

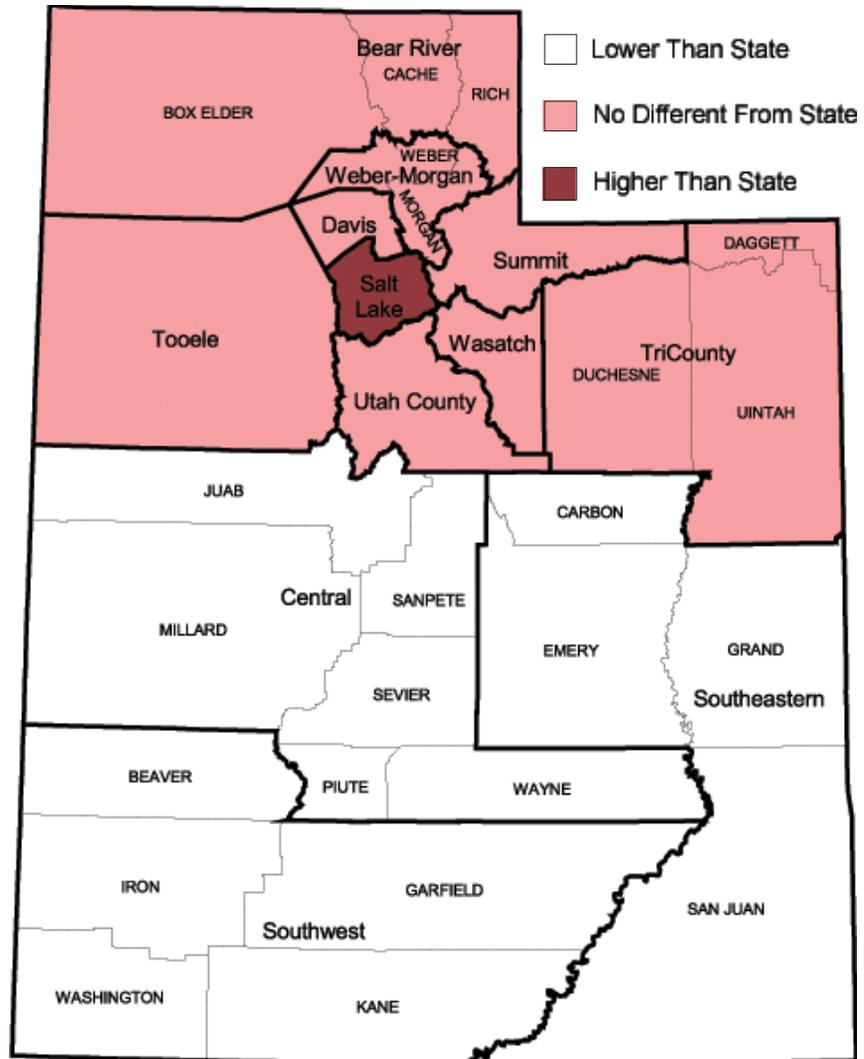
Sigmoidoscopy or Colonoscopy



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

Colorectal cancer is the second leading cause of cancer-related deaths in Utah and the U.S. Risk factors include increasing age, inflammatory bowel disease, a personal and/or family history of polyps or colorectal cancer, and certain hereditary syndromes. Physical inactivity (colon cancer only), a low fiber/high fat diet, obesity, excessive alcohol consumption, and tobacco use may also increase risk. Deaths from colorectal cancer can be substantially reduced when precancerous polyps are detected early and removed. Several scientific organizations recommend that routine screening for colorectal cancer begin at age 50 for all adults at average risk.¹⁵ Routine screening can include either annual fecal occult blood test (FOBT), and/or flexible sigmoidoscopy every five years or colonoscopy every ten years or double contrast barium enema every five to ten years. A randomized clinical trial has demonstrated that annual screening with FOBT can reduce colorectal cancer deaths by 33 percent in individuals over age 50.¹⁶

Sigmoidoscopy/Colonoscopy Ever by Whether the Local Health District Percentage Differed From the State, Utah Adults Ages 50+, 1999-2001



