

Adventist Health Studies

Better health for everyone!

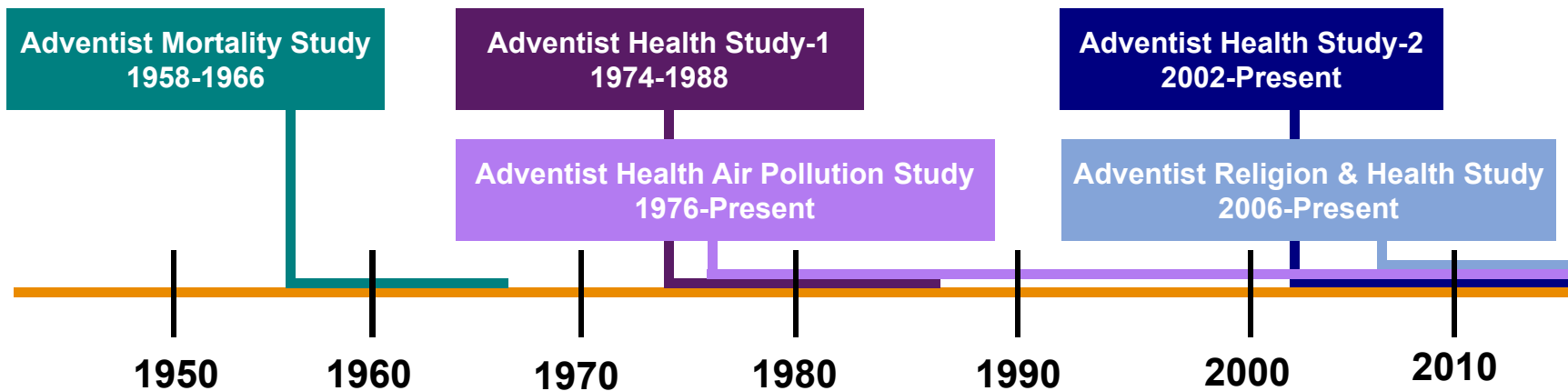


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What are Adventist Health Studies?

- Long-term studies
- Exploring links between diet, lifestyle and disease

Adventist Health Study Timeline



Why Study Adventists?

- Adventists are ideal to study because:
 - Most don't smoke
 - Most don't drink
 - Range of dietary habits



Adventists: Famous for Longevity

- Adventists were shown to live longer than the general population
- Five behaviors were shown to increase life span by up to 10 years:
 - Not smoking
 - Eating a plant-based diet
 - Eating nuts several times per week
 - Regular exercise
 - Maintaining a normal body weight

Adventist Mortality Study: 1958-1966

- Compared to other Californians, Adventists experienced lower rates of death for all cancers, including:
 - Lung cancer – 21%
 - Colorectal cancer – 62%
 - Breast cancer – 85%
 - Coronary heart disease – 66% for men, 98% for women

Adventist Health Study-1: 1974-1988

Probable Beneficial Foods

- Nuts
- Whole grain bread
- Tomatoes
- Soy milk
- Fruits
- Legumes



Adventist Health Study-1: 1974-1988

Findings on Red Meat

- Red meat was associated with an increased risk of:
 - Colon cancer – 50%
 - Heart attack – 70-80%
 - Diabetes – 75%



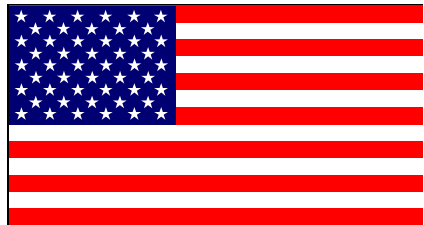
Adventist Health Study-2




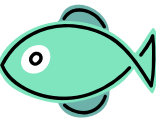





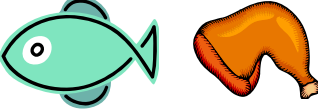

Adventist Health Study-2: 2002-Present

Profile of Study Members

- 96,000 Adventists ages 30+
- 1,500+ over the age of 90
- 26.9% are Black/African American
- Mean age: 60.2



Dietary Status

	BEEF	POULTRY & FISH	DAIRY & EGGS
VEGAN	NONE	NONE	NONE
LACTO-OVO	NONE	NONE	
PESCO-VEGE	NONE		
SEMI-VEGE			
NON-VEGE			

Adventist Health Study-2

Profile of Non-Black Study Members

Adventist Health Study-2

Profile of Black Study Members

Dietary Status: Weight Differences in Non-Blacks*

***Age 60**

Dietary Status: Weight Differences in Blacks*

***Age 54**

Body Mass Index (BMI)

$$\text{BMI} = \frac{\text{weight in kilograms}}{\text{height in meters}^2}$$

Normal weight = 18.5-24.9

Overweight = 25-29.5

Obese = 30+

BMI – Non-Black Females



BMI – Non-Black Males



BMI – Black Females



BMI – Black Males



Dietary Status and Disease

- The closer participants were to being vegetarian or vegan, the lower the risk of:
 - Diabetes
 - High cholesterol
 - High blood pressure
 - Metabolic Syndrome



High Cholesterol – All Participants

***significant relationship**

Hypertension – Non-Black Participants

***significant relationship**

Hypertension – Black Participants

***significant relationship**

Characteristics of Vegetarians/Vegans

- Slept more
- Watched less TV
- Consumed less saturated fat
- Ate more fruits and vegetables
- Ate foods with a low glycemic index
 - Beans
 - Legumes
 - Nuts



Physical and Mental Quality of Life

- Adventists report better quality of life than the U.S. norm
- Trend is particularly pronounced for mental health in older age groups



Perceived **Physical** Health - Females

Percentile

Age

Perceived **Physical** Health - Males

Percentile

Age

Perceived **Mental** Health - Females

Percentile

Age

Perceived **Mental** Health - Males

Percentile

Age

In Summary...

- The **health advantages** experienced by the more conforming Adventists over many years is remarkable.
- Vegans and lacto-ovo vegetarians have less **obesity**, lower **blood pressure/high cholesterol**, and fewer **lifestyle diseases**.
- The causes are not all understood, but dietary factors are clearly important.
- The vegetarian dietary habit is broadly protective. This is due **both** to the absence of meat and also the extra fruit, vegetables and nuts.
- The results of “acting” Adventist are open to all.

What You Can Do...

- Reduce the amount of meat in your diet gradually and add more fruits, vegetables, beans and nuts.
- Avoid replacing animal foods with refined, sweet, fatty commercial products, even if from plant sources.
- Partake in regular moderate physical activity.
- Tell your neighbors!



For more information, visit
adventisthealthstudy.org



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