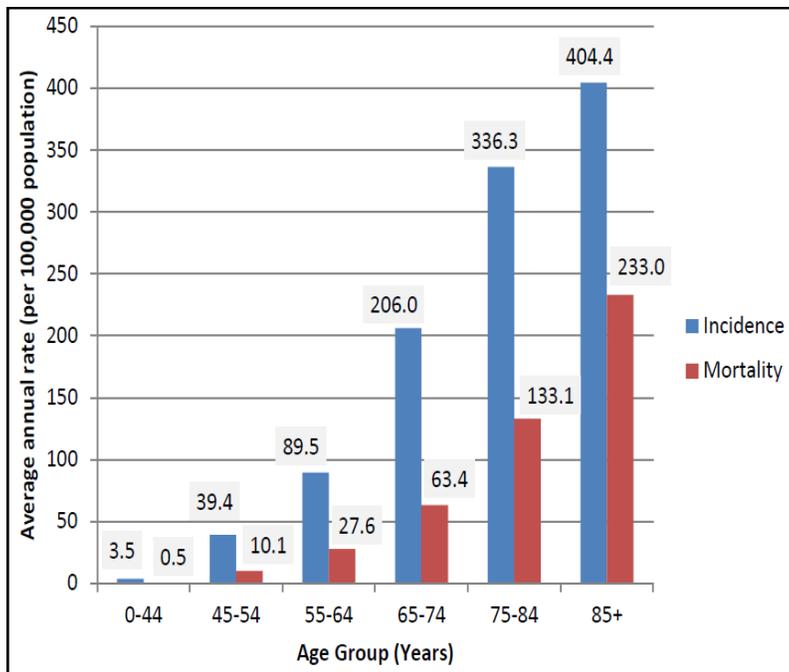




# Colorectal (Colon & Rectum) Cancer in Nebraska

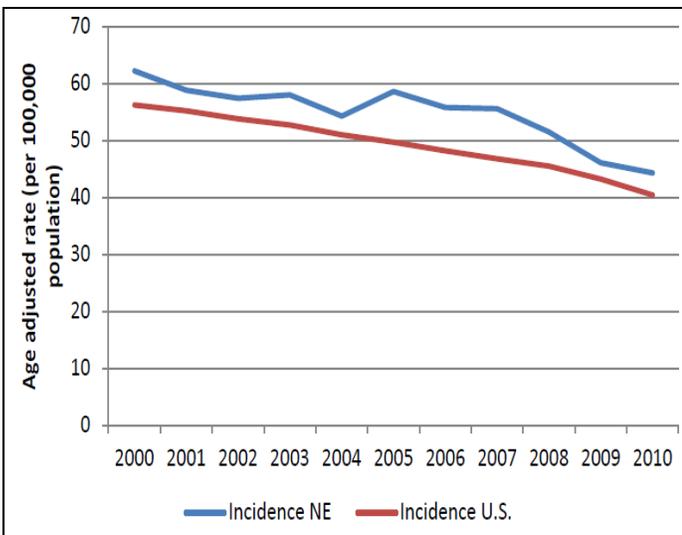
**Figure 1. Colorectal Cancer Incidence and Mortality Rates by Age Group, Nebraska (2006-2010)**



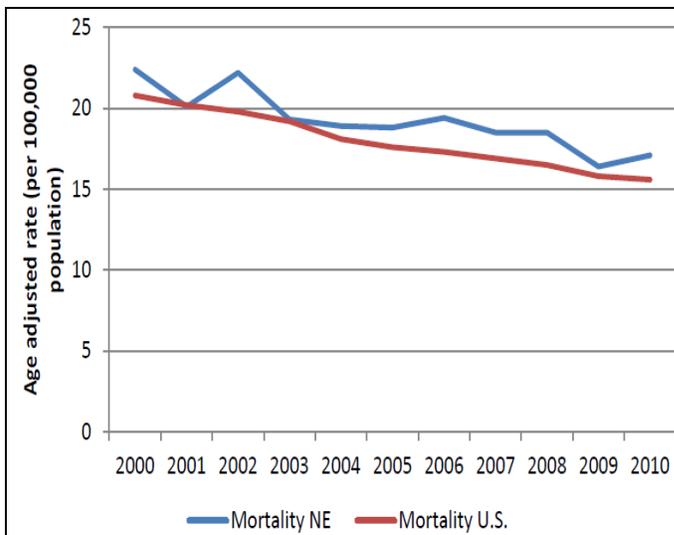
**Nebraska Colorectal Cancer Quick Facts:**

- During the past 5 years (2006-2010), 5,004 Nebraska residents were diagnosed with colorectal cancer, while 1,813 Nebraska residents died from it.
- The rate at which colorectal cancer occurs (incidence) and the rate at which people die from it (mortality) increase with age (Figure 1).
- During the past decade (2000-2010), colorectal cancer incidence and mortality in Nebraska have followed a downward trend (Figures 2 & 3).
- Colorectal cancer incidence and mortality rates are higher in Nebraska compared to the United States (Figures 2 & 3).

