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Colorectal Cancer Health Behaviours in the BC Generations Project: Primary Prevention, Early Detection, and Improved Survivorship

Colorectal cancer (CRC) is the third most frequent cause of cancer-related death in Canada. The evidence is clear that modifiable health behaviours, such as physical activity, maintaining a healthy weight, and undergoing regular screenings, are central to CRC prevention. Emerging evidence also highlights the importance of health behaviours in the prevention of cancer and recurrence and comorbidity development in CRC survivors. This research will use BCGP data to determine adherence to these prevention behaviours, identify important predictors of this adherence, and measure health behavior change after CRC diagnosis.