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Fruit and vegetable intake and body mass index in a large sample of middle aged Australian men and women

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Fruit and vegetable intake and body mass index in a large sample of middle aged Australian men and women

Abstract

Abstract of a presentation that was present at the NSA 2014 Annual Scientific Meeting, 26-28 November, Hobart, Australia.

Disciplines

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FRUIT AND VEGETABLE INTAKE AND BODY MASS INDEX IN A LARGE SAMPLE OF MIDDLE-AGED AUSTRALIAN MEN AND WOMEN

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Background/Aims: Globally, dietary guidelines recommend increased intakes of fruits and non-starchy vegetables for the prevention of chronic diseases.

Methods: Secondary analysis was performed in 246,995 Australian adults aged 45+ years recruited for the “45 and Up” cohort study. The association between BMI and habitual fruit and vegetable (F&V) consumption, assessed using validated short questions was determined using multinomial logistic regression modelling, by sex.

Results: Compared to the referent normal weight category (BMI 18.5 - 24.9 kg/m²), the odds ratio (OR) of being in the highest vegetable intake quartile was 1.09 (95%CI: 1.04, 1.14) for overweight and 1.18 (95%CI: 1.12, 1.24) for obese women. For fruit, the association was in the opposite direction for overweight (OR 0.85; 95%CI: 0.80, 0.90) and obese (OR 0.75; 95%CI: 0.69, 0.80) women. Obese and overweight women were more likely to meet the “Go for 2&5” targets. In contrast, overweight men were less likely to be in highest intake quartiles for vegetables (OR 0.92; 95%CI: 0.89, 0.96) and fruit (OR 0.94; 95%CI: 0.90, 0.98) but this was not found for obese men.

Conclusions: These data suggest that public health approaches to increase fruit and vegetable intake may be beneficial strategies for weight management in men but further investigation of the positioning of F&V within overall diets is warranted in the case of middle-aged women.

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