

評価対象論文リスト(要因:過剰飲酒(多量飲酒)、アウトカム:死亡)

評価判定日:2024/2/19

①既存の系統的レビュー・メタ解析・統合解析

1	Wood AM, Kaptoge S, Butterworth AS, et al. Risk thresholds for alcohol consumption: combined analysis of individual-participant data for 599 912 current drinkers in 83 prospective studies [published correction appears in Lancet. 2018 Jun 2;391(10136):2212. doi: 10.1016/S0140-6736(18)31168-1.]. Lancet. 2018;391(10129):1513-1523. doi:10.1016/S0140-6736(18)30134-X
2	Zhao J, Stockwell T, Naimi T, Churchill S, Clay J, Sherk A. Association Between Daily Alcohol Intake and Risk of All-Cause Mortality: A Systematic Review and Meta-analyses [published correction appears in JAMA Netw Open. 2023 May 1;6(5):e2315283. doi: 10.1001/jamanetworkopen.2023.15283.]. JAMA Netw Open. 2023;6(3):e236185. Published 2023 Mar 1. doi:10.1001/jamanetworkopen.2023.6185

②日本人集団の個別疫学研究

3	Tsubono Y, Fukao A, Hisamichi S. Health practices and mortality in a rural Japanese population. Tohoku J Exp Med. 1993;171(4):339-348.
4	Tsugane S, Fahey MT, Sasaki S, Baba S. Alcohol consumption and all-cause and cancer mortality among middle-aged Japanese men: seven-year follow-up of the JPHC study Cohort I. Japan Public Health Center. Am J Epidemiol. 1999;150(11):1201-1207. doi:10.1093/oxfordjournals.aje.a009946
5	Nakaya N, Kurashima K, Yamaguchi J, et al. Alcohol consumption and mortality in Japan: the Miyagi Cohort Study. J Epidemiol. 2004;14 Suppl 1(Suppl I):S18-S25. doi:10.2188/jea.14.s18
6	Tsubono Y, Koizumi Y, Nakaya N, et al. Health practices and mortality in Japan: combined effects of smoking, drinking, walking and body mass index in the Miyagi Cohort Study. J Epidemiol. 2004;14 Suppl 1(Suppl I):S39-S45. doi:10.2188/jea.14.s39
7	Lin Y, Kikuchi S, Tamakoshi A, et al. Alcohol consumption and mortality among middle-aged and elderly Japanese men and women. Ann Epidemiol. 2005;15(8):590-597. doi:10.1016/j.annepidem.2004.10.010
8	Marugame T, Yamamoto S, Yoshimi I, et al. Patterns of alcohol drinking and all-cause mortality: results from a large-scale population-based cohort study in Japan. Am J Epidemiol. 2007;165(9):1039-1046. doi:10.1093/aje/kwk112
9	Sadakane A, Gotoh T, Ishikawa S, Nakamura Y, Kayaba K; Jichi Medical School (JMS) Cohort Study Group. Amount and frequency of alcohol consumption and all-cause mortality in a Japanese population: the JMS Cohort Study. J Epidemiol. 2009;19(3):107-115. doi:10.2188/jea.je20081003
10	Saito E, Inoue M, Sawada N, et al. Impact of Alcohol Intake and Drinking Patterns on Mortality From All Causes and Major Causes of Death in a Japanese Population. J Epidemiol. 2018;28(3):140-148. doi:10.2188/jea.JE20160200
11	Muraki I, Iso H, Imano H, et al. Alcohol Consumption and Long-Term Mortality in Men with or without a History of Myocardial Infarction. J Atheroscler Thromb. 2023;30(4):415-428. doi:10.5551/jat.63517

■メタ解析、系統的レビュー

Reference			Include study					Design	Category	Relative risk (95% CI or p)	Weight	<u>Magnitude of association</u>
Author	Title	Year	Ref No.	First author	Year	Study period	Study location	Event (*Definition)				
Zhao J, Stockwell T, Naimi T, et al.	Association Between Daily Alcohol Intake and Risk of All-Cause Mortality: A Systematic Review and Meta-analyses	2023						All-cause mortality	Meta-analysis of cohort studies (including Japanese population)	Abstainer	Reference	
							Former drinker			1.26 (1.12-1.42)	↑	
							Occasional (<1.30 g/day)			0.96 (0.86-1.06)		
							Low-volume (1.30 to <25)			0.93 (0.85-1.01)	-	
							Medium volume (25 to <45)			1.05 (0.96-1.14)		
							High volume (45 to <65)			1.19 (1.07-1.32)	↑	
							Higher volume (65)			1.35 (1.23-1.47)		
							Abstainer			1.04 (0.94-1.16)	-	
							Occasional (<1.30 g/day)			Reference		
							Low-volume (1.30 to <25)			0.97 (0.85-1.11)		
				Medium volume (25 to <45)	1.09 (0.96-1.25)	-						
				High volume (45 to <65)	1.24 (1.07-1.44)	↑						
				Higher volume (65)	1.41 (1.23-1.61)							

