

評価対象論文リスト(要因:乳製品、アウトカム:循環器病)

評価判定日:2024/9/27

②日本人個別研究(ランダム化比較試験、コホート研究、症例対照研究、横断研究などの個別疫学研究)

1	Wang C, Yatsuya H, Lin Y, et al. Milk Intake and Stroke Mortality in the Japan Collaborative Cohort Study-A Bayesian Survival Analysis. <i>Nutrients</i> . 2020;12(9):2743. Published 2020 Sep 9. doi:10.3390/nu12092743
2	Tanno K, Yonekura Y, Okuda N, et al. Association between Milk Intake and Incident Stroke among Japanese Community Dwellers: The Iwate-KENCO Study. <i>Nutrients</i> . 2021;13(11):3781. Published 2021 Oct 25. doi:10.3390/nu13113781
3	Wang C, Yatsuya H, Tamakoshi K, Iso H, Tamakoshi A. Milk drinking and mortality: findings from the Japan collaborative cohort study. <i>J Epidemiol</i> . 2015;25(1):66-73. doi:10.2188/jea.JE20140081
4	Kondo I, Ojima T, Nakamura M, et al. Consumption of dairy products and death from cardiovascular disease in the Japanese general population: the NIPPON DATA80. <i>J Epidemiol</i> . 2013;23(1):47-54. doi:10.2188/jea.je20120054
5	Sauvaget C, Nagano J, Allen N, Grant EJ, Beral V. Intake of animal products and stroke mortality in the Hiroshima/Nagasaki Life Span Study. <i>Int J Epidemiol</i> . 2003;32(4):536-543. doi:10.1093/ije/dyg151
6	Lu Y, Sugawara Y, Matsuyama S, Fukao A, Tsuji I. Association of dairy intake with all-cause, cancer, and cardiovascular disease mortality in Japanese adults: a 25-year population-based cohort. <i>Eur J Nutr</i> . 2022;61(3):1285-1297. doi:10.1007/s00394-021-02734-6

■コホート研究（コホートのプール解析含む）

Author	Title	Year	Study subjects						Category	Number among cases	Relative risk (95%CI or p)	P for trend	Confounding variables considered	<u>Magnitude of association</u>
			Study period	Number of subjects	Source of subjects	Event followed	Number of incident cases or deaths	Participant's race						
Sauvaget C et al	Intake of animal products and stroke mortality in the Hiroshima/Nagasaki Life Span Study	2003	1980-1996	40,349	Hiroshima/Nagasaki Life Span Study	Stroke death	1,462	Japanese	Milk			0.232	city, radiation dose, self-reported body mass index, smoking status, alcohol habits, education level, history of diabetes, or hypertension.	
									Never	258	1.00 (reference)			
									≤1 time/week	289	1.06 (0.89, 1.26)			
									2-4 times/week	203	1.02 (0.84, 1.23)			
									Almost daily	343	0.94 (0.79, 1.12)			
									Dairy products					
									Never	371	1.00 (reference)			
									≤1 time/week	321	0.99 (0.84, 1.16)			
2-4 times/week	132	1.00 (0.81, 1.23)												
Almost daily	85	0.73 (0.57-0.94)												
Tanno K, et al.	Association between Milk Intake and Incident Stroke among Japanese Community Dwellers: The Iwate-KENCO Study	2021	2002-2014	14,121	Iwate-Kenpoku cohort (Iwate-KENCO) study	Stroke incidence	478	Japanese	Men			0.81	age, smoking status, alcohol consumption status, exercise habit, fruits and vegetables intake frequency, the ratio of total fish and soy products consumption to meat consumption, body mass index, systolic blood pressure, glycated haemoglobin, total cholesterol, high-density lipoprotein cholesterol, use of antihypertensives, and menopausal state (if women)	
									Total stroke;					
									Milk intake frequency					
									<2 cups/week	49	1.00 (reference)			
									2 to <7 cups/week	64	1.21 (0.83-1.79)			
									7 to <12 cups/week	70	0.99 (0.67-1.46)			
									≥12 cups/week	25	0.97 (0.59-1.61)			
									Ischemic stroke;					
									Milk intake frequency					
									<2 cups/week	31	1.00 (reference)			
									2 to <7 cups/week	42	1.27 (0.79-2.05)			
									7 to <12 cups/week	50	1.07 (0.66-1.71)			
									≥12 cups/week	11	0.64 (0.31-1.34)			
									Haemorrhagic stroke					
									Milk intake frequency					
									<2 cups/week	18	1.00 (reference)			
									2 to <7 cups/week	21	1.04 (0.53-2.01)			
									7 to <12 cups/week	20	0.82 (0.42-1.61)			
≥12 cups/week	13	1.39 (0.66-2.94)												
Women														
Total stroke;														
Milk intake frequency														
<2 cups/week	50	1.00 (reference)												
2 to <7 cups/week	61	0.71 (0.47-1.05)												
7 to <12 cups/week	104	0.73 (0.51-1.05)												
≥12 cups/week	55	1.03 (0.68-1.55)												
Ischemic stroke;														
Milk intake frequency														
<2 cups/week	28	1.00 (reference)												
2 to <7 cups/week	31	0.69 (0.40-1.18)												
7 to <12 cups/week	42	0.53 (0.32-0.88)												
≥12 cups/week	28	0.89 (0.50-1.57)												
Haemorrhagic stroke														

