

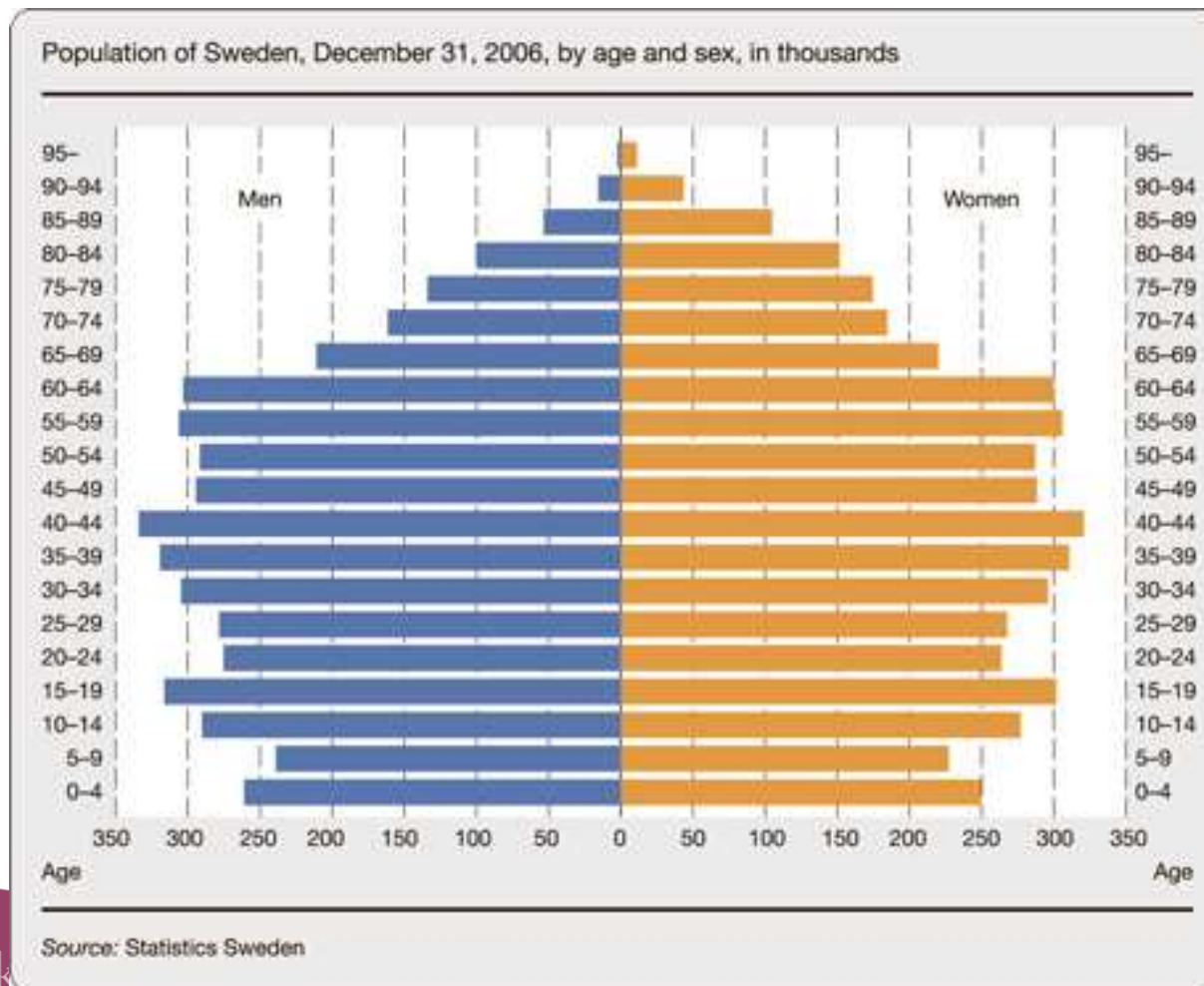
Nutrition and health

The population studies in Gothenburg



Age facts

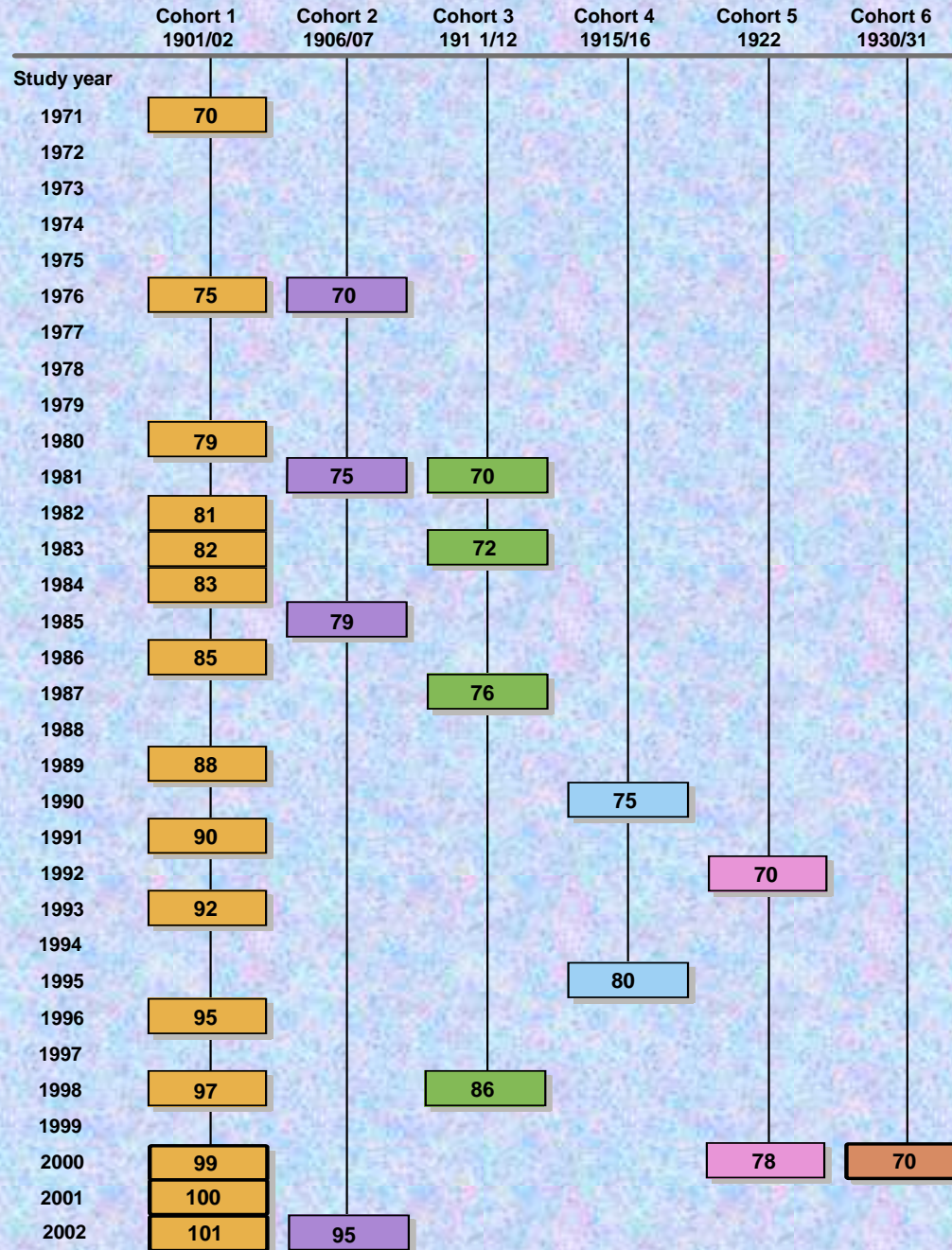
The Swedish population-17% are more than 65 years



The objectives were

- To make a survey of the social and medical conditions of this population
- To obtain basic data for planning the care of the elderly
- To contribute to the knowledge of normal aging processes and of normal criteria within the age group
- To offer a thorough medical examination

