

評価対象論文リスト(要因:食物繊維、アウトカム:大腸がん)

評価判定日:2024/12/23

①既存の系統的レビュー・メタ解析・統合解析

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## ②日本人集団の個別疫学研究

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■メタ解析、系統的レビュー

Reference			Include study				Design	Category	Relative risk (95% CI or p)	Weight	Magnitude of association		
Author	Title	Year	Ref No.	First author	Year	Study period	Study location	Event (*Definition)					
Oh H and Kim H and Lee DH and Lee A and Giovannucci EL and Kang SS and Keum N	Different dietary fibre sources and risks of colorectal cancer and adenoma: a dose-response meta-analysis of prospective studies	2019	3	Kunzmann AT	2015	12.1 years	USA	Colorectal cancer incidence; Colorectal adenoma	Cohort	Cereal/grain fibre	RR for 10 g increase in fibre intake;	N/A;	-
			5	Nomura AM	2007	7.3 years	USA				1.11(0.75-1.65)		
			36	Schatzkin A	2007	5 years	USA				0.96(0.80-1.16)		
			2	Bingham SA	2005	6.2 years	Europe				0.94(0.80-1.10)		
			37	Lin J	2005	10 years	USA				0.74(0.59-0.92)		
			38	Mai V	2003	8.5 years	USA				0.86(0.60-1.22)		
			overall								0.94(0.28-3.11)		
											1.02(0.62-1.66)		
											0.91(0.82-1.00)		
											RR for 10 g increase in fibre intake;		
											0.95(0.67-1.36)		
											0.99(0.85-1.16)		
Arayici ME and Mert-Ozuepek N and Yalcin F and Basbinar Y and Ellidokuz H	Soluble and Insoluble Dietary Fiber Consumption and Colorectal Cancer Risk: A Systematic Review and Meta-Analysis	2021	3	Kunzmann AT	2015	12.1 years	USA	Colorectal cancer incidence;	Cohort	vegetable fibre	RR for 10 g increase in fibre intake;	N/A;	-
			5	Nomura AM	2007	7.3 years	USA				0.88(0.77-1.01)		
			36	Schatzkin A	2007	5 years	USA				1.04(0.85-1.27)		
			2	Bingham SA	2005	6.2 years	Europe				0.78(0.37-1.64)		
			37	Lin J	2005	10 years	USA				2.33(0.35-		
			38	Mai V	2003	8.5 years	USA				0.91(0.47-1.74)		
			overall								0.91(0.47-1.74)		
											0.95(0.87-1.03)		
											RR for 10 g increase in fibre intake;		
											0.63(0.41-0.97)		
											0.93(0.78-1.11)		
											0.84(0.70-0.99)		
Arayici ME and Mert-Ozuepek N and Yalcin F and Basbinar Y and Ellidokuz H	Soluble and Insoluble Dietary Fiber Consumption and Colorectal Cancer Risk: A Systematic Review and Meta-Analysis	2021	3	Kunzmann AT	2015	12.1 years	USA	Colorectal cancer incidence;	Cohort	Fruit fibre	RR for 10 g increase in fibre intake;	N/A;	-
			5	Nomura AM	2007	7.3 years	USA				1.11(0.92-1.33)		
			36	Schatzkin A	2007	5 years	USA				0.64(0.34-1.20)		
			2	Bingham SA	2005	6.2 years	Europe				0.90(0.31-2.63)		
			37	Lin J	2005	10 years	USA				1.18(0.73-1.91)		
			38	Mai V	2003	8.5 years	USA				0.91(0.78-1.06)		
			overall								0.91(0.78-1.06)		
											RR for 10 g increase in fibre intake;		
											0.65(0.28-1.51)		
											1.23(0.83-1.83)		
											0.81(0.60-1.09)		
			Arayici ME and Mert-Ozuepek N and Yalcin F and Basbinar Y and Ellidokuz H	Soluble and Insoluble Dietary Fiber Consumption and Colorectal Cancer Risk: A Systematic Review and Meta-Analysis	2021	3	Kunzmann AT				2015		
5	Nomura AM	2007				7.3 years	USA	0.81(0.59-1.12)					
36	Schatzkin A	2007				5 years	USA	1.05(0.38-2.93)					
2	Bingham SA	2005				6.2 years	Europe	0.02(0.00-0.37)					
37	Lin J	2005				10 years	USA	0.67(0.26-1.74)					
38	Mai V	2003				8.5 years	USA	0.84(0.63-1.13)					
overall								0.84(0.63-1.13)					
								RR for 10 g increase in fibre intake;					
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					0.73 (0.51,								
					0.90 (0.77,								
					0.80 (0.35,								
					0.90 (0.73,								
					0.81 (0.64,								

