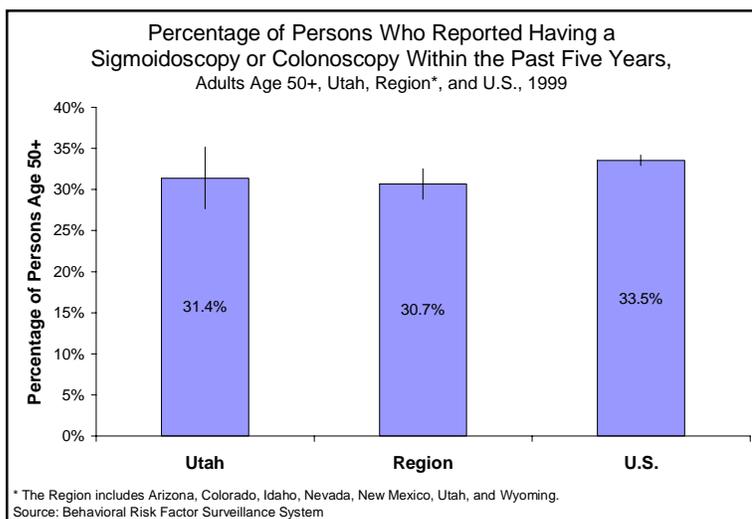


# Sigmoidoscopy or Colonoscopy

**Questions:** A (proctoscopy), sigmoidoscopy, or colonoscopy is when a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had this exam? When did you have your last (proctoscopy), sigmoidoscopy, or colonoscopy?

Colorectal cancer is the second leading cause of cancer-related deaths in the U.S. and Utah. Deaths from colorectal cancer can be substantially reduced when pre-cancerous polyps are detected early and removed. The chance of surviving colon and rectal cancer exceeds 90 percent when the cancer is diagnosed before it has extended beyond the intestinal wall. The American Cancer Society recommends that people 50 years and older have a fecal occult blood test every year and flexible sigmoidoscopy every 5 years.



- There was no change in the estimated percentage of persons age 50 or over who reported having a sigmoidoscopy or colonoscopy within the past five years in Utah or the Region between 1989 and 1999.
- The percentage of persons age 50 or over who reported having a sigmoidoscopy or colonoscopy within the past five years significantly increased for the U.S. from 29.2% in 1989 to 33.5% in 1999. The U.S. trend also showed a significant non-linear trend which suggests some leveling of the trend between 1995 and 1997.
- Since 1995, the percentage of persons age 50 or over who reported having a sigmoidoscopy or colonoscopy within the past five years was slightly lower in Utah than for the U.S.
- In 1999, the estimated percentage of Utah adults age 50 years or older who ever had a sigmoidoscopy or colonoscopy was 44.1%. This percentage surpasses the Healthy People 2000 goal of 40%, but is below the Healthy People 2010 goal of 50%.

**Utah Objective:** Increase the proportion of Utah adults aged 50 years and older who have ever received a sigmoidoscopy to 50%.

**HP2000 Goal 16.13:** Increase to at least 50% the proportion of people aged 50 and older who have received fecal occult blood testing within the preceding 1 to 2 years, and to at least 40% those who have ever received proctosigmoidoscopy.

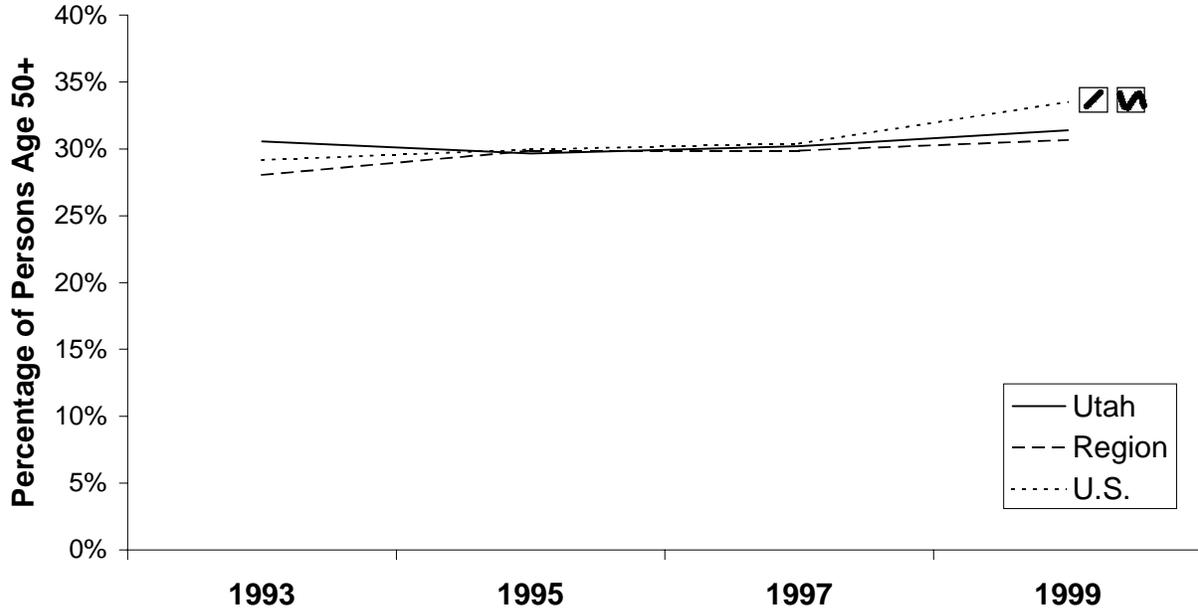
**HP2010 Goal 3-12b:** Increase the proportion of adults aged 50 years and older who have ever received a sigmoidoscopy to 50%.

