

论文

南京市居民膳食模式与2型糖尿病关系随访研究

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摘要:

目的 了解江苏省南京市居民的膳食模式并探索不同膳食模式与2型糖尿病(T2D)发病风险关系。**方法** 采用多阶段分层整群随机抽样方法于2007年6—9月抽取南京市2个城区7个社区≥30周岁且无T2D及肿瘤病史的常住居民开展基线调查,3年后对该人群进行随访调查,采用专门设计的食物频数量表(FFQ)进行膳食调查,运用因子分析的方法建立膳食模式,采用Cox回归模型分析不同膳食模式与T2D发病风险的关联。**结果** 基线实际有效调查3 197人,3年后共随访到2 303人;3年内新发生T2D 205例,累计发病率为8.9%;因子分析得到5种膳食模式,经多因素Cox回归分析发现,传统健康模式与T2D发病呈负相关,与T1相比,T2、T3人群发生T2D的风险分别降低了28.6%($HR=0.714$, $95\%CI=0.514\sim0.993$)和38.3%($HR=0.617$, $95\%CI=0.429\sim0.848$);甜品模式与T2D发病风险呈正相关,T3人群发生T2D的风险比T1人群增加了47.0%($HR=1.470$, $95\%CI=1.043\sim2.072$)。**结论** 健康膳食模式能降低T2D的发病风险,甜品模式能增加T2D的发病风险,养成健康饮食的习惯对预防T2D的发生有重要意义。

关键词: 2型糖尿病(T2D) 膳食模式 因子分析 随访研究

Association of dietary pattern with type 2 diabetes in residents of Nanjing city: a 3-year community-based follow-up study

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Abstract:

Objective To examine the association of dietary pattern with the incidence of type 2 diabetes (T2D) in residents of Nanjing city. **Methods** With multi-stage cluster randomized sampling method, local residents aged over 30 years, free of diabetes and cancer in 7 communities of 2 urban districts were selected for the study. Dietary intake was measured using food frequency questionnaire (FFQ). FFQ-based dietary patterns were identified by factor analysis. The association between dietary pattern and incidence of T2D was investigated using Cox proportional hazard regression models. **Results** Of 3 197 eligible subjects at the baseline, 2 033 completed the 3-year follow-up survey. There were 205 newly diagnosed T2D cases in the 3-year follow-up period with a cumulative incidence of 8.9%. Five dietary patterns (condiments, protein, healthy, sweet food and drinking pattern) were identified through factor analysis. After adjustment for age, sex, physical activity, smoking status, educational level, and body mass index, compared with participants in the lower tertile of the healthy pattern score (T1), the hazard ratios (HR) were 0.714 (95% confidence interval [95% CI]: 0.514-0.993) and 0.617 (95% CI : 0.429-0.848) for people with the middle and upper tertile, respectively. Contrastingly, people in the high tertile of sweet food pattern was at a significantly increased risk of developing T2D ($HR=1.470$, 95% CI : 1.043-2.072) compared to those in the low tertile. **Conclusion** Healthy dietary pattern might reduce, but sweet food pattern might elevate the risk of developing T2D.

Keywords: type 2 diabetes dietary pattern factor analysis follow-up study

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