



Table 4-B-I-2. Overview Table: Cardiovascular Disease

Author, Year, Study Design	Sample Size Location Duration Dietary Assessment	Population / Age / Gender / Cohort	Exposure Index / Score	Outcomes Measured	Health Outcome
Akbaraly et al, 2011 Prospective Cohort	N=7,319 U.K. 18 years FFQ (127-item)	39 years to 63 years Mean = 49.5 years 30% Women Whitehall II Study Whites, South Asians and Blacks	AHEI <i>Total score: 2.5 to 87.5</i>	All-cause and CVD mortality	CVD mortality, comparing highest to lowest tertile of AHEI scores: <ul style="list-style-type: none"> HR=0.58 (95% CI: 0.37 to 0.91)
Belin et al, 2011 Prospective Cohort	N=79,752 (CVD) N=83,183 (HF) U.S. 10 years FFQ (WHI)	50 years to 79 years Women, Postmenopausal Women's Health Initiative (WHI)	AHEI <i>Total score: 2.5 to 87.5</i> Dietary Modification Index (DMI) <i>Total score: Six to 30</i>	Composite CVD (non-fatal MI, CHD death, coronary artery bypass graft/coronary angioplasty, stroke and HF) and HF alone	Comparing highest to lowest quintiles: CVD <ul style="list-style-type: none"> DMI: HR=0.88 (95% CI: 0.80 to 0.95; P_{trend}<0.001) AHEI: HR=0.77 (95% CI: 0.70 to 0.84; P_{trend}<0.001)
Buckland et al, 2011 Prospective Cohort	N=40,622 Spain 13.4 years Dietary history questionnaire, validated	29 years to 69 years 62% Women EPIC-Spain	rMED <i>Total score: Zero to 18</i>	All-cause and CVD mortality	Comparing highest to lowest rMED scores (high, medium, low): <ul style="list-style-type: none"> CVD mortality: HR=0.66 (95% CI: 0.49 to 0.89; P_{trend}=0.006) CVD mortality for men: HR=0.76 (95% CI: 0.63 to 0.90; P_{trend}=0.002) CVD mortality for women: HR=0.85 (95% CI: 0.68 to 1.06; P_{trend}=0.152; NS) P for interaction (male, female): 0.512



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Chiuve et al, 2012 Prospective Cohort	N=112,488 U.S. 24 years FFQ (131-item), validated	<i>Female:</i> 30 years to 55 years <i>Male:</i> 40 years to 75 years 64% Women Nurses' Health Study (NHS) and Health Professionals Follow-Up Study (HPFS)	HEI-2005 <i>Total score:</i> Zero to 100 AHEI-2010 <i>Total score:</i> Zero to 110	CVD (CHD, stroke or angina)	Comparing highest to lowest quintile of HEI-2005 and AHEI-2010 scores for each outcome (each adjusted for the other score): CVD <ul style="list-style-type: none"> • <i>HEI-2005:</i> RR=0.91 (95% CI: 0.80 to 1.04; P_{trend}=0.17; NS) • <i>AHEI-2010:</i> RR=0.80 (95% CI: 0.74 to 0.86; P_{trend}<0.001) • P for similar effects of diet scores = 0.06; NS
Drake et al, 2012 Prospective Cohort	N=17,126 Sweden 14.2 years FFQ (168-item)	44 years to 73 years 61% Women Malmö Diet and Cancer (MDC)	DQI Swedish Nutrition Recommendations (DQI-SNR) <i>Model 2:</i> Zero to six (population median)	All-cause and CVD mortality	Comparing highest to lowest DQI-SNR (high, medium, low): <i>CVD mortality in men:</i> <ul style="list-style-type: none"> • <i>Model 1:</i> HR=0.59 (95% CI: 0.44 to 0.81; P_{trend}<0.0001) • <i>Model 2:</i> HR=0.85 (95% CI: 0.62 to 1.17; P_{trend}= 0.077; NS) <i>CVD mortality in women:</i> <ul style="list-style-type: none"> • <i>Model 1:</i> HR=1.07 (95% CI: 0.75 to 1.53; P_{trend}=0.522; NS) • <i>Model 2:</i> HR=1.06 (95% CI: 0.70 to 1.60; P_{trend}=0.635; NS)



