

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual statewide telephone survey of adults developed by the Centers for Disease Control and Prevention and administered by the New York State Department of Health. The BRFSS is designed to provide information on behaviors, risk factors, and use of preventive services related to the leading causes of chronic and infectious diseases, disability, injury, and death among the noninstitutionalized, civilian population ages 18 years and older.

Colorectal Cancer Screening New York State Adults ages 50-75, 2019

Introduction and Key Findings

Colorectal cancer (cancer that starts in the colon or rectum) is the third leading cause of cancer death for adults in New York State (NYS). There are approximately 9,027 new cases of colorectal cancer diagnosed and about 3,060 adult deaths from the disease annually in the State.¹ 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.

The current U.S. Preventive Services Task Force screening guidelines for colorectal cancer, released in June 2016, recommend screening average risk adults ages 50 to 75 years with either: 1) a yearly take-home high-sensitivity fecal occult blood test (FOBT) or fecal immunochemical test (FIT); 2) a multitargeted stool DNA test (FIT-DNA) every 1 or 3 years; 3) a flexible sigmoidoscopy every 5 years; 4) a flexible sigmoidoscopy every 10 years plus FIT every year; 5) a CT colonography every 5 years; 6) a colonoscopy every 10 years.² People with a family history or other risk factors for colorectal cancer should talk to their doctor about starting colorectal cancer screening earlier and undergoing screening more often.^{2,3}

The percentage of NYS adults ages 50 to 75 years who report a colorectal cancer screening history adherent with current USPSTF recommendations was 71.5 in 2019 (Figure 1). This is below both the Healthy People 2030 objective of 74.4% and the National Colorectal Cancer Roundtable's goal of 80% screened for colorectal cancer in every community.^{4,5}

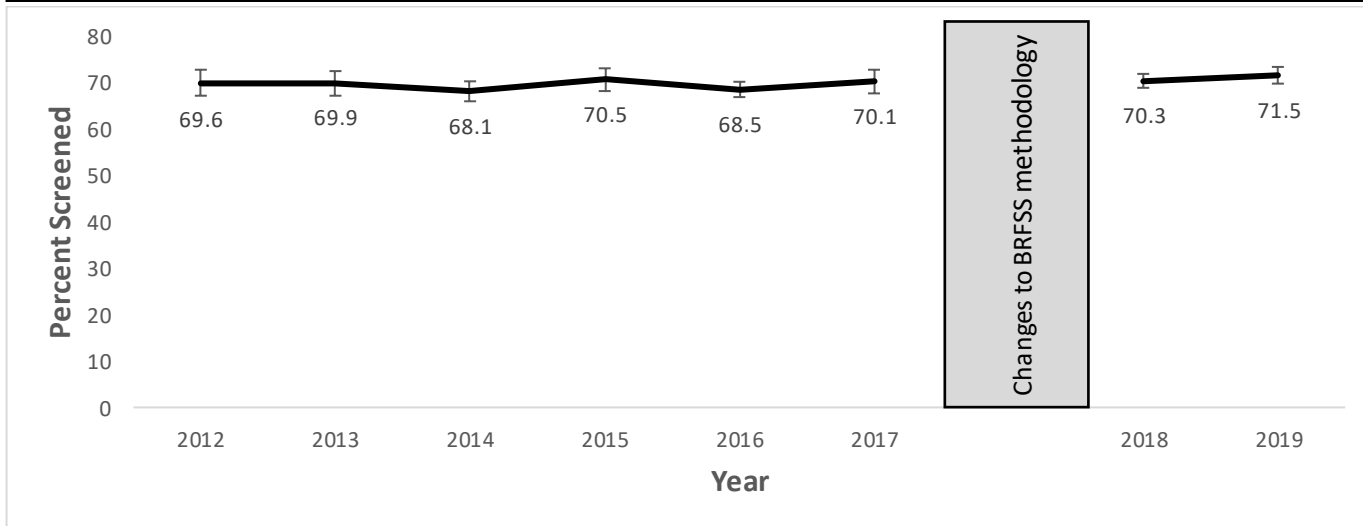
Adults ages 50 to 64 years are significantly less likely to report having received recommended colorectal cancer screenings than adults ages 65 years and older (Figure 2). Adults ages 50 to 75 years without health insurance are significantly less likely to be adherent (50.9%) compared to those with any health insurance (73.1%). Moreover, NYS adults ages 50 to 75 years without a regular health care provider are also significantly less likely to be adherent (41.3%) compared to those with a regular health care provider (75.2%) (Figure 2).

