

Ecological correlations between estimated disease prevalence and lifestyle as well as diet in Japan (†U: Cerebrovascular disease)

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Recently, concern for the problems of women's health has been rising. The objective of our ecological study was to explore the actual status of women's health problems from the standpoint of lifelong women's health care in Japan, by analyzing lifestyle and diet differences in estimated gender-specific prevalence of cerebrovascular disease: cerebral hemorrhage, cerebral infarction and subarachnoid hemorrhage. Based on the Patient Survey for 2002 and the 2000 Population Census of Japan, the estimated age and gender specific prevalence of cerebrovascular diseases was calculated for 47 prefectures by 3 age-groups categorized as 25-44, 45-64 and 65 years or older in 2002. The proportion of smokers, drinkers, hypertensive, subjects with obesity (Body Mass Index>25.0) and subjects who had physical activity as well as the average daily intake of 23 items foods according to medium classification from the National Nutrition Survey in 1996 were calculated by 3 age-groups (20-39, 40-59 and 60 or older) in each gender, taking account of time-lag and the stability of the National Nutrition Survey. Multivariate analysis was used to estimate the correlations between estimated prevalence of cerebrovascular diseases and related factors. SPSS 10.0 for Window was used for analysis. Our results showed ecological correlations between estimated prevalence and lifestyle as well as food intake, although the related factors were different in 3 subtypes of cerebrovascular disease according to age and gender. The related factors of cerebrovascular disease were also greatly divergent among different age group in each gender.