PROJECT 2013-2018

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

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Number of students trained (MSc, PhD, Post-Doc):	**2**
TOTAL BUDGET	**$99,430**

INVESTMENT PARTNERS

Agriculture and Agri-Food Canada

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.

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.

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