評価対象論文リスト（要因：過剰飲酒（多量飲酒）、アウトカム：フレイル・サルコペニア）

評価判定日：2024/1/25

（フレイル）

①既存の系統的レビュー・メタ解析・統合解析

1	Kojima G, Liljas A, Iliffe S, Jivraj S, Walters K. A systematic review and meta-analysis of prospective associations between alcohol consumption and incident frailty. Age Ageing. 2018;47(1):26-34. doi:10.1093/ageing/afx086
2	Kojima G, Iliffe S, Liljas A, Walters K. Non-linear association between alcohol and incident frailty among community-dwelling older people: A dose-response meta-analysis. Biosci Trends. 2017;11(5):600-602. doi:10.5582/bst.2017.01237
3	Mello Ade C, Engstrom EM, Alves LC. Health-related and socio-demographic factors associated with frailty in the elderly: a systematic literature review. Cad Saude Publica. 2014;30(6):1143-1168. doi:10.1590/0102-311x00148213
4	Lafortune L, Martin S, Kelly S, et al. Behavioural Risk Factors in Mid-Life Associated with Successful Ageing, Disability, Dementia and Frailty in Later Life: A Rapid Systematic Review. PLoS One. 2016;11(2):e0144405. Published 2016 Feb 4. doi:10.1371/journal.pone.0144405
5	Visontay R, Sunderland M, Slade T, Wilson J, Mewton L. Are there non-linear relationships between alcohol consumption and long-term health?: a systematic review of observational studies employing approaches to improve causal inference. BMC Med Res Methodol. 2022;22(1):16. Published 2022 Jan 14.

②日本人集団の個別疫学研究

6	Motokawa K, Watanabe Y, Edahiro A, et al. Frailty Severity and Dietary Variety in Japanese Older Persons: A Cross-Sectional Study. J Nutr Health Aging. 2018;22(3):451-456. doi:10.1007/s12603-018-1000-1
7	Shibasaki K, Kin SK, Yamada S, Akishita M, Ogawa S. Sex-related differences in the association between frailty and dietary consumption in Japanese older people: a cross-sectional study. BMC Geriatr. 2019;19(1):211. Published 2019 Aug 5. doi:10.1186/s12877-019-1229-5
8	Chen S, Honda T, Chen T, et al. Screening for frailty phenotype with objectively-measured physical activity in a west Japanese suburban community: evidence from the Sasaguri Genkimon Study. BMC Geriatr. 2015;15:36. Published 2015 Apr 2. doi:10.1186/s12877-015-0037-9

（サルコペニア）

①既存の系統的レビュー・メタ解析・統合解析

1	Tantai X, Liu Y, Yeo YH, et al. Effect of sarcopenia on survival in patients with cirrhosis: A meta-analysis. Journal of Hepatology. 2022;76(3):588-599. doi:10.1016/j.jhep.2021.11.006
2	Steffl M, Bohannon RW, Petr M, Kohlikova E, Holmerova I. Alcohol consumption as a risk factor for sarcopenia - a meta-analysis. BMC Geriatr. 2016;16(1):99. doi:10.1186/s12877-016-0270-x
3	Hong SH, Bae YJ. Association between alcohol consumption and the risk of sarcopenia: a systematic review and meta-analysis. Nutrients. 2022;14(16):3266. doi:10.3390/nu14163266

②日本人集団の個別疫学研究

4	Saeki C, Kanai T, Nakano M, et al. Clinical characteristics of sarcopenia in patients with alcoholic liver cirrhosis. JGH Open. 2021;5(7):763-769.

