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## Determinants of fish consumption in older people: A community-based cohort study

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**Statement of the Problem:** Habitual fish consumption and its determinants in older people have not been well investigated. We addressed these issues through a population-based cohort study.

**Methods:** In 2001-2003 we interviewed a random sample of 3336 residents aged  $\geq 60$  years in China, documenting socioeconomic status (SES) and disease risk factors. In 2007-2009 we re-interviewed 1757 survivors, additionally surveying average self-reported intake of fish over the past two years.

**Findings:** Of 1757 participants, 1697 responded to the fish consumption questionnaire; 23.0% of whom had “never eat” fish, 43.4% “once a week” and 26.9% “more than twice a week”, and 6.7% “ $\geq$ once a day”. There was an inverse association of fish consumption with older age (multivariate adjusted odds ratio 0.64 [95% CI 0.45-0.92] and 0.35 [0.24-0.52] at ages of 75-79, and  $\geq 80$  years), female gender (0.63, 0.47-0.84), smoking (0.65, 0.48-0.88), living in a rural area (0.10, 0.07-0.15), having educational level of primary school (0.10, 0.05-0.19), occupation of peasant (0.08, 0.05-0.14), low income (0.11, 0.07-0.18), financial difficulties (0.25, 0.18-0.34), being never married/divorced (0.48, 0.28-0.81), having undetected hypertension (0.71, 0.55-0.91), depression (0.50, 0.29-0.84) and dementia (0.64, 0.41-0.98). However, participants with central obesity and heart disease at baseline had increased odds of fish consumption. Separate data analysis for different levels of fish consumption showed a dose-response trend for these associations.

**Conclusion & Significance:** In older Chinese, large socioeconomic inequalities, and certain lifestyle, psychosocial factors and health-related conditions are strong determinants of fish consumption. Such information is important for future development or refinement of effective dietary interventions targeting older adults.