ANALYSIS OF DIET IN COHORT STUDIES

DEVELOPMENT OF METHODS IN NUTRITION EPIDEMIOLOGY

WE MEASURE DIET IN COHORTS

Thousands of people followed for many years. The cohort studies focus on health determinants such as psychosocial and socioeconomic factors, lifestyle, or environment.

A great example is measuring diet in **ELSPAC** (European Longitudinal Study of Pregnancy and Childhood) or **HAPIEE** (Health, Alcohol and Psychosocial factors in Eastern Europe) cohort studies.

WE MEASURE DIET WITH FFQ

FOOD FREQUENCY QUESTIONNAIRE
a retrospective instrument to explore:
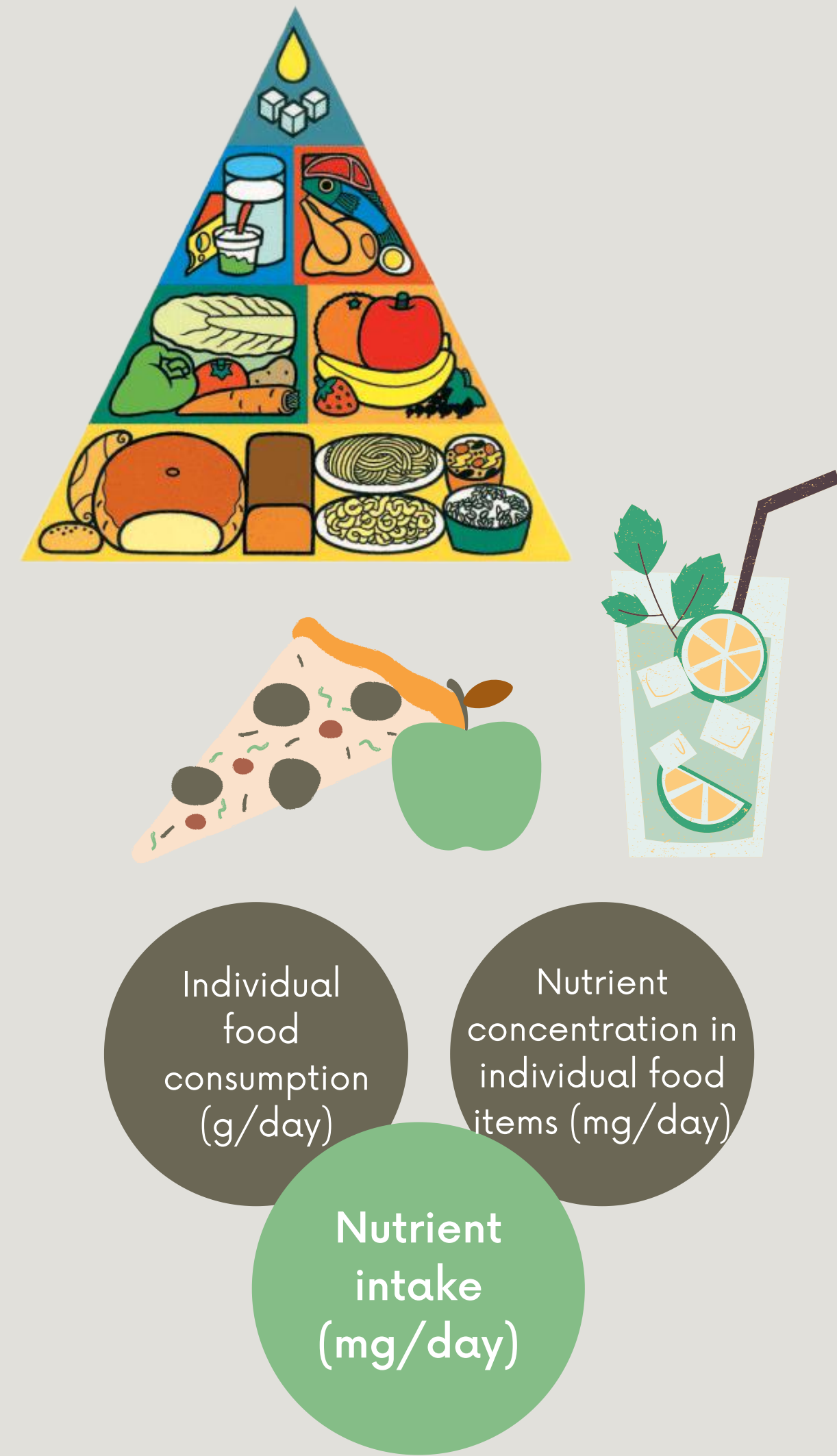
Fulfillment of recommended intake[1,2]

DIET

How many portions of fruit and vegetable is consumed?

Dietary patterns[4]

How varied is their diet?

Nutrients intake[3]

How much fiber do they eat?

Individual food consumption (g/day)

Nutrient concentration in individual food items (mg/day)

Nutrient intake (mg/day)

WE WANT TO EXAMINE

Association of **diet** (fruit and vegetable intake, vitamin C and fiber constumption) **and** childhood development and cognition decline in older age.

