ASSOCIATION BETWEEN DIETARY INTAKES AND CARDIOVASCULAR RISK OF CANADIANS USING THE CANADIAN HEALTH MEASURES SURVEY CYCLES 1+2

OBJECTIVE:
Metabolic syndrome (MetS) is a clustering of risk factors – high blood pressure, high blood sugar, abnormal triglyceride levels or cholesterol, abdominal obesity – that increase a person’s risk of heart disease, stroke and type 2 diabetes.

The present study was designed to investigate how dietary patterns of Canadians are associated with MetS, Cardiovascular Disease (CVD), and type 2 diabetes (T2D), using data from the Canadian Health Measures Survey Cycles 1 and 2 combined (2007-2011).

KEY OUTCOMES:
The study revealed that among Canadians aged 12-79 years old:

• Prevalence of MetS was 17%, with adolescents having the lowest prevalence (3.5%). Abdominal obesity was the most prevalent (32.5%) characteristic associated with MetS.
• People with MetS consumed significantly more diet soft drinks, but less dairy products, dietary fat and sugar-sweetened beverages compared to people without MetS.
• Diets with high intake of fruits, vegetables, dairy and cereals may protect against the risk of developing MetS, CVD and T2D.

SCIENTIFIC PUBLICATIONS
Current evidence on the association of the metabolic syndrome and dietary patterns in a global perspective. 2016. ncbi.nlm.nih.gov/pubmed/27955720

Canadians’ dietary intake from 2007 to 2011 and across different sociodemographic/lifestyle factors using the Canadian Health Measures Survey Cycles 1 and 2. 2019. hindawi.com/journals/jnme/2019/2831969

Type 2 diabetes prevalence among Canadian adults - dietary habits and sociodemographic risk factors. 2019. ncbi.nlm.nih.gov/pubmed/31386561

BENEFITS TO THE DAIRY INDUSTRY

• Provides Canadian data that diets containing dairy products can reduce the risk of Metabolic Syndrome, Cardiovascular Disease and type 2 diabetes.
• Provides new knowledge related to diet and important health conditions.