BIRTH COHORT – H 70



Year of birth	1968	1980	1992	2000	2004	
	age	age	age	age	age	
1908	60	72	84	92		
1914	54	66	78	86		
1918	50	62	74	82		
1922	46	58	70	78		
1930	38	50	62	70		
1942		38	50			
1954		26	38		50	
1966					38	



Overview of

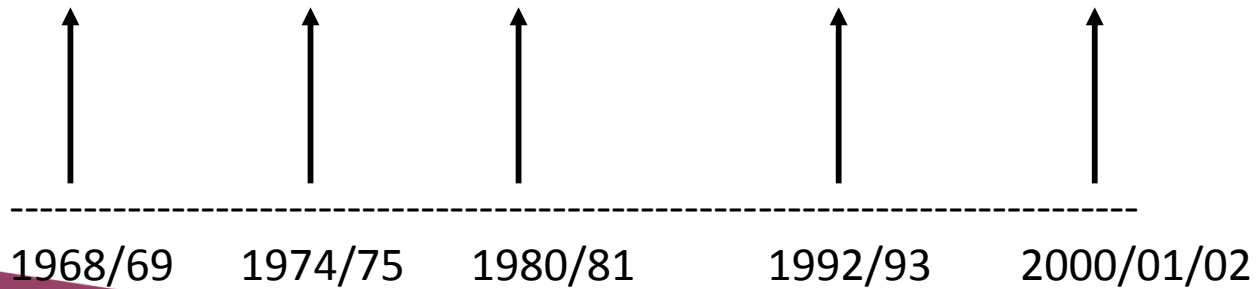
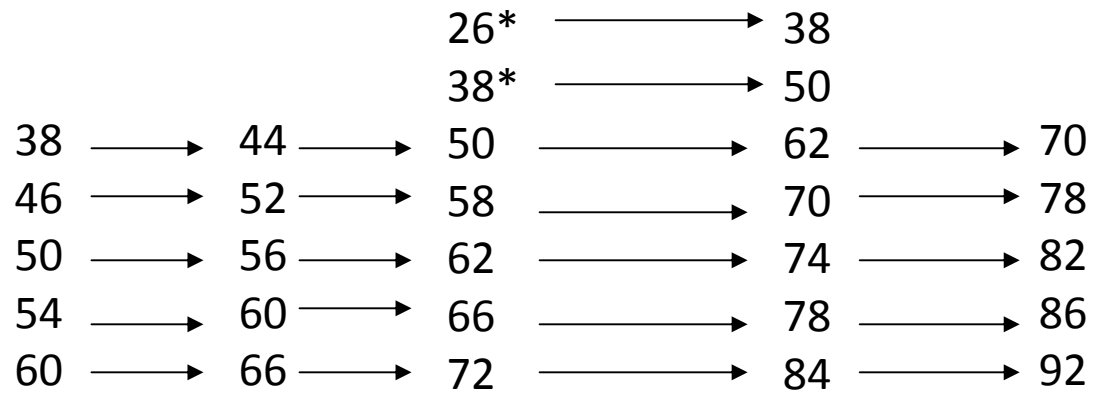
Design

- Participation
- Cross-sectional analyses
- Prospective analyses
- Cohort comparisons
- 32-year followup

Examples re.

