



People power: the path to low carbon transport  
18 -19 March 2024  
Tākina Convention Centre  
Te Whanganui-a-Tara Wellington

## Associations between transport modes and site-specific cancers: A Systematic review

Transport choices may influence cancer risks through their effects on levels of physical activity, sedentary time, and environmental pollution. This review synthesizes existing evidence on the associations of specific transport modes with risks of site-specific cancers. Relevant literature was searched up to 17th February 2023 in PubMed, Embase, and Scopus, and 27 eligible studies (11 cohort, 15 case-control, and 1 case-cohort) were identified, which reported the associations with 10 site-specific cancers. In meta-analysis, 10 Metabolic Equivalent of Task hour increment in transport-related physical activity per week (~ 150 minutes of walking or 90 minutes of cycling) was associated with a 7% reduction in risk for endometrial cancer (95% CI: 0.89 – 0.98), 5% reduction for colorectal cancer (95% CI: 0.91 – 0.99) and 2% reduction for breast cancer (95% CI: 0.89 – 0.996). Cycling, compared to motorized modes, was associated with a lower risk of overall cancer incidence and mortality. Active transport appears to reduce cancer risk, but evidence for cancer sites other than colorectum, breast, and endometrium is currently limited.



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