評価対象論文リスト（要因：食塩、アウトカム：死亡）

評価判定日：2024/3/28

①既存の系統的レビュー・メタ解析・統合解析

1	Yin X, Rodgers A, Perkovic A, et al. Effects of salt substitutes on clinical outcomes: a systematic review and meta-analysis. Heart. 2022;108(20):1608-1615. Published 2022 Sep 26. doi:10.1136/heartjnl-2022-321332
2	Adler AJ, Taylor F, Martin N, Gottlieb S, Taylor RS, Ebrahim S. Reduced dietary salt for the prevention of cardiovascular disease. Cochrane Heart Group, ed. Cochrane Database of Systematic Reviews. 2014;2017(7). doi:10.1002/14651858.CD009217.pub3
3	Graudal N, Jürgens G, Baslund B, Alderman MH. Compared with usual sodium intake, low- and excessive-sodium diets are associated with increased mortality: a meta-analysis. American Journal of Hypertension. 2014;27(9):1129-1137. doi:10.1093/ajh/hpu028
4	Aburto NJ, Ziolkovska A, Hooper L, Elliott P, Cappuccio FP, Meerpohl JJ. Effect of lower sodium intake on health: systematic review and meta-analyses. BMJ. 2013;346:f1326. Published 2013 Apr 3. doi:10.1136/bmj.f1326

②日本人集団の個別疫学研究

5	Nakamura Y, Ueshima H, Okamura T, et al. A japanese diet and 19-year mortality: national integrated project for prospective observation of non-communicable diseases and its trends in the aged, 1980. Br J Nutr. 2008;101(11):1696-1705. doi:10.1017/S0007114508111503
6	Nohara‐Shitama Y, Adachi H, Enomoto M, et al. Twenty‐four‐hour urinary potassium excretion, but not sodium excretion, is associated with all‐cause mortality in a general population. JAHA. 2018;7(1):e007369. doi:10.1161/JAHA.117.007369
7	for the NIPPON DATA80 Research Group, Shima A, Miyamatsu N, et al. Relationship of household salt intake level with long-term all-cause and cardiovascular disease mortality in Japan: NIPPON DATA80. Hypertens Res. 2020;43(2):132-139. doi:10.1038/s41440-019-0349-9

■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)					
Yin X et al.	Effects of salt substitutes on clinical outcomes: a systematic	2022							RCT	**Control** **Intervention (salt substitutes)**	Ref **0.89 (0.85–0.94)**		↓
Graudal N et al.	Compared with usual sodium intake, low- and excessive-sodium diets are associated with increased mortality: a meta-analysis	2014							RCT or cohort study	**Low sodium intake** **Usual sodium intake**	Ref **0.91 (0.82–0.99)**		↓
										Usual sodium intake **High sodium intake**	Ref **1.16 (1.03–1.30)**		↑

■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						
Shima A et al.	Relationship of household salt intake level with long-term all-cause and cardiovascular disease mortality in Japan: NIPPON DATA80	2020	1980–2004	8,702	NIPPON DATA80 A cohort study based on the NNSJ and the National Survey on Circulatory Disorders in Japan conducted by the Japanese	All-cause mortality	2,360	Japanese	**Household salt intake level, g/1000 kcal** Q1 (4.9) Q2 (4.9–5.9) Q3 (5.9–7.2) Q4 (7.2) **2.0 g/1000 kcal increment of household salt intake level**	 530 521 617 692	 Ref 0.92 (0.82, 1.04) 1.04 (0.92, 1.17) 1.08 (0.95, 1.23) **1.07 (1.02, 1.11)**	**0.004**	Sex, age, body mass index, smoking status, alcohol consumption status, work exertion level, household-based potassium, saturated fatty acids, and long-chain n-3 polyunsaturated fatty acids	– ↑
Nohara-Shitama Y et al.	Twenty-four-Hour Urinary Potassium Excretion, But Not Sodium Excretion, Is Associated With All-Cause Mortality in a General Population	2018	1980–2016?	1,291	The Tanushimaru survey Conducted in Tanushimaru town, a typical rural farming community located in southwestern Japan, in 1980	All-cause mortality	631	Japanese	**24-h urinary sodium excretion**		0.98 (0.94–1.02)		Age, sex, systolic blood pressure, aspartate aminotransferase, and fasting plasma glucose	–
Nakamura Y et al.	A Japanese diet and 19-year mortality: national integrated project for prospective observation of non-communicable diseases and its trends in the aged, 1980	2009	1980–2004?	9,086	NIPPON DATA80 Community-based participants aged 30 years and above in 300 randomly selected health districts throughout Japan participated in the survey	All-cause mortality	1,823	Japanese	**Reduced-Salt Japanese Diet Score** Score 0–2 Score 3 Score 4–7	 556 634 633	 Ref 0.92 (0.83−1.04) **0.78 (0.70–0.88)**	**<0.0001**	Age, sex, BMI, smoking, hypertension and diabetes.	 ↓