WE EXPECT

CROSS-SECTIONAL RESULTS

We will look at association of diet and cognition outcomes in different cohorts (ELSPAC, HAPIEE). Comparison, where is suitable.

LONGITUDINAL RESULTS

We will look at diet changes and neurodevelopment or decline in longitudinal trajectories.

IN CONTEXT OF EXPOSOME

Life style

Stress

Climate

Infection

DIET

Genetics

Socio economic

Polution
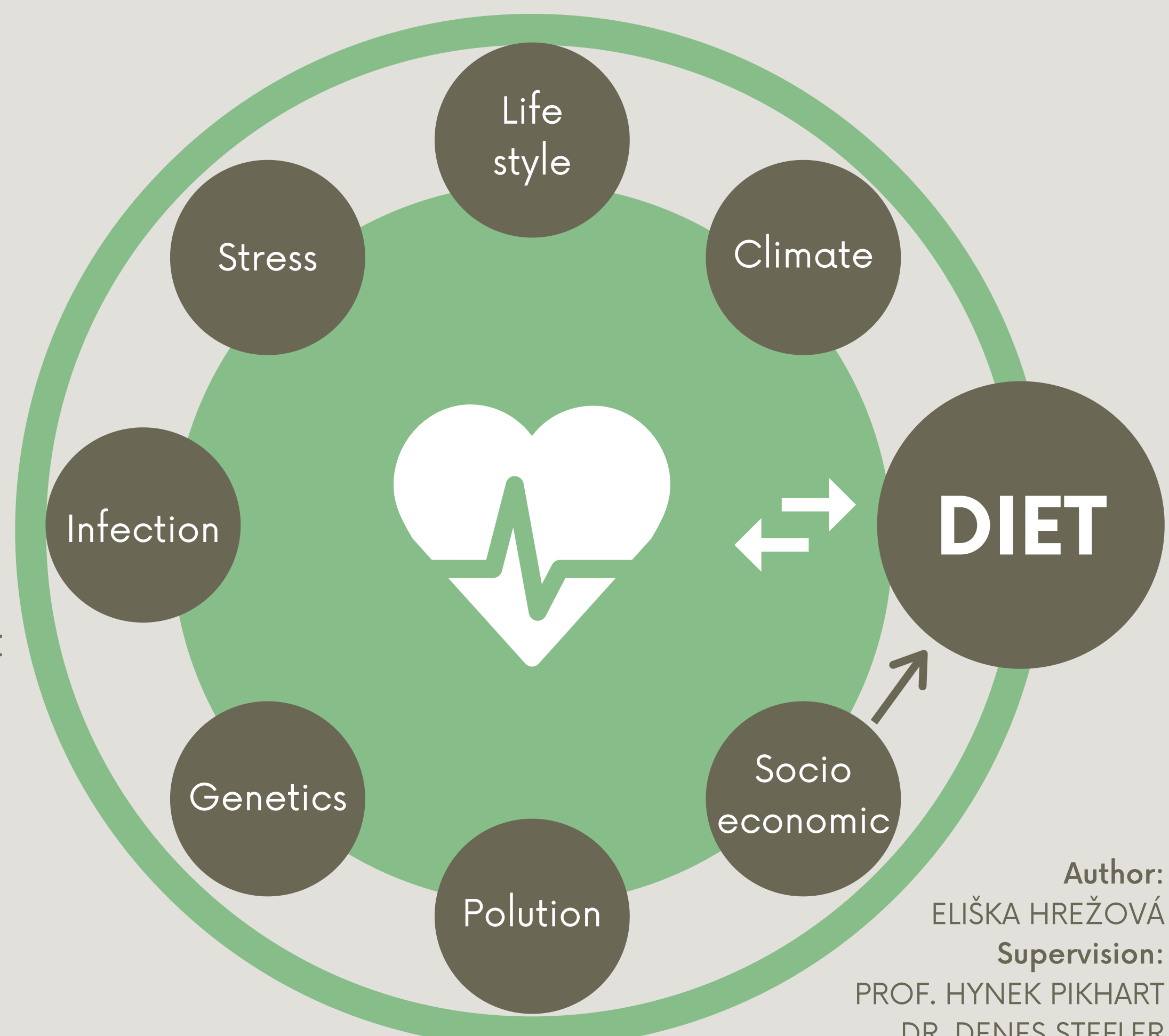
SUBMITTED PAPER

Fruit and vegetable intake and self-rated health in the Czech part of the HAPIEE study
"We observed an association suggesting that low consumption of fruits and vegetables may lead to poor self-rated health."

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References:
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2.Zdravá třináctka 2021
3.K. Kotková, T. Pruša: Význam vlákniny v naší stravě 2020
4.M. Grulichová: Dietary pattern longitudinality during 8 years in children: results from the European Longitudinal Study of Pregnancy and Childhood (ELSPAC-CZ) 2020