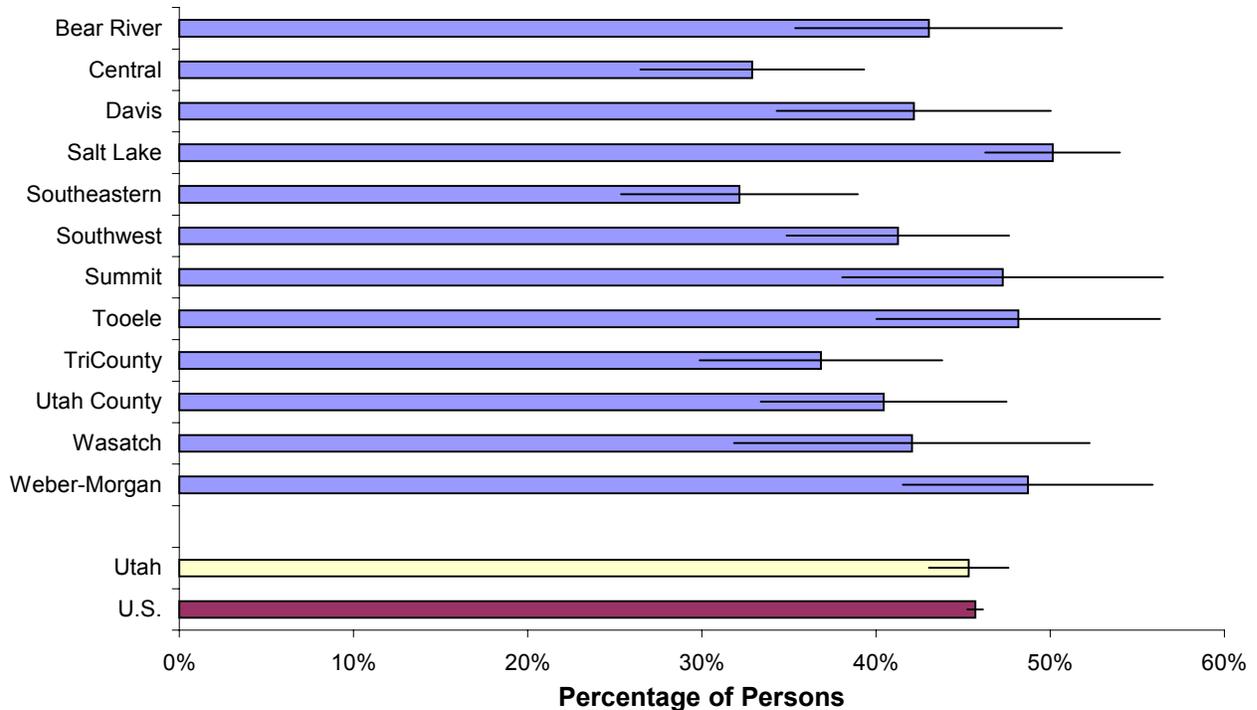
Age adjusted to the U.S. 2000 standard population. Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage. Source: Behavioral Risk Factor Surveillance System

- The percentage of adults 50 years or older who reported ever having a sigmoidoscopy/colonoscopy was below the statewide percentage in Southwest Utah, Southeastern Utah, and Central Utah Health Districts and above this percentage in Salt Lake Valley Health District.
- The percentage of Utah adults ages 50 or older who reported ever having a sigmoidoscopy/colonoscopy during the time period 1999 through 2001 was slightly below that of the U.S. (41.6% and 42.5% respectively, age-adjusted rates).



Sigmoidoscopy or Colonoscopy

Percentage of Persons Who Reported Ever Having Had a Sigmoidoscopy or Colonoscopy*
by Local Health District, Utah, and U.S., Adults Ages 50+, 1999-2001



