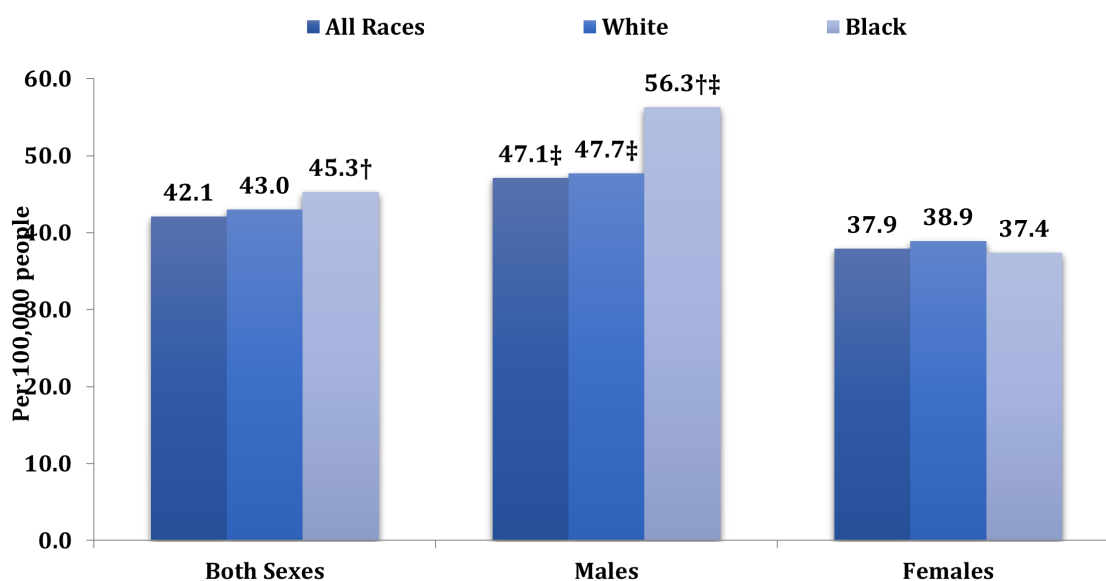


What is Colorectal Cancer?

2026

Colorectal cancer starts with the cells that originate in the colon or rectum. The cells begin as a noncancerous growth or "polyp".¹ Most polyps begin as noncancerous, but can change into cancer over time. According to the Indiana State Cancer Registry, during 2018-2022 Indiana's colorectal cancer incidence rate was 42.1 per 100,000 people [Figure 1].

Figure 1. Colorectal Cancer Incidence Rates 2018-2022



Source: Indiana State Cancer Registry
Note: Excludes *in situ*
Age-adjusted to the US 2000 Standard Population
†Rate among Blacks is significantly higher ($P < .05$) than rate among White

Differences in Health Outcomes

- Colorectal cancer is the third most commonly diagnosed cancer among both males and females in Indiana, as well as in the United States overall.^{3,4}
- Colorectal cancer is the second leading cause of death among males in Indiana, and the third leading cause of cancer-related deaths among females in Indiana.²
- The lifetime risk of developing colorectal cancer is one in 26 for females and one in 24 for males.⁴
- In Indiana, Black individuals have higher colorectal cancer incidence and mortality rates than white individuals and men have higher rates than women.² [Figure 1].

Prevention

- Get screened regularly .
- Maintain a healthy weight.
- Adopt a physically active lifestyle.
- Be smoke free– Visit www.in.gov/quitline for free smoking cessation assistance.
- Limit alcohol consumption.

Screening

- It is recommended that individuals aged 45-75 get screened for colorectal cancer.³
- The vast majority of new cases of colorectal cancer (about 90%) occur in people who are 50 or older.³
- Talk to your doctor about which test or tests are right for you.² Your health plan may cover preventive tests.

References

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2. Indiana State Cancer Registry
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4. American Cancer Society. *Cancer Facts & Figures 2026*. Atlanta: American Cancer Society; 2026.