Application number/Title: 34894 - Understanding the role of diet and lifestyle on obesity, cardiovascular health, cancer, mental health and cognitive function

Applicant PI: Mr Michael Hart

Application Institution: Deakin University, Australia

Keywords provided by the Applicant PI to describe the research project:
cardiovascular-disease, cognition, diet, inequalities, lifestyle, obesity

Application Lay Summary:

This project aims to:
a. Investigate associations between dietary, physical activity, sleep and genetic profiles and obesity, cardiovascular and cardiometabolic outcomes, cancer, depression and cognitive function and their determinants;
b. To determine differences in these associations by deprivation and socioeconomic indicators;
c. Investigate associations between human mobility and transport patterns and obesity, cardiovascular and cardiometabolic outcomes, cancer, depression and cognitive function and their determinants. UK Biobank aims to improve the prevention, diagnosis and treatment of a wide range of serious and life-threatening illnesses, including heart diseases, stroke and diabetes. The proposed research will expand our knowledge of how diet and lifestyle behaviours influence risk of obesity, cardiovascular and cardiometabolic diseases, cancer and related conditions. Findings from this project will inform the design of future research and policy recommendations to help prevent and treat these major health burdens. This project will analyse existing data from the UK Biobank to investigate associations between diet and lifestyle behaviours and risk of obesity, cardiovascular and cardiometabolic outcomes, cancer and depression and cognitive function. Dietary patterns and meal patterns will be derived from intakes of nutrients and foods to characterise individuals.