Chan	2016 6 years	USA			1.24 (0.54, 2.87)	15,740
Navarro	2016 5 years	USA	Cohort	Soluble dietary fiber	0.84 (0.69,	93,676
Partula	2020 10 years	France			0.69 (0.53,	107,377
Skiba	2019 5 years	USA			1.08 (0.87,	160,195
Wakai	2007 7.6 years	Japan [JACC]			0.67 (0.47,	43,115
					<b>0.84 (0.69,</b>	420,103 -
					N;	
Chan	2016 6 years	USA			0.76 (0.34, 1.72)	15,740
Navarro	2016 5 years	USA	Cohort	Insoluble dietary fiber	0.87 (0.72,	93,676
Partula	2020 10 years	France			1.11 (0.85,	107,377
Skiba	2019 5 years	USA			1.48 (0.87,	160,195
Wakai	2007 7.6 years	Japan [JACC]			0.77 (9.55,	43,115
					<b>0.95 (0.78,</b>	420,103 -
					N;	
Chan	2016 6 years	USA	Cohort	Total dietary fiber	0.80 (0.35,	15,740
Song	2015 1 years	China			0.44 (0.27,	516
Uchida	2010 3 years	Japan	Case-control	fiber	0.87 (0.58,	1,631
Wakai	2006 3 years	Japan			0.72 (0.49,	2,777
Wakai	2007 7.6 years	Japan [JACC]	Cohort		0.73 (0.51,	43,115
			overall		<b>0.70 (0.57,</b>	63,779 ↓
						N;
Chan	2016 6 years	USA	Cohort	Soluble dietary fiber	1.24 (0.54,	15,740
Song	2015 1 years	China			0.53 (0.33,	516
Uchida	2010 3 years	Japan	Case-control	fiber	1.01 (0.68,	1,631
Wakai	2006 3 years	Japan			0.75 (0.52,	2,777
Wakai	2007 7.6 years	Japan [JACC]	Cohort		0.67 (0.47,	43,115
			overall		<b>0.76 (0.60,</b>	63,779 ↓
						N;
Chan	2016 6 years	USA	Cohort	Insoluble dietary fiber	0.76 (0.34,	15,740
Song	2015 1 years	China			0.30 (0.30,	516
Uchida	2010 3 years	Japan	Case-control	fiber	0.84 (0.57,	1,631
Wakai	2006 3 years	Japan			0.65 (0.45,	2,777
Wakai	2007 7.6 years	Japan [JACC]	Cohort		0.77 (0.55,	43,115
			overall		<b>0.71 (0.58,</b>	63,779 ↓

■コホート研究(コホートのプール解析含む)

