

中文題目：地中海飲食與心衰病患死亡率的相關性

英文題目：Association of adherence to the Mediterranean diet with all-cause mortality in subjects with heart failure

作者：張之昀¹ 劉薇如² 李佳霖^{1,2,3} 王俊興^{1,3,4,5}

服務單位：¹ 台中榮民總醫院內科部內分泌暨新陳代謝科, ² 台中榮民總醫院醫學研究部, ³ 國立陽明交通大學醫學院醫學系, ⁴ 國立中興大學生物醫學研究所榮興轉譯醫學研究中心, ⁵ 國立中興大學轉譯醫學博士學程

Background: We investigated the association of adherence to the

Mediterranean diet with all-cause mortality in patients with heart failure using data from the National Health and Nutrition Examination Survey (NHANES).

Methods: Data from the NHANES participants from 1999 to 2010, including their vital status linked to the National Death Index through the end of 2011, were analyzed. Adherence to the Mediterranean diet was assessed using the alternative Mediterranean Diet Index (aMED). Weighted Cox proportional hazards regression models were used to compare the hazard ratios for the association of adherence (aMED >median vs. ≤median) to the Mediterranean diet with all-cause mortality in participants with a history of heart failure.

Results: A total of 832 participants were analyzed, and 319 of them had died (69.5 per 1000 person-years) after a median follow-up of 4.7 years. The median aMED was 3 (maximum=9). Adherence to the Mediterranean diet (aMED >3 vs. ≤3) was not associated with a lower risk of all-cause mortality (adjusted HR 0.797, 95% CI 0.599-1.059, p=0.116). The findings were consistent across several subgroups populations. We observed a higher risk of mortality in participants who had a lower intake of red/processed meat (adjusted HR 1.406, 95% CI 1.011-1.955, p=0.043).

Conclusions: Adherence to the Mediterranean diet (aMED >median) was not associated with a lower risk of all-cause mortality in participants with a history

of heart failure. The higher risk of mortality associated with a lower intake of red/processed meat deserves further investigation.