

評価対象論文リスト(要因:大豆製品、アウトカム:フレイル・サルコペニア)

評価判定日:2024/8/22

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) (フレイル)

1	Yamaguchi M, Yamada Y, Nanri H, et al. Association between the frequency of protein-rich food intakes and kihon-checklist frailty indices in older japanese adults: the kyoto-kameoka study. <i>Nutrients</i> . 2018;10(1):84. doi:10.3390/nu10010084
---	---

(サルコペニア)

1	Suthutvoravut U, Takahashi K, Murayama H, Tanaka T, Akishita M, Iijima K. Association between traditional japanese diet washoku and sarcopenia in community-dwelling older adults: findings from the kashiwa study. <i>The Journal of nutrition, health and aging</i> . 2020;24(3):282-289.
---	---

(フレイル)

■横断研究

Reference			Study subjects				Category	Number among cases	Relative risk (95%CI or p)	p-Value	P for trend	Confounding variables considered	Magnitude of association			
Author	Title	Year	Study period	Type and source	Definition	Number of cases								Number of controls		
Yamaguchi M, Yamada Y, Nanri H, Nozawa Y, Itoi A, Yoshimura E, Watanabe Y, Yoshida T, Yokoyama K, Goto C, Ishikawa-Takata K, Kobayashi H, Kimura M; Kyoto-Kameoka Study Group.	Association between the Frequency of Protein-Rich Food Intakes and Kihon-Checklist Frailty Indices in Older Japanese Adults: The Kyoto-Kameoka Study	2018	2011	adults aged 65 years and above	KCL (kihon check list) frail FFQ			frail	Prevalence ratio (PR) (95%CI or p)		0.374	age, family structure , educational attainment, self-rated economic conditions , diet supplement use, diet treatment, smoking habits, body mass index, total energy intake , and population density,all groups of food frequencies (e.g., seafood, meat, dairy product, egg, and soy product	-			
								Soy products								
								men								
								Q1 (Lowest)						88/682 (12.9)	Reference	
								Q2						108/1061 (10.2)	0.83 (0.57, 1.21)	0.343
								Q3						76/682 (11.1)	0.84(0.55, 1.29)	0.422
								Q4 (Highest)						104/935 (11.1)	0.81 (0.53, 1.22)	0.308
								women								
Q1 (Lowest)	181/897 (20.2)	Reference														
Q2	130/862 (15.1)	0.84 (0.60, 0.1.18)	0.318													
Q3	160/1036 (15.4)	0.94 (0.67, 1.31)	0.713													
Q4 (Highest)	154/961 (16.0)	0.95 (0.67, 1.36)	0.800													

(サルコペニア)

■横断研究

Author	Title	Year	Study period	Type and source	Definition	Category	OR(95%CI)	Confounding variables considered	
Suthuvoravut U, Takahashi K, Murayama H, Tanaka T, Akishita M, Iijima K	Association between Traditional Japanese Diet Washoku and Sarcopenia in Community-Dwelling Older Adults: Findings from the Kashiwa Study	2020	2014	communit y dwelling older adults aged 65 years and over	skeletal muscle mass index, hand grip test, Gait speed	Dietary pattern DP1 fish, tofu ,vegetables, and fruits.		dietary pattern, economic circumstance, living alone, Body mass index, energy intake, multimorbidity, physical activity	
						men			3.67 (1.20-11.2)
						T1 Low	1.46 (0.41-5.28)		
						T2	1		
						women			1.17 (0.47-2.91)
						T1 Low	0.60 (0.22-1.65)		
						T2	1		
						T3 High			Reference
						T3 High			Reference