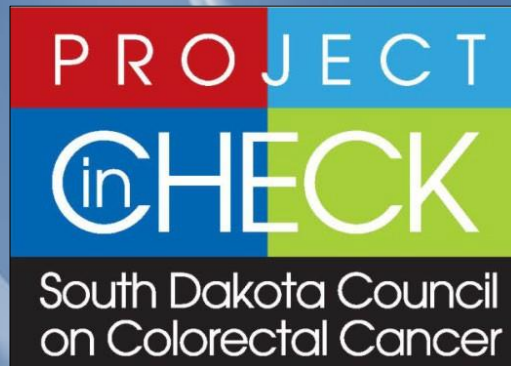


Colorectal Cancer in South Dakota



SOUTH DAKOTA
DEPARTMENT OF HEALTH

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Colorectal Cancer Estimates for 2023

In 2023, South Dakota expects 440 new colorectal cancer cases and 170 deaths due to this cancer. During the same period, it is estimated that 153,020 new cases of colorectal cancer and 52,550 colorectal cancer deaths will occur in the United States.

Source: *Cancer Facts and Figures 2023* American Cancer Society

Incidence and Mortality

During 2016-2020, there was an average of 398 (214 men and 184 women) newly invasive cases of colorectal cancer diagnosed among South Dakota residents per year. Colorectal cancer is the 4th leading newly diagnosed cancer cases and cancer deaths by rate for both males and females. By race, Whites had an average of 366 newly diagnosed cases and American Indians had an average of 28 newly diagnosed cases.

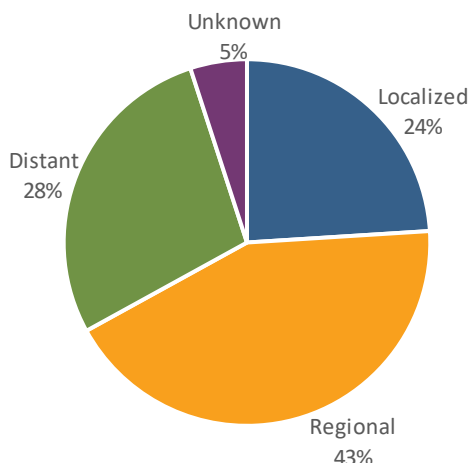
From 2016-2020, there was an average of 158 deaths due to colorectal cancer in South Dakota annually.

Incidence 2020		Mortality 2020	
Number of cases		Number of deaths	
Total	355	Total	153
Males	186	Males	80
Females	169	Females	73
White	323	White	131
American Indian	30	American Indian	20
Median age at diagnosis	68 yrs	Median age at death	74 yrs
Mode	72 yrs	Mode	73 yrs
Age range at diagnosis	29-96 yrs	Age range at death	24-97 yrs
S.D. age-adjusted incidence rate	33.0	S.D. age-adjusted death rate	13.0
USCS age-adjusted incidence rate (2019)	*36.3	USCS age-adjusted death rate (2019)	*12.8

Rates per 100,000 U.S. 2000 Standard Population and S.D. 2020 Estimated Population / *2020 U.S. Cancer Statistics age-adjusted rates not available
Source: South Dakota Department of Health

Figure 1 Summary Stage

Colorectal cancer stage at diagnosis, South Dakota, 2020



Source: South Dakota Department of Health

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

Stage at Diagnosis	5-Year Relative Survival, 2015-2019
Localized	87.7%
Regional	70.8%
Distant	15.7%
Unknown	45.6%

Source: <https://www.cdc.gov/cancer/uscs>

Footnote: Estimates are based on cases reported by selected cancer registries from 2012-2018 and follow-up patients through Dec. 21, 2018.

Cancer stage at diagnosis defines the original location of the cancer and if it has spread in the body and how far. The table above demonstrates how stage at diagnosis affects survival.