**CDI 31:** Sigmoidoscopy/Proctoscopy among persons 50 years of age or older (percent of respondents age 50 years or older who report having either a sigmoidoscopy or proctoscopy within the past five years).

**CHSI:** Sigmoidoscopy screening among adults 50+, past five years.

# Sigmoidoscopy or Colonoscopy

Percentage of Persons Who Reported Having a Sigmoidoscopy or Colonoscopy Within the Past Five Years, Adults Age 50+, Utah, Region\*, and U.S., 1993, 1995, 1997, 1999



\* The Region includes Arizona, Colorado, Idaho, Nevada, New Mexico, Utah, and Wyoming.  
 Not all states participated in the BRFSS until 1994 (see Appendix A)  
 Source: Behavioral Risk Factor Surveillance System

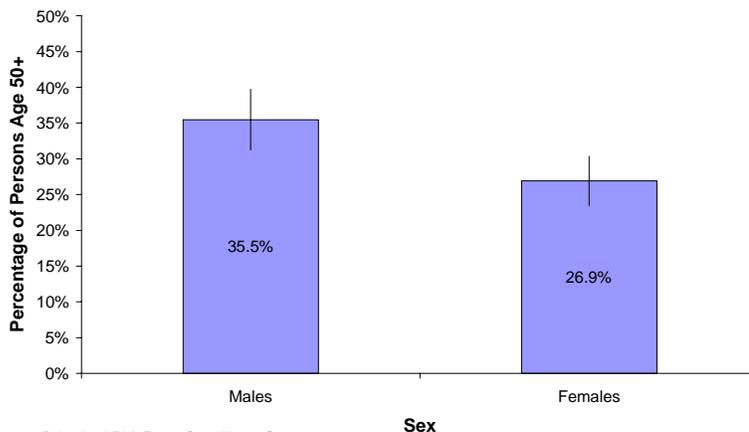
Year	Utah			Region			U.S.		
	Percentage of Adults Age 50+	95% Confidence Intervals		Percentage of Adults Age 50+	95% Confidence Intervals		Percentage of Adults Age 50+	95% Confidence Intervals	
		Lower	Upper		Lower	Upper		Lower	Upper
1993	30.6%	26.1%	35.0%	28.0%	26.0%	30.1%	29.2%	28.5%	29.9%
1995	29.7%	26.0%	33.4%	29.9%	28.0%	31.8%	30.0%	29.2%	30.7%
1997	30.2%	26.2%	34.2%	29.9%	27.9%	31.8%	30.4%	29.8%	31.0%
1999	31.4%	27.7%	35.1%	30.7%	28.8%	32.5%	33.5%	32.9%	34.2%

-  upward linear trend
-  non-linear trend

# Sigmoidoscopy or Colonoscopy

- In Utah, men age 50 or over were more likely to report having a sigmoidoscopy or colonoscopy within the past five years than were women of the same age. ( $p = 0.0020$ )

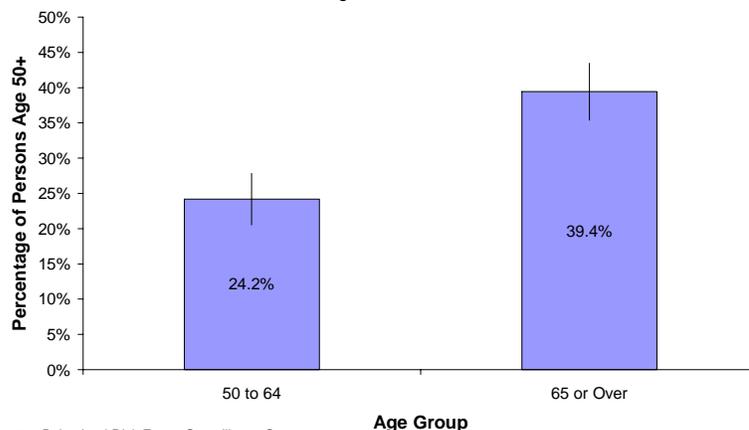
Percentage of Persons Who Reported Having a Sigmoidoscopy or Colonoscopy Within the Past Five Years by Sex, Utah Adults Age 50+, 1997 and 1999



Source: Behavioral Risk Factor Surveillance System

- Persons age 65 or older in Utah were more likely to report having a sigmoidoscopy or colonoscopy in the past 5 years than were persons in the 50-64 year age group. ( $p < 0.0001$ )

