Keeping the evidence on food, nutrition, physical and cancer up to date: results so far

Rachel Thompson PhD

World Cancer Research Fund International

London, UK

World Cancer Research Fund

American Institute for Cancer Research

Continuous Update Project CUP

Updating the CUP database

Year	1	2	3	4	5	6	7	8	9	10	11
2007	Breast										
2008	Breast	Prostate									
2009	Breast **Report**	Prostate	Bowel								
2010	Breast	Prostate	Bowel	Pancreas	Breast cancer survivors						
2011	Breast	Prostate	Bowel **Report**	Pancreas	Breast cancer survivors	Endo-metrium	Ovary	Bladder			
2012	Breast	Prostate	Bowel	Pancreas **Report**	Breast cancer survivors	Endo-metrium	Ovary	Bladder	Kidney	Liver	Gall-bladder
2015	**All sites continually updated**										

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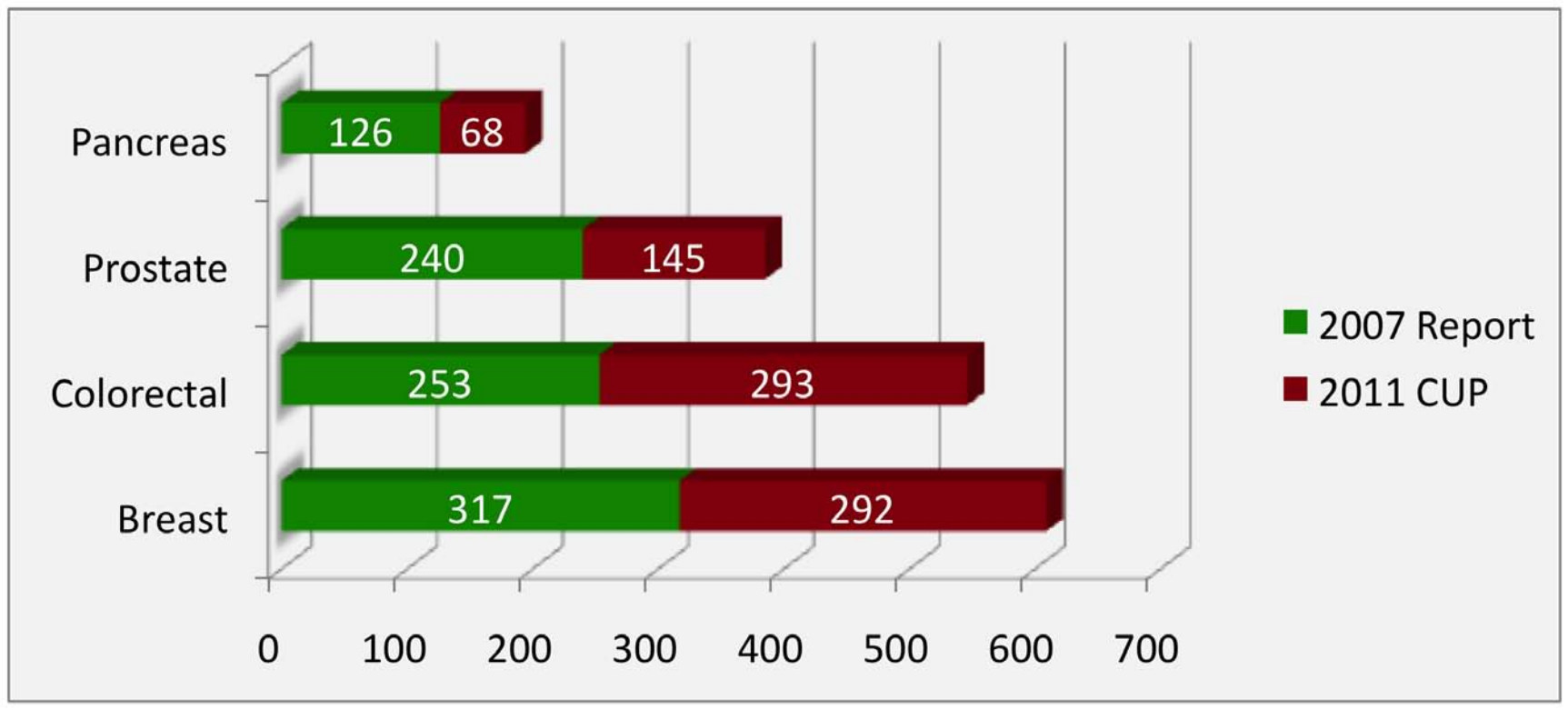
Number papers from cohort studies in CUP database



