

From evidence to practice: diet, nutrition and physical activity in cancer prevention

Work of the World Cancer Research Fund

3rd October 2026



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Outline

- Introduction to WCRF
- Global Cancer Update Programme
- Cancer Prevention Recommendations
- Resources for dietetic practice
- Q&A



Introduction to WCRF

Global Cancer Update Programme

Cancer Prevention Recommendations

Resources for dietetic practice

Q&A



About us

We are the cancer prevention experts

Our vision

is to live in a world where no one dies of a preventable cancer

Our mission

is to look at how diet, body weight and physical activity affect the risk of developing and surviving cancer, and share the evidence with the public, health professionals and policymakers

Preventing cancer. Saving lives



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CUP Global at a glance



Unifying research on nutrition, physical activity and cancer



CUP Global Panel 2025–2028



Risk factors investigated

Exposures

- Dietary patterns
- Foods
- Nutrients
- Food components, additives, contaminants
- Different measures of body size and adiposity
- Different domains of physical activity

Outcomes

- Tumour location
- Histological subtypes
- Tumour expression
- Grade
- Stage



WCRF grading criteria

Evidence Matrix		Decreases risk	Increases risk
Strong evidence	Convincing	Basis for Recommendations	
	Probable		
Limited evidence	Limited suggestive		
	Limited no conclusion		
Strong evidence	Substantial effect on risk unlikely		

Pre-determined criteria for grading the evidence:

- Number and types of studies
- Quality of exposure and outcome assessment
- Heterogeneity within and between study types
- Exclusion of chance, bias or confounding
- Biological gradient
- Evidence of mechanisms
- Size of effect

wcrf.org/dietandcancer/judging-evidence

Third Expert Report (2018)



