

Diet Life Style And Mortality In China A Study Of The Characteristics Of 65 Chinese Counties Zhongguo De Shan Shi Sheng Huo Fang Shi He Si Wang

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Diet Life Style And Mortality

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Diet, Lifestyle and Mortality in China: A Study of the ...

Diet, Life-Style, and Mortality in China: A Study of the Characteristics of 65 Chinese Counties. Oxford University Press (1990). ISBN 0-8014-2453-4 ...

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The researchers wove in diet, disease, age, gender, and year to comment on the mortality, as well as disability-adjusted life-years (DALYs). The results showed that global intake of what the researchers called "healthy foods" was less than ideal; the lowest intakes were for whole grains, nuts, and milk.

Diet and Global Mortality | 2019-05-20 | Relias Media ...

The Contribution of Diet and Lifestyle to Socioeconomic Inequalities in Cardiovascular Morbidity and Mortality Int J Cardiol. 2013 Oct 15;168(6):5190-5. doi: 10.1016/j.ijcard.2013.07.188. Epub 2013 Jul 29. Authors Caroline Méjean 1 ...

The Contribution of Diet and Lifestyle to Socioeconomic ...

Results: Standardized mortality ratios for all-cause mortality was significantly below 100: 59 [95% confidence interval (95% CI), 54-64], predominantly due to a deficit of deaths from circulatory diseases. Within the cohort, vegetarian compared with nonvegetarian diet had no effect on overall mortality [rate ratio (RR), 1.10; 95% CI, 0.89-1.36], whereas moderate and high physical activity significantly reduced risk of death (RR, 0.62, 0.64), adjusted for age, sex, smoking, alcohol intake ...

Lifestyle Determinants and Mortality in German Vegetarians ...

Diet, Life-Style, and Mortality in China: A Study of the Characteristics of 65 Chinese Counties

BOOK REVIEWS | American Journal of Epidemiology | Oxford ...

"Low intake of healthy foods and high intake of unhealthy foods is the leading cause of mortality, globally and in many countries." Eating too much sodium — which is linked to high blood pressure...

Poor Diets Are Linked to 20% of Deaths Worldwide, Study ...

Low-risk lifestyle factors exert a powerful and beneficial effect on mortality. Lifestyle behaviors lie at the root of many chronic diseases. 1-3 Smoking, unhealthy diets, and sedentary behavior predispose numerous people to diseases that rank among the leading causes of death such as heart disease, cancer, stroke, and diabetes.

Low-Risk Lifestyle Behaviors and All-Cause Mortality ...

A healthful diet and lifestyle are related to a low all-cause mortality risk. A Mediterranean style diet, a high level of physical activity, non-smoking and moderate alcohol consumption were all associated with a low 10-year risk of all-cause mortality in the European HALE project. A very low all-cause mortality risk was observed in elderly men who had four healthful diet and lifestyle factors compared to one or none.

Four lifestyle factors and all-cause mortality - Seven ...

Low carbohydrate dietary patterns favouring animal-derived protein and fat sources, from sources such as lamb, beef, pork, and chicken, were associated with higher mortality, whereas those that favoured plant-derived protein and fat intake, from sources such as vegetables, nuts, peanut butter, and whole-grain breads, were associated with lower mortality, suggesting that the source of food notably modifies the association between carbohydrate intake and mortality.

Dietary carbohydrate intake and mortality: a prospective ...

This study provides a comprehensive picture of the potential impact of suboptimal diet on NCD mortality and morbidity, highlighting the need for improving diet across nations. Our findings will inform implementation of evidence-based dietary interventions and provide a platform for evaluation of their impact on human health annually.

Health effects of dietary risks in 195 countries, 1990 ...

These findings point to clear changes to the way people eat, the researchers say: opt for more plants and less meat. "Adopting a healthful diet and lifestyle is a powerful tool which may delay the..."

One diet can cut the risk of death by over 10% — study

Research has shown that the foods you eat influence your health. Eating certain foods, such as fruits and nuts, has been associated with reduced death rates, while other foods, such as red meat and processed meat, have been linked to increased mortality.

Vegetarian Diets Linked to Lower Mortality | National ...

Data are now being compiled for China Study II, a survey conducted 1989-1990, of diet and lifestyle in 170 villages in both mainland China and Taiwan, combined with updated, more extensive disease mortality data (including 100 million people and >100 disease rates) from 1986-1988. We anticipate publication in 1999.

Diet, lifestyle, and the etiology of coronary artery ...

The China-Cornell-Oxford Project, short for the "China-Oxford-Cornell Study on Dietary, Lifestyle and Disease Mortality Characteristics in 65 Rural Chinese Counties," was a large observational study conducted throughout the 1980s in rural China, jointly funded by Cornell University, the University of Oxford, and the government of China. The study compared the health consequences of diets ...

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