**What is Colorectal Cancer?**
Colorectal Cancer occurs in the colon or the rectum. These cancers often begin as polyps that grow along the inner lining of the colon or rectum. It is the 2nd leading cause of cancer-related deaths among men and women in the U.S.

**In 2017,**

<table>
<thead>
<tr>
<th>Incidence</th>
<th>Mortality</th>
</tr>
</thead>
<tbody>
<tr>
<td>188</td>
<td>78</td>
</tr>
</tbody>
</table>

**Cleveland residents were diagnosed with Colorectal Cancer**
**Cleveland residents died from Colorectal Cancer**

**Incidence & Mortality Rates of Colorectal Cancers in Cleveland, 2008-2017**

Between 2008 and 2017, the rate of those dying from colorectal cancers decreased by **31%**
Incidences (Newly Diagnosed Cases)
Age-Adjusted Rate per 100,000 People

<table>
<thead>
<tr>
<th></th>
<th>All Persons</th>
<th>Caucasian</th>
<th>African American</th>
<th>Asian American*</th>
<th>Hispanic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incidence Rate</td>
<td>687.4</td>
<td>485.9</td>
<td>481.8</td>
<td>299.4</td>
<td>287.1</td>
</tr>
</tbody>
</table>

Mortality (Death)
Age-Adjusted Rate per 100,000 People

<table>
<thead>
<tr>
<th></th>
<th>All Persons</th>
<th>Caucasian</th>
<th>African American</th>
<th>Asian American*</th>
<th>Hispanic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mortality Rate</td>
<td>249.5</td>
<td>168.4</td>
<td>159.7</td>
<td>168.4</td>
<td>103.6</td>
</tr>
</tbody>
</table>

*Cancer Stages*

- **In Situ**: Non-invasive cancer
- **Localized**: Confined to colon & rectum
- **Regional**: Cancer has spread further through the colon & rectum and/or regional lymph nodes
- **Distant**: Cancer has spread to other organs and distant lymph nodes

% of Cleveland Residents Diagnosed in the Distant Stage

- **All Persons**: 30%
- **Asian American**: 20%
- **African American**: 10%
- **Caucasian**: 0%
- **Hispanic**: 0%

Men are **1.5x** more likely than women to die from Colorectal Cancer

African Americans are **less likely** to be diagnosed but **more likely** to die than Caucasians

1 out of 4 cancers diagnosed among Asian residents is in the Distant stage
Incidence (Newly Diagnosed Cases)  
Mortality (Death)  

Regional Trends in Colorectal Cancer, 2016*

Incidence Rate  
Age-Adjusted Rate per 100,000 People  

Cleveland: 44.7  
Cuyahoga: 41.2  
Ohio: 40.2

Mortality Rate  
Age-Adjusted Rate per 100,000 People  

Cleveland: 17.6  
Cuyahoga: 14.3  
Ohio: 15.5

*Regional data are only available for 2016 based on the 2019 Ohio Annual Cancer Report. All other data presented is for 2008-2017.
What are the risk factors?

**Things you can change**
- Being overweight or obese
- Physical inactivity
- Having a diet that is high in red meat or processed meat
- Smoking
- Heavy alcohol use

**Things you cannot change**
- Being older
- Being African American or Ashkenazi Jewish
- Having a personal history of:
  - Colorectal polyps or cancer
  - Inflammatory bowel disease
- Having a family history of colorectal cancer
- Having an inherited syndrome

How it is detected:
Colorectal Cancers can be tested through several screening options including stool-based tests as well as with a visual exam (e.g., colonoscopy or sigmoidoscopy) of the colon and rectum.

Types of screening:
Stool-based tests should be done every year. Any abnormality should be followed up with a colonoscopy.
Visual exams should be done every 5-10 years.

When to get screened:
For those who do not have any risk factors (e.g., factors that cannot be change), it is recommended that screening begins at age 45 and is routinely completed through age 75.

For those at-risk, it is recommended that screening begins before age 45 and is done more frequently.

All information regarding the description, risk factors, detection, and screening for Colorectal Cancer comes from The American Cancer Society. Colorectal Cancer. www.cancer.org/cancer/colon-rectal-cancer.html


**Methods:**
Data were provided by the Ohio Department of Health. The Department specifically disclaims responsibility for any analyses, interpretations or conclusions. Cancer incidence data from 2017 are preliminary and numbers are subject to change. All rates are age-adjusted using 2010 U.S. Census data. Data are suppressed when fewer than 10 cases are observed.

**Cancer Incidence Data Source:**
Ohio Department of Health. Ohio Cancer Incidence Surveillance System (OCISS) (2008-2017). Extracted on 4/1/2019. Only those whose residence was geolocated within the City of Cleveland were included in this analysis.

**Cancer Mortality Data Source:**