



Absolute risk is the **likelihood** of developing a **disease** or **condition** in your lifetime. **Relative risk** is the **likelihood** of an event occurring in a group of individuals with a **different** behaviour, physiology, or environment.

Relative risks can be **worrying** and do not give us the full story. They need to be considered **with the absolute risk...**

A study found that for the **average person** the chances of developing **bowel cancer** at some point in their life was **5%** (or **5 out of 100 people**). This was the **absolute risk**. This chance **increased by 20%** for **meat eaters** (i.e., the **relative risk** was **20%**). However, the **absolute risk** of developing bowel cancer for meat eaters increased by **only 1%** (i.e., a **20%** increase on the **5%** absolute risk).

BUT

It is always a **good idea** to **reduce** any risks!

So, the **absolute risk** of developing bowel cancer at some point in your lifetime if you were a **meat eater** was **6%**, or **6 out of 100 people**.