									Milk intake frequency						
									<2 cups/week	22	1.00 (reference)				
									2 to <7 cups/week	29	0.70 (0.39–1.26)	0.195			
									7 to <12 cups/week	61	0.98 (0.59–1.64)				
									≥ 12 cups/week	26	1.17 (0.64–2.15)			—	
Wang et al	Milk drinking and mortality: findings from the Japan collaborative cohort study	2015	1988-2009	94 980	Japan Collaborative Cohort (JACC) study	Cardiovascular mortality	Men; 733 Women; 695	Japanese	Men					age categories, smoking status, drinking status, physical activity, sleeping duration, body mass index, education level, participation in health checkups, green-leafy vegetable intake, and history of hypertension, diabetes, and liver disease.	
									Milk intake frequency						
									Never	733	1.00 (reference)				
									1-2 times/month	272	0.98 (0.85–1.13)	0.06			
									1-2 times/week	423	0.86 (0.77–0.98)				
									3-4 times/week	406	0.89 (0.79–1.01)				
									Almost everyday	1356	0.89 (0.82–0.98)			↓	
									Women						
									Milk intake frequency						
									Never	695	1.00 (reference)				
									1-2 times/month	210	1.14 (0.98–1.33)	0.32			
									1-2 times/week	402	1.03 (0.91–1.17)				
									3-4 times/week	359	0.88 (0.78–1.01)				
									Almost everyday	1419	0.99 (0.89–1.08)			—	
Kondo I et al	Consumption of dairy products and death from cardiovascular disease in the Japanese general population: the NIPPON DATA80	2013	1980-2004	9243	NIPPON DATA 80	CVD death	CHD death; 174 Stroke death; 417	Japanese	Men						
									Cardiovascular disease						
									Tertiles of milk and dairy product consumption						
									Low	158	0.89 (0.72–1.11)	0.31		—	
									Moderate	111	0.90 (0.71–1.15)				
									High	171	1.00 (reference)				
									Coronary heart disease						
									Tertiles of milk and dairy product consumption						
									Low	28	0.67 (0.41–1.11)	0.11		↓	
									Moderate	18	0.57 (0.32–1.01)				
									High	39	1.00 (reference)				
									Stroke						
									Tertiles of milk and dairy product consumption						
									Low	84	1.10 (0.80–1.50)	0.58		—	
									Moderate	57	1.09 (0.77–1.54)				
									High	76	1.00 (reference)				
									Women						
									Cardiovascular disease						
									Tertiles of milk and dairy product consumption						
									Low	215	1.27 (0.99–1.58)	0.05		—	
									Moderate	127	1.03 (0.79–1.33)				
									High	111	1.00 (reference)				
									Coronary heart disease						
									Tertiles of milk and dairy product consumption						
									Low	51	1.67 (0.99–2.80)	0.02		↑	
									Moderate	17	0.72 (0.38–1.36)				
									High	21	1.00 (reference)				
									Stroke						
									Tertiles of milk and dairy product consumption						

