

WCRF International Academy

The WCRF International Academy is an educational initiative which aims to educate a broad range of audiences, ranging from scientists to the general public, about the importance and impact of food, nutrition, physical activity and body fatness in cancer prevention.

WCRF International Conference

The WCRF International Academy held a two-day global conference on "Nutrition, Physical Activity & Cancer Prevention: Current Challenges, New Horizons" in September 2010 in London, UK. Delegates came from all over the world, including Europe, the USA, Brazil, Trinidad and Tobago, China, Australia, Nigeria, Ethiopia, Saudi Arabia, Qatar, Iran, Singapore and Indonesia.

The conference included presentations from some of the most prominent speakers in the field and offered an exceptional networking opportunity for scientists, policy-makers and health professionals to discuss challenges and future opportunities in the field of food, nutrition, physical activity and cancer.



WCRF International Fellowships

Six fellowships are awarded to outstanding applicants for the annual 2-week International Course in Nutritional Epidemiology organised by the School of Public Health, Imperial College London.

This advanced and interactive course provides participants with a solid grounding in the knowledge and skills that are required to work as a nutritional epidemiologist. Faculty members are from Imperial College London, WCRF International, the National Institutes of Health, USA, and other institutions from around the world.

For the latest course information please visit: www.imperial.ac.uk/medicine/Nutritionalepidemiology

Testimonials from Past Fellows:

Dr Will Chan, Assistant Professor, School of Public Health, University of Hong Kong.

"This course (and the conference) was most rewarding and a wonderful experience. The WCRF International Academy brings together clinicians and scientists worldwide with a passion for combating cancer and chronic diseases. I most enthusiastically look forward to future Academy activities and collaborations with the fellows we have met on this course."

Ms Jessica Kieft-de Jong, PhD Student, Erasmus Medical Centre, Rotterdam, The Netherlands

"I learned more about epidemiology with reference to the field of nutritional research and the course inspired me to apply this knowledge during my PhD."

For more information on the activities of the Academy please visit: www.wcrf.org



American Institute for Cancer Research (AICR) Science and Research Programmes



AICR, the founding member of the WCRF global network, works side-by-side with WCRF International to prevent and control cancer through healthy food, nutrition, physical activity and weight management.

AICR was one of the first organisations to focus research on the link between diet and cancer and to translate the results into practical information for the public. AICR continues to fund research in the field of nutrition, physical activity and cancer prevention, treatment and survival.

AICR Grant Programme

The funding provided through the AICR and WCRF International grant programmes focuses on the same research priorities across different geographic regions. Applications for the AICR Research Grant Programme are accepted from anywhere in the Americas (North America, including the United States and Canada, Central America, the Caribbean and South America). AICR manages and administers the AICR Research Grant Programme.

AICR offers three types of research grants:

- ◆ **Investigator Initiated Grants (IIGs)** are generally for a maximum of \$150,000 for up to two years, plus 10% indirect costs, with a limit of \$75,000 direct costs in any one year. These three-year grants are awarded to support the start up of epidemiologic or intervention studies requiring additional time.
- ◆ **Postdoctoral Awards (PDAs)** are for a maximum of \$76,000 for up to two years, with a limit of \$38,000 for any one year and no indirect costs.

◆ **Matching Grants:** AICR usually provides up to \$75,000 as its part of the funding arrangement. Applications are evaluated by a peer review process and are held to the same high and rigorous standards as all other AICR-funded grants.

For more information on the AICR Research Grant Programme please visit: www.aicr.org



Marilyn Gentry Fellowship

The University of North Carolina at Chapel Hill (UNC), USA and AICR/WCRF have established a Marilyn Gentry Fellowship Programme in Nutrition and Cancer at the UNC School of Public Health, Department of Nutrition, USA. This programme develops tomorrow's leaders in cutting-edge nutritional research into cancer prevention, treatment and survivorship.

For more information on the Marilyn Gentry Fellowship please visit: www.aicr.org



AICR Annual Research Conference

Each year AICR invites leading scientists, health professionals, policy-makers and students to a research conference held in Washington, DC. This annual conference is a premier scientific forum on the links between cancer and food, nutrition, body fatness and physical activity.