Breast cancer matrix 2009

Evidence for all factors was consistent with the conclusions from the Second Expert Report

FOOD, NUTRITION, PHYSICAL ACTIVITY, AND CANCER OF THE BREAST (POSTMENOPAUSE)		
	DECREASES RISK	INCREASES RISK
Convincing	Lactation	Alcoholic drinks Body fatness Adult attained height[1]
Probable	Physical activity[2]	Abdominal fatness Adult weight gain

FOOD, NUTRITION, PHYSICAL ACTIVITY, AND CANCER OF THE BREAST (PREMENOPAUSE)		
	DECREASES RISK	INCREASES RISK
Convincing	Lactation	Alcoholic drinks
Probable	Body fatness	Adult attained height[1] Greater birth weight

Colorectal cancer matrix 2011

FOOD, NUTRITION, PHYSICAL ACTIVITY, AND CANCERS OF THE COLON AND THE RECTUM		
	DECREASES RISK	INCREASES RISK
Convincing	Physical activity[1 2] Foods containing dietary fibre[3]	Red meat[4] Processed meat[5] Alcoholic drinks (men)[6] Body fatness Abdominal fatness Adult attained height[7]
Probable	Garlic Milk[8] Calcium[9]	Alcoholic drinks (women)[6]

- Foods containing dietary fibre upgraded from probable to convincing
- Evidence for all other factors was consistent with the conclusions from the Second Expert Report

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Foods containing dietary fibre

Dose response meta-analyses per 10g/d of dietary fibre

	Total fibre	Cereal fibre	Fruit fibre	Vegetable fibre	Legume fibre
CUP 2010	0.90 (0.86-0.94)	0.90 (0.83-0.97)	0.93 (0.82-1.05)	0.98 (0.91-1.06)	0.62 (0.27-1.42)
I^2 (*n*)	4% (15)	0% (8)	23% (9)	0% (9)	58% (4)
2007 Expert Report	0.90 (0.84-0.97)	-	-	-	-
I^2 (*n*)	57% (8)				

	Wholegrains (per 3 servings/d)
CUP 2010	0.79 (0.68-0.91)
I^2 (*n*)	53% (3)

