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

Submission date 06/10/2017	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol
Registration date 30/11/2017	**Overall study status** Completed	[_] Statistical analysis plan [X] Results
Last Edited 17/06/2019	**Condition category** Cancer	[_] 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

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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

Primary study design
Observational

Study design
Longitudinal cohort study

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, Medical Research Committee and Advisory 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?
Results article	results	01/06/2018		Yes	No
Results article	results	01/08/2019	17/06/2019	Yes	No

Study website	Study website	11/11/2025	11/11/2025	No	Yes