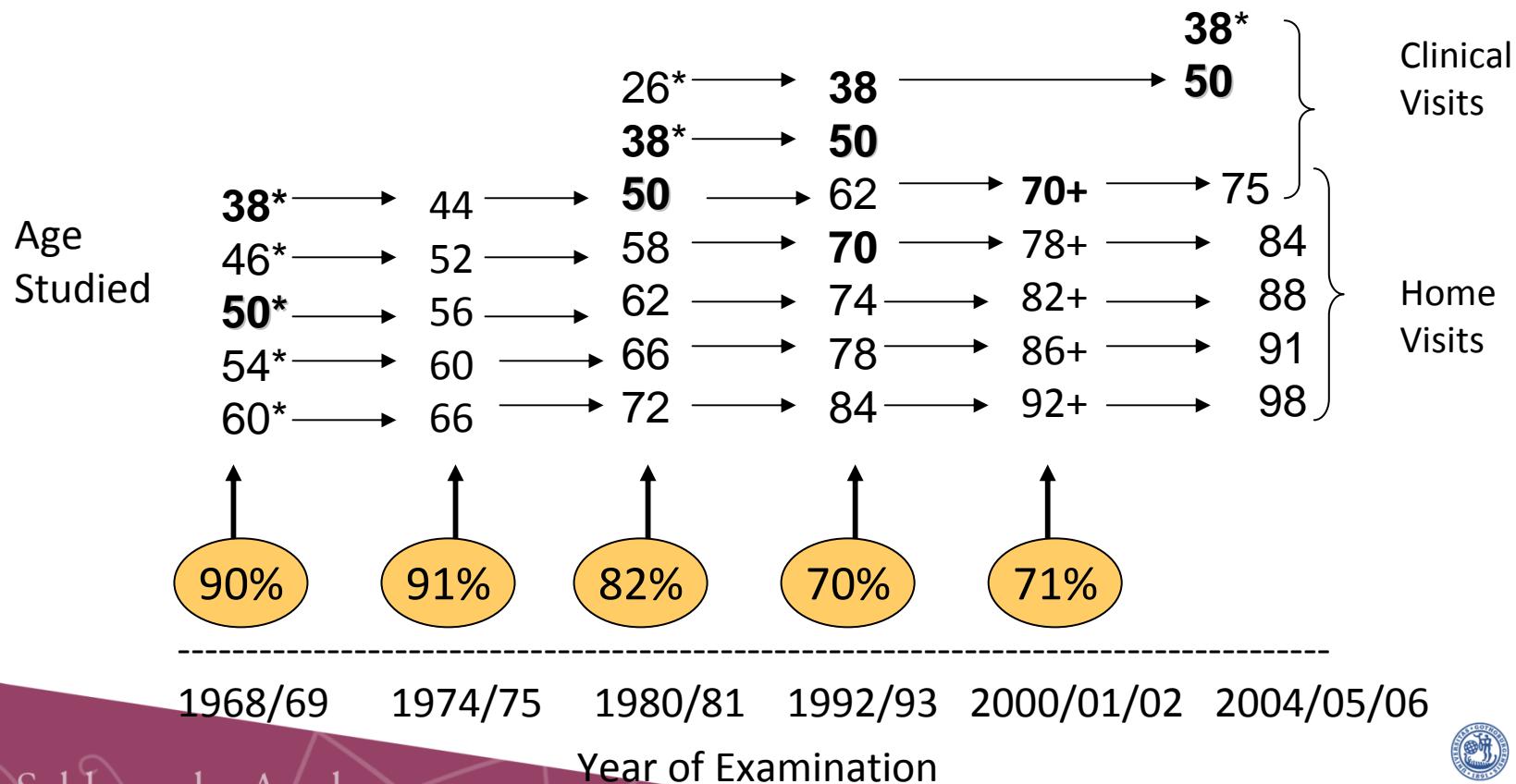
- Diet
- Body composition
- Mental function
- Dental status
- Homocysteine
- Menopause
- Physical activity

Longitudinal analysis

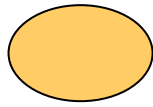


* First examination
 → Longitudinal data
 ○ Participation rates in survivors
38, 50, 70 Ages indicating possible cohort comparisons
 Age+ Examination cycle extended for home-visits

