2017 DIET, NUTRITION, PHYSICAL ACTIVITY AND COLORECTAL CANCER

		DECREASES RISK	INCREASES RISK
STRONG EVIDENCE	Convincing	**Physical activity[1,2]**	**Processed meat[3]** **Alcoholic drinks[4]** **Body fatness[5]** **Adult attained height[6]**
	Probable	**Wholegrains** **Foods containing dietary fibre[7]** **Dairy products[8]** **Calcium supplements[9]**	**Red meat[10]**
LIMITED EVIDENCE	Limited – suggestive	Foods containing vitamin C[11] Fish Vitamin D[12] Multivitamin supplements[13]	Low intakes of non-starchy vegetables[14] Low intakes of fruits[14] Foods containing haem iron[15]
	Limited – no conclusion	Cereals (grains) and their products; potatoes; animal fat; poultry; shellfish and other seafood; fatty acid composition; cholesterol; dietary n-3 fatty acid from fish; legumes; garlic; non-dairy sources of calcium; foods containing added sugars; sugar (sucrose); coffee; tea; caffeine; carbohydrate; total fat; starch; glycaemic load; glycaemic index; folate; vitamin A; vitamin B6; vitamin E; selenium; low fat; methionine; beta-carotene; alpha-carotene; lycopene; retinol; energy intake; meal frequency; dietary pattern	
STRONG EVIDENCE	Substantial effect on risk unlikely		

1 Physical activity of all types: occupational, household, transport and recreational.

2 The Panel judges that the evidence for colon cancer is convincing. No conclusion was drawn for rectal cancer.

3 The term 'processed meat' refers to meats preserved by smoking, curing, or salting, or addition of chemical preservatives.

4 Based on evidence for alcohol intakes above approximately 30 grams per day (about two drinks a day).

5 Body fatness marked by body mass index (BMI), waist circumference or waist-hip ratio.

6 Adult attained height is unlikely to directly influence the risk of cancer. It is a marker for genetic, environmental, hormonal and nutritional growth factors affecting growth during the period from preconception to completion of linear growth.

7 Includes both foods naturally containing the constituent and foods that have the constituent added.

Dietary fibre is contained in plant foods.

8 Includes evidence from total dairy, milk, cheese and dietary calcium intakes.

9 The evidence is derived from supplements at a dose of 200 – 1,000 mg per day.

10 The term 'red meat' refers to beef, pork, lamb, and goat from domesticated animals.

11 The Panel judges that the evidence for colon cancer is limited. No conclusion was drawn for rectal cancer.

12 Includes evidence from foods containing vitamin D, serum vitamin D, and supplemental vitamin D.

13 Definitions and categorisation of multivitamin supplements are not standardised.

14 Increased risk observed at low intakes (below 100 grams per day).

15 Foods include red and processed meat, fish and poultry.

Summary of CUP 2016 cancer site dose-response meta-analyses – wholegrains

Analysis	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colon cancer	Per 90 g/day	0.82 (0.73–0.92)	0%	4	3,875
Rectal cancer	Per 90 g/day	0.82 (0.57–1.16)	84%	3	1,548

Summary of CUP 2016 meta-analysis and published pooled analysis wholegrains

Analysis	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
CUP Colorectal SLR 2016	Per 90 g/day	0.83 (0.78–0.89)	18%	6	8,320
Pooling Project [19]	Highest vs. lowest	0.92 (0.84–1.00)		13	8,081

Summary of CUP 2016 cancer site dose-response meta-analyses – foods containing dietary fibre

Analysis	Sex	Increment/ Contrast	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 10 g/day	0.89 (0.82–0.96)	25%	6	-
	W	Per 10 g/day	0.91 (0.87–0.96)	0%	11	-
Colon	M/W	Per 10 g/day	0.91 (0.84–1.00)	69%	21	12,601
Rectal	M/W	Per 10 g/day	0.93 (0.85–1.01)	31%	21	5,809