For the latest information on the AICR Conference, please visit: www.aicr.org/conference or email research@aicr.org



World Cancer Research Fund Global Network

Our Science and Research Programmes
www.wcrf.org

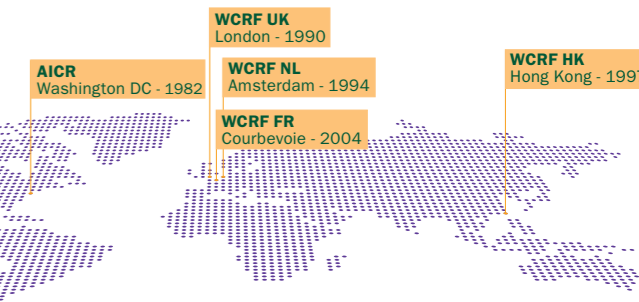


The World Cancer Research Fund global network (WCRF global network) is an international alliance of organisations dedicated to the prevention of cancer through healthy food, nutrition, physical activity and weight management.

The WCRF global network is made up of World Cancer Research Fund International (WCRF International), the American Institute for Cancer Research (AICR), World Cancer Research Fund UK (WCRF UK), Wereld Kanker Onderzoek Fonds (WCRF NL), World Cancer Research Fund Hong Kong (WCRF HK) and Fonds Mondial de Recherche contre le Cancer (FMRC).

WCRF International, the umbrella association of the WCRF global network, plays a leading role in directing and managing its research activities and major scientific projects. These include the WCRF/AICR Continuous Update Project (CUP). The CUP is the largest ongoing review of the scientific evidence in the diet and cancer field. It builds on the success of the WCRF/AICR's 2007 Second

The WCRF global network



WCRF International - 1999
Sets the strategic direction and provides central co-ordination of key services for the WCRF global network

Export Report: *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective.*

In addition to developing major reports, the WCRF global network funds innovative research on the role of food, nutrition, physical activity and body fatness in relation to cancer around the world. It has invested over £83 million (around €96 million) in this crucial scientific area since 1982. The WCRF global network operates two research grant programmes. The WCRF International Research Grant Programme based in London, UK and the AICR Research Grant Programme based in Washington DC, USA, which provide similar funding opportunities in different regions of the world.



Key Worldwide Achievements

- 2011:** WCRF International first Asian Request for Application (RFA) call
- 2011:** First WCRF/AICR Continuous Update Project (CUP) Annual Progress Report
- 2010:** Alignment of the WCRF International and AICR Research Grant Programmes
- 2009:** WCRF International Academy launched
- 2009:** WCRF/AICR Policy Report - *Policy and Action for Cancer Prevention*
- 2009:** WCRF International Request for Application (RFA) Programme established
- 2007:** WCRF/AICR CUP established
- 2007:** Second Expert Report - WCRF/AICR *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective*
- 2001:** WCRF/AICR Second Expert Report methodology published
- 2001:** Launch of the Marilyn Gentry Fellowship
- 1999:** WCRF International established
- 1999:** International Programmes of the WCRF global network established
- 1997:** First Expert Report - WCRF/AICR *Food, Nutrition and the Prevention of Cancer: a Global Perspective*
- 1982:** AICR established and first grants funded in 1983

Visit www.wcrf.org for more information on the WCRF global network and its key achievements.



World Cancer Research Fund International

Second Floor, 22 Bedford Square, London WC1B 3HH Tel: +44 (0)20 7343 4200 Fax: +44 (0)20 7343 4220

Web: www.wcrf.org Email: research@wcrf.org

WCRF/AICR Science and Research Programmes

WCRF International manages major WCRF/AICR research programmes such as the CUP, the Second Expert Report and the Policy Report on behalf of all members of the WCRF global network.

WCRF/AICR Continuous Update Project (CUP)

The CUP is the WCRF global network's most unique and comprehensive scientific undertaking to date. This long-term project builds on the foundations of the WCRF/AICR 1997 and 2007 Expert Reports on food, nutrition, physical activity and cancer and is being carried out in collaboration with Imperial College London. The CUP systematically reviews all relevant scientific papers when they are published using a robust process similar to that of the 2007 Second Expert Report.