Figure 1 Design of PPSW



→ Longitudinal data
H70 men and women

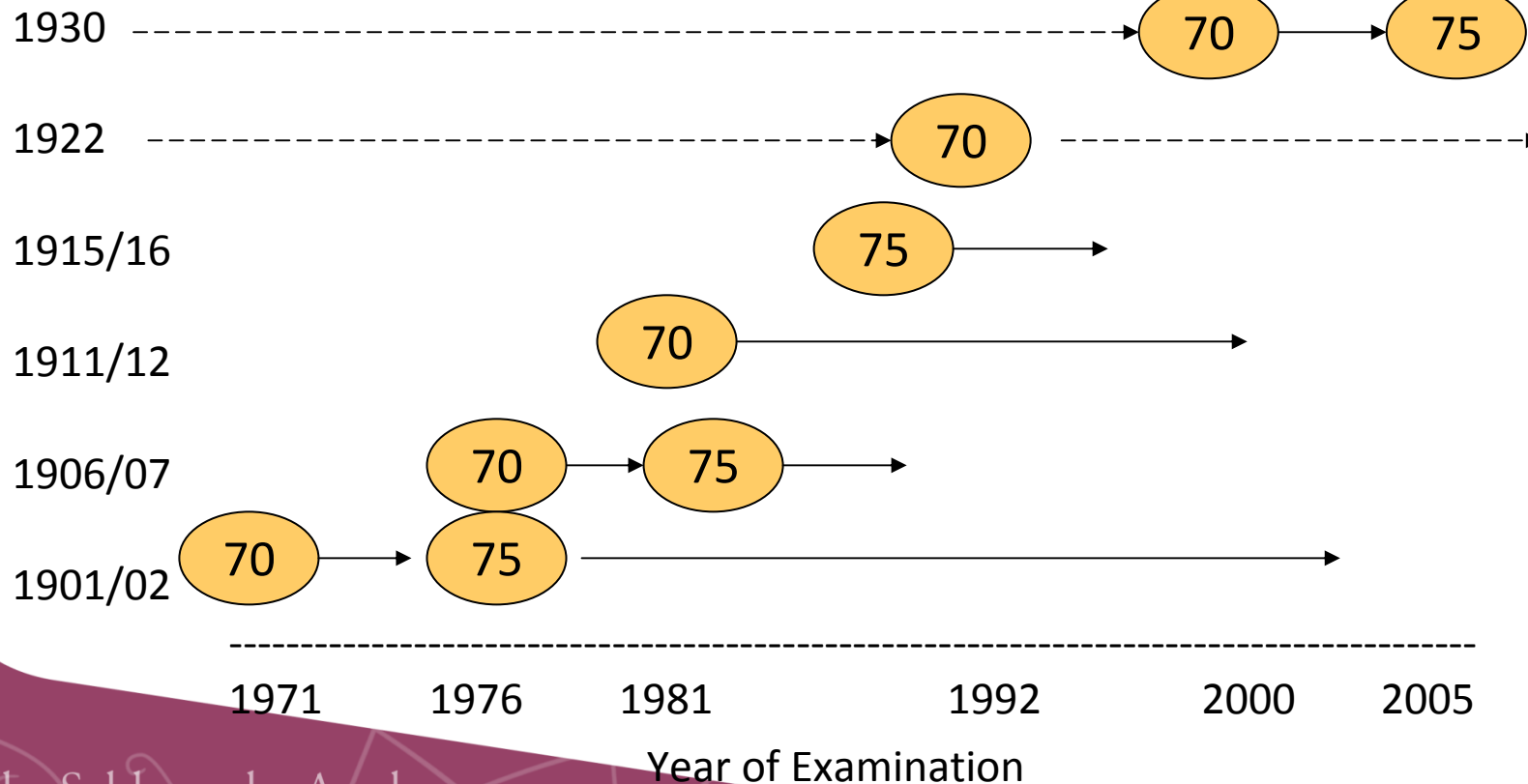


Age for cohort
Comparisons,
(both sexes)

Figure 2 Design of H70

- - - - - → Longitudinal data in women since 1968 (PPSW)

