

Processed meat eater profile in a Latin-American cohort

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Background:

We aim to describe the prevalence, distribution and factors associated to processed meat (e.g. sausages, bacon) consumption (PMC) in a Chilean population-based cohort. This is the first study to explore this exposure in Chile.

Methods:

We studied 7841 participants of the Maule Cohort, 4358 women, 3483 men aged 37 to 77 years, who answered an epidemiological survey (diet, alcohol, health, socioeconomic), had a medical examination, and provided fasting blood. We stratified them in five groups by weekly frequency of PMC from (1) none, (2) <1/week, (3) 1/week, (4) 2-4/week to (5) >5/week. We analyzed MAUCO cohort baseline data in association with PMC. We estimated Prevalence ratios (PR) with Poisson regression (age, schooling & sex adjusted) and with multinomial logistic regression we modelled PMC using group 1 as reference.

Results:

High consumers were 8% (7% women, 9% men). Binge drinking was more common among participants in groups 2, 3 & 4 (Relative Risk Ratio, RRR) 1.26, 95% confidence interval (CI) 1.04-1.52; 1.28, CI 1.0-1.55 & 1.32, CI 1.08-1.6). As for diet, participants consuming red meat (>4 /week, 2.79; CI 2.13-3.66), butter/cream (>4 times/week, 2.07; CI 1.62-2.64), sugary snacks/sweets (≥ 1 time/day, 2.26; 1.81-2.83) and sugary drinks (≥ 1 time/day, 1.85; CI 1.48-2.31) were more likely to be in the high PMC group. Cardiovascular diseases (1.72, 1.17-2.52) and large waist circumference (1.01, 1.0 - 1.02) were more common in participants in the high PMC group.

Conclusions:

High consumption of processed meat is accompanied by other behaviors and risk factors that can potentiate adverse health effects in this population.

Key messages:

- In Chile, little attention has been given to potential health impacts of processed meat. This work aims to bring focus to this issue.
- High processed meat consumption was associated with other non-healthy foods, risky alcohol intake and unhealthy weight, all of which can increase the risk of chronic diseases.