# 評価対象論文リスト（要因：食塩、アウトカム：フレイル・サルコペニア）

評価判定日：2024/9/27

## （フレイル）
### 参考：総説

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|---|---|
| 1 | 土橋 卓也, 日本人はどこまで食塩を減らせるか？, 栄養学雑誌, 2020, 78 巻, 2 号, p. 49-56 |

## （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

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|---|---|
| 2 | Van Dronkelaar C, Van Velzen A, Abdelrazek M, Van Der Steen A, Weijs PJM, Tieland M. Minerals and sarcopenia; the role of calcium, iron, magnesium, phosphorus, potassium, selenium, sodium, and zinc on muscle mass, muscle strength, and physical performance in older adults: a systematic review. Journal of the American Medical Directors Association. 2018;19(1):6-11.e3. doi:10.1016/j.jamda.2017.05.026 |
| 3 | Santiago ECS, Roriz AKC, Ramos LB, Ferreira AJF, Oliveira CC, Gomes-Neto M. Comparison of calorie and nutrient intake among elderly with and without sarcopenia: A systematic review and meta-analysis. Nutrition Reviews. 2021;79(12):1338-1352. doi:10.1093/nutrit/nuaa145 |

### ②日本人集団の個別疫学研究

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| 4 | Yoshida Y, Kosaki K, Sugasawa T, et al. High salt diet impacts the risk of sarcopenia associated with reduction of skeletal muscle performance in the japanese population. Nutrients. 2020;12(11):3474. doi:10.3390/nu12113474 |

（フレイル）

■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 | | | | | | |
| Huang CH, Martins BA, Okada K, Matsushita E, Uno C, Satake S, Kuzuya M. | A 3-year prospective cohort study of dietary patterns and frailty risk among community-dwelling older adults | 2021 | 3 years 2014-2017 | n=429 | Participants aged 60over years attending a community college | frailty (frailty index) | N/A | japan | | | | | sex, age, BMI, educational level, socioeconomic status, energy intake, physical activity (Baecke Physical Activity Questionnaire), usual gait speed, hand grip strength, and skeletal muscle mass index. | |
| | | | | | | | | | "Salt and pickles" dietary pattern | | β（95%CI） | p value | | |
| | | | | | | | | | quartiles of adherence scores Q | N/A | Reference | | | |
| | | | | | | | | | quartiles of adherence scores Q | N/A | 0.001(-0.008 ~ 0.008) | 0.977 | | |
| | | | | | | | | | quartiles of adherence scores Q | N/A | 0.010(0.001~ 0.020) | 0.048 | | |
| | | | | | | | | | quartiles of adherence scores Q | N/A | 0.014(0.003~ 0.025) | 0.012 | | |

（サルコペニア）

**■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 | | | | |
| Santiago ECS, Roriz AKC, Ramos LB, Ferreira AJF, Oliveira CC, Gomes-Neto M | Comparison of calorie and nutrient intake among elderly with and without sarcopenia: A systematic review and meta-analysis | 2021 | | | | Pooled analysis of 2 studies | | | Sodium (mg) | SMD: -323.87 (-548.5, -99.2) | | |