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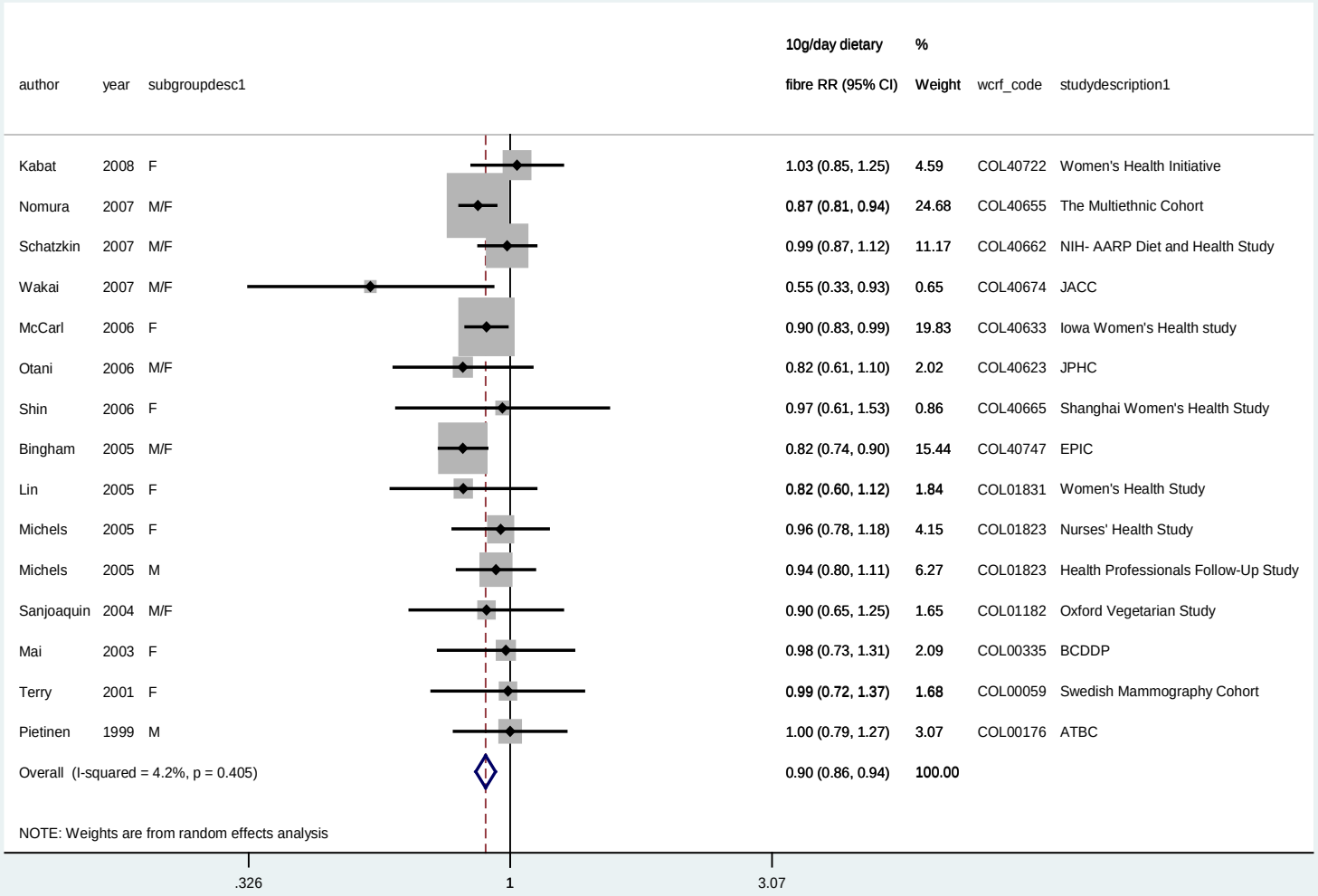
Dose-response meta-analysis for dietary fibre and colorectal cancer – per 10g/day