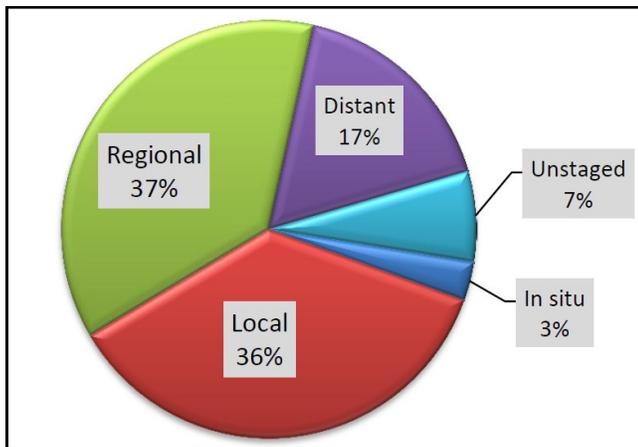
**Figure 2. Colorectal Cancer Incidence, Nebraska & U.S. (2000-2010)**



**Figure 3. Colorectal Cancer Mortality, Nebraska & U.S. (2000-2010)**



**Figure 3. Colorectal Cancer  
Percentage of Cases, by Stage of Disease at Diagnosis, Nebraska, 2006-2010**



- During the past 5 years (2006-2010), the majority of colorectal cancer cases in Nebraska were diagnosed at the local (36%) or regional stage (37%) (Figure 3).
- Stage of disease at diagnosis strongly effects the prognosis for cancer patients. The most recent national data show that the 5-year survival rates for colorectal cancer are over 90% for early stage (local and in situ) diagnoses, while rates for later stage cases fell to 70% for regional diagnoses and 12.5% for distant diagnoses.

**Colorectal Cancer Risk Factors and Screening**

- Risk factors for colorectal cancer include age, African American race, personal or family history of colorectal cancer or polyps, chronic inflammatory bowel disease, inherited syndromes, physical inactivity, obesity, type 2 diabetes, smoking, heavy alcohol consumption, and a high-fat diet (especially fat from animal sources).
- The most current colorectal cancer screening recommendations advise people 50-75 years of age to follow one of these schedules:
  - An annual high-sensitivity fecal occult blood test (FOBT)
  - Sigmoidoscopy every 5 years combined with a high-sensitivity FOBT every 3 years
  - Colonoscopy every 10 years
- According to data collected by the Behavioral Risk Factor Surveillance System (BRFSS) in 2012, 58.9% of Nebraska residents 50-75 years of age reported that they had one of the three recommended screening tests.
- If you are a Nebraska resident between 50 and 75 years of age and meet certain income guidelines, you may be eligible for free or low-cost colorectal cancer screening tests. For more information, visit the Nebraska Colon Cancer Screening Program at <http://StayInTheGameNE.com/> or call (800) 532-2227.

**About the Nebraska Cancer Registry**

The purpose of the Nebraska Cancer Registry (NCR) is to gather data that describe how many Nebraska residents are diagnosed with cancer, what types of cancer they have, the treatment they receive, and survival after diagnosis. The NCR collects this information from every hospital in the state, excluding federally-operated Veterans Affairs facilities. The NCR also includes Nebraska residents diagnosed with and/or treated for cancer out of state, as well as cases diagnosed and/or treated at pathology laboratories, radiation therapy sites, outpatient surgery facilities, physicians' offices, and cases identified from death certificates. The NCR works closely with the Comprehensive Cancer Control Program of the Nebraska Department of Health and Human Services (NDHHS) and the Nebraska Cancer Coalition to provide data for planning and evaluating cancer control initiatives throughout the state, and has provided data critical for developing the Nebraska Comprehensive Cancer Control Plan. The NCR is managed by NDHHS and data are collected by the Nebraska Methodist Hospital of Omaha.



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**To learn more about the Nebraska Cancer Registry, or to view additional fact sheets and reports, visit: [http://dhhs.ne.gov/publichealth/Pages/ced\\_cancer\\_data.aspx](http://dhhs.ne.gov/publichealth/Pages/ced_cancer_data.aspx).**