									Low	98	1.34 (0.94–1.90)			—	
									Moderate	54	1.04 (0.70–1.54)	0.08			
									High	48	1.00 (reference)				
Wang C, et al.	Milk Intake and Stroke Mortality in the Japan Collaborative Cohort Study-A Bayesian Survival Analysis	2020	1988-2009	94385	Japan Collaborative Cohort (JACC) study	Stroke mortality	Total stroke; 2675 Hemorrhagic stroke; 952 Cerebral infarction 957	Japanese	Men						
									Total stroke;						
									Frequency of milk intake						
									Never	326	1.00 (Reference)				
									1-2 times/ month	122	1.01 (0.81, 1.24)				
									1-2 times/week	181	0.87 (0.72, 1.05)				
									3-4 times/week	177	0.90 (0.74, 1.08)				
									Almost daily	546	0.80 (0.69, 0.93)				↓
									Hemorrhagic stroke;						
									Frequency of milk intake						
									Never	100	1.00 (Reference)				
									1-2 times/ month	42	1.14 (0.75, 1.61)				
									1-2 times/week	58	0.92 (0.63, 1.29)				
									3-4 times/week	56	0.95 (0.65, 1.37)				
									Almost daily	176	0.95 (0.71, 1.27)				—
									Cerebral infarction;						
									Frequency of milk intake						
									Never	151	1.00 (Reference)				
									1-2 times/ month	41	0.73 (0.50, 1.04)				
									1-2 times/week	64	0.67 (0.48, 0.91)				
									3-4 times/week	66	0.72 (0.52, 0.99)				
									Almost daily	198	0.61 (0.48, 0.79)				↓ ↓
									Women						
									Total stroke;						
									Frequency of milk intake						
									Never	300	1.00 (Reference)				
									1-2 times/ month	84	1.01 (0.75, 1.36)				
									1-2 times/week	182	1.19 (0.96, 1.52)				
									3-4 times/week	172	1.03 (0.81, 1.31)				
									Almost daily	585	0.95 (0.80, 1.17)				—
									Hemorrhagic stroke;						
									Frequency of milk intake						
									Never	108	1.00 (Reference)				
									1-2 times/ month	27	0.89 (0.55, 1.39)				
									1-2 times/week	78	1.26 (0.90, 1.90)				
									3-4 times/week	76	1.15 (0.83, 1.74)				
									Almost daily	231	1.02 (0.78, 1.51)				—
									Cerebral infarction;						
									Frequency of milk intake						
									Never	102	1.00 (Reference)				
									1-2 times/ month	35	1.38 (0.89, 2.02)				
									1-2 times/week	63	1.21 (0.85, 1.70)				
									3-4 times/week	50	0.91 (0.62, 1.34)				
									Almost daily	187	0.94 (0.69, 1.25)				—

age, smoking habit, alcohol intake, body mass index, history of hypertension, diabetes, kidney/liver diseases, exercise, sleep duration, quartiles of total energy intake, coffee intake, and education level.

Author	Study Title	Year	Period	N	Study Design	Outcome	N	Population	Exposure	HR	95% CI	P	Adjustment
Lu Y et al	Association of dairy intake with all-cause, cancer, and cardiovascular disease mortality in Japanese adults: a 25-year population-based cohort	2022	1990-2015	34161	Miyagi Cohort Study	CVD mortality	1693	Japanese	Men;				
									Quartile of total dairy intake				
									Q1	268	1.00 (ref.)		
									Q2	232	0.88 (0.74–1.05)	0.972	
									Q3	236	0.99 (0.83–1.18)		
									Q4	312	0.94 (0.79–1.11)		—
									Milk intake frequency				
									Almost never/1-2 times/mo	271	1.00 (ref.)		
									1-2 times/week	139	0.89 (0.72–1.09)	0.787	
									3-4 times/week	150	0.92 (0.76–1.13)		
									Almost dai;y	488	1.00 (0.86–1.17)		—
									Yogurt intake frequency				
									Almost never	647	1.00 (ref.)		
									1-2 times/month	213	0.93 (0.80–1.09)	0.488	
									1-2 times/wk	112	0.91 (0.75–1.12)		
									3 times/week/Almost daily	76	0.99 (0.78–1.26)		—
									Cheese intake frequency				
									Almost never	573	1.00 (ref.)		
									1-2 times/month	309	0.83 (0.72–0.95)	0.136	age, education level, BMI, smoking status, alcohol drinking status, history of hypertension, history of diabetes, energy intake, fish intake, and vegetable and fruit intake
									1-2 times/wk	115	0.86 (0.70–1.06)		
									3 times/week/Almost daily	51	1.01 (0.75–1.34)		—
									Women;				
									Quartile of total dairy intake				
									Q1	170	1.00 (ref.)		
									Q2	133	1.03 (0.82–1.30)	0.976	
									Q3	192	1.06 (0.86–1.31)		
									Q4	150	0.95 (0.76–1.20)		—
									Milk intake frequency				
									Almost never/1-2 times/mo	132	1.00 (ref.)		
									1-2 times/week	78	1.11 (0.84–1.47)	0.771	
									3-4 times/week	93	1.08 (0.82–1.41)		
									Almost dai;y	342	1.05 (0.85–1.30)		—
									Yogurt intake frequency				
									Almost never	262	1.00 (ref.)		
									1-2 times/month	157	0.93 (0.76–1.14)	0.221	
									1-2 times/wk	131	0.91 (0.73–1.12)		
									3 times/week/Almost daily	95	0.87 (0.69–1.11)		—
									Cheese intake frequency				
									Almost never	354	1.00 (ref.)		
									1-2 times/month	172	0.91 (0.76–1.10)	0.634	
									1-2 times/wk	83	0.95 (0.74–1.21)		
									3 times/week/Almost daily	36	0.99 (0.70–1.41)		—