

Bowel cancer (CRC) is the third most common cancer. Diet is a major modifiable risk factor for CRC, however it has proven difficult, using conventional epidemiology, to identify which specific factors in food have beneficial and adverse effects and to define dietary choices which may minimize risk.

This project will be part of the BFU-Study which is a 10 year follow-up of participants recruited to the Biomarkers of Risk of Colon Cancer (BORICC 1) Study. This will be an observational and longitudinal study.

It is hypothesised that i) biomarkers of CRC risk will be elevated in obese compared with normal weight participants and ii) lifestyle factors involved in the aetiology of obesity, notably dietary factors and physical activity, are associated with these biomarkers.