The CUP is based on a live system of scientific data that is updated on an ongoing basis from which, at any point in time, the most current review and meta-analysis of scientific data can be performed. A rolling programme has been set up to update the central database of evidence by inputting the study details of papers published since 2006.

The first step of the CUP was to combine the evidence for all the cancers reviewed as part of the Second Expert Report into one huge central database. The advantage of the central database is that all the information is stored in the same way in one place. Breast cancer was the first site to be updated followed by prostate, colorectal and pancreatic cancer. Cancers of the endometrium, ovary, kidney and bladder will be added to the database as the next part of the rolling programme. In addition, important work has started in the area of breast cancer survivorship.

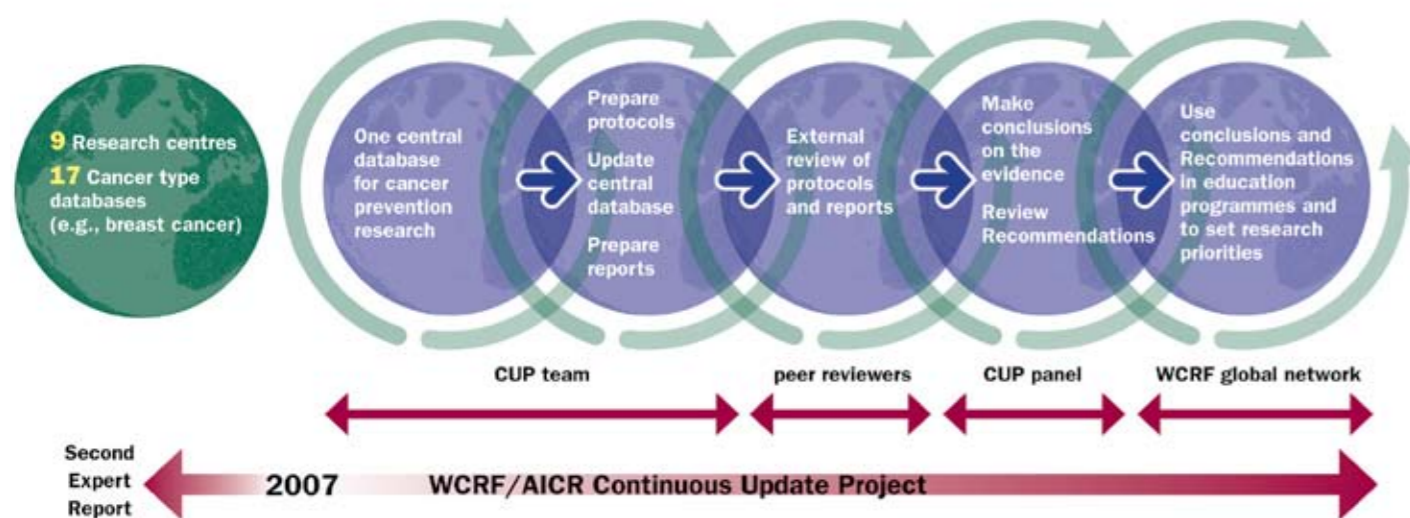
A panel of experts comprising leading scientists in the field of diet, physical activity, obesity and cancer review the CUP findings and make conclusions based on the body of scientific evidence. Their analysis and interpretation of the data will form the basis for reviewing, and where necessary revising, WCRF/AICR's Recommendations for Cancer Prevention based on the 2007 Second Expert Report.

The first CUP Annual Progress Report provides an overview of the project and can be downloaded at: www.wcrf.org

There is a special website dedicated to the WCRF global network's Expert Reports and the CUP which can be found at: www.dietandcancerreport.org



The Continuous Update Project - process



WCRF/AICR Expert and Policy Reports

The CUP builds on the foundation, first established by the WCRF global network in 1982, to analyse, interpret and make public the available scientific evidence to help individuals reduce their risk of developing cancer.

Our First Expert Report, *Food, Nutrition and the Prevention of Cancer: a Global Perspective* was published in 1997. This was a catalyst for change, creating great opportunities for advancement in the area of diet and cancer prevention. Its publication stimulated a surge in research in the field.

