

# Diet and risk of cancer and other diseases in the UK Biobank

<b>Submission date</b> 06/10/2017	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 30/11/2017	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 17/06/2019	<b>Condition category</b> Cancer	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

While there are many ideas about the effects of diet on the risk of developing cancer and other diseases, understanding of the health effects of diet is far from complete. The aim of this study is to examine the effects of diet on the risk of developing cancer and other diseases, including but not limited to cardiovascular (heart) diseases, metabolic disorders, bone health, and gastrointestinal (digestive system) diseases.

### Who can participate?

Men and women who live within reasonable travelling distance (about 25 km) of one of the 22 assessment centres

### What does the study involve?

Participants attend a clinical visit during which lifestyle and physical measurements are taken. Their health data records are used to assess the links between various dietary factors (e.g. nutrients and food intakes or habitual diet groups) and incidence or mortality (death) from cancer or other diseases, with follow-up until December 2014 in the first instance, and with additional follow-up as this information is collected.

### What are the possible benefits and risks of participating?

There are no expected benefits or risks of participation except for the time required for the clinical visit (about 90 minutes).

### Where is the study run from?

University of Oxford (UK)

### When is the study starting and how long is it expected to run for?

September 2004 to December 2014

### Who is funding the study?

1. Medical Research Council (UK)
2. Wellcome Trust (UK)

Who is the main contact?  
Dr Kathryn Bradbury

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Kathryn Bradbury

**Contact details**  
Cancer Epidemiology Unit, Richard Doll Building  
University of Oxford, Old Road Campus  
Oxford  
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## Additional identifiers

**Protocol serial number**  
UK Biobank project number 3037

## Study information

**Scientific Title**  
Diet and risk of cancer and other diseases in the UK Biobank: a longitudinal cohort study

**Study objectives**  
To develop a research programme on diet in UK Biobank, to study the effects of diet on the risk of cancer and other diseases.

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**  
Permission for access to patient records for recruitment was approved by the Patient Information Advisory Group (subsequently replaced by the National Information Governance Board for Health and Social Care) in England and Wales, and the Community Health Index Advisory Group in Scotland, 17/06/2011, ref: 11/NW/0382

**Study design**  
Longitudinal cohort study

**Primary study design**  
Observational

**Study type(s)**  
Other

**Health condition(s) or problem(s) studied**

Cancer and other diseases or conditions, including but not limited to cardiovascular diseases, metabolic disorders, bone health, anaemia, gastrointestinal disease, and intermediate markers of health related to the above diseases, such as anthropometry, physical characteristics and biomarkers

**Interventions**

The trialists will be assessing the association between various dietary factors (e.g. nutrients and food intakes or habitual diet groups) and incidence or mortality from cancer or other diseases, including but not limited to cardiovascular diseases, metabolic disorders, bone health, and gastrointestinal diseases, and characterisation of intermediate markers, either as cross-sectional analyses or longitudinal analyses with follow-up until December 2014 in the first instance, and subsequently with additional follow-up as this information is accrued.

**Intervention Type**

Not Specified

**Primary outcome(s)**

Incidence or mortality from cancer, measured via record linkage to hospital records or death registries longitudinally for indefinite periods at whichever time point the event occurs

**Key secondary outcome(s)**

1. Incidence or mortality from other diseases, including but not limited to cardiovascular diseases, metabolic disorders, bone health, and gastrointestinal diseases, measured via record linkage to hospital records or death registries longitudinally for indefinite periods at whichever time point the event occurs
2. Intermediate markers: anthropometric measures (bio-impedance and DEXA scans), bone mineral density (heel bone ultrasound), blood pressure and pulse rate (blood pressure monitor), grip strength (dynamometer), and blood counts (various assays), measured at baseline

**Completion date**

31/12/2014

**Eligibility****Key inclusion criteria**

Men and women who lived within reasonable travelling distance (~25 km) of one of the 22 assessment centres

**Participant type(s)**

All

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Total final enrolment**

500000

**Key exclusion criteria**

No pre-specified exclusion criteria

**Date of first enrolment**

13/03/2006

**Date of final enrolment**

01/10/2010

## **Locations**

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

Cancer Epidemiology Unit, University of Oxford

United Kingdom

OX3 7LF

## **Sponsor information**

**Organisation**

Cancer Epidemiology Unit, University of Oxford

**ROR**

<https://ror.org/052gg0110>

## **Funder(s)**

**Funder type**

Research council

**Funder Name**

Medical Research Council

**Alternative Name(s)**

Medical Research Council (United Kingdom), UK Medical Research Council, MRC

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

United Kingdom

**Funder Name**

Wellcome Trust

**Alternative Name(s)**

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

International organizations

**Location**

United Kingdom

**Funder Name**

Girdlers New Zealand Health Research Council

## Results and Publications

**Individual participant data (IPD) sharing plan**

UK Biobank is an open access resource. Bona fide researchers can obtain further information or apply to use the UK Biobank dataset by registering and applying at <http://www.ukbiobank.ac.uk/register-apply/>.

**IPD sharing plan summary**

Available on request

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/06/2018		Yes	No
<a href="#">Results article</a>	results	01/08/2019	17/06/2019	Yes	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes

