



Deconstructing Diet

Investigating the link between diet and body weight in ageing

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Overweight and obesity are major public health concerns



- Health aspects of obesity change with age

Measuring diet



- Macronutrients
- Dietary pattern analysis
- Why not both?

Why not both?

- Commonwealth Scientific and Industrial Research Organisation Food Frequency Questionnaire (FFQ)
 - Food types
 - Consumption frequency
 - Serving sizes
 - Cooking methods
 - General eating habits



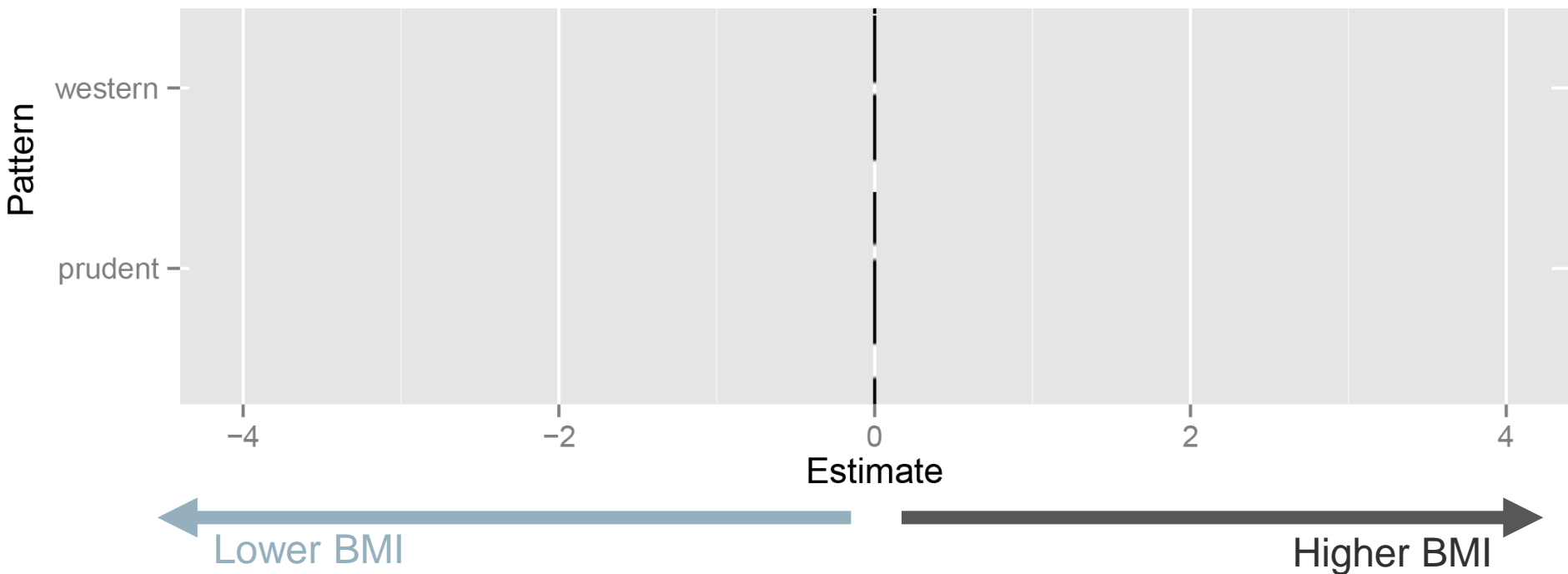
Lassale C, Guilbert C, Keogh J, et al. Estimating food intakes in Australia: validation of the Commonwealth Scientific and Industrial Research Organisation (CSIRO) food frequency questionnaire against weighed dietary intakes. *Journal of human nutrition and dietetics* 2009;22:559-66.

So, we did both

- PATH: 4250 community-living adults aged 20-60 years.
- BMI (weight (kg)/height(M)²) over 12 years
- Food Frequency questionnaire at baseline
- Analyses controlled for years of education, smoking status, alcohol intake, depression, hypertension, and physical activity