Reference		Study subjects							Category	Number among cases	Relative risk (95%CI or p)	P for trend	Confounding variables considered	Magnitude of association					
Author	Title	Year	Study period	Number of subjects	Source of subjects	Event followed	Number of incident cases or deaths	Participant's race											
Katagiri R and Goto A and Sawada N and Yamaji T and Iwasaki M and Noda M and Iso H and Tsugane S	Dietary fiber intake and total and cause-specific mortality: the Japan Public Health Center-based prospective study	2020	1990-2016	Total; 92,924 Men; 42,754 Women; 50,170	Japan Public Health Center-Based Prospective Study (JPHC Study)	All-cause mortality; Cause-specific mortality;	Cancer death; men; 4,517 women; 2,563	Japanese	Categories of dietary fiber intake (median [IQR] g/d)	Cancer death; Men; 849 875 917 930 946 Women; 464 485 517 524 573	1.00 (Reference) 0.95 (0.86, 1.05) 0.95 (0.86, 1.05) 0.86 (0.78, 0.96) <b>0.79 (0.70, 0.88)</b>	<0.001	age, area, BMI, smoking status, alcohol intake, sports or physical exercise during leisure time, hypertension with medication, self-reported diabetes with and without medication, amount of green tea intake, coffee intake, salt intake, menopausal status, exogenous hormone use	↓					
									Q1 (7.4[6.4-8.2])										
									Q2 (9.9[9.4-10.4])										
									Q3 (11.9[11.4-12.4])										
									Q4 (14.1[13.6-14.9])										
									Q5 (18.2[16.8-20.5])										
									Q1 (9.2 [8.1-10.0])										
									Q2 (11.8 [11.2-12.3])										
									Q3 (13.7 [13.2-14.2])										
									Q4 (16.0 [15.3-16.6])										
									Q5 (19.7 [15.3-16.6])										
									Categories of dietary fiber intake (median [IQR] g/d)						-Cereals	1.00 (Reference) 0.89 (0.82, 0.98) 0.93 (0.85, 1.02) 0.89 (0.81, 0.98) <b>0.90 (0.81, 0.99)</b>	0.06	age, area, BMI, smoking status, alcohol intake, sports or physical exercise during leisure time, hypertension with medication, self-reported diabetes with and without medication, amount of green tea intake, coffee intake, salt intake, menopausal status, exogenous hormone use	↓
									Q1 (7.4[6.4-8.2])										
									Q2 (9.9[9.4-10.4])										
									Q3 (11.9[11.4-12.4])										
Q4 (14.1[13.6-14.9])																			
Q5 (18.2[16.8-20.5])																			
Q1 (9.2 [8.1-10.0])																			
Q2 (11.8 [11.2-12.3])																			
Q3 (13.7 [13.2-14.2])																			
Q4 (16.0 [15.3-16.6])																			
Q5 (19.7 [15.3-16.6])																			
Categories of dietary fiber intake (median [IQR] g/d)	-Beans	1.00 (Reference) 1.02 (0.92, 1.12) 1.05 (0.95, 1.16) 1.05 (0.94, 1.17) <b>0.99 (0.88, 1.11)</b>	0.57	age, area, BMI, smoking status, alcohol intake, sports or physical exercise during leisure time, hypertension with medication, self-reported diabetes with and without medication, amount of green tea intake, coffee intake, salt intake, menopausal status, exogenous hormone use	-														
Q1 (7.4[6.4-8.2])																			
Q2 (9.9[9.4-10.4])																			
Q3 (11.9[11.4-12.4])																			
Q4 (14.1[13.6-14.9])																			
Q5 (18.2[16.8-20.5])																			
Q1 (9.2 [8.1-10.0])																			
Q2 (11.8 [11.2-12.3])																			
Q3 (13.7 [13.2-14.2])																			
Q4 (16.0 [15.3-16.6])																			
Q5 (19.7 [15.3-16.6])																			
Categories of dietary fiber intake (median [IQR] g/d)	-Vegetables					1.00 (Reference) 1.05 (0.95, 1.16) 0.99 (0.89, 1.09) 0.93 (0.84, 1.04) <b>0.88 (0.79, 0.98)</b>	0.002	age, area, BMI, smoking status, alcohol intake, sports or physical exercise during leisure time, hypertension with medication, self-reported diabetes with and without medication, amount of green tea intake, coffee intake, salt intake, menopausal status, exogenous hormone use	↓										
Q1 (7.4[6.4-8.2])																			
Q2 (9.9[9.4-10.4])																			
Q3 (11.9[11.4-12.4])																			
Q4 (14.1[13.6-14.9])																			
Q5 (18.2[16.8-20.5])																			
Q1 (9.2 [8.1-10.0])																			
Q2 (11.8 [11.2-12.3])																			
Q3 (13.7 [13.2-14.2])																			
Q4 (16.0 [15.3-16.6])																			
Q5 (19.7 [15.3-16.6])																			
Categories of dietary fiber intake (median [IQR] g/d)	-Fruits	1.00 (Reference) 0.97 (0.86, 1.11) 1.04 (0.91, 1.18) 1.07 (0.94, 1.22) <b>1.02 (0.88, 1.17)</b>	0.61	age, area, BMI, smoking	-														
Q1 (7.4[6.4-8.2])																			
Q2 (9.9[9.4-10.4])																			
Q3 (11.9[11.4-12.4])																			
Q4 (14.1[13.6-14.9])																			
Q5 (18.2[16.8-20.5])																			
Q1 (9.2 [8.1-10.0])																			
Q2 (11.8 [11.2-12.3])																			
Q3 (13.7 [13.2-14.2])																			
Q4 (16.0 [15.3-16.6])																			
Q5 (19.7 [15.3-16.6])																			