BRFSS Questions

1. 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? [If "yes"] 2. How long has it been since you had your last blood stool test using a home kit?
3. 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? [If "yes"] 4. How long has it been since you had your last sigmoidoscopy or colonoscopy?

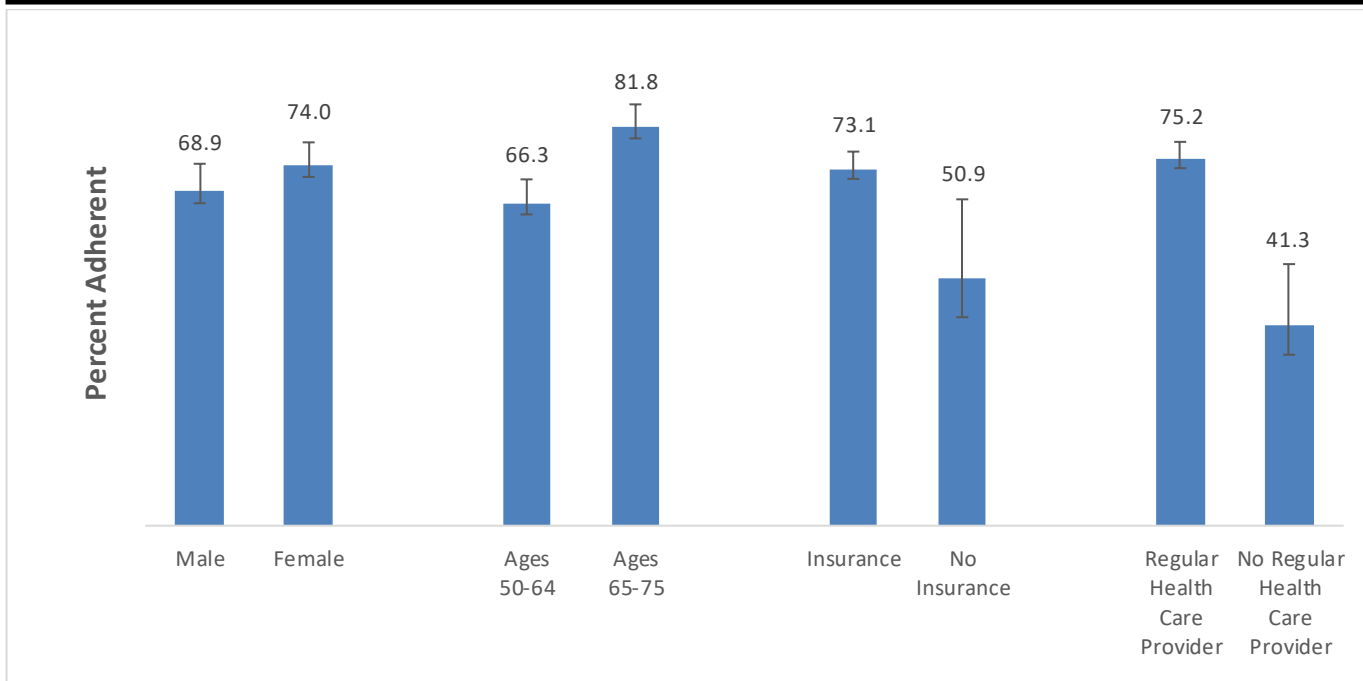
Notes: Asked of respondents ages 50 years and older. Questionnaire included an additional question asking whether the most recent exam was a sigmoidoscopy or colonoscopy. The determination of adherence with the current USPSTF recommendations followed guidance issued by the Centers for Disease Control and Prevention (CDC) for analysis of available BRFSS data.⁶

Figure 1. History of adherence with colorectal cancer screening recommendations, New York State adults ages 50-75 years, BRFSS 2012-2019



Note: Prior to 2018, the methodology for determining adherence was based on the USPSTF 2008 recommendations. Error bars represent 95% confidence intervals.

Figure 2. Adherence with colorectal cancer screening among New York State adults ages 50 to 75 years by gender, age, health insurance and provider status, BRFSS 2019



Note: Error bars represent 95% confidence intervals.

