評価対象論文リスト（要因：食物繊維、アウトカム：早産・低出生体重児・在胎不当過小児）
評価判定日：2024/5/31

②日本人集団の個別疫学研究

1	Jarde A, Lewis-Mikhael AM, Moayyedi P, et al. Pregnancy outcomes in women taking probiotics or prebiotics: a systematic review and meta-analysis. BMC Pregnancy Childbirth. 2018;18(1):14. Published 2018 Jan 8. doi:10.1186/s12884-017-1629-5

①既存の系統的レビュー・メタ解析・統合解析

2	Omoto T, Kyozuka H, Murata T, et al. Association between Preconception Dietary Fiber Intake and Preterm Birth: The Japan Environment and Children's Study. Nutrients. 2024;16(5):713. Published 2024 Feb 29. doi:10.3390/nu16050713

■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						
Omoto T et al	Association between Preconception Dietary Fiber Intake and Preterm Birth: The Japan Environment and Children's Study.	2024	2011-2014	104,062	JECS	PTB<37weeks		Japanese	Q1: 5.5(4.5-6.2) g/day Q2: 8.0(7.4-8.5) g/day Q3: 10.1(9.6-10.7) g/day Q4: 12.8(12.0-13.7) g/day Q5: 18.4(16.3-22.1) g/day *pre-pregnancy	16518 17074 17032 17403 17089	ref. 0.94 (0.85-1.05) 0.95 (0.85-1.06) 0.9 (0.80-1.01) 0.92 (0.80-1.06)		Adjusted	—
						PTB<34weeks		Japanese	Q1: 5.5(4.5-6.2) g/day Q2: 8.0(7.4-8.5) g/day Q3: 10.1(9.6-10.7) g/day Q4: 12.8(12.0-13.7) g/day Q5: 18.4(16.3-22.1) g/day *pre-pregnancy	16518 17074 17032 17403 17089	ref. 0.83 (0.67-1.05) 0.78 (0.62-0.997 p<0.05 0.74 (0.57-0.95) p<0.05 0.68 (0.50-0.92) p<0.05 *OR		Adjusted	↓