ethnicity. Mortality rates declined for the non-Latino White and non-Latino Asian/Pacific Islander groups from 2004 to 2013, while rates for the non-Latino Black/African American group declined from 2004 to 2010, only to rise again by 2013 back to the 2004 level. Rates for the Latino group may be statistically unreliable due to small numbers and should be interpreted with caution.



Source: Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Data, Atlanta, Georgia; U.S. Department of Health and Human Services.

National screening rates by state, 2012. Oregon's screening rate of 64.7% falls just above the average of all 50 states and the District of Columbia.

75 had *never* been screened.⁸

Screening rates in Oregon vary by race and ethnicity. In 2010-11, of Oregon adults aged 50-75 years, 62.9% of Blacks/African Americans were up-to-date on colorectal cancer screening, while 60.6% of non-Latino Whites were up-to-date. Latinos had the lowest rate of being up-to-date with only 20.8%.⁹

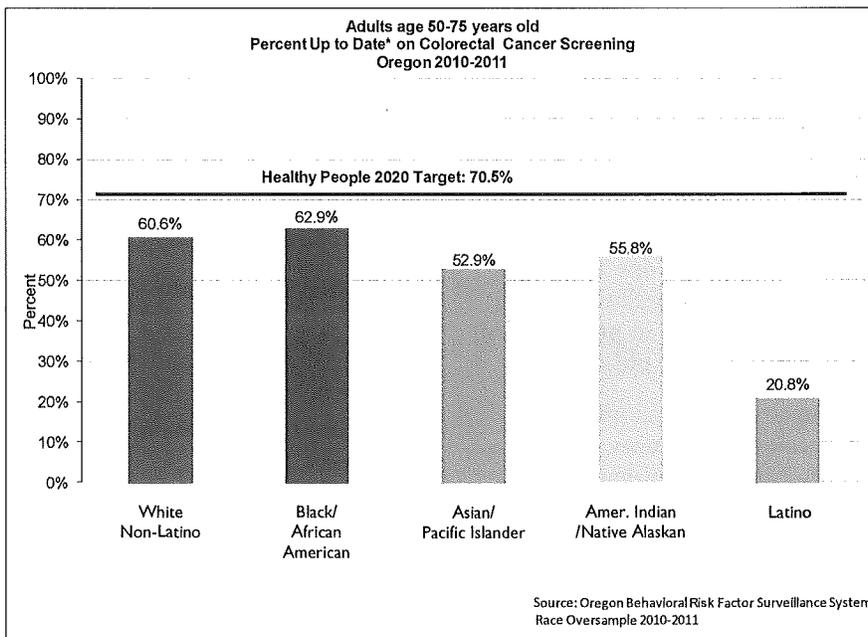
Up-to-date with colorectal cancer screening means that the respondent had one of the following:

- A fecal occult blood test (FOBT) during the previous year
- A flexible sigmoidoscopy within the previous five years, and a FOBT within the previous three years
- A colonoscopy within the previous 10 years

Colorectal cancer screening data is collected in the Behavioral Risk Factor Surveillance System (BRFSS), a national telephone survey that collects data on preventive health practices and risk behaviors among the adult population.

BRFSS data for Multnomah County indicate that in 2012, 69.6% of surveyed adults aged 50+ had *ever* had a sigmoidoscopy or colonoscopy. Only 23.2% of respondents indicated that they had taken a blood stool test (FOBT) in the last two years. These screening rates for Multnomah County are not available by race/ethnicity.

Nationally, in 2012, the percent of U.S. adults aged 50-75 years who received colorectal cancer screening as recommended increased as income increased.



Up-to-date on colorectal cancer screening is defined as having had a Fecal Occult Blood Test, a sigmoidoscopy, and/or a colonoscopy within the recommended time periods. All of the racial/ethnic groups have yet to reach the Healthy People 2020 (HP2020) goal of 70.5% of the population being up-to-date on screenings. HP2020 goals are a set of national goals and standards used to guide health promotion and disease prevention efforts.

Those with family incomes of \$75,000 or more were one and a half times more likely to be up-to-date on colorectal cancer screening than those with family incomes below \$15,000 (74.0% and 49.5% respectively). The Healthy People 2020 target is 70.5% of the population aged 50 to 75 up-to-date on screening.¹⁰

Overall, national screening rates are increasing. In 2002, only 54% of U.S. adults aged 50 to 75 were screened as recommended. As of 2012, 65.1% of Americans were screened as recommended.¹¹

Colorectal Cancer Screening Tests Explained

The Fecal Occult Blood Test or **FOBT** is a home test kit provided by health care providers. The test uses a small wand to obtain a sample of stool, which is returned

to the provider or a lab where the sample is checked for blood.

A flexible **sigmoidoscopy** is a procedure done by a doctor, who inserts a thin, flexible, lighted tube into the rectum. This test checks for polyps or cancer inside the rectum and the lower third of the colon.

A **colonoscopy** is similar to a sigmoidoscopy. During a colonoscopy a longer thin tube with a tiny video camera is used to check for polyps or cancer inside the rectum and the *entire* colon. Often pain medication and a sedative are administered to minimize discomfort during a colonoscopy. If polyps are found, they can be removed during the procedure.