CUP Colorectal cancer report 2010

Red and processed meat

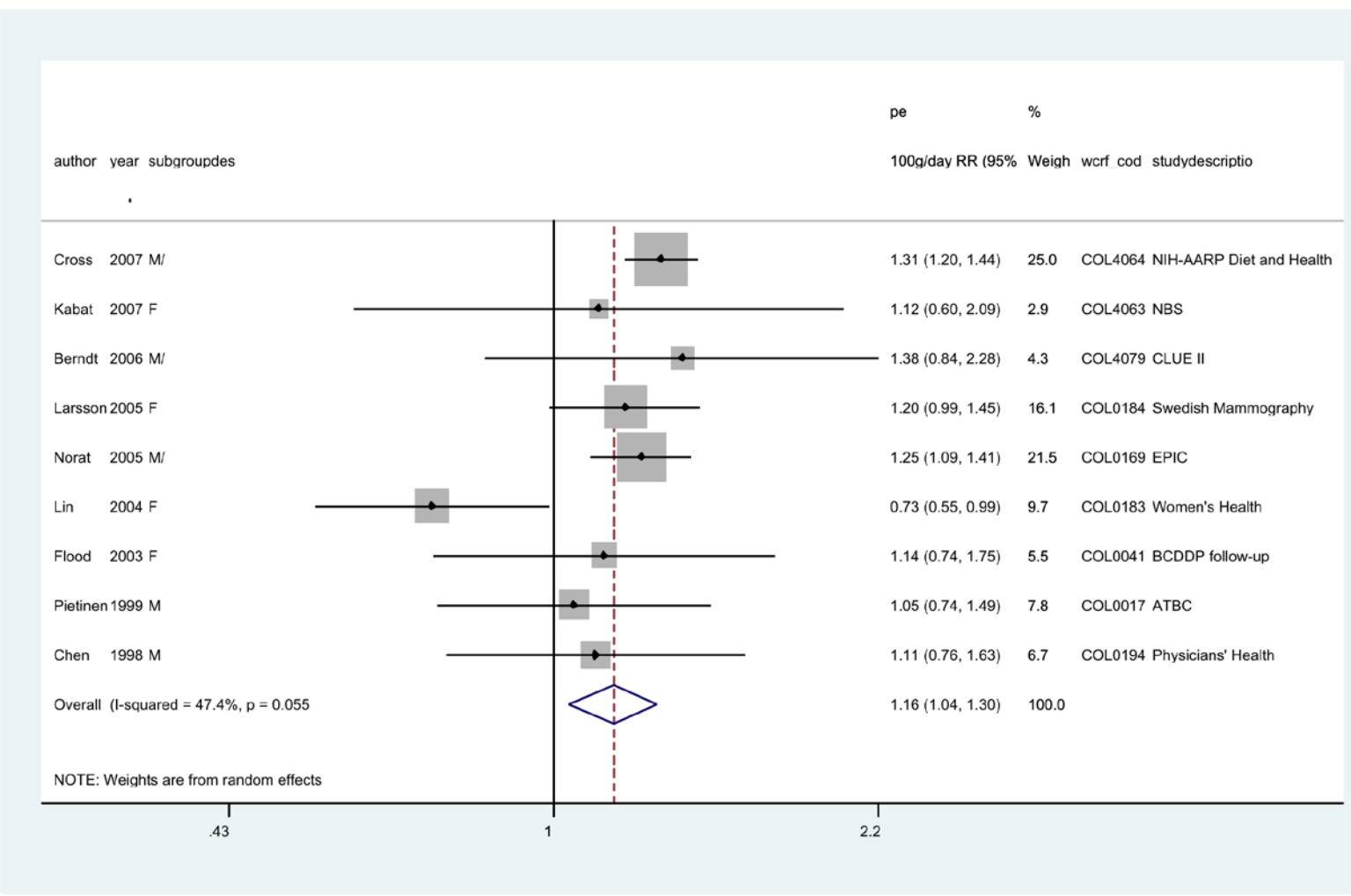
Dose response meta-analyses for colorectal cancer

	Red and Processed meat Per 100g/d	Red meat Per 100g/d	Processed meat Per 50g/d
CUP 2011	1.16 (1.04-1.30)	1.17 (1.05-1.31)	1.18 (1.10-1.28)
I^2 (*n*)	47% (9)	0% (8)	12% (9)
2007 Expert Report	1.37 (1.10-1.70)[1]	1.29 (0.94-1.78)[2]	1.21 (1.04-1.42)
I^2 (*n*)	61% (4)	32% (3)	25% (5)

[1] Results for colon cancer

[2] 1.43 (1.05-1.94) per time per day; $I^{2=}$ 58%; *n*=7

Dose-response meta-analysis for red and processed meat and colorectal cancer – per 100g/day