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Estruch et al, 2013 RCT	Initial N=7,447 Final N=6,924 Intent to treat analysis Spain 4.8 years FFQ (137-item), validated	55 years to 80 years High CVD risk 57% Women Prevencion con Dieta Mediterranea (PREDIMED) Trial	Med diet + olive oil (OO) (N=2,543) or Med diet + nuts (N=2,454) vs. control, low-fat diet (N=2,450)	Major cardiovascular events (MI, stroke or death from cardiovascular causes)	CVD <ul style="list-style-type: none"> • <i>Med + OO vs. control</i>: HR=0.70 (95% CI: 0.54 to 0.92; P=0.01) • <i>Med + nuts vs control</i>: HR=0.72 (95% CI: = 0.54 to 0.96; P=0.03) • <i>Med diets combined vs. control</i>: HR=0.71 (95% CI: 0.56 to 0.90; P_{trend}<0.005) <p>For both Med diet groups, adherence to Med Diet scores were higher than the control group (P<0.0001 for all yearly comparisons of follow-up)</p>
Fitzgerald et al, 2012 Prospective Cohort	N=34,827 U.S. 14.6 years FFQ (133-item, Willett)	<i>Mean Age</i> : 55 years Women Women's Health Study	DASH score <i>Total score</i> : Eight to 40	CVD (fatal and non-fatal MI and stroke and cardiovascular death) CHD (non-fatal MI and CHD death).	CVD, comparing highest to lowest quintile of DASH scores: <ul style="list-style-type: none"> • HR=0.88 (95% CI: 0.72 to 1.07; P_{trend}=0.04)
Folsom et al, 2007 Prospective Cohort	N=20,993 U.S. 16 years FFQ (127-item), validated	55 years to 69 years Women Iowa Women's Health Study (IWHS)	DASH Score <i>Total score</i> : Zero to 11	CVD, CHD and stroke mortality	CVD mortality, comparing highest to lowest quintile of DASH scores: <ul style="list-style-type: none"> • HR=0.93 (95% CI: 0.76 to 1.12; P_{trend}=0.85; NS)



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Fung et al, 2009 Prospective Cohort	N=74,886 U.S. 20 years FFQ (116-item), validated (assessed six times)	38 years to 63 years Women NHS	aMed <i>Total score: Zero to nine</i>	CVD, CHD and stroke	Comparing highest to lowest quintile of aMed scores: <ul style="list-style-type: none"> CVD (CHD + stroke): RR=0.78 (P_{trend}<0.0001) CVD mortality: RR=0.61 (95% CI: 0.49 to 0.76; P_{trend}<0.0001)
Gardener et al, 2011 Prospective Cohort	N=2,568 U.S. Nine years FFQ (Block NCI), validated	<i>Mean age: 69±10 years</i> 64% Women Northern Manhattan Study (NOMAS)	MDS (as MeDi) <i>Total score: Zero to nine</i>	Combined Ischemic stroke, MI and vascular death and vascular death alone	Comparing highest to lowest quintile of MDS scores: <ul style="list-style-type: none"> Combined ischemic stroke, MI and vascular death: HR=0.75 (95% CI: 0.56 to 0.99; P_{trend}=0.04) Vascular death: HR=0.67 (95% CI: 0.46 to 0.98; P_{trend}=0.02)
Hoevenaar-Blom et al, 2012 Prospective Cohort	N=34,708 The Netherlands 11.8 years FFQ (178-item)	20 years to 65 years, MORGEN 50 years to 70 years PROSPECT 75% Women EPIC-NL	MDS <i>Total score: Zero to nine</i>	Fatal CVD, total CVD, composite CVD, stroke and MI	Per two-unit increment in MDS: <ul style="list-style-type: none"> Fatal CVD: HR=0.78 (95% CI: 0.69 to 0.88) Total CVD: HR = 0.95 (95% CI: 0.91 to 0.98) Composite CVD: HR=0.85 (95% CI: 0.80 to 0.91)



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Kaluza et al, 2009 Prospective Cohort	N=40,837 Sweden 7.7 years FFQ (96-item)	45 years to 79 years Men Cohort of Swedish Men (COSM)	RFS (expanded from original RFS) <i>Total score: Zero to 36</i> Non-RFS <i>Total score: Zero to 16</i>	All-cause and CVD mortality	CVD mortality, comparing highest to lowest RFS (high, medium, low): • HR=0.71 (95% CI: 0.54 to 0.93, P _{trend} =0.003) CVD mortality, comparing highest to lowest non-RFS (high, medium, low): • HR=1.27 (95% CI: 1.05 to 1.54, P _{trend} =0.07)
Kesse-Guyot et al, 2011 Prospective Cohort	N=5,823 France 11.6 years 24-hour record every two months	Mean age: <i>Female: 47.0±6.5 years</i> <i>Male: 51.9±4.7 years</i> 58% Women SU.VI.MAX study	PNNS-GS <i>Total score: Zero to 15</i>	CVD	CVD, comparing highest to lowest quartile of PNNS-GS: • HR=0.65 (95% CI: 0.42 to 1.00; P _{trend} =0.04)
Knoops et al, 2004 Prospective Cohort	N=2,339 11 European countries 10 years Diet histories, validated	70 years to 90 years 35% Women Healthy Ageing: A Longitudinal Study in Europe (HALE)	MMDS <i>Total score: Zero to eight (without alcohol)</i>	CVD and CHD mortality	Comparing the low risk group (MMDS of four or above) to the high-risk group: • CVD: HR=0.71 (95% CI: 0.58 to 0.88)



