

6<sup>th</sup> International Conference and Exhibition on

# NUTRITION

September 14-16, 2016 San Antonio, USA

## Healthy dietary pattern and prevalence of depressive symptoms in Korean middle-aged and elderly women

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The association with depression and dietary patterns has been reported in a few studies. This study was conducted to investigate the association between dietary patterns and prevalence of depressive symptoms. Depressive symptoms were assessed using the Beck depression inventory (BDI) and those who have BDI score  $\geq 16$  were defined depression. Food intake over the past year was estimated using a validated semi-quantitative food frequency questionnaire. Multiple logistic regressions used to assess the association of dietary patterns with depression. In analysis, 1625 women (aged 43-73 years) were included. We identified two major dietary patterns by using factor analysis; the healthy and the unhealthy dietary patterns. The healthy dietary pattern characterized by a high intake of vegetables, fishes, mushroom, bean and bean paste, seaweeds, shellfish, fruits and low intake of white rice, carbonated drink, coffee. Compared with participants in the lowest quartiles, those in the highest quartiles had significantly lower odds ratio (OR=0.64, 95% confidence interval 0.41-0.97,  $p=0.0372$ ) for depression after adjusted for age, body mass index, exercise, smoking, drinking, marital status, total energy intake and chronic diseases status in healthy dietary pattern. This study suggests that adherence to a diet plenty in vegetables, mushroom, bean and bean paste and fruits reduce the risk of depression symptoms in Korean middle-aged and elderly women.

### Biography

Seon-Joo Park has received her PhD degree in 2004 from Seoul National University in Korea and she has worked as a Senior Researcher for Division of Epidemiology & Health Index, The Korea Centers for Diseases Control and Prevention from 2004 to 2014. She is an Assistant Professor at Department of Food and Nutrition in Gachon University and Vice-Chief of Institute for Aging and Clinical Nutrition Research. Her research focuses on nutritional epidemiology, nutrigenomics and cohort study.

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