

# 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.



Dichotomous scoring  
Total range: 0 to 20 points

## Adherence to the guidelines index

Vegetables and fruits $\geq 5$	Vegetables $\geq 3$	Potatoes and tubercles, moderate	Cereals, depending on requirements	Prioritize whole grains
Legumes $\geq 4$	Nuts $\geq 3$	Plant-based protein	Fish $\geq 3$	Prioritize oily fish
Eggs $\leq 4$	Dairy $\leq 3$	Meat $\leq 3$	Prioritize white meat	Olive oil
↓ Processed meats	↓ other processed foods	↓ salt consumption	↓ SBBs	Water

## All-cause mortality risk

	Q1	Q2	Q3	Q4
All population N=11904	REF.			0.76 95%CI: 0.60–0.96
Participants without chronic disease N=6707	REF.			0.48 95%CI: 0.31–0.72

### Per 2-point increment

-7% 95% CI: -14 to -1%
-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.