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Georgia Southern finds Fish consumption is associated with a decreased risk of death among adults with diabetes.

September 24, 2018

There are few studies examining the beneficial effects of fish consumption on cardiovascular diseases (CVDs) among adults with diabetes, who experience a substantially high risk of CVDs.

Researchers from Georgia Southern University analyzed the data of 1136 adults with diabetes mellitus aged 18 years and older who participated in the National Health and Nutrition Examination Survey, conducted between 1988 and 1994, and were followed up through December 31, 2010. Cox regression was used to estimate the adjusted hazard ratios (HRs) for the relative risk across the levels of fish consumption.

A total of 698 deaths were recorded at the end of 11,465 person-years follow-up with a mortality rate of 60.88 per 1000 person-years. CVDs were listed as a contributing cause for 326 deaths, thus accounting for 46.4% of total deaths. Stroke-specific mortality rate among patients who ate fish less than once a week was more than twice as high as that among patients who ate fish more than twice a week, 6.23 vs. 2.36 per 1000 person-years, respectively. The corresponding CVD-specific rate was 34.38 vs. 22.99 per 1000 person-years, respectively. The adjusted HRs of death due to stroke were 1.00 (reference), 0.55 (95% confidence interval Z 0.28e1.07), and 0.30 (0.11e0.80) among patients who ate fish <1, 1 – 2, and more than twice a week, and the corresponding HRs of death due to CVDs were 1.00 (reference), 0.78 (0.60e1.02), and 0.69 (0.50e0.96), respectively.

The researcher concluded that a high consumption of fish may reduce the risk of death, especially stroke, among adults with diabetes.

“Fish consumption is associated with a decreased risk of death among adults with diabetes: 18-year follow-up of a national cohort” was recently published in The Journal of Nutrition, Metabolism and Cardiovascular Disease.

The paper was authored by a group of doctoral students from Georgia Southern University, including Mr. Abraham Deng, Mr. Anunay Bhattacharya, Ms. Swaha Pattanaik, MPH, and Mr. Chongjian Liu. Dr. Jingjing Yin, Assistant professor, Georgia Southern University Jiann-Ping Hsu Collage of Public Health (JPHCOPH), Dr. Levi Ross, associate professor, the University of Alabama, Health Science, and Dr. Jian Zhang, professor of epidemiology, Georgia Southern University, JPHCOPH served as the faculty advisors.