

JOINT EVENT

4th World Congress on **Public Health and Nutrition**
&
19th World Congress on **Pharmaceutical Sciences,**
Public Health and Innovations in Pharma Industry
February 25-26, 2019 | Berlin, Germany



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MODERATE EGG CONSUMPTION AND ALL-CAUSE AND SPECIFIC-CAUSE MORTALITY IN THE EPIC-SPAIN STUDY

Dietary guidelines for egg consumption for general population differ among public health agencies. Our aim was to investigate the association between egg intake and both all-cause and specific-cause of mortality in a Mediterranean population. The European Prospective Investigation into Cancer and Nutrition (EPIC)-Spain cohort included 40,621 men and women aged 29-69 years old in the nineties from 5 Spanish regions. Data on egg consumption was collected using a validated diet history at baseline. Cox proportional hazards models, adjusted for confounders, were used in the analyses. The mean egg consumption was 22.0g/d in women and 30.9g/d and men. After a mean of 18 years of follow-up, 3,561 deaths were recorded, of whom 1,694 were from cancer, 761 from CVD, and 870 from other causes. No association was observed between egg consumption and all-cause mortality for the highest vs the lowest quartile (HR = 1.01; 95% CI 0.91-1.11; P-trend = 0.96). Likewise, no association was observed with cancer and cardiovascular diseases mortality. However, an inverse association was found between egg consumption and deaths for other causes (HR = 0.76; 95% CI 0.63-0.93; P-trend = 0.003), particularly for deaths from the nervous system (HR = 0.59; 95% CI 0.35-1.00; P-trend = 0.036). In conclusion, this study shows no association between moderate egg consumption, up to 1 egg per day, and main causes of mortality in a large free-living Mediterranean population.

Biography

Raul Zamora-Ros is graduated in both Nutrition and Food Science and also obtained a master on Statistics and Epidemiology. He earned his PhD in Nutrition from the University of Barcelona in 2008. He did his PostDoc on Nutritional Epidemiology at the IDIBELL, International Agency for Research on Cancer (IARC) and the University of Cambridge, before joining his current position as principal investigator at the Unit of Nutrition and Cancer (IDIBELL) since February 2016. He is interested in whether dietary factors, particularly polyphenols and polyphenol-rich foods, are causally associated with the development of chronic diseases. He has published over 80 peer-review articles and above 10 book chapters in his area.

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