wcrf.org/diet-activity-and-cancer



Introduction to WCRF

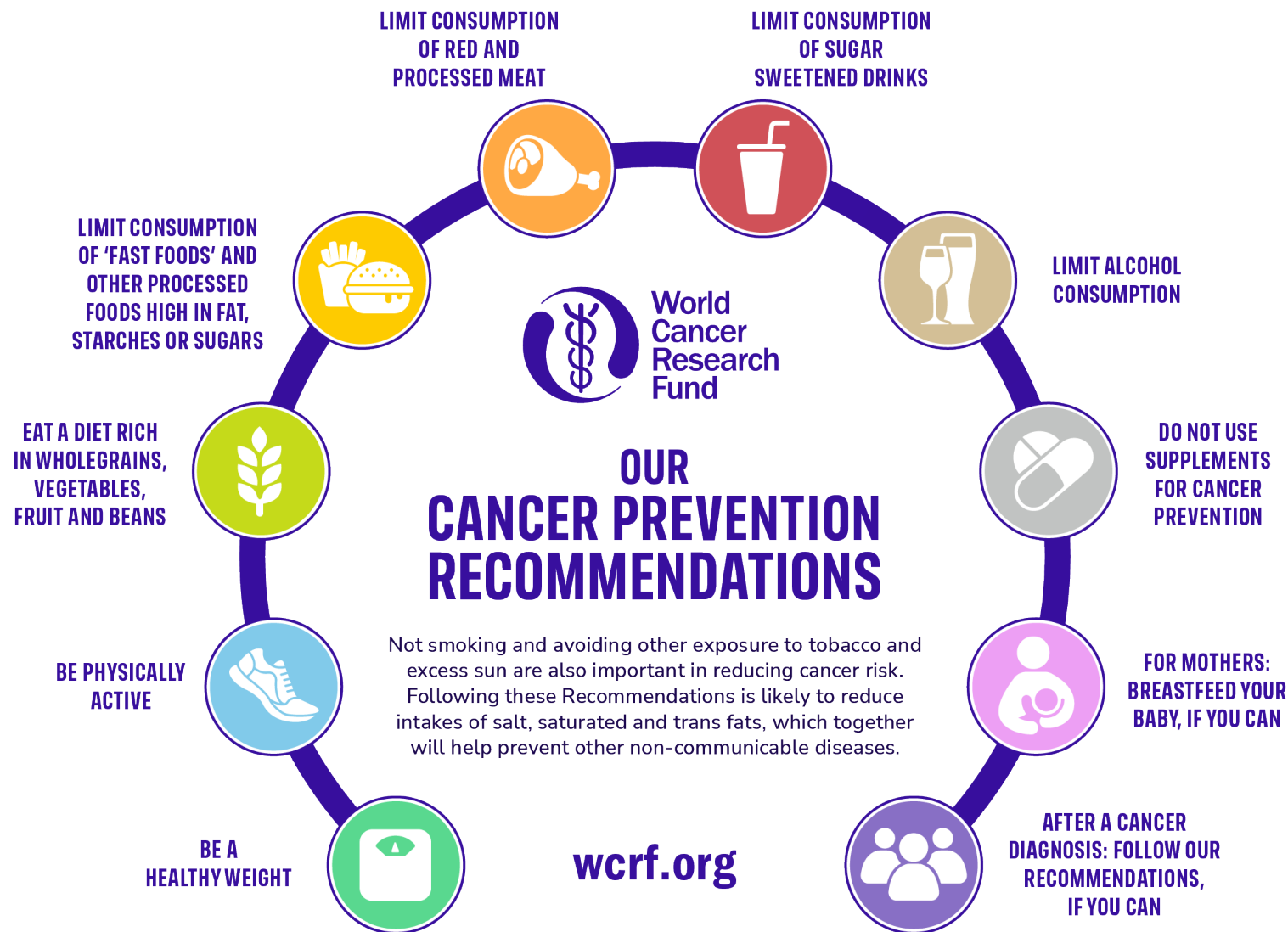
Global Cancer Update Programme

Cancer Prevention Recommendations

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An overarching package





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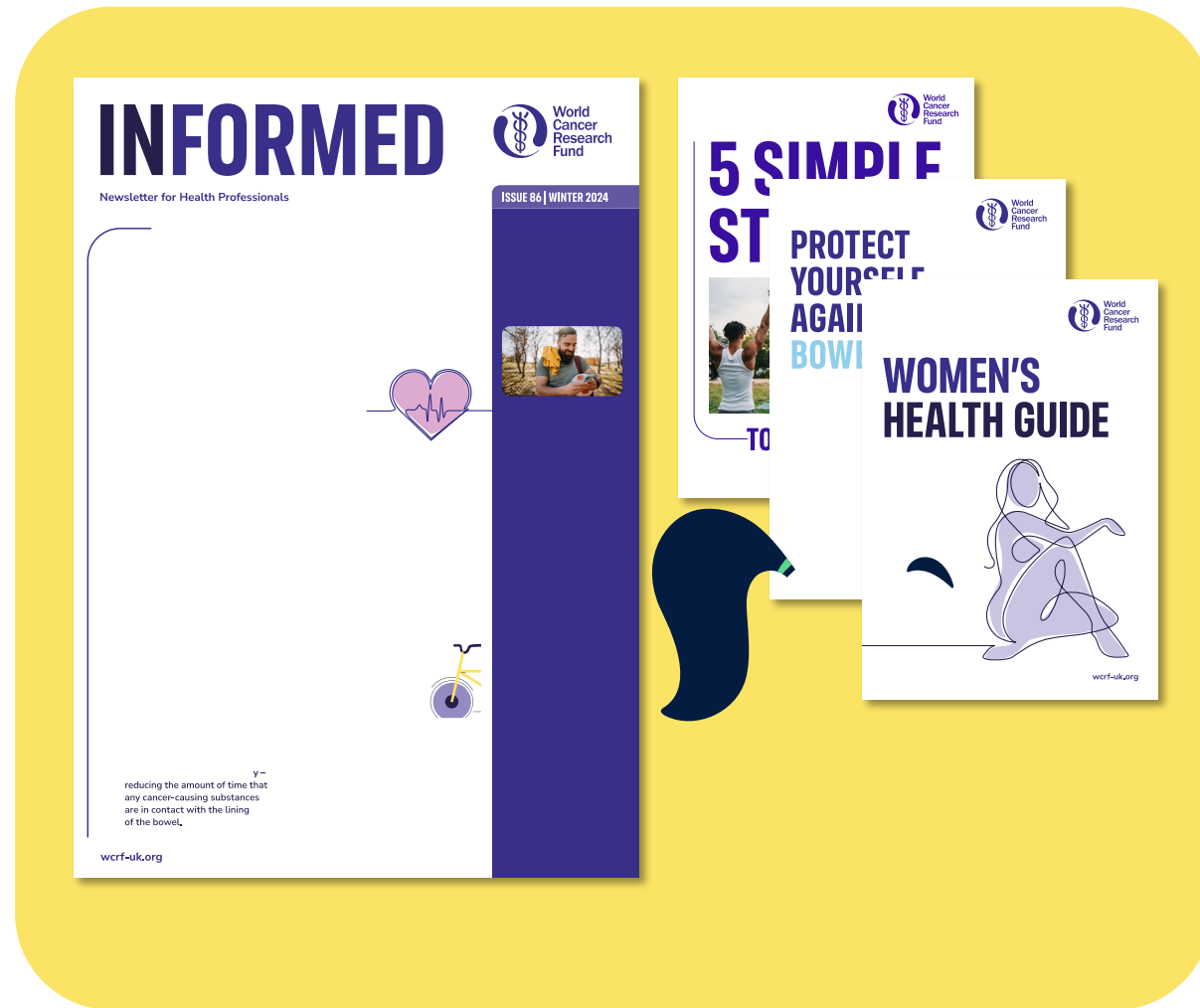
Free Cancer Prevention package (UK)

