



Title	Associations between dairy intake and mortality due to all-cause and cardiovascular disease: the Japan Public Health Center-based prospective study
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論文内容の要旨

Synopsis of Thesis

氏 名 Name	戈 三玉
論文題名 Title	Associations between dairy intake and mortality due to all-cause and cardiovascular disease: the Japan Public Health Center-based prospective study (乳製品摂取と全死因および心血管疾患による死亡率との関連：多目的コホート研究 (JPHC))
論文内容の要旨 〔目 的(Purpose)〕 Some studies have investigated the relation between dairy products and mortality, but with inconsistent results. This study aims to investigate the link between the intake of dairy products and the risk of mortality due to all causes, cancer, and cardiovascular diseases (CVD) in Japan. 〔方法ならびに成績(Methods/Results)〕 Methods We analyzed data from the Japan Public Health Center-based Prospective (JPHC) study, including 43,117 males and 50,193 females without history of cancer or CVD. Intake of dairy products was assessed using the food frequency questionnaire (FFQ) and adjusted for total energy by using the residual method. We used multivariate Cox proportional hazard models to calculate hazard ratios (HRs) and 95% confidence intervals (95% CIs) for mortality risk in males and females. Results A total of 93,310 participants with 1,799,379 person-years (average 19.3 years) were followed up in the JPHC study. There were 14,211 males and 9,547 females who died due to all causes; 5,364 males and 3,076 females died due to cancer; 3,379 males and 2,582 females died due to CVD. Men who consumed more dairy products drank less alcohol, smoked less, and consumed more fruits and vegetables. Women who consumed more dairy products presented a higher incidence of diabetes and menopause. Both men and women who consumed the most dairy products had the highest fat intake but the lowest total energy intake. Regarding specific dairy intake, total dairy consumption was positively associated with milk and fermented milk consumption in both sexes. For males, total dairy consumption was nonlinearly and significantly associated with lower risk of mortality from all causes [the third quartile, HR = 0.87 (0.83, 0.91), the fourth quartile, HR = 0.89 (0.85, 0.94), P for nonlinearity < 0.001] and CVD [the third quartile, HR = 0.77 (0.70, 0.85), the fourth quartile, HR = 0.78 (0.70, 0.86), P for nonlinearity < 0.001]. However, the associations were not significant for risk of all-cause and cause-specific mortality in women. Milk and fermented milk intake were inversely associated with all-cause and CVD-related mortality in males. Cheese consumption was inversely associated with CVD-related mortality among males. There was no association between total dairy intake and mortality risk among females. 〔総 括(Conclusion)〕 For Japanese people, consumption of dairy products was associated with a decreased risk of mortality from all-cause and cardiovascular diseases among males.	

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

乳製品には、たんぱく質、脂肪、ミネラル、ビタミンなどが豊富に含まれています。しかし、欧米で行われた前向きコホート研究において、乳製品と死亡リスクとの関連については、結果が一貫していません。本研究は、日本の12保健所管内在住の45～74歳の住民80,272人を対象として、1995年から2018年まで追跡した調査結果にもとづいて、乳製品と死亡リスクとの関連を調べた。2018年までの追跡期間中（平均19.3年）に、男性14,211人、女性9,547人が死亡しました。本研究では、男性において、乳製品の摂取量が多いグループでは、全死亡率と循環器疾患の死亡リスクが低いことが示されました。日本人の乳製品摂取量は欧米人よりも少ない傾向があります。このことは欧米の先行研究とは異なり、日本人において乳製品の摂取と死亡リスクには違いがある可能性を示唆しています。以上より、本論文は学位に値するものと認めます。