Summary of CUP 2016 meta-analysis and published pooled analyses – dietary fibre

Analysis	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
CUP Colorectal Cancer SLR 2016	Per 10 g/day	0.93 (0.87–1.00)	72%	21	16,562
Pooling Project [19]	Cereal fibre, highest vs. lowest	0.94 (0.86–1.03)		13	
	Vegetable fibre, highest vs. lowest	1.00 (0.93–1.08)			
	Fruit fibre, highest vs. lowest	0.96 (0.89–1.04)			
UK Dietary Cohort Consortium [25]	Dietary fibre (intake density assessed by food diaries), highest vs. lowest	0.66 (0.45–0.96)		7	579
	Dietary fibre (intake density assessed by FFQ), highest vs. lowest	0.88 (0.57–1.36)			

Summary of CUP 2016 cancer site dose-response meta-analysis – fruit and non-starchy vegetables

Analysis	Sex	Increment/ Contrast	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 100 g/ day	0.98 (0.96–0.99)	0%	4	-
	W	Per 100 g/ day	0.99 (0.97–1.01)	42%	7	-
Colon cancer	M/W	Per 100 g/ day	0.99 (0.97–1.00)	0%	12	>6,045
Rectal cancer	M/W	Per 100 g/ day	0.99 (0.97–1.01)	0%	10	>2,746

Non-linear dose-response estimates of non-starchy vegetable intake and colorectal cancer

g/day	RR (95% CI)
22	1.16 (1.11–1.21)
100	1.08 (1.06–1.10)
200	1.00
300	0.96 (0.95–0.97)
400	0.95 (0.95–0.96)
500	0.96 (0.96–0.96)

Summary of CUP 2016 cancer site dose-response meta-analyses – non-starchy vegetables

Analysis	Sex	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 100 g/ day	0.96 (0.93–0.99)	33%	5	-
	W	Per 100 g/ day	0.99 (0.96–1.01)	0%	7	-
Colon cancer	M/W	Per 100 g/ day	0.97 (0.95–0.99)	0%	12	> 6,308
Rectal cancer	M/W	Per 100 g/ day	0.99 (0.96–1.02)	0%	8	> 2,435

Non-linear dose-response estimates of fruit intake and colorectal cancer

g/day	RR (95% CI)
2	1.21 (1.15–1.26)
100	1.07 (1.05–1.09)
200	1.00
300	0.99 (0.98–0.99)
400	0.99 (0.98–0.99)
500	0.99 (0.98–1.00)

Summary of CUP 2016 cancer site dose-response meta-analyses – fruit

Analysis	Sex	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 100 g/ day	0.96 (0.93–0.99)	39%	6	-
	W	Per 100 g/ day	0.96 (0.91–1.01)	61%	6	-
Colon cancer	M/W	Per 100 g/ day	0.98 (0.96–1.01)	39%	12	>6,317
Rectal cancer	M/W	Per 100 g/ day	0.98 (0.93–1.03)	55%	9	>2,444

Summary of CUP 2016 highest vs. lowest meta-analysis and published pooled analysis – foods containing vitamin C

Study	Increment/ Contrast	RR (95% CI)	I^2	No. Studies	No. Cases
CUP colon cancer	Per 40 mg/day	0.94 (0.89–0.99)	50%	6	4,391
Pooling Project of Prospective Studies of Diet and Cancer [51] - colon cancer	Highest vs. lowest	1.06 (0.95–1.18)	-	14	5,454

Summary of CUP 2016 cancer site dose-response meta-analysis – red and processed meat

Analysis	Sex	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 100 g/ day	1.10 (1.02–1.18)	0%	4	-
	W	Per 100 g/ day	1.13 (1.00–1.29)	47%	8	-
Colon cancer	M/W	Per 100 g/ day	1.19 (1.10–1.30)	63%	10	10,010
Rectal cancer	M/W	Per 100 g/ day	1.17 (0.99–1.39)	48%	6	3,455