* crude rates
Source: Behavioral Risk Factor Surveillance System

District	Sample Size	Total Number of Adults 50+	Crude Rates			Age-adjusted Rates**		
			Number With Sigmoidoscopy/Colonoscopy	Percent	95% CI Range	Percent	95% CI Range	
Bear River	201	24,571	10,600	43.0%	35.4% 50.7%	38.4%	30.9% 45.9%	
Central	263	16,444	5,400	32.9%	26.5% 39.3%	28.7%	22.7% 34.8%	
Davis	185	44,130	18,600	42.2%	34.3% 50.0%	38.9%	31.5% 46.4%	
Salt Lake	850	177,535	89,000	50.1%	46.3% 54.0%	46.3%	42.6% 50.0%	
Southeastern	226	13,428	4,300	32.2%	25.4% 39.0%	32.1%	25.0% 39.2%	
Southwest	270	38,808	16,000	41.3%	34.9% 47.7%	34.2%	28.0% 40.5%	
Summit	196	5,688	2,700	47.3%	38.1% 56.5%	45.9%	36.6% 55.3%	
Tooele	236	7,582	3,700	48.2%	40.0% 56.3%	42.8%	35.4% 50.2%	
TriCounty	237	9,370	3,500	36.8%	29.9% 43.8%	35.0%	28.2% 41.7%	
Utah County	233	54,780	22,200	40.4%	33.4% 47.5%	36.3%	29.8% 42.8%	
Wasatch	203	3,160	1,300	42.1%	31.9% 52.3%	36.5%	28.1% 44.8%	
Weber-Morgan	250	45,822	22,300	48.7%	41.5% 55.9%	45.3%	37.8% 52.9%	
Utah	3,350	441,318	200,000	45.3%	43.0% 47.6%	41.6%	39.4% 43.9%	
U.S.				45.7%	45.3% 46.1%	42.5%	42.1% 43.0%	

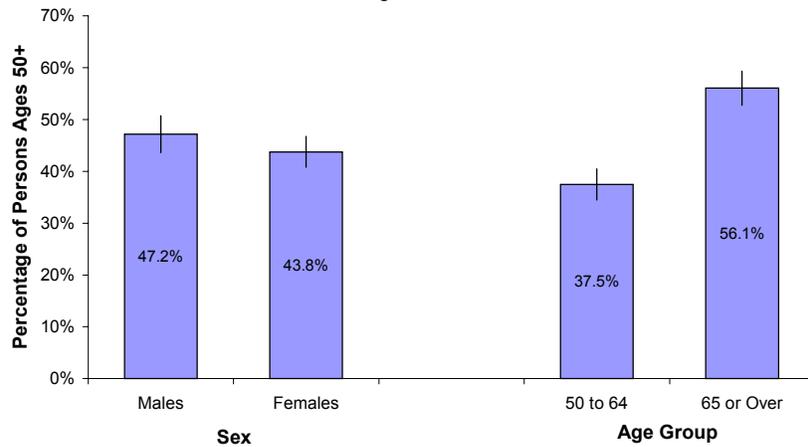
** Age adjusted to U.S. 2000 standard population
U.S. rate includes only years 1999 and 2001.

Sigmoidoscopy or Colonoscopy



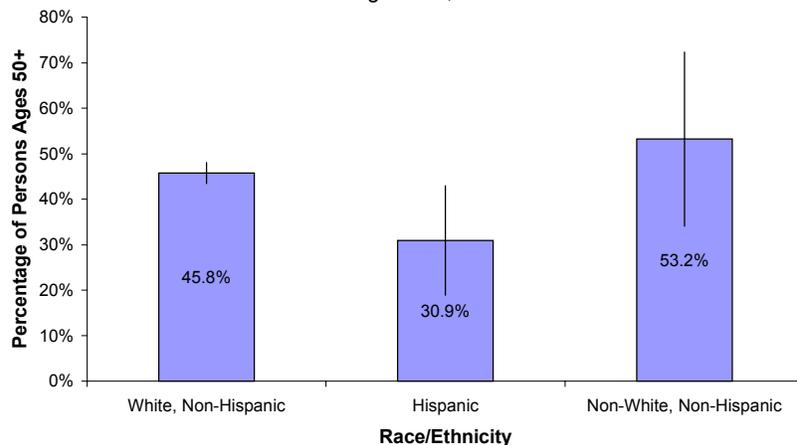
- More Utah men than women reported ever having a sigmoidoscopy/colonoscopy (47.2% compared to 43.8% respectively).
- Adults ages 65 or over were more likely to have reported ever having a sigmoidoscopy/colonoscopy (56.1%) than adults ages 50 to 64 (37.5%).

Percentage of Persons Who Reported Ever Having a Sigmoidoscopy or Colonoscopy by Sex and Age, Utah Adults Ages 50+, 1999-2001



- Utah adults who were Hispanic were least likely to report ever having had a sigmoidoscopy or colonoscopy compared to White, non-Hispanic and non-White, non-Hispanic persons (30.9%, 45.8%, and 53.2%, respectively).

