Developing evidence-based recommendations on dietary and lifestyle patterns for cancer prevention

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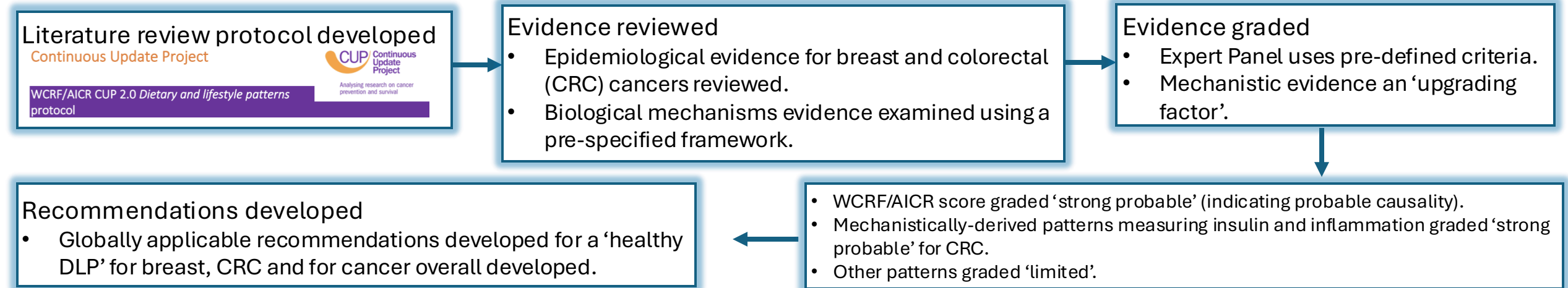
Background
- Previous Expert Reports by World Cancer Research Fund (WCRF) were unable to grade Dietary and Lifestyle Patterns (DLP) evidence.
- Our widely used 2018 recommendations are for cancer overall, and we aimed to develop cancer –specific recommendations.

For the first time, WCRF have produced evidence-based recommendations on dietary and lifestyle patterns (DLPs) and cancer prevention. *How have they done this?*

Literature review protocol developed

Continuous Update Project

CUP Continuous Update Project

Analysing research on cancer prevention and survival

WCRF/AICR CUP 2.0 *Dietary and lifestyle patterns* protocol

Evidence reviewed
- Epidemiological evidence for breast and colorectal (CRC) cancers reviewed.
- Biological mechanisms evidence examined using a pre-specified framework.

Evidence graded
- Expert Panel uses pre-defined criteria.
- Mechanistic evidence an 'upgrading factor'.

- WCRF/AICR score graded 'strong probable' (indicating probable causality).
- Mechanistically-derived patterns measuring insulin and inflammation graded 'strong probable' for CRC.
- Other patterns graded 'limited'.

Recommendations developed
- Globally applicable recommendations developed for a 'healthy DLP' for breast, CRC and for cancer overall developed.

Conclusions & Future outputs
- Our work supports and builds on the 2018 WCRF/AICR Cancer prevention recommendations and emphasises importance of considering whole diet/ lifestyle rather than focusing on individual foods/ behaviours.
- Effective communication is paramount for translating findings for public benefit. WCRF are developing a report outlining our work on DLPs and our recommendations for scientific, policy, civil society, and public audiences.
- Our report considers wider contextual factors including policy implications, global health inequalities and sustainability.