Summary of CUP 2016 cancer site dose-response meta-analyses – red meat

Analysis	Sex	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 100 g/ day	1.28 (0.49–3.34)	64%	2	-
	W	Per 100 g/ day	1.02 (0.78–1.33)	11%	4	-
Colon cancer	M/W	Per 100 g/ day	1.22 (1.06–1.39)	12%	11	4,081
Rectal cancer	M/W	Per 100 g/ day	1.13 (0.96–1.34)	0%	8	1,772

Summary of CUP 2016 meta-analysis and published pooled analyses – red meat

Analysis	Outcome	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
CUP Colorectal Cancer SLR 2016	Colorectal cancer	Per 100 g/ day	1.12 (1.00–1.25)	24%	8	6,662
Genetics and Epidemiology of Colorectal Cancer Consortium (GECCO) and Colon Cancer Family Registry (CCFR) [69]	Colorectal cancer	Per 1 serving/day	1.05 (0.94–1.18)	-	7 nested case-control studies	3,488
GECCO and CCFR [70]	Colorectal cancer	Highest vs. lowest	1.06 (0.90–1.24)*	-	5 nested case-control studies	2,564
UK Dietary Cohort Consortium [60]**	Colorectal cancer	Per 50 g/ day	1.01 (0.84–1.22)	-	7	579

* Relationship was not modified by NAT2 enzyme activity (based on polymorphism at rs1495741).
** The average intake of red meat was low, 38.2 g/day in men and 28.7 g/day in women controls and there were a high number of vegetarians in the cases.

Summary of CUP 2016 cancer site dose-response meta-analyses – processed meat

Analysis	Sex	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 50 g/day	1.11 (0.86–1.43)	34%	2	-
	W	Per 50 g/day	1.18 (0.99–1.41)	19%	5	-
Colon cancer	M/W	Per 50 g/day	1.23 (1.11–1.35)	26%	12	8,599
Rectal cancer	M/W	Per 50 g/day	1.08 (1.00–1.18)	0%	10	3,029

Summary of CUP 2016 and published pooled analyses – processed meat

Analysis	Comparison	RR (95% CI)	I^2/P-trend	No. Studies	No. Cases
CUP Colorectal Cancer SLR 2016	Per 50 g/day	1.16 (1.08–1.26)	20%	10	10,738
Genetics and Epidemiology of Colorectal Cancer Consortium (GECCO) and Colon Cancer Family Registry (CCFR) [69]	Per 1 serving/ day	1.48 (1.30–1.70)	-	7	3,488
UK Dietary Cohort Consortium [60]	Per 50g/day	0.88 (0.68–1.15)	0.36	7	579

Non-linear dose-response estimates of foods containing haem iron and colorectal cancer

Haem iron (mg/day)	RR (95% CI)
0	1.00
0.6	1.09 (1.05–1.13)
1.01	1.15 (1.09–1.21)
1.4	1.18 (1.11–1.25)
2.19	1.21 (1.12–1.30)

Summary of CUP 2016 cancer site dose-response meta-analyses – haem iron

Analysis	Sex	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 1 mg/day	1.02 (0.92–1.13)	0%	3	-
	W	Per 1 mg/day	1.04 (0.96–1.12)	0%	4	-
Colon cancer	M/W	Per 1 mg/day	1.07 (0.99–1.17)	37%	8	6,780
Rectal cancer	M/W	Per 1 mg/day	1.09 (0.98–1.21)	0%	6	2,293

Summary of CUP 2016 cancer site dose-response meta-analyses – fish

Analysis	Sex	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 100 g/ day	0.83 (0.71–0.98)	11%	6	-
	W	Per 100 g/ day	0.96 (0.82–1.12)	0%	7	-
Colon cancer	M/W	Per 100 g/ day	0.91 (0.80–1.03)	0%	11	10,512
Rectal cancer	M/W	Per 100 g/ day	0.84 (0.69–1.02)	15%	10	3,944

Summary of CUP 2016 meta-analysis and published pooled analysis – fish

Analysis	Increment/ Contrast	RR (95% CI)	I^2	No. Studies	No. Cases
CUP Colorectal Cancer SLR 2016	Per 100 g/day	0.89 (0.80–0.99)	0%	11	10,356
UK Dietary Cohort Consortium [60]	White fish per 50 g/day	0.92 (0.70–1.21)	-	7	579
	Oily fish per 50 g/day	0.89 (0.70–1.13)	-		

