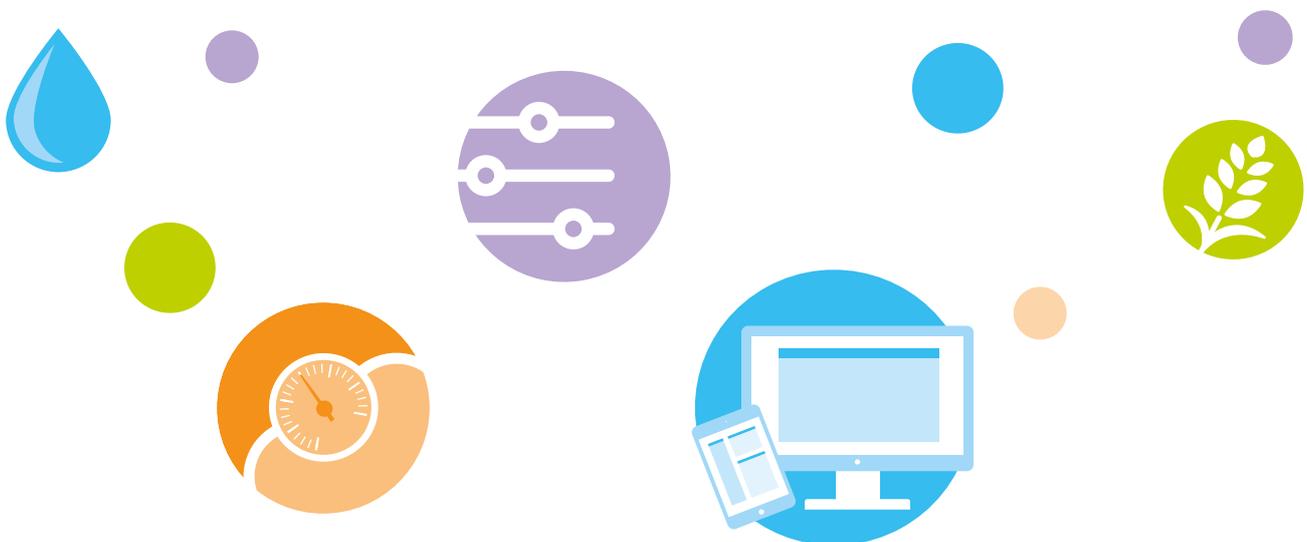




CONTINUOUS UPDATE PROJECT

Preventing cancer **NOW** and in the **FUTURE**



What is the Continuous Update Project?

The Continuous Update Project (CUP) is the World Cancer Research Fund network's ongoing programme to analyse global research on how diet, nutrition, physical activity and weight affect cancer risk and survival. It provides a unique real-time look at the evidence in cancer prevention and survival. Among international experts, it is a trusted, authoritative scientific resource which informs cancer prevention policies and guidelines across the world.

World Cancer Research Fund has used the CUP's reports to develop and keep up to date 10 recommendations on how people can reduce their cancer risk. Over 25 peer-reviewed papers in leading international journals have shown that following these recommendations lowers the risk of getting or dying from a number of cancers.

In the UK, it is estimated that about a third of the most common cancers could be prevented by following these recommendations. We run a highly popular cancer prevention training and information programme based on these recommendations which health professionals across the country use regularly in their work with the public.

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Through the Continuous Update Project's work on the links between **DIET, WEIGHT, INACTIVITY** and **CANCER**, World Cancer Research Fund sets the bar on professionalism for individuals and for organisations around the world. It's the hallmark of what World Cancer Research Fund brings to the global cancer community.

Cary Adams
Chief Executive Officer, Union for International Cancer Control

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How it works

- Building on our landmark First and Second Expert Reports (1997 and 2007) – which gave comprehensive analyses of the worldwide body of evidence available at those times – the CUP's independent panel of global experts carries out ongoing evaluations of the evidence in cancer prevention.
- This information is constantly added to a unique and growing database which is hosted and systematically reviewed by a team at Imperial College London. This database is invaluable to researchers wishing to study particular questions relating to food, drink, nutrition or physical activity and cancer.
- Regular CUP reports on individual cancers capture the Panel's conclusions based on systematic reviews of research from across the world.
- This ensures that everyone, from researchers to policymakers to the public, has access to the most up-to-date information on how to minimise the risk of developing cancer. It also identifies areas for future research into cancer prevention and survival.
- We are working with the University of Bristol on a methodology to understand the biological mechanisms that explain the links between lifestyle factors and cancer. This will ensure the CUP remains robust, relevant and timely into the future as new research increases our understanding of the cancer progress and leads to breakthroughs in both cancer prevention and the nutritional management of cancer.



Who uses the CUP and why?



Researchers

We give researchers access to all our reports through our website and to the CUP database on request, to help them in their work.



Health professionals

We run dedicated information and training programmes and conferences informed by the CUP for health professionals, as well as a membership programme to support health professionals in their work with the public.



Policymakers

Policymakers have access to the CUP database on request and to all our reports, to help in setting public health goals across the world.



Media

The media turn to us as an authoritative source of information and comment in an area that is notorious for unreliable information.



Other cancer organisations

Governments, government agencies and other charities in the UK and worldwide use the CUP's methods, research and information in their work.



People living with and beyond cancer

The effect of diet on outcome and wellbeing for cancer patients is a growing field. We provide the most authoritative, up-to-date and evidence-based information available on cancer prevention to cancer patients and people who have had cancer in the past, as well as to those who are worried about developing cancer.

The future

In 2017 the CUP's independent panel will carry out a major review of all our cancer prevention recommendations, based on a further 10 years of accumulated evidence and taking into account all cancer types. The review will be published as a new Expert Report at the end of 2017.

Newly published studies will continue to be added to the CUP evidence database and reviewed to ensure our recommendations are always up to date and based on the latest evidence.

The findings from the CUP will also help to identify priority areas for future cancer prevention and survivorship research.

How you can help

We are actively seeking partners to work with us on the future evolution of the CUP. If you are interested in becoming a partner, a supporter or would simply like to know more about the project, please do get in touch with us at ri@wcrf.org

The CUP is funded by the World Cancer Research Fund (WCRF) network. World Cancer Research Fund International is the world's leading authority on the links between diet, weight, physical activity and cancer. We lead and unify a network of cancer prevention charities based in Europe, the Americas and Asia, giving us a global voice to inform people about cancer prevention.

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