

Adherence to the Healthy and Sustainable Dietary Recommendations for the Spanish Population and All-cause Mortality.

Observational study

ENRICA cohort

≥18 years. Representative of non-institutionalized Spanish population

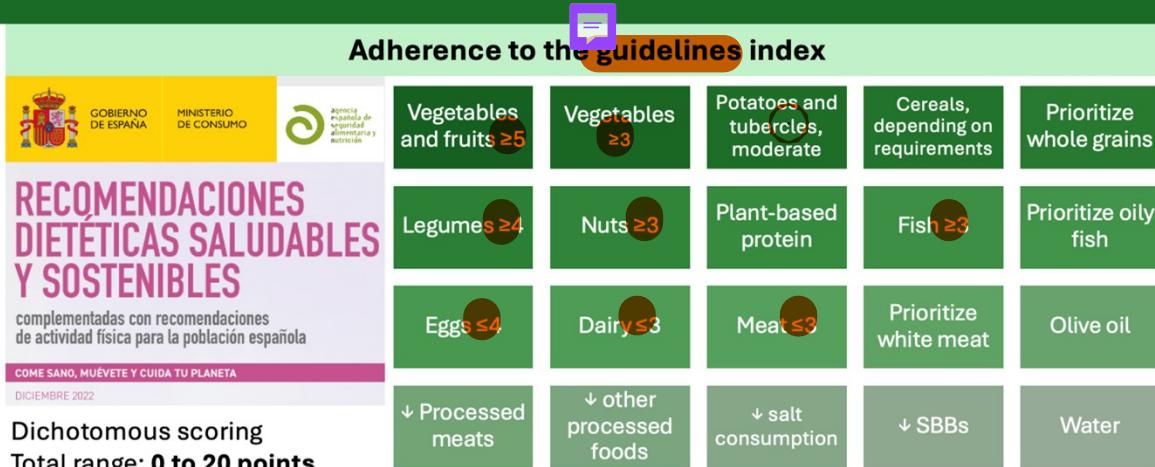


2008–2010

January 2022

Validated diet history

Covariates: age, sex, education, size of municipality, tobacco smoking, BMI, energy intake, alcohol consumption, physical activity, night sleep duration, hypertension, and hypercholesterolemia.



All-cause mortality risk

All population
N=11904

Participants without chronic disease
N=6707

	Q1	Q2	Q3	Q4	Per 2-point increment
REF.				0.76 95%CI: 0.60–0.96	-7% 95% CI: -14 to -1%
REF.				0.48 95%CI: 0.31–0.72	-20% 95% CI: -30 to -8%

Conclusions

- ↑ adherence to the guidelines, approached by a new index, was associated with lower risk of all-cause mortality
- Efforts should be made in promoting adherence to these guidelines, focusing on the recommendations with lower compliance, and evaluating the effectiveness in preventing major chronic health conditions in diverse population subgroups.