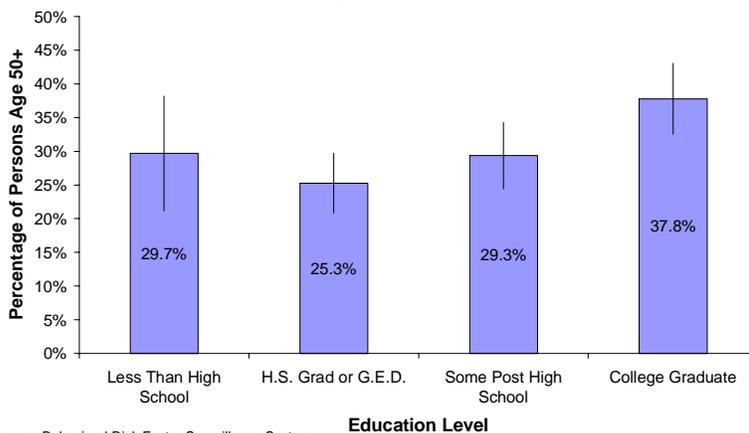
Percentage of Persons Who Reported Having a Sigmoidoscopy or Colonoscopy Within the Past Five Years by Age, Utah Adults Age 50+, 1997 and 1999



Source: Behavioral Risk Factor Surveillance System

- Those Utahns age 50 or older with a college education were more likely to report a sigmoidoscopy or colonoscopy in the past five years than were those with less than a college education. ( $p = 0.0029$ )

Percentage of Persons Who Reported Having a Sigmoidoscopy or Colonoscopy Within the Past Five Years by Education, Utah Adults Age 50+, 1997 and 1999



Source: Behavioral Risk Factor Surveillance System

# Sigmoidoscopy or Colonoscopy

## Percentage of Persons Who Reported Having a Sigmoidoscopy or Colonoscopy Within the Past Five Years

by Selected Demographic Characteristics, Utah Adults Age 50+, 1997 & 1999.

Demographic Subgroup	Utah Population		Survey Estimates of Respondents Age 50+ Who Reported Having a Sigmoidoscopy or Colonoscopy in Past Five Years				
	Distribution	Number of Adults Age 50+ <sup>1</sup>	Percentage of Adults Age 50+ Who Had a Sigmoidoscopy or Colonoscopy Within the Past Five Years	95% Confidence Intervals			Number of Adults Age 50+ <sup>1,2</sup>
				Lower	Upper		
<b>Had Sigmoidoscopy or Colonoscopy</b>							
Within the Past Year	13.3%	52,900					
1 to 2 Years Ago	8.3%	33,000					
2 to 5 Years Ago	9.2%	36,800					
5 or More Years Ago	13.5%	53,700					
Never	55.7%	221,700					
Total, Adults Age 50+	100.0%	398,000					
<b>Sex</b>							
Males	45.6%	181,500	35.5%	31.2%	39.7%	64,400	52.5%
Females	54.4%	216,500	26.9%	23.5%	30.4%	58,300	47.5%
Total, Adults Age 50+	100.0%	398,000	30.8%	28.1%	33.6%	122,700	100.0%
<b>Age Group</b>							
50 to 64	56.1%	223,300	24.2%	20.5%	27.9%	54,000	43.9%
65 or Over	43.9%	174,700	39.4%	35.4%	43.5%	68,900	56.1%
Total, Adults Age 50+	100.0%	398,000	30.8%	28.1%	33.6%	122,700	100.0%
<b>Race</b>							
White, Non-Hispanic	95.6%	380,500	30.9%	28.0%	33.7%	117,400	95.7%
Hispanic	2.8%	11,100	22.9%	8.9%	36.9%	2,500	2.0%
Non-White, Non-Hispanic	1.6%	6,400	43.7%	23.3%	64.2%	2,800	2.3%
Total, Adults Age 50+	100.0%	398,000	30.8%	28.1%	33.6%	122,700	100.0%
<b>Income</b>							
Less Than \$20,000	20.3%	81,000	30.8%	25.1%	36.5%	24,900	20.7%
\$20,000-\$49,999	48.9%	194,800	28.6%	24.5%	32.8%	55,800	46.5%
\$50,000 or Over	30.7%	122,300	32.2%	26.3%	38.1%	39,400	32.8%
Total, Adults Age 50+	100.0%	398,000	30.8%	28.1%	33.6%	122,700	100.0%
<b>Education</b>							
Less Than High School	7.8%	31,200	29.7%	21.1%	38.2%	9,300	7.6%
H.S. Grad or G.E.D.	29.6%	117,800	25.3%	20.8%	29.7%	29,700	24.3%
Some Post High School	31.6%	125,900	29.3%	24.4%	34.3%	36,900	30.1%
College Graduate	30.9%	123,100	37.8%	32.5%	43.1%	46,500	38.0%
Total, Adults Age 50+	100.0%	398,000	30.8%	28.1%	33.6%	122,700	100.0%

1 Rounded to the nearest 100 persons.

2 Figures in these columns may not sum to the total because of missing values on the grouping variables.

Source: Utah Behavioral Risk Factor Surveillance System