■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	<u>Magnitude of association</u>
Author	Title	Year	Study period	Number of subjects	Source of subjects	Event followed	Number of incident cases or deaths	Participant's race						
Wood AM, Kaptoge S, Butterworth AS, et al.	Risk thresholds for alcohol consumption: combined analysis of individual-participant data for 599 912 current drinkers in 83 prospective studies	2018	1964–2013	356,819	Emerging Risk Factors Collaboration		32,813	19 countries including Japan						
			1990–2009	30,702	EPIC-CVD	All-cause mortality	784	10 European countries						
			2006–2016	358,833	UK Biobank		6,720	England, Scotland, and Wales						
										論文のFigure 1を参照		Adjusted for age, smoking, and history of diabetes, and stratified by sex and EPIC centre.	↑	

■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	<u>Magnitude of association</u>	
Author	Title	Year	Study period	Number of subjects	Source of subjects	Event followed	Number of incident cases or deaths	Participant's race							
Saito E, Inoue M, Sawada N, et al.	Impact of Alcohol Intake and Drinking Patterns on Mortality From All Causes and Major Causes of Death in a Japanese Population	2018	1990–2011	102,849	The Japan Public Health Center-based Prospective Study	All-cause mortality	15,203	Japanese	Males						
									Nondrinker	1,735	Reference				
									Occasional drinker	918	0.74 (0.68–0.80)	<0.001	Age, area, smoking status, BMI, history of hypertension, flushing response, history of diabetes, leisure-time sports or physical exercise, intake of coffee and green tea, energy intake, intakes of fruits, vegetables, fish, meat, dairy products, and job status	↓	
									0-149 g/week	2,085	0.76 (0.71–0.81)				
									150-299	2,298	0.75 (0.70–0.80)				
									300-449	1,550	0.84 (0.78–0.91)				
									450–599	637	0.92 (0.83–1.01)				
									≥600	545	1.19 (1.07–1.32)				
									Females						
									Nondrinker	3,985	Reference				
									Occasional drinker	755	0.75 (0.70–0.82)	<0.001		↓	
									0-149 g/week	547	0.80 (0.73–0.88)				
									150-299	90	0.91 (0.74–1.13)				
									300-449	32	1.04 (0.73–1.48)				
≥450	25	1.59 (1.07–2.38)	↑↑												
Lin Y, Kikuchi S, Tamakoshi A, et al.	Alcohol consumption and mortality among middle-aged and elderly Japanese men and women	2005	1988–1999	97,432	The JACC study	All-cause mortality	9,589	Japanese	Males						
									Nondrinkers	1,281	Reference				
									Ex-drinkers	719	1.58 (1.44–1.74)	<0.001	Age, body mass index, education, cigarette smoking, exercise, and history of diabetes and hypertension	↑↑	
									0.1–22.9 g/day	616	0.80 (0.72–0.88)				
									23.0–45.9	998	0.90 (0.82–0.98)				
									46.0–68.9	765	0.95 (0.86–1.04)				
									≥69.0	440	1.32 (1.18–1.48)				↑
									Females						
									Nondrinkers	2912	Reference				
									Ex-drinkers	92	1.27 (1.03–1.57)	0.47		↑	
									0.1–22.9 g/day	252	0.88 (0.77–1.00)				
									23.0–45.9	52	0.93 (0.70–1.22)				
									≥46.0	18	1.22 (0.76–1.95)				
															–
Nakaya N, Kurashima K, Yamaguchi J, et al.	Alcohol consumption and mortality in Japan: the Miyagi Cohort Study	2004	1990–2001	39,076	The Miyagi Cohort Study	All-cause mortality	1,879	Japanese	Males						
									Never drinkers	175	Reference				
									Past drinkers	187	1.86 (1.50–2.29)	<0.001	Age, education, marital status, past histories of hypertension, renal diseases, liver diseases, diabetes mellitus, peptic ulcers, or tuberculosis, cigarette smoking, body mass index, walking time per day, and consumption frequencies of green vegetables and oranges.	↑↑	
									<22.8 g/day	238	1.10 (0.90–1.33)				
									22.8–45.5	229	1.17 (0.96–1.42)				
									45.6–68.3	286	1.16 (0.96–1.40)				
									≥68.4	220	1.62 (1.32–1.99)				↑↑
									Females						
									Never drinkers	400	Reference				
									Past drinkers	36	1.40 (0.98–2.00)	0.005		–	
									<22.8 g/day	78	0.87 (0.68–1.12)				
									≥22.8	30	1.98 (1.33–2.95)				↑↑