Non-linear dose-response estimates of dairy products and colorectal cancer

Dairy products (g/day)	RR (95% CI)
23.3	1.00
100	0.95 (0.94–0.96)
200	0.90 (0.88–0.92)
300	0.86 (0.84–0.88)
400	0.82 (0.80–0.85)
500	0.79 (0.77–0.82)

Summary of CUP 2016 cancer site dose-response meta-analyses – dairy products

Analysis	Sex	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 400 g/ day	0.84 (0.80–0.89)	0%	5	-
	W	Per 400 g/ day	0.86 (0.78–0.96)	56%	6	-
Colon cancer	M/W	Per 400 g/ day	0.87 (0.81–0.94)	24%	6	3,991
Rectal cancer	M/W	Per 400 g/ day	0.93 (0.82–1.06)	49%	5	2,152

Summary of CUP 2016 cancer site dose-response meta-analysis – milk

Analysis	Sex	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 200 g/ day	0.92 (0.87–0.98)	0%	3	-
	W	Per 200 g/ day	0.96 (0.89–1.03)	0%	4	-
Colon cancer	M/W	Per 200 g/ day	0.93 (0.91–0.96)	30%	9	8,149
Rectal cancer	M/W	Per 200 g/ day	0.94 (0.91–0.97)	0%	7	3,599

Summary of CUP 2016 meta-analysis and published pooled analysis – milk

Study	Increment/ Contrast	RR (95% CI)	I^2	No. Studies	No. Cases
CUP Colorectal Cancer SLR 2016	Per 200 g/day	0.94 (0.92–0.96)	0%	9	10,738
The Pooling Project [94]	Per 200 g/day	0.95 (0.92–0.97)		10	4,992
CUP additional analysis: meta-analysis of The Pooling Project studies [94] combined with non-overlapping studies from the CUP	Per 200 g/day	0.94 (0.93–96)	0%	18	13,373

Non-linear dose-response estimates of cheese and colorectal cancer

Cheese (g/day)	RR (95% CI)
0	1.00
10	1.02 (0.98–1.07)
20	1.04 (0.96–1.12)
30	1.04 (0.94–1.14)
40	1.02 (0.91–1.14)
50	0.99 (0.88–1.11)
60	0.96 (0.84–1.09)
70	0.92 (0.80–1.06)
80	0.89 (0.75–1.04)
90	0.86 (0.71–1.03)

Summary of CUP 2016 cancer site dose-response meta-analysis – cheese

Analysis	Sex	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 50 g/day	0.87 (0.72–1.06)	n/a	1	-
	W	Per 50 g/day	0.87 (0.61–1.23)	27%	2	-
Colon cancer	M/W	Per 50 g/day	0.91 (0.80–1.03)	19%	6	3,958
Rectal cancer	M/W	Per 50 g/day	0.95 (0.90–1.00)	0%	4	2,101

Summary of CUP 2016 meta-analysis and published pooled analysis – cheese

Study	Increment/ Contrast	RR (95% CI)	I^2	No. Studies	No. cases
CUP Colorectal SLR 2016	Per 50 g/day	0.94 (0.87–1.02)	10%	7	6,462
The Pooling Project [94]	≥ 25 vs. < 5 g/ day	1.10 (0.98–1.24)	n/a, p = 0.37	10	7,157

Summary of CUP 2010 cancer site dose-response meta-analyses – dietary calcium

Analysis	Sex	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 200 mg/day	0.93 (0.88–0.99)	52%	3	-
	W	Per 200 mg/day	0.93 (0.91–0.95)	0%	9	-
Colon cancer	M/W	Per 200 mg/day	0.93 (0.89–0.97)	10%	10	2,738
Rectal cancer	M/W	Per 200 mg/day	0.94 (0.86–1.02)	35%	8	1,173