Percentage of Persons Who Reported Ever Having a Sigmoidoscopy or Colonoscopy by Race/Ethnicity, Utah Adults Ages 50+, 1999-2001



The Utah Cancer Action Network is a statewide partnership that is working to decrease mortality from colorectal cancer in Utah. Strategies include conduction of a media campaign to educate the public about colorectal cancer and methods of early detection.

Utah Objective: By 2010, increase the proportion of Utah adults aged 50 years or over who have ever received a sigmoidoscopy or colonoscopy to 50% (age adjusted to the U.S. 2000 standard population).

HP2010 Objective 3-12b: Increase the proportion of adults aged 50 years or over who have ever received a sigmoidoscopy to 50% (age adjusted to the U.S. 2000 standard population).



Sigmoidoscopy or Colonoscopy

Percentage of Persons Ages 50+ Who Reported Ever Having a Sigmoidoscopy or Colonoscopy by Selected Demographic Characteristics, Utah Adults Ages 50+, 1999 - 2001.

Demographic Subgroup	Utah Population		Survey Estimates				
	Distribution	Number of Persons ¹	Percentage of Persons Ages 50+ Who Ever Had a Sigmoidoscopy or Colonoscopy ²			Number of Persons ^{1,3}	Distribution of Persons Ages 50+ Who Ever Had a Sigmoidoscopy or Colonoscopy by Category
			Intervals	Lower	Upper		
Had Sigmoidoscopy or Colonoscopy							
Within the Past Year	14.1%	62,100					
Within the Past 2 Years	8.4%	37,100					
Within the Past 5 Years	9.7%	42,900					
5 or More Years Ago	13.2%	58,000					
Never	54.7%	241,300					
Total, Ages 50+	100.0%	441,300					
Sex							
Males	46.9%	206,800	47.2%	43.6%	50.7%	97,500	48.7%
Females	53.1%	234,500	43.8%	40.8%	46.7%	102,600	51.3%
Total, Ages 50+	100.0%	441,300	45.3%	43.0%	47.6%	200,000	100.0%
Age Group							
50 to 64	56.7%	250,000	37.5%	34.5%	40.5%	93,800	46.7%
65 or Over	43.3%	191,300	56.1%	52.8%	59.3%	107,200	53.3%
Total, Ages 50+	100.0%	441,300	45.3%	43.0%	47.6%	200,000	100.0%
Race/Ethnicity							
White, Non-Hispanic	93.0%	410,500	45.8%	43.4%	48.1%	187,800	94.3%
Hispanic	5.0%	22,100	30.9%	18.9%	43.0%	6,800	3.4%
Non-White, Non-Hispanic	2.0%	8,700	53.2%	34.1%	72.3%	4,600	2.3%
Total, Ages 50+	100.0%	441,300	45.3%	43.0%	47.6%	200,000	100.0%
Income							
Less Than \$20,000	15.8%	69,900	44.8%	39.6%	50.0%	31,300	16.2%
\$20,000-\$49,999	47.4%	209,200	44.5%	41.0%	48.1%	93,200	48.3%
\$50,000 or Over	36.8%	162,200	42.1%	37.9%	46.4%	68,300	35.4%
Total, Ages 50+	100.0%	441,300	45.3%	43.0%	47.6%	200,000	100.0%
Education							
Less Than High School	6.4%	28,300	47.1%	38.1%	56.2%	13,300	6.7%
H.S. Grad or G.E.D.	29.3%	129,300	43.0%	39.1%	47.0%	55,600	27.8%
Some Post High School	33.4%	147,300	44.2%	40.3%	48.2%	65,200	32.6%
College Graduate	30.9%	136,300	48.3%	44.1%	52.6%	65,800	32.9%
Total, Ages 50+	100.0%	441,300	45.3%	43.0%	47.6%	200,000	100.0%

1 Rounded to the nearest 100 persons.

2 Plus or minus 95% confidence interval.

3 Figures in these columns may not sum to the total because some surveyed individuals had missing values on the grouping variables.

Population counts for age, sex, and total population were the 2000 estimates provided by the Governor's Office of Planning and Budget. Population count estimates for race/ethnicity, income, and education populations were derived from averaging three years of the BRFSS surveys from 1999-2001.