Table 1. Adherence with colorectal cancer screening among New York State adults ages 50 to 75 years, by selected characteristics, BRFSS 2019

	Estimated population size ^a N	Adherence with screening ^b		Colonoscopy in past 10 years		FOBT/FIT in past year	
		% ^c	95% CI ^c	% ^c	95% CI ^c	% ^c	95% CI ^c
Total NYS [N=7,013]	5,825	71.5	69.7-73.3	67.8	66.0-69.7	8.9	7.7-10.0
Sex							
Male	2,797	68.9	66.2-71.6	65.4	62.6-68.2	7.7	5.9-9.4
Female	3,029	74.0	71.6-76.3	70.0	67.5-72.5	10.0	8.5-11.5
Age (years)							
50-64	3,835	66.3	63.9-68.7	62.9	60.4-65.3	6.8	5.4-8.2
65-75	1,990	81.8	79.5-84.2	77.6	75.0-80.1	12.8	10.8-14.9
Race/Ethnicity							
White, non-Hispanic	3,512	74.2	72.4-76.1	70.5	68.6-72.4	8.6	7.4-9.8
Black, non-Hispanic	780	71.4	66.1-76.6	65.4	59.8-71.1	12.6	8.8-16.5
Hispanic	804	72.6	67.3-77.9	70.4	65.0-75.9	6.7	3.8-9.6
Other, non-Hispanic	564	55.7	46.4-65.0	52.9	43.6-62.2	8.6	2.7-14.4
Annual household income							
< \$25,000	1,134	69.0	64.9-73.2	62.4	58.0-66.8	11.5	8.8-14.2
\$25,000 - < \$50,000	885	68.7	64.2-73.2	64.7	60.1-69.3	8.8	6.6-11.1
≥ \$50,000	2,508	73.6	70.9-76.2	71.4	68.7-74.0	7.9	6.1-9.7
Missing ^d	1,298	71.6	67.3-75.9	67.6	63.1-72.1	8.2	5.6-10.9
Educational attainment							
Less than high school	796	69.8	63.5-76.1	64.5	57.8-71.2	9.5	5.7-13.2
High school or GED	1,472	68.1	64.5-71.7	65.4	61.6-69.1	11.2	8.2-14.3
Some post-high school	1,563	70.2	66.8-73.6	64.5	61.0-68.0	9.7	7.7-11.7
College graduate	1,963	75.8	73.0-78.5	73.5	70.7-76.3	6.4	5.2-7.7
Health care coverage							
Private insurance	2,854	71.2	68.5-73.8	68.6	66.0-71.3	6.8	5.2-8.4
Medicare	1,468	79.9	77.1-82.7	75.1	72.0-78.2	13.2	10.9-15.5
Medicaid	627	65.5	59.5-71.5	61.9	55.8-68.1	7.4	4.6-10.3
Other insurance	292	73.4	64.8-82.0	66.5	57.1-75.9	15.2	7.4-22.9
No insurance	414	50.9	42.8-58.9	44.7	36.5-53.0	5.9	2.2-9.7
Regular health care provider							
Yes	5,188	75.2	73.4-77.0	71.3	69.4-73.2	9.5	8.3-10.8
No	604	41.3	35.1-47.5	39.0	32.8-45.1	3.4	1.5-5.3
Disability status^e							
Yes	1,707	72.6	69.4-75.8	68.5	65.2-71.8	10.1	8.2-12.1
No	3,711	70.9	68.7-73.1	67.4	65.2-69.7	8.2	6.8-9.6
Residence							
New York City (NYC)	2,240	69.3	65.8-72.9	65.6	61.9-69.3	8.8	6.5-11.1
NYS excluding NYC	3,585	72.9	71.0-74.8	69.2	67.2-71.2	8.9	7.7-10.1

^a Estimates based on weighted frequencies from BRFSS, in thousands. Excludes individuals with missing data on each characteristic of interest.

^b Determination based on the CDC's BRFSS Statistical Brief on Colorectal Cancer Screening Questions.⁶

^c %=Percentage; 95% CI=95% confidence interval. Percentages are weighted to population characteristics.

^d "Missing" category included because more than 10% of the sample did not report income.

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

References

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Program Contributions

New York State Department of Health
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Bureau of Cancer Prevention and Control

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