Birth Cohort



Prospective Studies

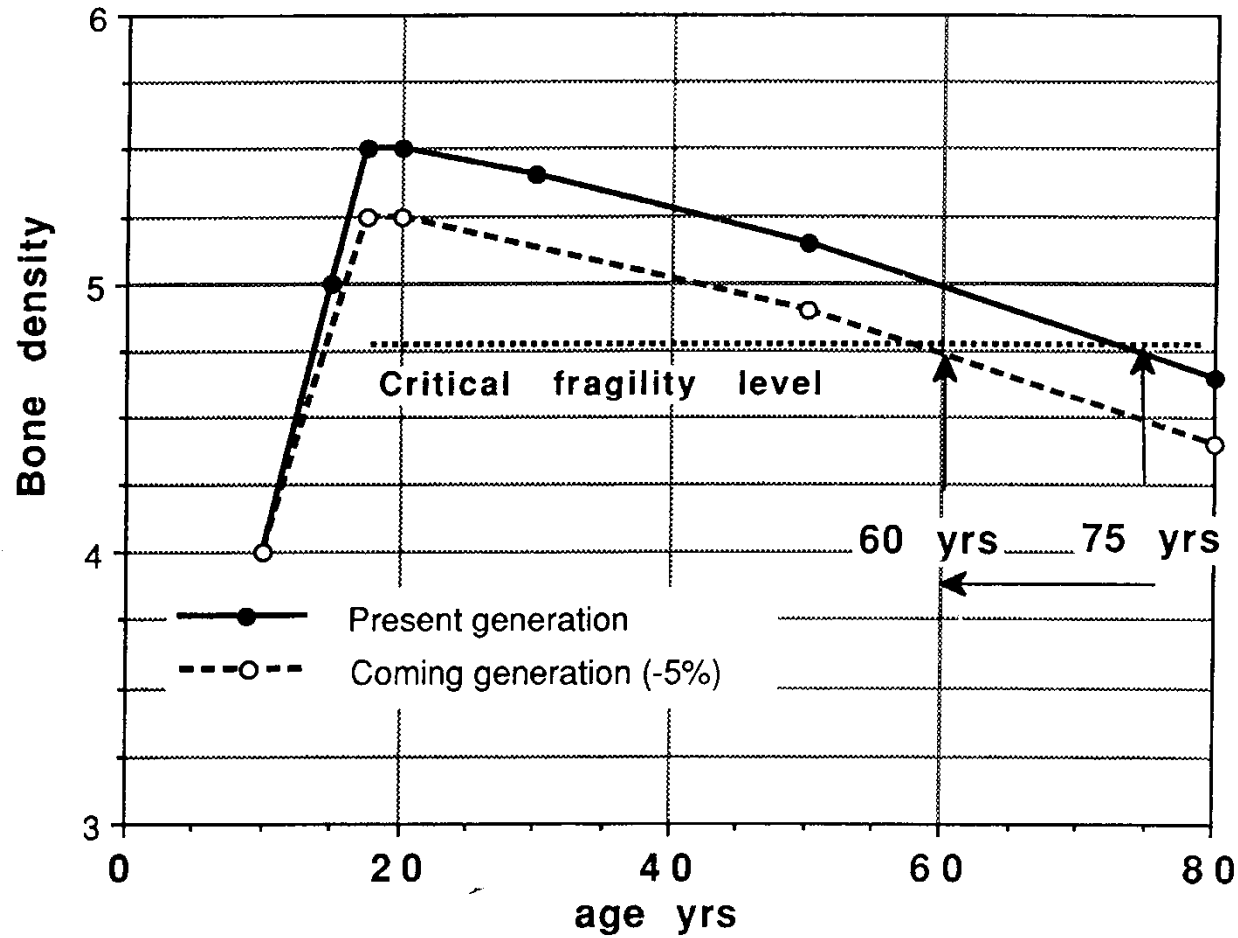
Does stress predict breast cancer?

Can the relation between Tooth loss and Cardiovascular disease be explained by Socio-economic Status?

At which BMI and degree of weight loss should hospitalised elderly patients be considered at nutritional risk?

- Optimal BMI 24-29 kg/m
- Clinically significant weight loss for elderly is around 5% annually
- Criterion for nutritional support in >65 yr should be BMI <24 or any degree of weight loss

A hypothetical effect of a reduced peak bone mass



Conclusions

Scientific results have been published in doctoral dissertations and original articles, reviews and reports which form a basis for i.a. the planning of social and medical activities and health care for the elderly in the future