Summary of CUP 2016 meta-analysis and published pooled analysis – dietary calcium

Study	Increment/ Contrast	RR (95% CI)	I^2	No. Studies	No. cases
CUP Colorectal SLR 2010	Per 200 mg/ day	0.94 (0.93–0.96)	0%	10	11,519
The Pooling Project [94]	Highest vs. Lowest	0.86 (0.78–0.95)	n/a, p = 0.02	10	4.992

Summary of CUP 2016 cancer site dose-response meta-analyses – plasma or serum vitamin D

Analysis	Sex	Increment/ Contrast	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 30 nmol/l	1.05 (0.88–1.26)	60%	3	-
	W	Per 30 nmol/l	0.83 (0.53–1.30)	84%	2	-
Colon cancer	M/W	Per 30 nmol/l	0.90 (0.81–1.01)	63%	9	2,037
Rectal cancer	M/W	Per 30 nmol/l	0.83 (0.69–1.00)	43%	7	1,579

Summary of RCT – multivitamin supplement

Study Name & Intervention	Supplementation	Outcome	RR (95% CI)	P-Value	No. Cases	
					Interven-tion	Control
Physicians Health Study [123]	Vitamin E (400 IU synthetic tocopherol), vitamin C (500 mg synthetic ascorbic acid) and beta-carotene (50 mg Lurotin)	Incidence	0.89 (0.68-1.17)	0.39	99	111

Non-linear dose-response estimates of alcohol (as ethanol) intake and colorectal cancer

Alcohol (g/day)	RR (95% CI)
0	1.00
10	1.02 (0.98–1.07)
20	1.07 (1.00–1.16)
30	1.15 (1.06–1.26)
40	1.25 (1.14–1.36)
50	1.41 (1.31–1.52)
60	1.60 (1.51–1.69)

Summary of CUP 2016 cancer site dose-response meta-analysis – alcohol as ethanol

Analysis	Sex	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 10 g/day	1.08 (1.06–1.09)	0%	14	-
	W	Per 10 g/day	1.04 (1.00–1.07)	44%	10	-
Colon cancer	M/W	Per 10 g/day	1.07 (1.05–1.09)	34%	14	12,051
	M	Per 10 g/day	1.08 (1.06–1.10)	37%	12	-
	W	Per 10 g/day	1.05 (1.02–1.09)	0%	10	-
Rectal cancer	M/W	Per 10 g/day	1.08 (1.07–1.10)	0%	11	7,763
	M	Per 10 g/day	1.09 (1.06–1.12)	25%	10	-
	W	Per 10 g/day	1.09 (1.04–1.15)	0%	8	-

Summary of CUP 2016 type of drink dose-response meta-analyses – alcohol as ethanol

Analysis	Sex	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Wine (colorectal or colon cancer)	M/W	Per 10 g/day	1.04 (1.01–1.08)	0%	6	-
Beer (colorectal cancer)	M/W	Per 10 g/day	1.08 (1.05–1.11)	0%	5	-
Spirits (colorectal cancer)	M/W	Per 10 g/day	1.08 (1.02–1.14)	0%	4	-

Summary of CUP 2016 meta-analysis and published pooled analyses – alcohol as ethanol

Study	Increment/ Contrast	RR (95% CI)	I^2	No. Studies	No. Cases
CUP Colorectal Cancer SLR 2016	Per 10 g/day	1.07 (1.05–1.08)	28%	16	15,896
UK Dietary Cohort Consortium [139]	≥ 45 vs. 0 g/ day, men	1.24 (0.69–2.22)		7	579
	≥45 vs. 0 g/ day, women	1.52 (0.56–4.10)			
Japanese Pooling Project 2008 [143]	Per 15 g/day, men	1.11 (1.09–1.14)		5	1,724
	Per 15 g/day, women	1.13 (1.06–1.20)			1,078

Summary of CUP 2016 meta-analyses – alcoholic drinks

Analysis	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	Per 1 drink/day	1.06 (1.00–1.11)	60%	8	36,942
Colon cancer	Per 1 drink/day	1.11 (0.90–1.36)	98%	8	5,207
Rectal cancer	Per 1 drink/day	1.08 (1.00–1.17)	62%	5	963

