

原著

最近のわが国の地域別肺がん死亡率と栄養・食品摂取状況との関係

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Dietary Factors Affecting Recent Lung Cancer Mortality in the Twelve Districts in Japan

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Abstract

In order to examine regional differences in the death rate due to lung cancer among Japanese males and females in Japan's 12 districts, data were analysed for a possible relationship between dietary factors and the SMR (Standardized Mortality Ratio) from lung cancer during two five year periods, 1983-1987 and 1988-1992. The dietary factors were determined by analyzing the data from the National Nutrition Survey in Japan on the intake of ten kinds of nutrients and 109 kinds of food and beverages, five and ten years before each survey period of the SMR. The findings in the present study are as follows: 1. There were differences in the death rate due to regional variations in dietary habits. 2. There was a significant positive correlation for both males and females between the SMR and two nutritional items, intake of protein from animals and fish and average percentage of protein intake from animals and fish. 3. There was a significant inverse correlation for both males and females between the SMR and one nutritional item, vitamin C. And also, a significant inverse correlation was found for males between the SMR and one nutritional item, calcium and for females between one nutritional item, iron. 4. There was a significant positive correlation for both males and females between the SMR and one food item, onion. And also, a significant positive correlation was found for males between the SMR and one food item, beef, and for females with three food items, foods from animals and fish, butter, and beer. 5. There was a significant inverse correlation for both males and females between the SMR and four food items, potatoes, tuber, etc., carrot, and vegetables other than green and yellow vegetables. And also, a significant inverse correlation was found for males between the SMR and one food item, vegetables categorized the others in the vegetables other than green and yellow vegetables group, and for females with one food item, Japanese radish.

要約

肺がんの1次予防の目的で、1985年と1990年の性・地域ブロック別肺がん標準化死亡比(肺がん SMR)を算出し、肺がん SMR と SMR 調査年の5年および10年前の国民栄養調査成績を用いて栄養素および食品摂取量との相関関係を調べた。成績を以下に示す。1. 最近のわが国の肺がん SMR には、男女共通の地域集積性がみられた。2. 栄養に関する項目との関係で、男女の肺がん SMR と有意の正相関が認められたのは、たんぱく質うち動物性および動物性たんぱく質比の2項目であった。3. 栄養に関する項目との関係で、有意の負相関が認められたのは男女の肺がん SMR とビタミンCの1項目、男性の肺がん SMR とカルシウムの1項目、女性の肺がん SMR と鉄の1項目であった。4. 食品に関する項目との関係で、有意の正相関が認められたのは男女の肺がん SMR とたまねぎの1項目であった。また、男性の肺がん SMR と牛肉の1項目、女性の肺がん SMR と動物性食品、バターおよびビールの3項目にも有意の正相関が認められた。5. 食品に関する項目との関係で、男女の肺がん SMR と有意の負相関が認められたのはいも類、その他のいも、にんじん、その他の野菜類(緑黄色野菜以外の野菜類)の4項目であった。また、男性の肺がん SMR とその他の野菜(緑黄色野菜以外の野菜類のうち、大根、たまねぎ、トマト、キャベツ、きゅうり、白菜以外の野菜)の1項目、女性の肺がん SMR と大根の1項目にも有意の負相関が認められた。