Foods containing dietary folate

Dose response meta-analyses for colorectal cancer

	Dietary folate (per 100mcg/d)	Blood folate (per 2 ng/ml)
CUP 2010	0.99 (0.93-1.05)	0.97 (0.93-1.00)
I^2 (*n*)	26% (7)	0% (7)
2007 Expert Report	0.84 (0.76-0.93)	-
I^2 (*n*)	0% (4)	

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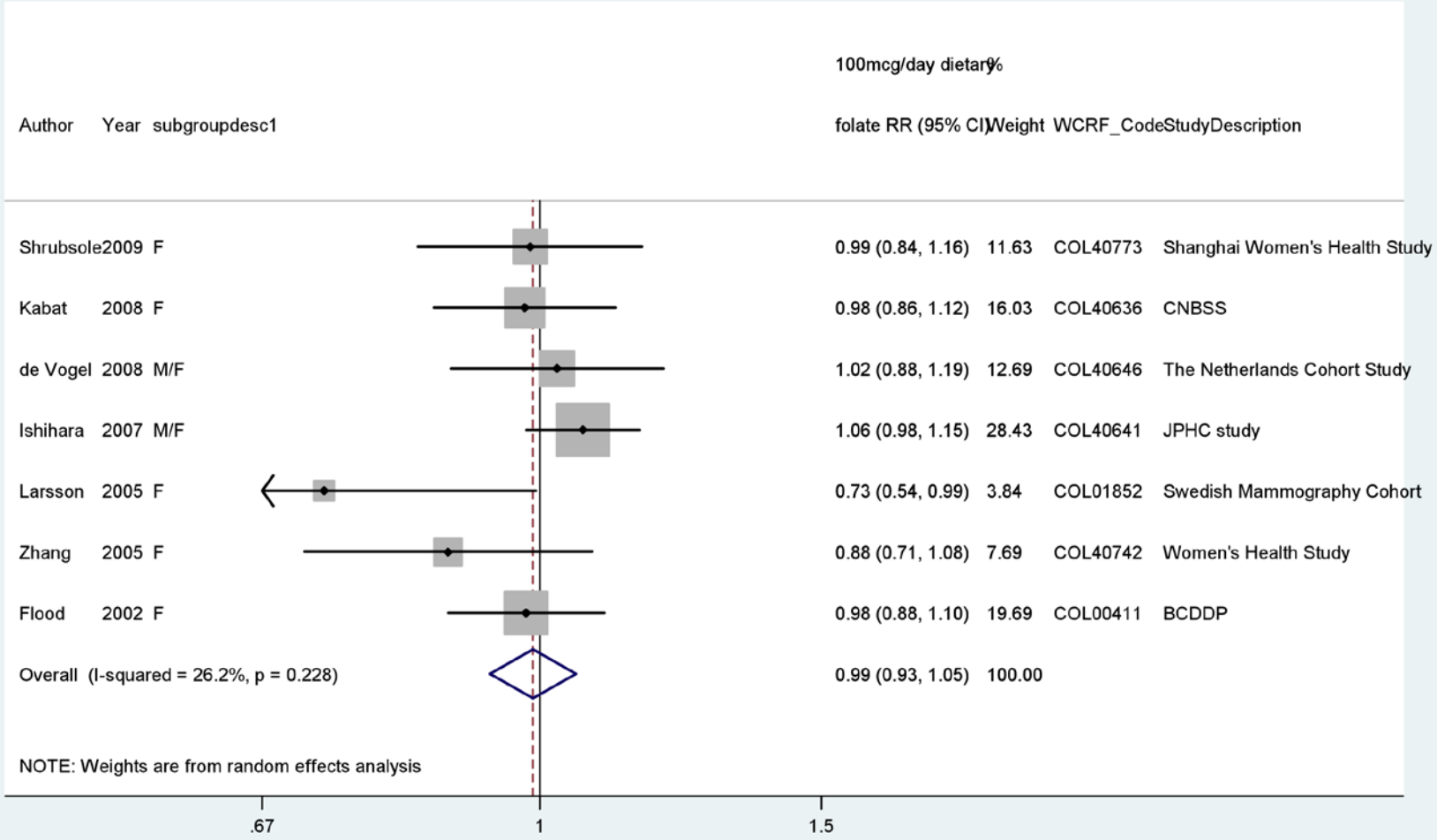
Dose-response meta-analysis for dietary folate and colorectal cancer – per 100mcg/day