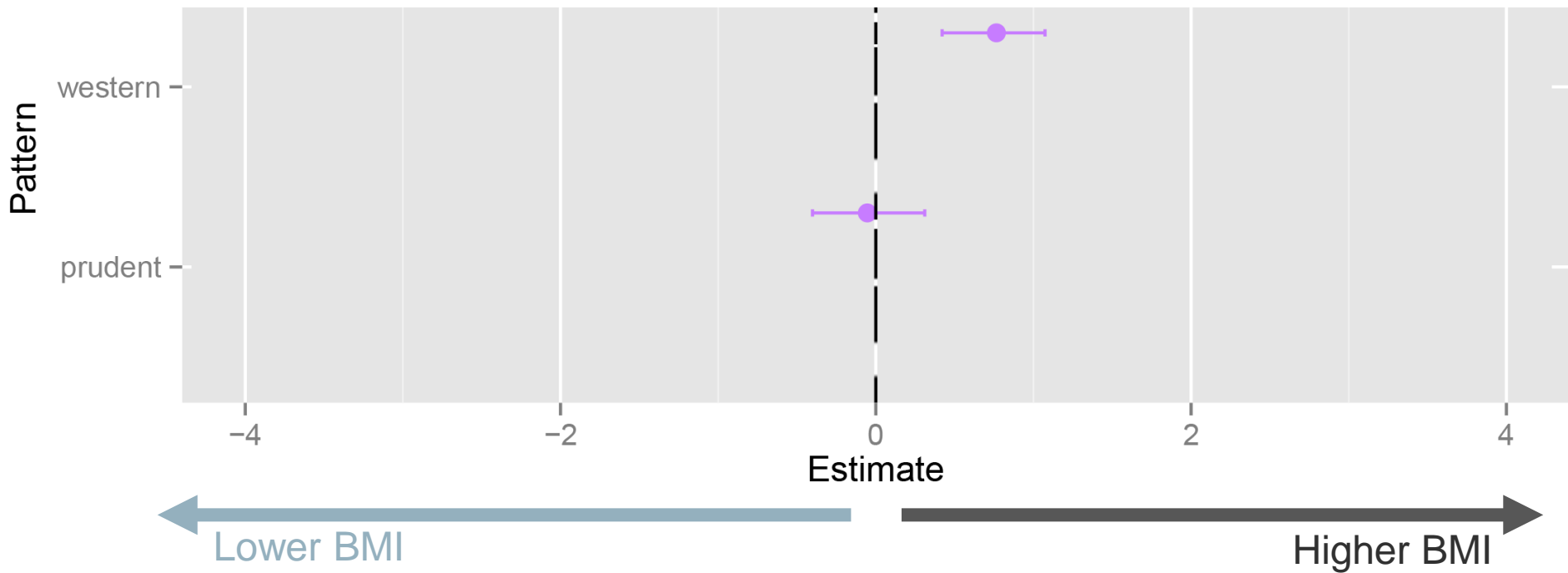


Here's what we found

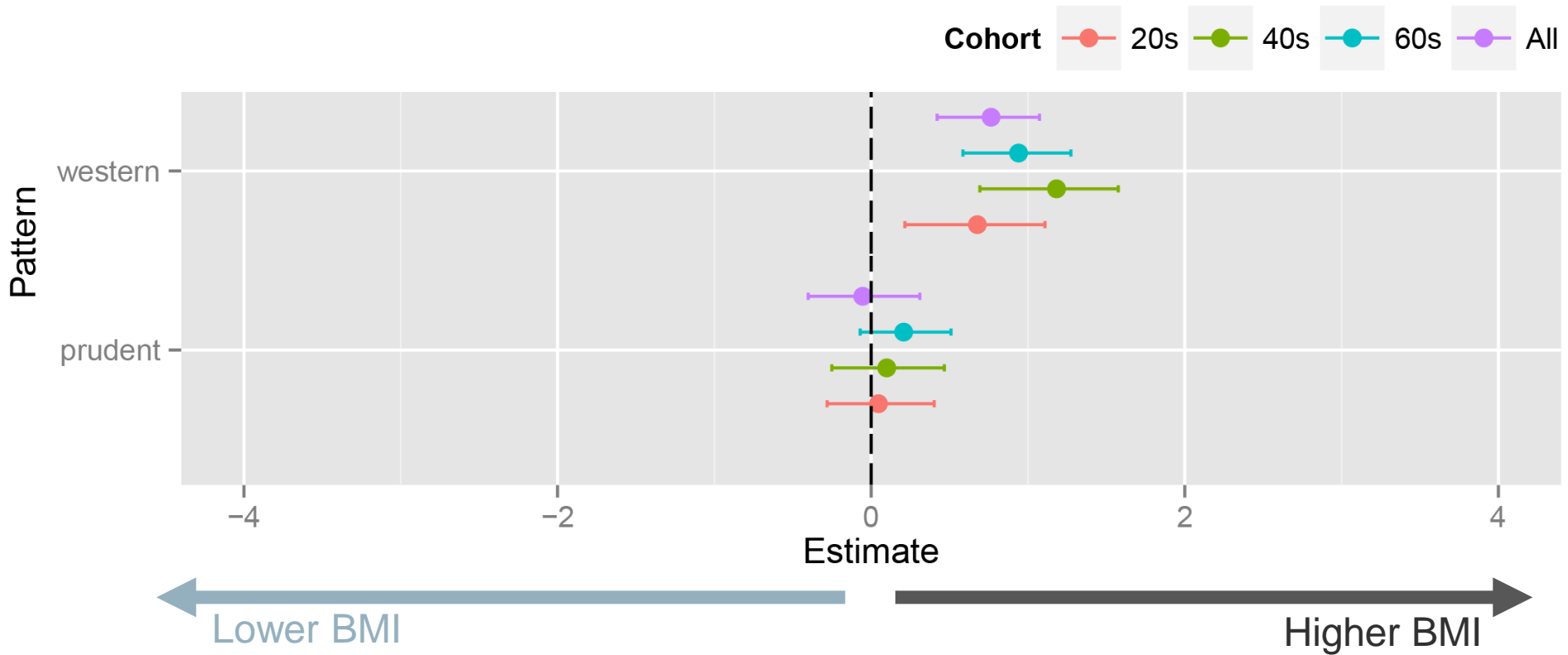


Jacka FN, Cherbuin N, Anstey KJ, et al. Dietary patterns and depressive symptoms over time: examining the relationships with socioeconomic position, health behaviours and cardiovascular risk. *PloS one* 2014;9:e87657.