Includes

- Informed newsletter
- Monthly eNews
- Free bundle of publications
- Access to online training and webinars



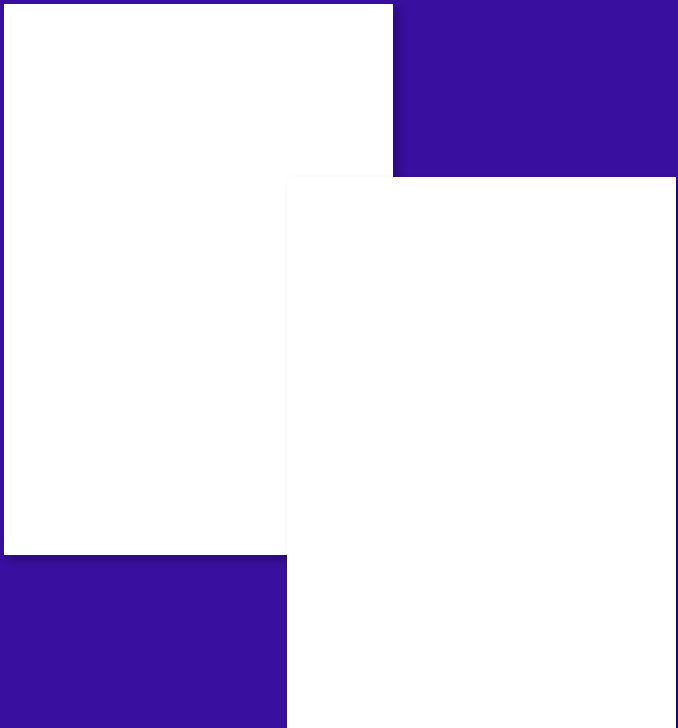
wcrf.org/package



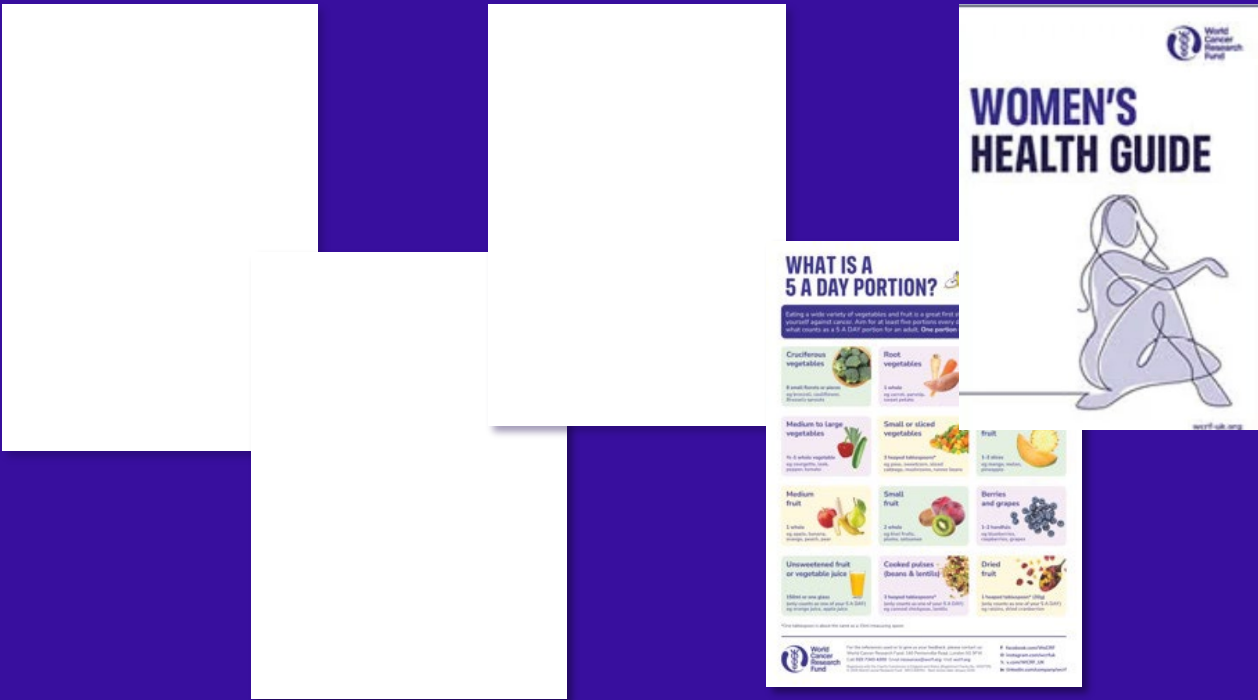


Resources

Factsheets



Recipe books, health guides and posters





Resources

**Support for
your patients**



**The Third Expert
Report summary**



**Support for
your learning**



Workshops



THURSDAY 15 OCTOBER 2026, 12.30-2PM
ONLINE: VIA ZOOM

What we cover:

- How diet, physical activity and weight affect cancer risk.
- The scientific evidence underpinning our Cancer Prevention Recommendations.
- Debunking common cancer myths.
- How to address the barriers health professionals face when talking to patients about cancer prevention.



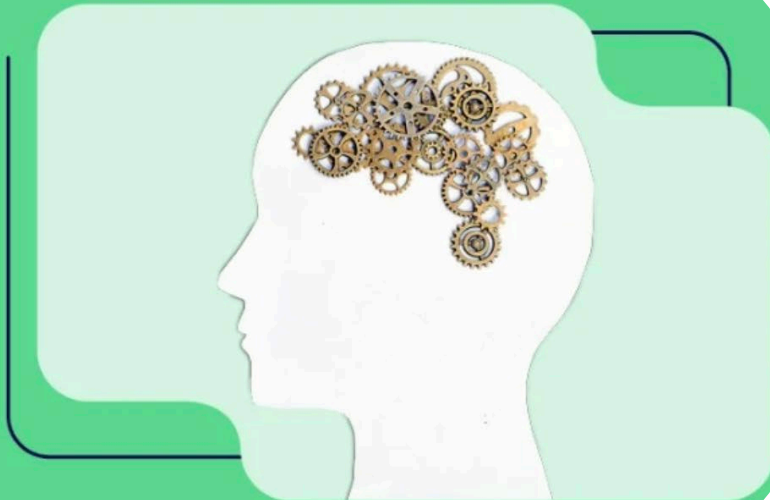
Upcoming webinars

NEW: Advice into action

FREE – Online – 12.30-1.30pm Thursday 11 Nov 2026

How do you have behaviour change conversations that are supportive, person-centred and realistic? Discover practical approaches to help patients make achievable, sustainable changes to their health.

[Find out more >](#)



Sign up here!



Recorded webinars



World Cancer Research Fund

FREE webinar for health professionals

Supplements versus food:

what the evidence says about cancer prevention



Wednesday 24 June 2026 12.30–1.30pm



CPD CERTIFIED
