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Dairy products and risk of coronary heart disease in South Asians

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Background: Coronary heart disease (CHD) with myocardial infarction (MI) as its main manifestation is increasing at an alarming rate in South Asian countries; however the potential determinants of this disease are unknown. All the evidence of the association of dairy consumption with CHD is from Western populations and hence there is lack of evidence on the association of dairy consumption with CHD in South Asians.

Aim: To evaluate the association of different types of dairy products in "Bangladesh Risk of Acute Vascular Events (BRAVE)" with first MI.

Methods: This study is a hospital based case-control study established in Bangladesh. By July 2015 it has recruited 5,713 cases and 5,479 controls frequency-matched by age and sex. Eligibility criteria included the presentation of acute MI at the hospital within 48 hours of onset. Controls were individuals concurrently identified in the hospital without self-reported cardiovascular disease. Dairy consumption was measured by a food frequency questionnaire.

Results: The findings suggest that the most commonly consumed dairy foods in Bangladesh are milk followed by yoghurt. Total dairy and milk intake were not associated with the odds of having MI. However, medium and high intakes of yoghurt consumption had a strong inverse association with the risk of having MI. Specifically, the fully adjusted odds ratio for the high intake of yoghurt was 0.60 (95% CI: 0.47, 0.75; p trend < 0.001) as compared to the reference category.

Conclusions: The findings from this first ever study among South Asians to assess dairy consumption and CHD suggest that total dairy and milk consumption were not significantly associated with risk of MI. Nonetheless, there was a strong inverse association of yoghurt intake with CHD; although causality cannot be assumed but this study stimulates further detailed work which may have important potentials for the local dietary guidelines in Bangladesh and elsewhere.

Biography

Sara Shahzad has completed her BSc in Biomedical Science with first class honors from University College London and then she did an MPhil in Public Health from University of Cambridge. She is currently a PhD Student at University of Cambridge looking at Diet and its association with Coronary Heart Disease among South Asians. In particular, she is interested in elucidating the association of different types of food groups with Coronary Heart Disease. She is also looking at the association of different dietary patterns with heart disease in the South Asian population.

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