

UNIVERSITI TEKNOLOGI MARA

**AWARENESS AND PREVALENCE
OF COLORECTAL CANCER RISK
FACTORS AMONG ADULT MEN IN
KUALA SELANGOR**

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Thesis submitted in fulfilment of the requirements
for the degree of
**Bachelor of Nutrition and Dietetics
(Honours)**

Faculty of Health Sciences


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AUTHOR'S DECLARATION

I declare that the work in this thesis is original and is the result of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Globally, 1.4 million people were diagnosed with colorectal cancer and the number keep increasing each year. In Malaysia, colorectal cancer is the second most common cancer in men. A cross-sectional study was done among 58 adult men in Kuala Selangor using questionnaire to assess the level of awareness on colorectal cancer, to determine the prevalence of colorectal cancer risk factors and the major sources of information among adult men in Kuala Selangor. 36.2% of the adult men have low knowledge on colorectal cancer signs and symptoms, 10.3% of them knowing fully about the its signs and symptoms, 12% of them fully knowing about the risk factors of colorectal cancer and 13.8% of them do not know anything on its risk factors. The mean knowledge scores for signs and symptoms and risk factors is 2.74 ± 2.61 and 5.31 ± 3.70 . The percentage of respondents having each of the colorectal cancer risk factors are 81% (physical inactivity), 48.3% (intake of vegetables and fruits), 43.1 % (being overweight and obese), 25.9% (smoking), 12.1% (family history) and 0% (alcohol intake). 25.2% of the respondents choose internet to obtain information on colorectal cancer. Hence, the adult men in Kuala Selangor have moderate level of awareness and colorectal cancer risk factors while internet is the most preferred sources of information.

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CHAPTER ONE

INTRODUCTION

1.1 BACKGROUND OF RESEARCH

Globally, 1.4 million people were diagnosed with colorectal cancer (CRC) and with the total of 9.7 % of all the cancer incidence (IARC, 2013).The incidence of colorectal cancer keep increasing each year. The World Cancer Research Fund International predicted that colorectal cancer incidence will keep rising and in 2035, the number of cases for men will rise to 1.36 million. In 2011, approximately 51,783 Americans died due to colorectal cancer (CDC, 2014). The key role in preventing and reducing the incidence of cancer including colorectal cancer lies in the environment factors such as dietary habit, physical activity and lifestyle of an individual (Johnson et al. 2013). Awareness of the public on the colorectal cancer and its risk factor are important to reduce the incidence of colorectal cancer worldwide.

1.2 STATEMENT OF PROBLEM

In Malaysia, colorectal cancer (CRC) is the second most common cancer in Malaysia (Malaysian Cancer Statistics, 2006). However, the rate of colorectal cancer and its mortality in men is slightly higher than women (National Cancer Registry Report, 2007). The rapid increasing of colorectal cancer has become the concern health issues aside from other non-communicable disease not only in Malaysia but world widely. However, there is lack of data available especially in Malaysia on awareness of adult men in colorectal cancer although the number of new cases for colorectal cancer keep rising. The level of public awareness on colorectal cancer is important in order to plan preventive measures needed to overcome this health concern.

1.3 RATIONALE FOR THE STUDY

The first rational for this study is providing baseline data about the awareness and prevalence of colorectal cancer risk factors among the adult men in Kuala Selangor so