

Abstract

This study aimed to investigate adherence to the 2018 World Cancer Research Fund/American Institute for Cancer Research (WCRF/AICR) Cancer Prevention Recommendations and the association with socio-economic status (SES) and other health-related factors. A cross-sectional household survey was conducted in Soweto, Johannesburg, South Africa, using a proportionate stratified systematic random sample of men and women aged 25-55 years (n 407). Anthropometric measurements were conducted, and data collected on SES, dietary intake, and other lifestyle factors, using a structured questionnaire. A standard scoring algorithm was used to assess adherence to recommendations. Adherence to the 2018 WCRF/AICR Cancer Prevention Recommendations was low. Multivariate linear regression showed that lower adherence was associated with the 20-29 year age-group versus the 30-39 ($\beta = 0.27$, 95% CI = 0.00, 0.54) and 50-55 ($\beta = 0.44$, 95% CI = 0.13, 0.76) year age groups, high school education ($\beta = -0.29$, 95% CI = -0.53, -0.05), current employment ($\beta = -0.36$, 95% CI = -0.66, -0.06), living in moderate-SES area versus low-SES area ($\beta = 0.42$, 95% CI = 0.08, 0.76), and, for males only, high food security versus moderate food security ($\beta = 0.52$, 95% CI = 0.08, 0.95). Higher adherence was associated with having been screened for cancer for both males ($\beta = 0.56$, 95% CI = 0.08, 1.04) and females ($\beta = 0.24$, 95% CI = 0.00, 0.48). Low adherence to the 2018 WCRF/AICR Cancer Prevention Recommendations was associated with younger age, higher SES, low risk perception, and poor cancer screening behaviour.