

POLICY FACTSHEET

Living with and beyond cancer

The World Cancer Research Fund's Cancer Prevention Recommendations advise people to follow these Recommendations after a diagnosis to support living well with and beyond cancer¹.

Alongside improving survival from many cancers, research on the effects of diet, nutrition and physical activity on long term health outcomes in cancer survivors is growing. To date, the World Cancer Research Fund's Expert Panel has reviewed the evidence for the effects of these lifestyle factors on survival and future risk of cancer in survivors of breast and colorectal cancers^{2,3}.

There are limitations and potential biases in the studies currently available in these groups, but the available evidence supports a recommendation for people to follow our Cancer Prevention Recommendations after a cancer diagnosis.



CANCER PREVENTION RECOMMENDATION:

After a cancer diagnosis: follow our Recommendations, if you can

- All cancer patients should receive nutritional care and guidance on physical activity from trained professionals
- Unless otherwise advised, and if you can, all cancer survivors are advised to follow the Cancer Prevention Recommendations as much as possible after the acute stage of treatment

For more details, see: wcrf.org/evidence-for-our-recommendations/after-diagnosis



There are 8 key policy areas to support healthy environments for preventing and living well with and beyond cancer, as outlined by our Policy Blueprint:



Marketing restrictions



Healthy urban and built environments



Fiscal and legal policies



Active and public transport



Healthy and safe schools



Effectively inform people



Procurement, planning and incentives in communities



Counselling in healthcare

An integrated strategy which together addresses the influence of diet, weight, breastfeeding, physical activity and alcohol consumption will have a greater impact on cancer risk and survivorship than individual factors alone. For more information, visit wcrf.org/blueprint-for-cancer-prevention

Strategies to support policies on preventing and living well with and beyond cancer

- Develop a national cancer plan that places appropriate focus on prevention, and which includes prehabilitation services after a cancer diagnosis.
- Develop policies that support changes in environments that enable those living with and beyond cancer, as well as the general population, to follow World Cancer Research Fund's Cancer Prevention Recommendations.
- Develop information resources for health professionals to support nutrition and physical activity counselling for those living with cancer.

References

1. Shams-White MM, Brockton NT, Mitrou P, Kahle LL, Reedy J. The 2018 World Cancer Research Fund/American Institute for Cancer Research (WCRF/AICR) Score and All-Cause, Cancer, and Cardiovascular Disease Mortality Risk: A Longitudinal Analysis in the NIH-AARP Diet and Health Study. *Curr Dev Nutr.* 2022;6(6):nzac096
2. World Cancer Research Fund International. Diet, nutrition, physical activity and body weight for people living with and beyond breast cancer. The latest evidence, our guidance for patients, carers and health professionals, and recommendations for future research. 2024. Available at: wcrf.org/research-policy/library/breast-cancer-survivors-report
3. World Cancer Research Fund International. Diet, nutrition, physical activity and body weight for people living with and beyond colorectal cancer. The latest evidence, our guidance for patients, carers and health professionals, and recommendations for future research. 2024. Available at: wcrf.org/research-policy/library/colorectal-cancer-survivors-report

Unlocking the co-benefits of cancer prevention policies

Our policy recommendations have co-benefits in relation to prevention of non-communicable diseases (NCDs), meeting sustainability targets, reversing health inequities, addressing commercial determinants of health and fulfilling human rights. World Cancer Research Fund International's Policy Blueprint for cancer prevention includes an assessment of co-benefits and potential trade-offs when policy goals do not align.

wcrf.org/blueprint-for-cancer-prevention

About us

World Cancer Research Fund International is a leading authority on the links between diet, nutrition, weight and physical activity and cancer. We are an international not-for-profit association that leads and unifies a network of cancer prevention charities, including the American Institute for Cancer Research, World Cancer Research Fund in the UK and Wereld Kanker Onderzoek Fonds in the Netherlands. World Cancer Research Fund International is in official relations with the World Health Organization.

Acknowledgements

For a full list of acknowledgements please scan the QR code.



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