



# Skin cancer

How do diet, nutrition and physical activity affect the risk of skin cancer?

## Why did we investigate this?

- The CUP analyses worldwide cancer prevention and survival research related to diet, nutrition and physical activity
- A key aim of the CUP is to make recommendations for cancer prevention based on the global evidence
- Skin cancer is one of 17 cancer sites investigated as part of the CUP



## What is known to increase risk of skin cancer?

- Exposure to radiation from the sun
- Taking immune-suppressing medicines
- Infection with HPV or HIV
- Occupational exposure to certain chemicals
- Genetics and family history
- Having lighter skin

## How did we investigate this?

Systematic review and analysis of the global evidence on diet, nutrition, physical activity and skin cancer by team of scientists at Imperial College London

Findings from 55 studies of 13 million adults and over 83,000 cases of skin cancer

Evidence reviewed by an independent expert panel

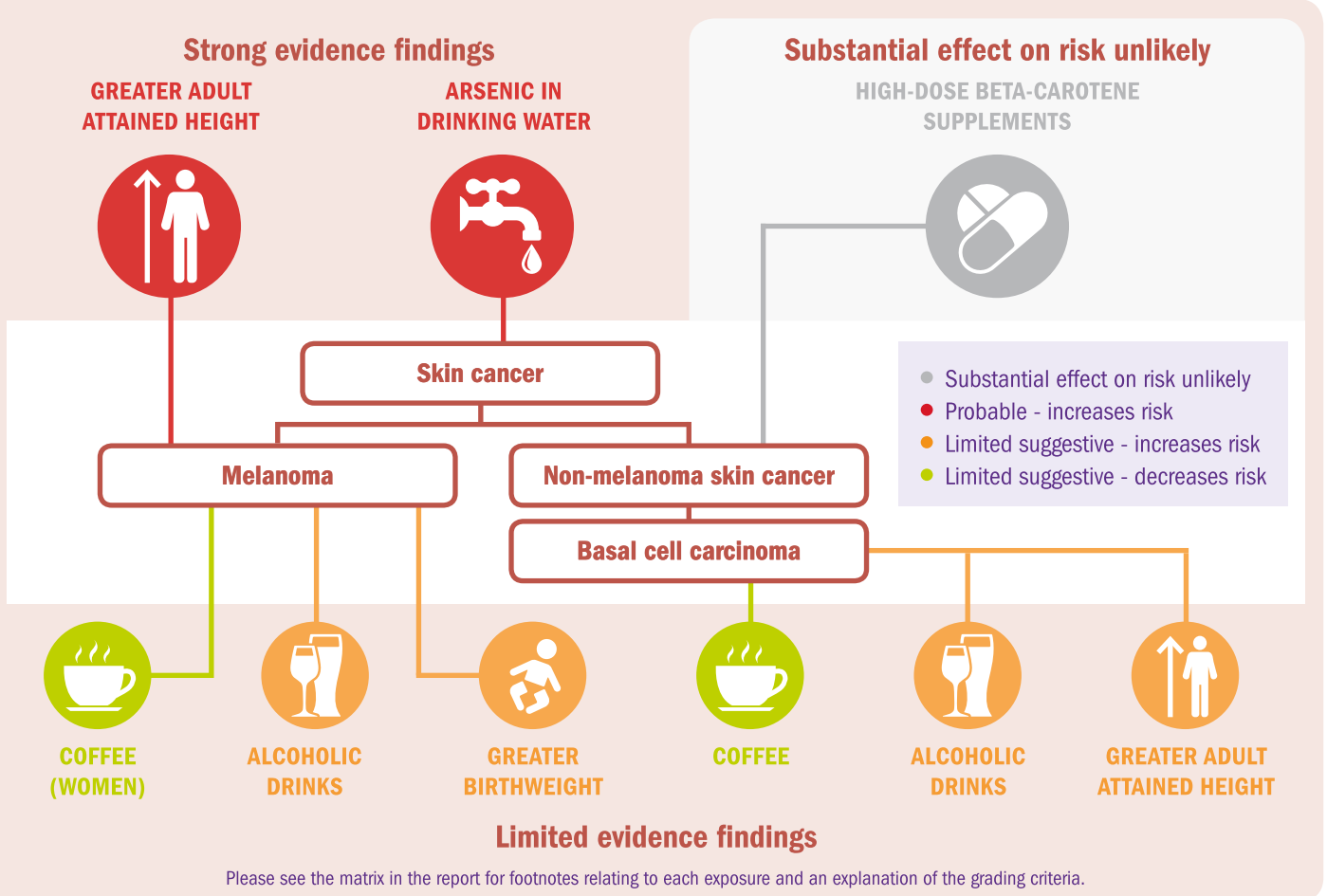
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Pre-determined criteria for judging the evidence

Judgements made on the strength of the evidence and biological plausibility

## What did we find?



**Abbreviations:** AICR, American Institute for Cancer Research; CUP, Continuous Update Project; HIV, human immunodeficiency virus; HPV, human papilloma virus; WCRF, World Cancer Research Fund.

Adjustment for sun exposure was taken into account by the CUP Panel as part of their interpretation and judgement of the evidence.