Summary of CUP 2016 cancer site highest versus lowest meta-analysis – physical activity

Analysis	Sex	Comparison	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M/W	Highest vs. lowest	0.81 (0.69–0.95)	48%	6	5,607
Rectal cancer	M/W	Highest vs. lowest	1.04 (0.92–1.18)	9%	9	2,326

Summary of CUP 2016 meta-analysis and published meta-analyses – recreational physical activity

Study	Cancer Site	Sex	Highest vs Lowest RR (95% CI)	I^2/ P-Value	No. Studies	No. Cases
CUP Colorectal Cancer SLR 2016	Colon cancer	M/W	0.84 (0.78–0.91)	33%	20	10,258
Boyle, 2012 [166]	Proximal colon cancer	M/W	0.73 (0.66–0.81)	31%, 0.06	12 cohort and 9 case-control studies	
	Distal colon cancer		0.74 (0.68–0.80)	0%, 0.47		
Yang, 2010 [165]	Colon cancer	M	0.74 (0.61–0.90)	0.14	28	
		W	0.99 (0.95–1.02)	0.41		
Harris, 2009 [164]	Colon cancer	M	0.80 (0.67–0.96)	54.1%, 0.01	15	7,873
		W	0.86 (0.76–0.98)	0%, 0.88		

Non-linear estimates of BMI and colorectal cancer

BMI (kg/m^2)	RR (95% CI)
18.75	0.98 (0.98–0.99)
20.29	1.00
23.75	1.05 (1.03–1.06)
25.25	1.08 (1.06–1.10)
27.50	1.15 (1.13–1.18)
31.20	1.34 (1.29–1.38)

Summary of CUP 2016 cancer site dose-response meta-analyses – BMI

Analysis	Sex	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 5 kg/m^2	1.08 (1.04–1.11)	83%	20	
	W	Per 5 kg/m^2	1.05 (1.02–1.08)	83%	24	
Colon cancer	M/W	Per 5 kg/m^2	1.07 (1.05–1.09)	72%	41	72,605
Proximal colon cancer	M/W	Per 5 kg/m^2	1.05 (1.03–1.08)	44%	20	8,437
Distal colon cancer	M/W	Per 5 kg/m^2	1.08 (1.04–1.11)	52%	20	14,985
Rectal cancer	M/W	Per 5 kg/m^2	1.02 (1.01–1.04)	59%	35	67,732

Summary of CUP 2016 cancer site dose-response meta-analysis – waist circumference

Analysis	Sex	Increment	RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 10 cm	1.02 (1.00–1.04)	47%	4	
	W	Per 10 cm	1.03 (1.02–1.04)	0%	5	
Colon cancer	M/W	Per 10 cm	1.04 (1.02–1.06)	63%	10	3,613
Rectal cancer	M/W	Per 10 cm	1.02 (1.00–1.03)	0%	6	1,579

Summary of CUP 2016 cancer site dose-response meta-analysis – adult attained height

Analysis	Sex		RR (95% CI)	I^2	No. Studies	No. Cases
Colorectal cancer	M	Per 5 cm	1.04 (1.03–1.05)	0%	8	
	W	Per 5 cm	1.06 (1.02–1.09)	92%	9	
Colon cancer	M/W	Per 5 cm	1.05 (1.04–1.07)	90%	14	85,589
Rectal cancer	M/W	Per 5 cm	1.03 (1.01–1.06)	60%	13	25,005

Summary of CUP 2016 meta-analysis and published pooled analysis – adult attained height

Analysis	Increment/ Contrast	RR (95% CI)	I^2	No. Studies	No. Cases
CUP Colorectal Cancer SLR 2016	Per 5 cm	1.05 (1.02–1.07)	90%	13	65,880
Emerging risk factors collaboration [220]	Per 6.5 cm	1.07 (1.03–1.11)	12%	121	4,855 deaths