

Title	Having hobbies and the risk of cardiovascular disease incidence: A Japan public health center-based study
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Osaka University

## 論文内容の要旨

## Synopsis of Thesis

氏名 Name	王小文 (WANG XIAOWEN)
論文題名 Title	Having hobbies and the risk of cardiovascular disease incidence: A Japan public health center-based study (趣味と循環器疾患発症リスクとの関連：多目的コホート研究 (JPHC研究))
論文内容の要旨	
<p>〔目的(Purpose)〕 The role of hobbies as a protective factor against cardiovascular diseases (CVD) has gained increasing attention; however, no large-scale studies were performed to confirm this. We aimed to examine the association between having hobbies and the risk of total CVD, coronary heart disease (CHD), and stroke in a large Japanese cohort.</p> <p>〔方法ならびに成績(Methods/Results)〕 A total of 56,381 adults aged 40–69 years were divided into the non-hobby, having a hobby, and having many hobbies groups. We performed Cox proportional hazard models to estimate the hazard ratio (HRs) for incident CVD, CHD, and stroke after adjusting for potential confounding factors. We identified 3685 incident CVDs (940 CHDs and 2839 strokes) during a median follow-up of 16.3 years. After multivariable adjustment, compared to the non-hobby group, participants having a hobby and many hobbies had a 10% (HR = 0.90 [0.83, 0.97]) and 20% (HR = 0.80 [0.69, 0.93]) lower risk of CVD incidence, respectively. The risk of CHD was lower in those with many hobbies, but the association between having many hobbies and CHD risk was not statistically significant. We also found a similar inverse association for stroke. Compared to the non-hobby group, participants having a hobby and many hobbies had a 13% (HR = 0.87 [0.80, 0.96]) and 20% (HR = 0.80 [0.68, 0.94]) lower risk of stroke.</p> <p>〔総括(Conclusion)〕 Having hobbies was associated with a lower risk of CVD. Engagement in hobbies may emerge as an important target for healthy lifestyle promotion for the primary prevention of CVD.</p>	

## 論文審査の結果の要旨及び担当者

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論文審査の結果の要旨			
<p>In this large prospective cohort study, we observed that having hobbies was associated with a lower risk of CVD, especially stroke. We identified 3685 incident CVDs (940 CHDs and 2839 strokes) during a median follow-up of 16.3 years. After multivariable adjustment, compared to the non-hobby group, participants having a hobby and many hobbies had a 10% (HR = 0.90 [0.83, 0.97]) and 20% (HR = 0.80 [0.69, 0.93]) lower risk of CVD incidence, respectively. The risk of CHD was lower in those with many hobbies, but the association between having many hobbies and CHD risk was not statistically significant. We also found a similar inverse association for stroke. Compared to the non-hobby group, participants having a hobby and many hobbies had a 13% (HR = 0.87 [0.80, 0.96]) and 20% (HR = 0.80 [0.68, 0.94]) lower risk of stroke. In addition, sex, age, mental stress levels, and sports frequency did not modify the associations between hobbies and CVD incidence. This finding suggested that engagement in hobbies might emerge as an important target for healthy lifestyle promotion for the primary prevention of CVD. This research is worth being granted a doctoral degree (medicine).</p>			