Prevention

Though colorectal cancer is a leading cause of death among both men and women, it doesn't have to be. **Colorectal cancer can be prevented.**

The risk for colorectal cancer increases for everyone with age. More than 90% of colorectal cancer cases occur in people who are 50 years old or older.

Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, especially early on. Someone can have polyps or colorectal cancer and not know it. For this reason, screening is the primary prevention method for those 50 to 75 years of age.

However, lifestyle factors, like a poor diet, physical inactivity, and tobacco use, may contribute to an increased risk of colorectal cancer.

Lifestyle factors that may reduce risk of colorectal cancer include:

- Getting regular physical activity
- Increasing fruit and vegetable intake
- Eating a high-fiber and low-fat diet
- Maintaining a healthy weight
- Limiting alcohol consumption
- Quitting tobacco ¹²

Insurance Coverage

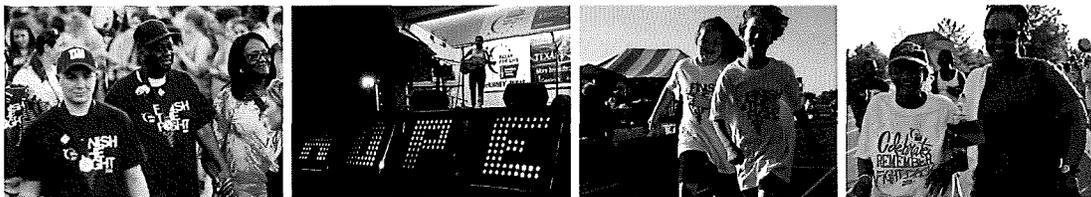
Through the Affordable Care Act, more Americans have access to health coverage and preventive services like colorectal cancer screening tests.

HealthCare.gov is the site for Oregonians to find health insurance via the Affordable Care Act. You may also call 1-800-318-2596 / TTY: 1-855-889-4325

References

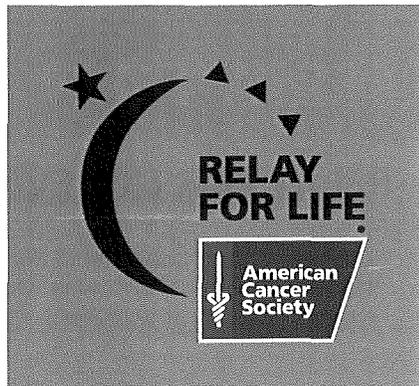
- ¹ U.S. Cancer Statistics Working Group. *United States Cancer Statistics: 1999–2011 Incidence and Mortality Web-based Report*. Atlanta (GA): Department of Health and Human Services, Centers for Disease Control and Prevention, and National Cancer Institute; 2014. Available at: <http://www.cdc.gov/uscs>.
- ² Centers for Disease Control and Prevention. *Colorectal Cancer Tests Save Lives*. 2013. <http://www.cdc.gov/vitalsigns/colorectalcancerscreening/index.html>.
- ³ Centers for Disease Control and Prevention. Colorectal Awareness Month/ March, 2012.
- ⁴ CDC. <http://www.cdc.gov/cancer/colorectal/statistics/race.htm>
- ⁵ County and state death rates calculated using Oregon Public Health Assessment Tool (OPHAT) and death files from Oregon Public Health Division, Vital Statistics Program.
- ⁶ US Preventive Task Force. Screening for colorectal cancer: Recommendation Statement. Rockville, MD: US Dept. of Health and Human Services, Agency for Healthcare Research and Quality, 2008.
- ⁷ Centers for Disease Control and Prevention. *Colorectal (Colon) Cancer: What Are the Risk Factors?* February 26, 2014. http://www.cdc.gov/cancer/colorectal/basic_info/risk_factors.htm.
- ⁸ Centers for Disease Control and Prevention. *Vital Signs: Colorectal Cancer Screening Test Use – United States, 2012*. November 8, 2013 / 62(44); 881-888 http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6244a4.htm?s_cid=mm6244a4_w.
- ⁹ Oregon Health Authority, Public Health Division, Center for Health Statistics. Oregon Behavioral Risk Factor Surveillance System Race Oversample 2010-2011. <https://public.health.oregon.gov/DiseasesConditions/ChronicDisease/Pages/pubs.aspx#race>.
- ¹⁰ Centers for Disease Control and Prevention. *Vital Signs: Colorectal Cancer Screening Test Use – United States, 2012*. November 8, 2013 / 62(44); 881-888 http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6244a4.htm?s_cid=mm6244a4_w.
- ¹¹ Centers for Disease Control and Prevention. *Vital Signs: Colorectal Cancer Screening Test Use – United States, 2012*. November 8, 2013 / 62(44); 881-888 http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6244a4.htm?s_cid=mm6244a4_w.
- ¹² Centers for Disease Control and Prevention. *Colorectal (Colon) Cancer: What Are the Risk Factors?* April 2, 2014. http://www.cdc.gov/cancer/colorectal/basic_info/risk_factors.htm.

