

**Risk Factors**

- Age - 9 out of 10 people diagnosed with colorectal cancer are older than 50
- Personal history of colorectal polyps or colorectal cancer
- Personal history of Ulcerative Colitis or Crohn's Disease
- Family history of colorectal cancer
- Inherited syndromes
- Racial and ethnic background; African American and Eastern European Jewish descent
- A diet high in red meats, processed meats and meats that are fried
- Physical inactivity
- Obesity
- Smoking
- Heavy alcohol use
- Type 2 diabetes