Project Summary

Participating Faculty

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Project Title: Diet and cancer in New York City minority populations

Summary (200 words maximum):
Colorectal cancer (CRC) is the second leading cause of cancer deaths in the United States (US). CRC disproportionately affects African Americans (AAs). A risk factor that has been implicated in CRC, and that is actionable, is diet. Specific dietary components, including fruits and vegetable, have been demonstrated to have preventative effects on the development of CRC. Multiple studies have demonstrated that high-calorie diet plays a causal role in CRC. As at 2015, there were about 46.3 million AAs, making up about 14.4% of the US population. In New York State (NYS) alone, we have 3,765,770 AAs, making up 19% of NYS population, and the largest population of AAs in the US. The vast majority of AAs in NYS live in New York City (NYC). Of the about 18 million residents of NYC, more than 2.4 million are AAs, amounting to close to 10% of the total AA population in the US. Poor dietary exposure disproportionately affects AAs. Consequently, this research project will investigate the hypothesis that dietary intervention is associated with reduced risk of CRC in African Americans in New York City. This project has implications for potential role of dietary interventions to prevent CRC, especially in urban minority populations.