Adventist Health Studies & The Vegetarian Edge

The Power of Natural Remedies Workshop
May 7, 2018
10:20 – 10:50 am
Seminary, N150

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Adventist Health Studies

Better health for everyone!
What are Adventist Health Studies?

- Long-term studies
- Exploring links between diet, lifestyle and disease

Adventist Health Study Timeline

Adventist Mortality Study 1958-1966
Adventist Health Study-1 1974-1988
Adventist Health Air Pollution Study 1976-Present
Adventist Health Study-2 2002-Present
Adventist Religion & Health Study 2006-Present
Why Study Adventists?

- Adventists are ideal to study because:
  - Most don’t smoke
  - Most don’t drink
  - Range of dietary habits
Adventists: Famous for Longevity

- Adventists were shown to live longer than the general population

- Five behaviors were shown to increase life span by up to 10 years:
  - Not smoking
  - Eating a plant-based diet
  - Eating nuts several times per week
  - Regular exercise
  - Maintaining a normal body weight
Adventist Mortality Study: 1958-1966
n=23,000

- Compared to other Californians, Adventists experienced lower rates of death for all cancers, including:
  - Lung cancer – 21%
  - Colorectal cancer – 62%
  - Breast cancer – 85%
  - Coronary heart disease – 66% for men, 98% for women
Adventist Health Study-1: 1974-1988  
n= 34,000  
Probable Beneficial Foods

- Nuts
- Whole grain bread
- Tomatoes
- Soy milk
- Fruits
- Legumes

Nuts: 50% MI  
WG Bread: 45% Non-Fatal MI  
Tomatoes: 40% Prostate Ca  
Soy Milk: 50% Prostate Ca  
Fruits & Legumes: Lung Ca
Adventist Health Study-1: 1974-1988

Findings on Red Meat

- Red meat was associated with an increased risk of:
  - Colon cancer – 50%
  - Heart attack – 70-80%
  - Diabetes – 75%
Adventist Health Study-2
Adventist Health Study-2: 2002-Present

Profile of Study Members

- 96,000 Adventists ages 30+
- 1,500+ over the age of 90
- 26.9% are Black/African American
- Mean age: 60.2
<table>
<thead>
<tr>
<th>Dietary Status</th>
<th>BEEF</th>
<th>POULTRY &amp; FISH</th>
<th>DAIRY &amp; EGGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>VEGAN</td>
<td>NONE</td>
<td>NONE</td>
<td>NONE</td>
</tr>
<tr>
<td>LACTO-OVO</td>
<td>NONE</td>
<td>NONE</td>
<td></td>
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<tr>
<td>PESCO-VEGE</td>
<td>NONE</td>
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<tr>
<td>SEMI-VEGE</td>
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<tr>
<td>NON-VEGE</td>
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</tbody>
</table>
Adventist Health Study-2
Profile of Study Members (Non-Black)
Adventist Health Study-2
Profile of Black Study Members

- 63% Non
- 14% Pesco
- 13% Lacto-Ovo
- 6% Vegan
- 4% Semi
Dietary Status: Weight Differences

*Age 60
Dietary Status: Weight Differences in Blacks*

*Age 54
Body Mass Index (BMI)

\[
\text{BMI} = \frac{\text{weight in kilograms}}{\text{height in meters}^2}
\]

- Normal weight = 18.5-24.9
- Overweight = 25-29.5
- Obese = 30+
BMI – Males

Vegan  Lacto  Pesco  Non-Veg

Normal  Over  Obese
BMI – Black Females

- Vegan
- Lacto
- Pesco
- Non-Veg

BMI categories:
- Normal
- Over
- Obese
BMI – Black Males

- Vegan
- Lacto
- Pesco
- Non-Veg

Categories: Normal, Over, Obese

Graph showing BMI distribution among Black males by diet category.
Dietary Status and Disease

- The closer participants were to being vegan or vegetarian, the lower the risk of:
  - Diabetes
  - High cholesterol
  - High blood pressure
  - Metabolic Syndrome
High Cholesterol – All Participants

*significant relationship

Vegan* Lacto* Pesco Non-Veg
Hypertension – Non-Black Participants

*significant relationship

*Vegan*  *Lacto*  *Pesco*  *Non-Veg*
Hypertension – Black Participants

*significant relationship

*Vegan*  Lacto*  Pesco  Non-Veg
Characteristics of Vegetarians/Vegans

- Slept more
- Watched less TV
- Consumed less saturated fat
- Ate more fruits and vegetables
- Ate foods with a low glycemic index
  - Beans
  - Legumes
  - Nuts
Physical and Mental Quality of Life

- Adventists report better quality of life than the U.S. norm
- Trend is particularly pronounced for mental health in older age groups

Adventist Religion and Health Study
11,000 Adventists
Adventist Health Study-2
In Summary…

- The **health advantages** experienced by the more conforming Adventists over many years is remarkable.

- **Vegans** and lacto-ovo vegetarians have less **obesity**, lower **blood pressure/high cholesterol**, and fewer **lifestyle diseases**.

- The causes are not all understood, but dietary factors are clearly important.

- The vegan & vegetarian dietary habit is broadly protective. This is due **both** to the absence of meat and also the extra fruit, vegetables and nuts.
For more information, visit adventisthealthstudy.org
The Vegetarian
Vegetarian diets are linked to improved:

- Weight loss
- A1c levels
- Cholesterol control
- Blood sugar control
- Insulin sensitivity
“Type 2 diabetes is 1.6 to 2 times lower in vegetarians than the general population, even after adjusting for body mass index (BMI).”

J Am Coll Nutr 2015;34(5):448-58
“We found a greater reduction in visceral fat and greater improvements in insulin resistance…with a vegetarian diet compared with a conventional hypocaloric diet.”

*J Am Coll Nutr* 2015;34(5):448-58
“Vegetarian diets are sustainable in the long term and may elicit desirable improvements not only in physical health but also in mental health.”

J Am Coll Nutr 2015;34(5):448-58
“The vegan gut profile appears to be unique in several characteristics, including reduced abundance of [harmful bacteria] and a greater abundance of protective species”…
“Reduced levels of inflammation may be the key feature linking the vegan gut microbiota with protective health effects.”
A vegan diet may offer advantages over a vegetarian diet in several ways, including treating type 2 diabetes, systemic inflammation linked to heart disease, and a 15% lower total cancer risk.

1. Use the Plan of Addition

Focus on adding more garden foods or foods from the produce department.
2. Eat More Fruits and Vegetables

Aim for at least 2-3 cups each of both fruits and vegetables a day. (5 servings of each)
3. **Choose Whole Grains**

Enjoy brown rice, whole wheat and multi-grain bread and pasta, and whole grain, high fiber cereals like steel cut oats.
4. Increase Beans and Legumes

Beans are a great source of protein, antioxidants, and fiber. Add to soups, salads, and pasta dishes.
5. **Enjoy Healthy Fats**

Enjoy nuts. Just one handful a day cuts heart attack risk. Walnuts are a great source of omega 3 fat.
Try Vegetarian Entrees

Grocery stores offer many frozen vegetarian entrees; restaurants have great options.
7. **Eat Smart**

A healthy diet also means cutting down on sweets, processed foods, soft drinks, fried food, and constant eating.
“Don’t you know that your body is a temple of the Holy Spirit which is in you, which you have from God?”

1 Corinthians 6:19
THANK YOU!
The *Power of Natural Remedies* Workshop
& Evelyn Kissinger

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