The CPD Certification Service



World Cancer Research Fund

FREE webinar for health professionals



Plant-forward eating for cancer prevention:

what the science shows and how to support patients in practice

Wednesday 25 February 2026 12.30–1.30pm



CPD CERTIFIED
The CPD Certification Service



World Cancer Research Fund

FREE webinar for health professionals

Beyond steps:

how movement and sedentary behaviour shape cancer risk

Wednesday 25 March 2026 12.30–1.30pm



CPD CERTIFIED
The CPD Certification Service

People living with cancer

CANCER AND NUTRITION HELPLINE

LET US HELP YOU FIND STRENGTH IN EVERY MEAL

wcrf.org/helpline Tues 12-2pm, Wed 6-8pm & Thurs 6-8pm

T: 0300 102 2523 E: helpline@wcrf.org

FREE from all mobile phones and landlines



Thank you

Health Information Team

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 [@WCRFUK](https://www.instagram.com/WCRFUK)  bsky.app/profile/wcrf.org

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Hi Laura

Apologies for the chasing email, but could I please ask that you send your slides to me as soon as possible?

I need to incorporate all presentations into the main deck ahead of the event to ensure everything runs smoothly on the day and to avoid any last-minute technical issues.

I would be very grateful if you could send your slides at your earliest convenience.

Many thanks for your help and cooperation.