

COLORECTAL CANCER SCREENING

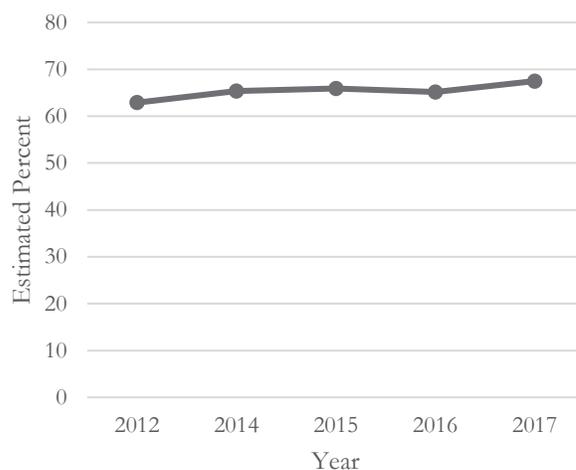
The New Jersey Behavioral Risk Factor Survey (NJBRFS) is an ongoing annual health survey of New Jersey residents. It is partially funded by the Centers for Disease Control and Prevention (CDC) as a component of the national [Behavioral Risk Factor Surveillance System](#) (BRFSS).

NJBRFS Brief

Colorectal cancer is cancer that occurs in the colon or rectum and is frequently referred to as colon cancer, for short. Colorectal cancer is the third leading cause of cancer death for men and women in New Jersey. There are approximately 4,300 new cases of colorectal cancer diagnosed each year in New Jersey¹, and about 1,500 New Jersey adults die from the disease annually.² Early detection of colorectal cancer, through regular screening, can improve survival rates. In some cases, screening can prevent the development of colorectal cancer through detection and removal of adenomatous polyps before they become cancerous.³

In June 2016, the U.S. Preventive Services Task Force (USPSTF) released its updated screening guidelines, which continue to recommend

Figure 1. Percent of Adults Ages 50-75 Who are Current with Colorectal Cancer Screening Recommendations by Year, New Jersey, 2012-2017



All prevalence estimates are age-adjusted to the U.S. 2000 standard population. Source: New Jersey Behavioral Risk Factor Survey (NJBRFS)

BRFSS QUESTIONS

1. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?

1-1. How long has it been since you had your last sigmoidoscopy or colonoscopy?

2. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

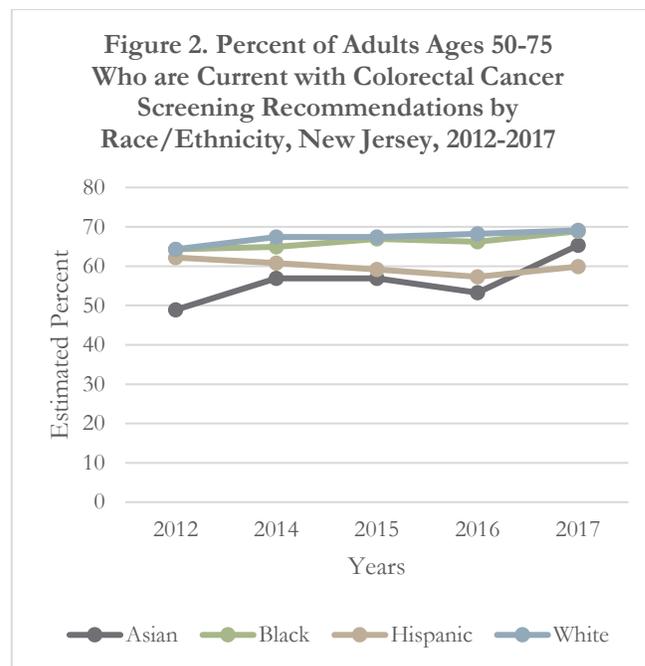
2-1. How long has it been since you had your last blood stool test using a home kit?

Note: Questions asked only of respondents ages 50 years and older. Questionnaire included an additional question asking whether the most recent exam was a sigmoidoscopy or colonoscopy.