CUP Colorectal cancer report 2010

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CUP Journal publications colorectal cancer

Meta-analyses of vitamin D intake, 25-hydroxyvitamin D status, vitamin D receptor polymorphisms and colorectal cancer risk.
Touvier M et al Cancer Epidemiol Biomakers Prev. 2011; 20: 1003-16.

Nonlinear reduction in risk for colorectal cancer by fruit and vegetable intake based on meta-analysis of prospective studies.
Aune D et al Gastroenterology. 2011; 141: 106-18.

Dairy products and colorectal cancer risk: a systematic review and meta-analysis of cohort studies.
Aune D et al Ann Oncol. 2011 May 26.

Red and processed meat and colorectal cancer incidence: meta-analysis of prospective studies.
Chan DS et al PLoS ONE. 2011; 6: e20456.

CUP Journal publications pancreatic cancer

Body mass index, abdominal fatness and pancreatic cancer risk: a systematic review and non-linear dose-response meta-analysis of prospective studies.
Aune D et al Ann Oncol. 2011 Sept 2.

How to find out more

1. www.dietandcancerreport.org
   - Background and Second Expert Report
   - Update on each cancer currently being updated
   - Protocols
   - Reports from Imperial College London
   - Summaries from WCRF/AICR
2. Journal articles

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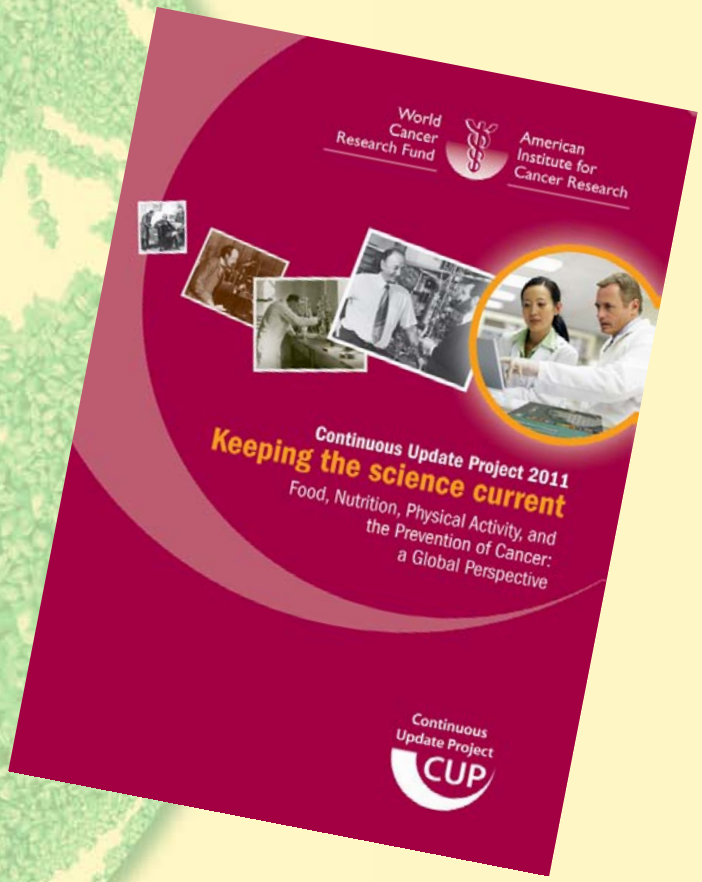

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