									Q1 (7.4[6.4-8.2]) Q2 (9.9[9.4-10.4]) Q3 (11.9[11.4-12.4]) Q4 (14.1[13.6-14.9]) Q5 (18.2[16.8-20.5])	N/A;	1.00 (Reference) 0.99 (0.90, 1.08) 0.92 (0.83, 1.01) 0.92 (0.83, 1.01) <b>0.92 (0.83, 1.02)</b>	0.12	status, alcohol intake, sports or physical exercise during leisure time, hypertension with medication, self-reported diabetes with and without medication, amount of green tea intake, coffee intake, salt intake, menopausal status, exogenous hormone use		
									Q1 (9.2 [8.1-10.0]) Q2 (11.8 [11.2-12.3]) Q3 (13.7 [13.2-14.2]) Q4 (16.0 [15.3-16.6]) Q5 (19.7 [15.3-16.6])	Women; N/A;	1.00 (Reference) 0.96 (0.84, 1.09) 1.03 (0.90, 1.17) 1.06 (0.93, 1.21) <b>1.06 (0.93, 1.20)</b>	0.19			
Otani T and Iwasaki M and Ishihara J and Sasazuki S and Inoue M and Tsugane S	Dietary fiber intake and subsequent risk of colorectal cancer: the Japan Public Health Center-based prospective study	2006	1990-1998	5-year follow-up-survey analysis; men; 36,901 women; 41,425	Japan Public Health Center-Based Prospective Study (JPHC Study)	<b>Incident colorectal cancer;</b>	5-year follow-up-survey analysis; men; 335 women; 187	Japanese	Quintiles of energy-adjusted dietary fiber intake	Men;	Lowest (6.4 g/day) Second (9.1 g/day) Third (11.2 g/day) Fourth (13.6 g/day) Highest (18.7 g/day)	68 69 55 72 71	1.00 (Reference) 0.90 (0.63-1.3) 0.70 (0.47-1.1) 0.88 (0.58-1.3) <b>0.85 (0.53-1.4)</b>	0.48	age, alcohol consumption, smoking, body mass index, physical exercise, folate, calcium, vitamin D, red meat intakes, study area
									Lowest (8.3 g/day) Second (11.2 g/day) Third (13.3 g/day) Fourth (15.6 g/day) Highest (18.7 g/day)	Women; N/A;	1.00 (Reference) 0.61 (0.35-1.0) 0.62 (0.36-1.1) 0.77 (0.44-1.3) <b>0.58 (0.31-1.1)</b>	0.21			
Wakai K and Date C and Fukui M and Tamakoshi K and Watanabe Y and Hayakawa N and Kojima M and Kawado M and Suzuki K and Hashimoto S and Tokudome S and Ozasa K and Suzuki S and Toyoshima H and Ito Y and Tamakoshi A	Dietary fiber and risk of colorectal cancer in the Japan collaborative cohort study	2007	1988-1997 except for one area (to the end of 1994)	Total 43,115 men; 16,636 women; 26,479	JACC Study	<b>Incident colorectal cancer;</b>	443	Japanese	Intake of total dietary fiber quartiles	Men&Women	1 2 3 4	97 114 102 130	1.00 (Reference) 0.96 (0.72-1.27) 0.72 (0.53-0.99) <b>0.73 (0.51-1.03)</b>	0.028	age (as a continuous variable), sex, area (Hokkaido and Tohoku, Kanto, Chubu, Kinki, Chugoku, or