**Risk factors**
- Diet high in red/processed meat
- Obesity
- Long term tobacco use
- Heavy alcohol use
- Type 2 diabetes
- Age 50 or older
- Increased risk in African Americans
- Personal history of colorectal adenomatous polyps
- Previous history of colorectal cancer
- History of Inflammatory Bowel Disease, Ulcerative Colitis or Crohn’s Disease

**Delaware Colorectal Cancer Facts**
- Third most commonly diagnosed cancer in males and females and third most common cause of cancer death
- 8% of new cancer cases diagnosed, 8% of all cancer deaths
- 52% of new cases are in males, 55% of deaths are in males

<table>
<thead>
<tr>
<th>Incidence</th>
<th>Mortality</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Rank</td>
<td>37th</td>
</tr>
<tr>
<td>Age Adjusted Rates(^a)</td>
<td></td>
</tr>
<tr>
<td>DE</td>
<td>38.3 (36.6, 40.0)</td>
</tr>
<tr>
<td>US</td>
<td>41.0 (40.8, 41.2)</td>
</tr>
<tr>
<td>DE – Caucasian</td>
<td>38.2 (36.3, 40.1)</td>
</tr>
<tr>
<td>US – Caucasian</td>
<td>40.1 (39.9, 40.4)</td>
</tr>
<tr>
<td>DE – African American</td>
<td>40.6 (36.3, 45.3)</td>
</tr>
<tr>
<td>US – African American</td>
<td>50.7 (50.0, 51.4)</td>
</tr>
<tr>
<td>DE – Male</td>
<td>44.4 (41.7, 47.3)</td>
</tr>
<tr>
<td>US – Male</td>
<td>47.1 (46.8, 47.4)</td>
</tr>
<tr>
<td>DE – Female</td>
<td>33.4 (31.3, 35.6)</td>
</tr>
<tr>
<td>US – Female</td>
<td>36.0 (35.8, 36.3)</td>
</tr>
</tbody>
</table>

**Stage of Diagnosis (%)**
- Local: 38.8 ---
- Regional: 34.6 ---
- Distant: 21.2 ---
- Unknown: 5.4 ---

**Age at Diagnosis**
- 0-39 Years: 2.2 ---
- 40-64 Years: 45.1 12.9
- 65-74 Years: 137.1 45.1
- 75-84 Years: 218.6 90.5
- 85 Years and Older: 288.3 186.5

**Early Detection**
- American Cancer Society (ACS) recommends screening starting at age 50
- In 2014 Delaware ranked 5\(^{th}\) in the US of adults aged 50 or older who had been screened
- Older Delawareans reported higher screening rates
- The proportion of adults who were screened increased with education

**Five-Year Age-Adjusted Colorectal Cancer Incidence Rates by Sex, US and Delaware 1980-2013**

**Five-Year Age-Adjusted Colorectal Cancer Mortality Rates by Sex, US and Delaware 1980-2013**

**Data Sources**
Delaware: Delaware Cancer Registry, Delaware Health and Social Services, Division of Public Health, 2016
US: Surveillance, Epidemiology and End Results Program (SEER 18), National Cancer Institute, 2016