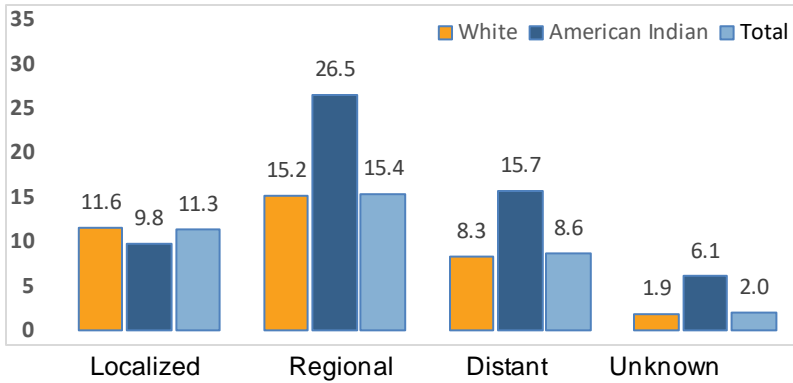


Figure 2
Stage at Diagnosis Incidence Rate
 Age-adjusted incidence rate for colorectal cancer cases at stage of diagnosis by race, South Dakota, 2016-2020

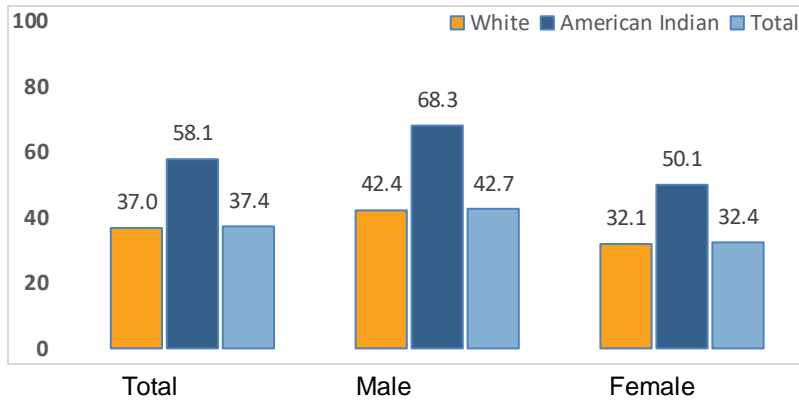


Figure 3
Colorectal Cancer Incidence Rate
 Age-adjusted incidence rate for colorectal cancer cases by race and gender, South Dakota, 2016-2020

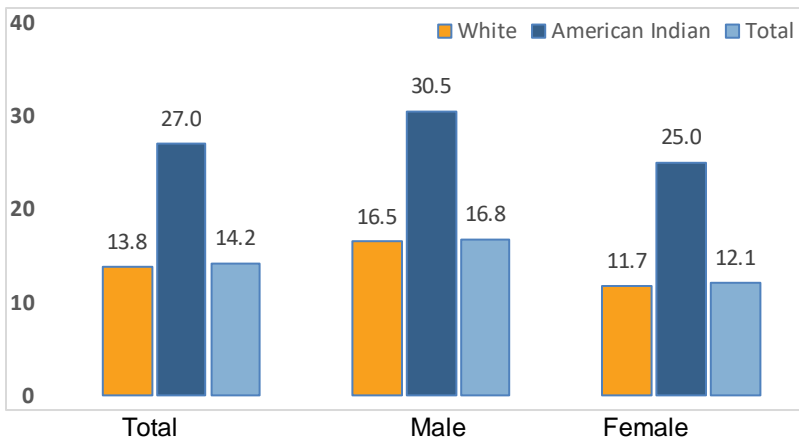


Figure 4
Colorectal Cancer Mortality Rate
 Age-adjusted mortality rate for colorectal cancer deaths by race and gender, South Dakota, 2016-2020

Rates per 100,000 U.S. 2000 Standard Population and the 2020 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. Visit the Good & Healthy SD website for tips and resources related to nutrition and physical activity at <https://goodandhealthysd.org/>.