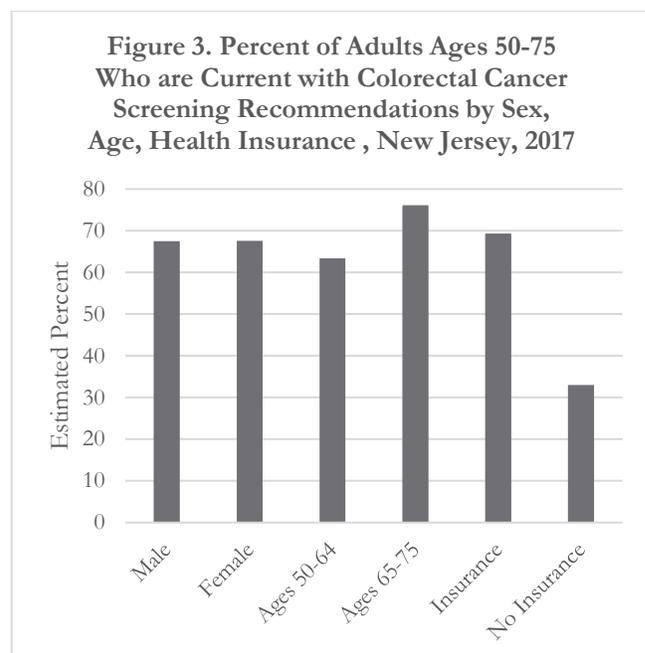
screening men and women ages 50 to 75 years and outline the risks and benefits of different screening tests. The data in this report reflects the estimated percentage of New Jersey adults ages 50-75 years who are current with colorectal cancer screening recommendations. An individual is considered current if they have had a take-home fecal immunochemical test (FIT) or high-sensitivity fecal occult blood test (FOBT) within the past year, and/or a flexible sigmoidoscopy within the past 5 years with a take-home FIT/FOBT within the past 3 years, and/or a colonoscopy within the past ten years.⁴

The age-adjusted percentage of New Jersey adults ages 50 to 75 years screened for colorectal cancer was 67.5% in 2017 (Figure 1). This rate is lower than the Healthy New Jersey 2020 objective target of 70.2% of adults ages 50 to 75 years screened for colorectal cancer. In 2017, Hispanics (60%) and Asians (65%) were less likely than Blacks (69%) and Whites (69%) to report having completed the recommended colorectal cancer screening (Figure 2).^{5,6}

The 2017 data show that adults ages 50 to 64 years are significantly less likely to be screened for colorectal cancer than adults ages 65 years and older (Figure 3). Screening rates increase as income level and educational attainment increase (Table 1). Adults ages 50 to 75 years without health insurance are significantly less likely to have been screened (33.0%) compared to those with any health insurance (69.3%). The data suggest that a great number of New Jerseyans are not getting screened as recommended and are missing the chance to prevent colorectal cancer or find it early. Strategies that aim to improve colorectal screening access across New Jersey's population, including those with health insurance, present a great opportunity to achieve the HNJ2020 target of 70.2% screened.



All prevalence estimates are age-adjusted to the U.S. 2000 standard population. Source: New Jersey Behavioral Risk Factor Survey (NJBRFS)



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**TABLE 1. PERCENT OF ADULTS AGES 50-75 WHO ARE CURRENT WITH
COLORECTAL CANCER SCREENINGS RECOMMENDATIONS, BY SELECTED
CHARACTERISTICS, 2017 NJBRFS**

	Sample size	Current-with screening*		
	(N)	(%) ^b	95% CI LL ^c	95% CI UL ^c
Total	5,557	67.5	65.3	69.6
Sex				
Male	2,324	67.5	64.0	70.7
Female	3,233	67.6	64.8	70.3
Age (Years)				
50-64	3,267	63.4	60.6	66.1
65-75	2,290	76.1	72.6	79.3
Race/Ethnicity				
Asian	111	65.3	51.9	76.7
Black	593	68.9	62.9	74.4
White	4,233	69.1	66.8	71.3
Hispanic	408	59.9	52.0	67.3
Education Attainment				
Below High School	288	53.9	44.3	63.3
High School or GED	1,333	64.5	59.9	68.7
Some College or Tech Training	1,351	66.7	62.7	70.6
College Graduate	2,573	74.2	71.5	76.8
Health Care Coverage				
Health Insurance	5,327	69.3	67.1	71.4
No Health Insurance	224	33.0	22.2	45.8
Disability Status^a				
Yes	1,722	66.4	62.3	70.2
No	3,803	68.2	65.6	70.8

*An individual is considered current if they have had FOBT annually, colonoscopy every 10 years, or sigmoidoscopy every 5 years with FOBT every 3 years

^a All respondents who reported at least one type of disability (cognitive, self-care, independent living, vision, hearing or mobility).

^b The estimated percentages reported above have been produced by weighting the sample so that the results better represent the New Jersey population and to adjust for the probability of selection. The sample sizes reported in the table are unweighted. All prevalence estimates are age-adjusted to the U.S. 2000 standard population.

^c %=Percentage; 95% CI=95% confidence interval

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