Here's what we found

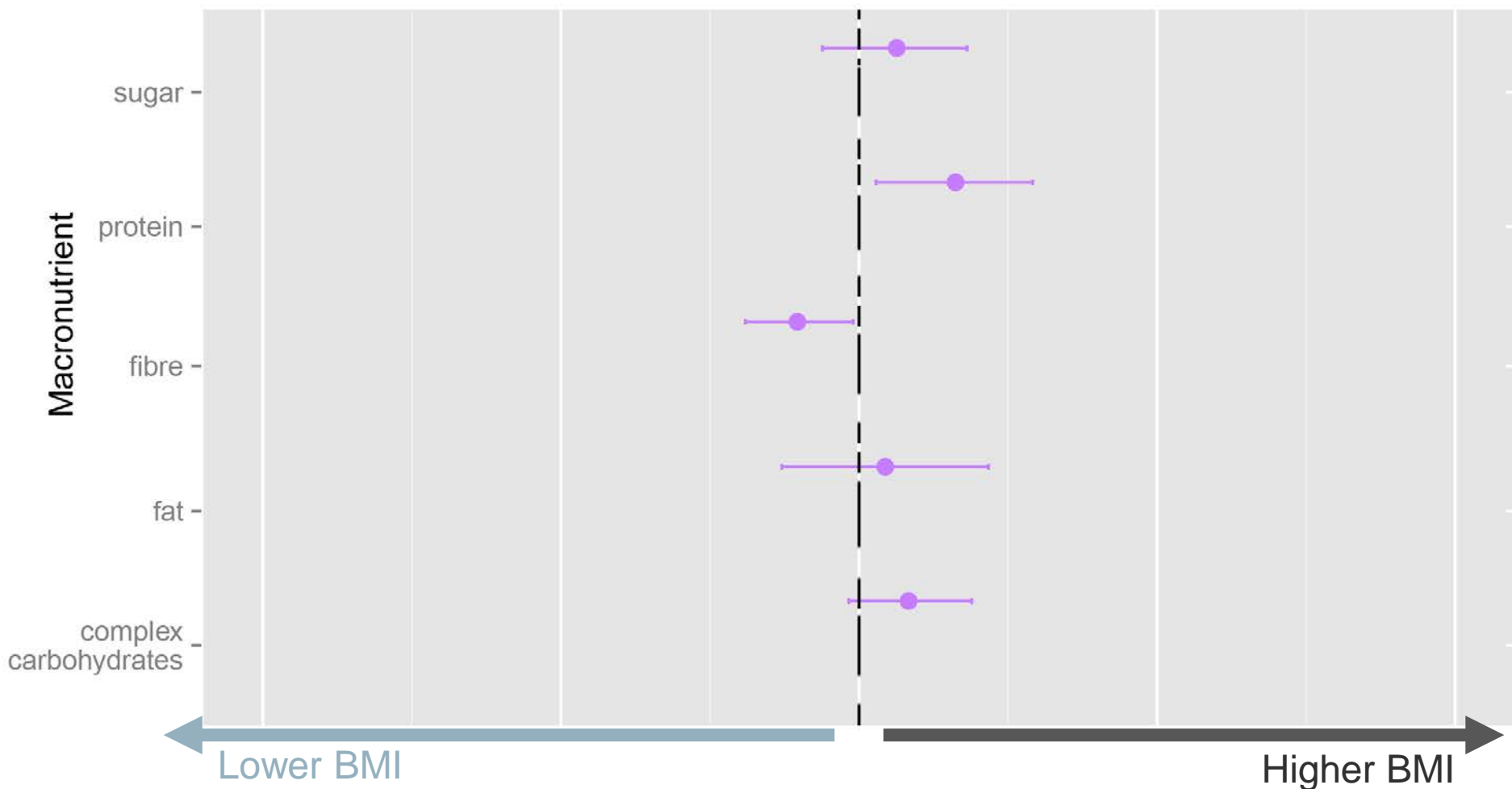


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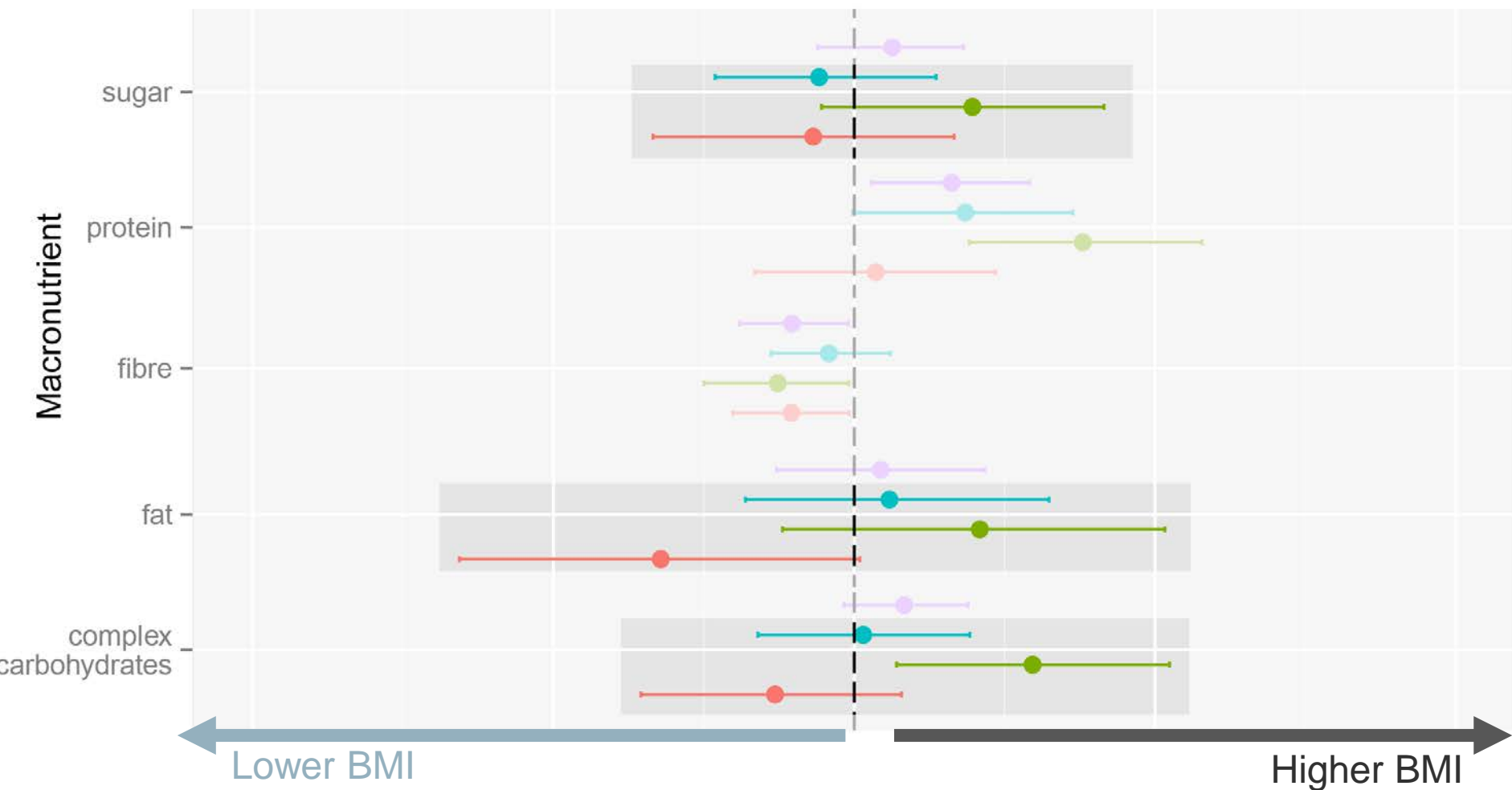
Here's what we found

Cohort ● 20s ● 40s ● 60s ● All



Here's what we found

Cohort 20s 40s 60s All



Conclusions

- It's a good idea to use multiple approaches to measure diet
 - Western dietary pattern is associated with higher BMI
 - Fibre is associated with lower BMI
 - Protein is associated with higher BMI
- The association between diet and BMI was different at different ages



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Further information

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