



Top 10 Colorectal Cancer Facts

- In 2026, an [estimated](#) **158,850** people will be diagnosed with colorectal cancer (CRC) in the U.S., and an estimated **55,230** will die — making this disease the second-leading cause of cancer deaths overall.
 - These estimates represent an increase from an estimated 154,270 diagnoses and 52,900 deaths in 2025.
- While most cases of CRC are diagnosed in people over age 50, colorectal cancer is the **deadliest cancer in people under 50**. In 2026, an [estimated](#) **3,890** people ages 0 to 49 will die from CRC.
 - Of the five leading causes of cancer deaths, only colorectal cancer deaths [increased](#) among people under 50.
 - About **3 in 4** patients under 50 [are diagnosed](#) with advanced colorectal cancer, impacting treatment outcomes.
- The current average lifetime risk of developing colorectal cancer in the U.S. is **1 in 25 among men and 1 in 26 among women**.
 - Increasing age, a family history of colorectal cancer, certain genetic conditions, and IBS are important unmodifiable risk factors. Smoking, obesity, and a poor diet are among modifiable risk factors.
 - About **84%** of colorectal cancers are diagnosed in people aged 50 and above.
- Unlike most cancers, colorectal cancer is highly preventable with screening. With early detection, it's highly treatable. Localized colorectal cancer (the earliest stage) has a **91%** five-year survival rate with treatment.
- The most common symptom of colorectal cancer is **no symptom**. When symptoms are present, they may include blood in or on stool, persistent abdominal discomfort, fatigue, and unexplained weight loss.

- **Black/African Americans** have the highest mortality rate and second-highest incidence rate of colorectal cancer in the U.S.
- Screening is the **No. 1** way to prevent colorectal cancer. People at average risk should begin colorectal cancer screening at **age 45**. Those with symptoms, certain genetic conditions, or a family history of colorectal cancer may need to start screening earlier.
 - While screening rates among adults 45-49 are increasing, more than 65% still are not getting checked as recommended, according to a 2023 [study](#).
 - In 2020, the CDC [estimated](#) that **68%** of colorectal cancer deaths could be prevented if all eligible people were screened.
- People who have a first-degree relative (parent, sibling, offspring) with colorectal cancer have **two to four** times the risk of developing the disease. They should speak to a doctor about getting screened earlier than normal.
- Simple ways to reduce the risk of colorectal cancer include eating healthy, not smoking, exercising regularly, maintaining a healthy weight, limiting red meat and alcohol intake, and adding calcium and vitamin D to your diet.
- There are more than **1.5 million** colorectal cancer survivors in the U.S.

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