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 health provider beginning at age 45 since risk increases with age.
- Be tobacco free. Call the South Dakota QuitLine to enroll at 1-866-SD-QUITS, or for more information, go to the website at <http://sdquitline.com/>.

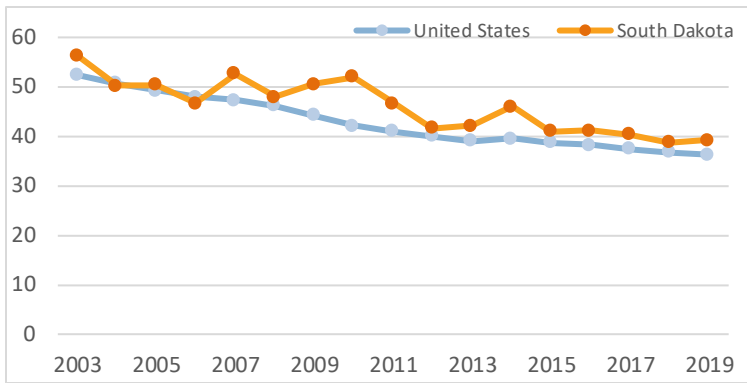


Figure 5
Colorectal Cancer Incidence Rates, United States and South Dakota

Colorectal cancer incidence rates for the United States and South Dakota by year, 2003-2019

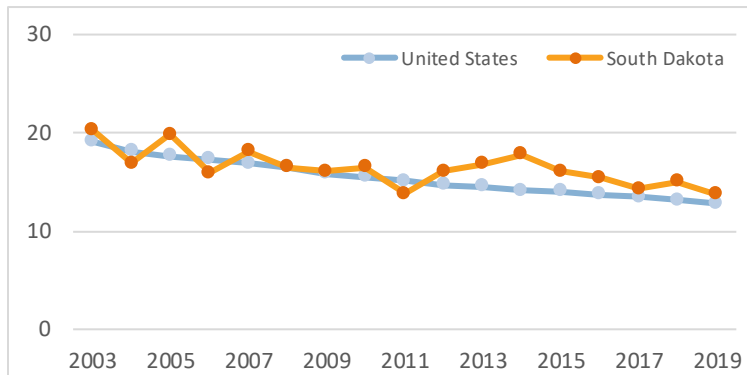


Figure 6
Colorectal Cancer Mortality Rates, United States and South Dakota

Colorectal cancer mortality rates for the United States and South Dakota by year, 2003-2019

Rates per 100,000 U.S. 2000 Standard Population and S.D. Estimated Population, U.S. rates are provided by U.S. Cancer Statistics, National Cancer Institute <http://www.seer.cancer.gov/canques/>. Source: South Dakota Department of Health.

Colorectal Cancer Screening

Colorectal cancer is unique because it usually starts from polyps in the colon or rectum. These polyps can turn into cancer over time. Screening tests find polyps that can be removed before they turn into cancer. These tests may also detect colorectal cancer early when treatment is more successful. Patients should discuss an individualized colorectal cancer screening plan with their health provider.



Regular screening is key to preventing colorectal cancer and finding it early. In May 2021, the U.S. Preventative Services Task Force (USPSTF) changed its colorectal cancer screening age for average-risk adults from 50 to 45. They also recommend that all adults aged 45-75 be screened for colorectal cancer. In 2020, the percentage of up-to-date screening (age-adjusted prevalence) ages 50-75 in South Dakota was 75.3% compared to the U.S 71.8%. The Task Force recommends that adults aged 76-85 talk to their provider about screening.

There is widespread agreement among the medical community that the **BEST** colorectal screening test is the one that gets done. Talk to your provider about which test is right for you.

Source: The University of Texas MD Anderson Cancer Center/ Source: https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm, <https://nccd.cdc.gov/BRFSSPrevalence/>

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