5	Yuki A, Ando F, Otsuka R, Shimokata H. Sarcopenia based on the Asian Working Group for Sarcopenia criteria and all-cause mortality risk in older Japanese adults. Geriatrics Gerontology Int. 2017;17(10):1642-1647. doi:10.1111/ggi.12946
6	Su Y, Hirayama K, Han T fang, Izutsu M, Yuki M. Sarcopenia prevalence and risk factors among japanese community dwelling older adults living in a snow-covered city according to ewgsop2. JCM. 2019;8(3):291. doi:10.3390/jcm8030291

（フレイル）

■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 locatio	Event (*Definition)				
Kojima G, Liljas A, Iliffe S, Jivraj S, Walters K	A systematic review and meta-analysis of prospective associations between alcohol consumption and incident frailty	2018							quantity (highest)			
						Pooled analysis of 3 studies			sub total	OR 0.44 (0.19,1.00)	53.6	
									frequency (highest)			
						Pooled analysis of 2 studies			sub total	OR 0.63 (0.53,0.74)	46.4	
						Pooled analysis of 5 studies (quantity + frequency)			Total	OR 0.61 (0.49,0.77)	100	

■横断研究

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	Type and source	Definition	Number of cases	Number of control						
Chen S, Honda T, Chen T, Narazaki K, Haeuchi Y, Supartini A, Kumagai S.	Screening for frailty phenotype with objectively-measured physical activity in a west Japanese suburban community: evidence from the Sasaguri Genkimon Study	2015	2011	community-dwelling older person	frailty severity	frail 9.3% pre-frail 43.9%		Pre-frail Current alcohol consumption(no)		OR: reference		Age,Living alone,Engagement in social activities,Self-perceived health, Depressive and anxiety symptoms, Cognitive impairment,co-morbidities	—
								Pre-frail Current alcohol consumption		OR: 0.91 (0.70-1.18)			
								frail Current alcohol consumption(no)		OR: reference			
								frail Current alcohol consumption		OR: 0.54 (0.32-0.92)			↓ ↓
Motokawa K, Watanabe Y, Edahiro A, Shirobe M, Murakami M, Kera T, Kawai H, Obuchi S, Fujiwara Y, Ihara K	Frailty Severity and Dietary Variety in Japanese Older Persons: A Cross-Sectional Study	2018	2014	community-dwelling older person	frailty severity			Alcohol (0:never 1:former 2:current)		β 0.143、(-0.034 - 0.321)	0.114		
Shibasaki K, Kin SK, Yamada S, Akishita M, Ogawa S.	Sex-related differences in the association between frailty and dietary consumption in Japanese older people: a cross-sectional study	2019	2015	1	frailty severity			Men Pre-frail daily consume		OR: reference		age, body mass index and family arrangement	
								Men Pre-frail 3–6 times/week		1.70 (0.65–4.47)	0.282		
								Men Pre-frail Less than twice/week		1.54 (0.81–2.93)	0.185		↑
								Men frail daily consume		OR: reference			
								Men frail 3–6 times/week		0.87 (0.22–3.41)	0.843		
								Men frail Less than twice/week		1.58 (0.77–3.23)	0.211		↑
								Wome Pre-frail daily consume		OR: reference			
								Women Pre-frail 3–6 times/week		0.45 (0.07–2.94)	0.408		
								Women Pre-frail Less than twice/week		0.93 (0.32–2.65)	0.887		—
								Women Pre-frail daily consume		OR: reference			

	Womenfrail 3–6 times/week	1.43 (0.16–12.41)	0.747		
	Women frail Less than twice/week	1.21 (0.29–5.13)	0.794		—

(サルコペニア)

■メタ解析、系統的レビュー

Reference			Include study						Design		Relative risk (95% CI or p)	Weight	**Magnitude of association**
Author	Title	Year	Ref No.	First author	Year	Study period	Study location	Event (*Definition)		Category			
Hong SH, Bae YJ.	Association between Alcohol Consumption and the Risk of Sarcopenia: A Systematic Review and Meta-Analysis	2022	37	Su, Y	2019	1month	japan	sarcopenia	cross sectional	Consumes alcohol	OR 0.38(0.14-1.03)	2.85%	
			Pooled analysis of 19 studies					sarcopenia		over all	OR 1.00(0.83, 1.20)		—