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AMERICAN CANCER SOCIETY

RELAY FOR LIFE



GREATER PORTLAND AREA

The American Cancer Society Relay For Life movement is the world's largest fundraising event to fight every cancer in every community. Rallying the passion of 4 million people worldwide, Relay For Life events raise critical funds that help fuel the mission of the American Cancer Society, an organization that's reach touches so many lives – those who are currently battling cancer, those who may face a diagnosis in the future, and those who may avoid a diagnosis altogether thanks to education, prevention, and early detection.

Join the Relay For Life movement today!

Register online at relayforlife.org to start your fundraising team or join an existing team. Then join us on event day to celebrate survivors, remember loved ones lost, and fight back!



HOW YOUR DOLLARS MAKE A DIFFERENCE

With your help, the American Cancer Society is fighting for every life threatened by every cancer, in every community. Through your support of the Relay For Life movement, your dollars contribute to:



Groundbreaking cancer research so cancer never steals another year from anyone's life.

Education and prevention efforts for those currently battling the disease and those who may face a future diagnosis.



Free information and services for cancer patients who need them.

Advocacy through the American Cancer Society Cancer Action NetworkSM (ACS CAN) to make cancer a national priority.



WHAT HAPPENS AT A RELAY FOR LIFE EVENT?

Relay For Life events are community events where teams and individuals camp out at a school, park, or fairground and take turns walking or running around a track or path. Each team has at least one participant on the track at all times and participates in fundraising in the months leading up to the event. Individuals and teams raise money and awareness to help the American Cancer Society save lives. Symbolizing the battle waged around the clock by those facing cancer, the event can last up to 24 hours and empowers communities to take a stand against the disease and take action by supporting the Society's lifesaving mission.

**RELAY FOR LIFE EVENTS IN YOUR AREA**

Relay For Life of University of Portland
March 20th-21st, 2015
www.relayforlife.org/upor

Relay For Life of Newberg
June 27th-28th, 2015
www.relayforlife.org/newbergor

Relay For Life of Columbia Gorge
July 18th-19th, 2015
www.relayforlife.org/columbiagorgeor

Relay For Life of Pacific University
April 17th-18th, 2015
www.relayforlife.org/pacificuor

Relay For Life of Oregon City
June 27th-28th, 2015
www.relayforlife.org/oregoncityor

Relay For Life of North Clackamas
July 18th, 2015
www.relayforlife.org/northclackamasor

Relay For Life of North Clackamas Youth
May 8th-9th, 2015
www.ncyr.org

Relay For Life of Wilsonville
June 27th-28th, 2015
www.relayforlife.org/wilsonvilleor

Relay For Life of Beaverton
July 18th-19th, 2015
www.beavertonrelay.org

Relay For Life of Portland
May 15th, 2015
www.relayforlife.org/portlandor

Relay For Life of Woodburn
July 10th-11th, 2015
www.woodburnrelay.org

Relay For Life of Estacada
July 18th-19th, 2015
www.relayforlife.org/estacadaor

Relay For Life of Long Beach Peninsula
May 30th, 2015
www.relayforlife.org/longbeachwa

Relay For Life of Milwaukie
July 11th-12th, 2015
www.relayforlife.org/milwaukieor

Relay For Life of Columbia County
July 25th-26th, 2015
www.relayforlife.org/columbiacountyor

Relay For Life of The Dalles
June 20th-21st, 2015
www.relayforlife.org/thedallesor

Relay For Life of Clatsop County
July 11th-12th, 2015
www.relayforlife.org/clatsopcountyor

Relay For Life of Sandy
August 1st-2nd, 2015
www.relayforlife.org/sandyor

Relay For Life of Molalla
June 20th-21st, 2015
www.relayforlife.org/molallaor

Relay For Life of Forest Grove
July 11th-12th, 2015
www.relayforlife.org/forestgroveor

Relay For Life of Sherwood
August 1st-2nd, 2015
www.relayforlife.org/sherwoodor

Relay For Life of Canby
June 27th-28th, 2015
www.relayforlife.org/canbyor

Relay For Life of Lake Oswego
July 11th, 2015
www.relayforlife.org/lakeoswegoor

Relay For Life of East Portland
August 8th-9th, 2015
www.eastportlandrelay.org

Relay For Life of East Clark County
June 27th-28th, 2015
www.eastclarkcountyrelay.org

Relay For Life of Tigard/Tualatin
July 11th-12th, 2015
www.relayforlife.org/tigardor

Relay For Life of Cowlitz-Wahkiakum
August 8th-9th, 2015
www.cowlitzrelay.org

Relay For Life of Gresham
June 27th-28th, 2015
www.relayforlife.org/greshamor

Relay For Life of Tillamook
July 11th-12th, 2015
www.relayforlife.org/tillamookor

Relay For Life of North Clark County
August 15th-16th, 2015
www.relayforlife.org/northclarkcountywa

Relay For Life of Hillsboro
June 27th-28th, 2015
www.hillsbororelay.org

Relay For Life of Vancouver
July 11th-12th, 2015
www.vancouverrelay.org