

Dairy Foods Are Associated With Reduced Risk of Cardiovascular Disease

Dehghan M et al. Association of dairy intake with cardiovascular disease and mortality in 21 countries from five continents (PURE*): a prospective cohort study. The Lancet 2018;392:2288-2297.

Study Design

- **Large multinational 2018 prospective cohort study that assessed dairy food intake and risk of CVD events** and mortality**
- **This study included adults from 21 countries across 5 continents**

Participants

- **136,384 adults aged 35-70 years**
- **Followed for a median of 9.1 years**
- **10,567 CVD events were recorded**
- Adjusted for confounders including age, sex, education, urban or rural location, smoking status, physical activity, history of diabetes, family history of cardiovascular disease, family history of cancer, quintiles of fruit and vegetable intake, red meat, starchy foods consumptions and total energy intake

Exposures

- **Dairy food intake (milk, cheese and yogurt)**
- **Whole-fat and low-fat dairy food categories**

Objective

To assess the association between total dairy and specific types of dairy products with risk of CVD and mortality.

Results

Dairy Intake	Reduced Risk		
Higher Total Dairy (> 2 servings/day milk, cheese and yogurt vs. none)	Major CVD	↓ 22%	p = 0.0001
	Stroke	↓ 34%	p = 0.0003
	Total mortality	↓ 17%	p = 0.0052
	Combined outcome (mortality + CVD)	↓ 16%	p = 0.0004
Milk (> 1 serving/day vs. none)	Major CVD	↓ 18%	p = 0.0027
Yogurt (> 1 serving/day vs. none)	Major CVD	↓ 10%	p = 0.0162
Higher Whole-Fat Total Dairy (> 2 servings/day milk, cheese and yogurt vs. < 0.5 servings/day)	Major CVD	↓ 32%	p = 0.0001
	Total mortality	↓ 25%	p = 0.0150
	Combined outcome	↓ 29%	p = 0.0001

Conclusion

Higher dairy food consumption is associated with a lower risk of mortality and CVD, particularly stroke.



*PURE: Prospective Urban Rural Epidemiology

**Defined as: myocardial infarction, stroke, heart failure and death due to cardiovascular causes

http://bit.ly/Dehghan_PURE