Kyushu), educational level (attended school until the age of ≤15, 16-18, or ≥19 y), family history of colorectal cancer in parents and/or siblings (yes or no), alcohol consumption [never drink, ex-drinkers, or current drinkers who consume <2 or ≥2 Japanese drinks (<46 or ≥46 g of ethanol) per day for men, and never drink, ex-drinkers, or current drinkers for women], smoking (never smoke, ex-smokers, or current smokers), BMI (<20.0, 20.0-24.9, or ≥25.0 kg/m <sup>2</sup> ), daily walking habits (≤30 or >30 min/day), exercise (seldom or never, or 1-2, 3-4, or ≥5 h a week), sedentary work (yes or no), consumption of beef (almost never, 1-2 times a month, 1-2 times a week, ≥3 times a week) and pork (almost never, 1-2 times a month, 1-2 times a week, ≥3 times a week), energy intake (as a continuous variable), and energy-adjusted intakes of
									Intake of total dietary fiber quartiles g/day (means ±SD)	Men	1(6.7 ± 2.0) 2(9.4 ± 2.1) 3(11.3 ± 2.6) 4(13.4 ± 3.0)	51 76 54 77	1.00 (Reference) 1.12 (0.77-1.62) 0.62 (0.40-0.96) <b>0.69 (0.43-1.11)</b>	0.023	
									Intake of total dietary fiber quartiles g/day (means ±SD)	Women	1(7.4 ± 2.1) 2(9.8 ± 2.1) 3(11.5 ± 2.2) 4(13.4 ± 2.8)	46 38 48 53	1.00 (Reference) 0.73 (0.47-1.14) 0.84 (0.54-1.33) <b>0.75 (0.46-1.25)</b>	0.41	
									Intake of soluble dietary fiber quartiles g/day (means ±SD)	Men&Women	1(1.2 ± 0.4) 2(1.7 ± 0.4) 3(2.1 ± 0.4) 4(2.6 ± 0.5)		1.00 (Reference) 0.85 (0.64-1.14) 0.76 (0.55-1.04) <b>0.67 (0.47-0.95)</b>	0.022	
									Intake of insoluble dietary fiber quartiles g/day (means ±SD)	Men&Women	1(5.3 ± 1.5) 2(7.0 ± 1.5) 3(8.2 ± 1.8) 4(9.6 ± 2.1)		1.00 (Reference) 1.06 (0.80-1.40) 0.77 (0.56-1.05) <b>0.77 (0.55-1.08)</b>	0.041	
									Intake of insoluble fruit fiber quartiles g/day (means ±SD)	Men&Women	1(0.4 ± 0.3) 2(1.0 ± 0.4) 3(1.7 ± 0.5) 4(2.2 ± 0.3)		1.00 (Reference) 1.05 (0.78-1.40) 1.23 (0.92-1.64) <b>1.06 (0.78-1.43)</b>	0.55	
									Intake of vegetable fiber quartiles g/day (means ±SD)	Men&Women					

1(2.0 ± 0.7)	1.00 (Reference)	0.65	folate, calcium, and vitamin D (sex-specific quartile for each).
2(3.1 ± 0.7)	0.81 (0.60-1.08)		
3(4.0 ± 0.8)	0.86 (0.64-1.16)		
4(5.1 ± 1.1)	0.89 (0.65-1.24)		

Intake of ibean fiber quartiles g/day (means ±SD)	Men&Women		
1(0.2 ± 0.1)	1.00 (Reference)	0.055	
2(0.4 ± 0.1)	0.84 (0.64-1.11)		
3(0.7 ± 0.2)	0.83 (0.63-1.10)		
4(1.4 ± 0.6)	0.74 (0.55-0.99)		↓

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