Since then, advances in technology have revolutionised the way that information is collected and analysed. As a result, work began on the Second Expert Report. Published in 2007, the WCRF/AICR Second Expert Report, *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective*, is the most current, comprehensive and systematic analysis of the literature on diet, physical activity and cancer, and is the largest study of its kind. It features personal Recommendations for people as well as goals for the population as a whole.

WCRF/AICR commissioned and funded the Report, but the content was driven by an independent panel of 21 world renowned scientists. A panel of experts worked for five years to assess the research and their conclusions and recommendations are firmly based on the scientific evidence.

Understanding how to achieve the recommendations of the Second Expert Report is important. The publication of the 2009 WCRF/AICR Policy Report, *Policy and Action for Cancer Prevention* provides evidence of how to do this. This is a companion publication to the Second Expert Report and provides advice and guidance on what

can be done to influence the lifestyle choices that people make in relation to their risk of cancer. Recommendations are made to nine groups of actors: multinational bodies, civil society organisations, government, industry, media, schools, workplaces and institutions, health and other professionals, and people (as members of families and communities).

As well as looking at what society can do to reduce the cancer burden, the Policy Report also provides new estimates for how much cancer could be prevented through changing patterns of food, nutrition, physical activity and obesity.

For more information on our Expert and Policy Reports and preventability estimates please visit: www.wcrf.org



WCRF/AICR Second Expert Report Recommendations for Cancer Prevention:

- **BODY FATNESS** – Be as lean as possible within the normal range of body weight.
 - **PHYSICAL ACTIVITY** – Be physically active as part of everyday life.
 - **FOODS AND DRINKS THAT PROMOTE WEIGHT GAIN** – Limit consumption of energy-dense foods. Avoid sugary drinks.
 - **PLANT FOODS** – Eat mostly foods of plant origin.
 - **ANIMAL FOODS** – Limit intake of red meat and avoid processed meat.
 - **ALCOHOLIC DRINKS** – Limit alcoholic drinks.
 - **PRESERVATION, PROCESSING, PREPARATION** – Limit consumption of salt. Avoid mouldy cereals (grains) or pulses (legumes).
 - **DIETARY SUPPLEMENTS** – Aim to meet nutritional needs through diet alone.
 - **BREASTFEEDING** – Mothers to breastfeed; children to be breastfed.
 - **CANCER SURVIVORS** – Follow the recommendations for cancer prevention.
- And, always remember...
Do not smoke or use tobacco in any form
- For more details please visit www.wcrf.org



WCRF International Science and Research



WCRF International provides leadership and strategic guidance to the WCRF global network, assisting member organisations in achieving their common mission to prevent and control cancer through healthy food, nutrition, physical activity, and weight management, and ensuring they develop efficient and effective research and education programmes.

WCRF International also works with leading research scientists, policy-makers and stakeholders around the world to raise awareness of cancer prevention and to provide people with the information they need to make informed health choices.

For more information please visit: www.wcrf.org



WCRF International Grant Programme

The WCRF International Regular Grant Programme comprises two main grant types:

- ◆ **Investigator Initiated Grants** are awarded to investigators from anywhere in the world except the Americas (North America including the USA and Canada, Central America and the Caribbean, and South America). Grants are for a maximum of £250,000 for up to four years, with a limit of £75,000 for any one year.
- ◆ **Regional Seed Grants** are awarded to principal investigators specifically from countries where WCRF International member charities operate (the UK, the Netherlands, France, Hong Kong, excluding the USA). These are intended as start-up funds for pilot research on innovative ideas relevant to WCRF International research priorities to allow them to develop to a stage where an application for an Investigator Initiated Grant would be appropriate. Seed Grants are limited to a maximum of £60,000 for up to two years.

Request for Application Programme (RFA)

The Request for Application (RFA) Programme is a newer stream of funding to the WCRF International Grant Programme. It is more directive in nature than the Regular Grant Programme and involves research topics that have been identified as being of particularly high priority.

The first RFA call launched in May 2009 focused on the development and evaluation of biomarkers relevant to the influence of food, nutrition (including body fatness) and physical activity on cancer.

The Asian RFA call in 2011 focuses on the relationship between body fatness and cancer risk in Asian populations compared with non-Asian populations.

For more information on the WCRF International Grant Programme please visit www.wcrf.org