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Martínez-González et al, 2011 Prospective Cohort	N=13,609 Spain Five years FFQ (96-item), validated	<i>Mean age:</i> 38 years 56% to 61% Women Seguimiento Universidad de Navarra (SUN)	MDS <i>Total score:</i> Zero to nine	CVD and CHD	Comparing highest to lowest MDS scores: • CVD: HR=0.41 (95% CI: 0.18 to 0.95, P _{trend} =0.07) Per two-point increase in MDS score: • CVD: HR=0.80 (95% CI: 0.62 to 1.02)
Martínez-González et al, 2012 Prospective Cohort	N=15,535 Spain Two years to 10 years FFQ (136-item), validated	<i>Mean age:</i> 38.1±11.8 years 60% Women SUN	MDS <i>Total score:</i> Zero to nine	All-cause and CVD mortality	Per two-point increase in MDS score: • CVD mortality: HR=0.59 (95% CI: 0.36 to 0.96; P _{trend} =0.03)
McCullough et al, 2000a Prospective Cohort	N=38,622 U.S. Eight years FFQ (131-item), validated	40 years to 75 years Men HPFS	HEI-f (HEI based on FFQs) <i>Total score:</i> Zero to 100	CVD (fatal or non-fatal stroke or MI)	CVD, comparing highest to lowest quintile of HEI-f scores: • RR=0.72 (95% CI: 0.60 to 0.88; P _{trend} <0.001)



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McCullough et al, 2000b Prospective Cohort	N=67,272 U.S. 12 years FFQ (116-item), validated	<i>Mean age by HEI-f quintiles:</i> 48.7±6.83 years to 52.7±7.0 years Women NHS	HEI-f (HEI based on FFQs) <i>Total score:</i> Zero to 100	CVD (fatal or non-fatal stroke or MI)	CVD, comparing highest to lowest quintile of HEI-f scores: <ul style="list-style-type: none"> RR=0.86 (95% CI: 0.72 to 1.03, P_{trend}=0.085; NS)
McCullough et al, 2002 Prospective Cohort	<i>Female:</i> N=67,271 <i>Male:</i> N=38,615 U.S. Eight years to 12 years FFQ (131-item), validated	Mean Age by AHEI Quintiles <i>Female:</i> 49.4 years to 51.8 years <i>Male:</i> 51.8 years to 54.0 years 64% Women NHS and HPSF	AHEI <i>Total score:</i> 2.5 to 87.5 RFS <i>Total score:</i> Zero to 23	CVD (fatal or non-fatal stroke or MI)	Comparing highest to lowest quintile of AHEI scores: <ul style="list-style-type: none"> <i>CVD in men:</i> RR=0.61 (95% CI: 0.49 to 0.75; P_{trend}<0.001) <i>CVD in women:</i> RR=0.72 (95% CI: 0.60 to 0.86; P_{trend}<0.001) Comparing highest to lowest quintile of RFS scores:: <ul style="list-style-type: none"> <i>CVD in men:</i> RR=0.77 (95% CI: 0.64 to 0.93; P_{trend}<0.001) NS in Women
Mitrou et al, 2007 Prospective Cohort	N=380,296 U.S. 10 years FFQ (124-item), validated with 24-hour recalls	<i>Median age:</i> 62 years 44% Women NIH-AARP Diet and Health Study	MDS <i>Total score:</i> Zero to nine aMed <i>Total score:</i> Zero to nine	All-cause and CVD mortality	Comparing highest to lowest aMed scores (high, medium, low): <ul style="list-style-type: none"> <i>CVD mortality for men:</i> HR=0.78 (95% CI: 0.69 to 0.87, P_{trend}<0.001) <i>CVD mortality for women:</i> HR=0.81 (95% CI: 0.68 to 0.97, P_{trend}<0.01) Similar results were seen for MDS; data was not shown for fully adjusted model for men and women.



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Nakamura et al, 2009 Prospective Cohort	N=9,086 Japan 19 years FFQ (31-item), NIPPON DATA80	Mean age: 49.1±13.5 years to 51.7±13.0 years 56% Women National Integrated Project for Prospective Observation of Non-Communicable Diseases and its Trends in the Aged	Reduced Salt Japanese Diet Score Total score: Zero to seven	CVD, stroke and MI mortality	Comparing highest to lowest tertile of Reduced Salt Japanese Diet scores: CVD mortality: HR=0.80 (95% CI: 0.66 to 0.97; P _{trend} =0.022)
Nilsson et al, 2012 Prospective Cohort	N=77,319 Sweden 10 years Three FFQs (Two 84-item and one 64-item)	Median ages: 50 years for low and medium groups; 40 years for high group 51% Women Vasterbotten Intervention Program (VIP)	Traditional Sami Diet Score Total score: Zero to eight	All-cause and CVD mortality	Per one-point increase in Traditional Sami Diet score: CVD mortality for men: HR=1.02 (95% CI: 0.97 to 1.08; P=0.370; NS) CVD mortality for women: HR=1.05 (95% CI: 0.96 to 1.15; P=0.287; NS)
Oba et al, 2009 Prospective Cohort	N=29,079 Japan Seven years FFQ (169-item), validated	Mean ages: Women: About 55 years Men: About 54 years 54% Women Takayama Study	Japanese Food Guide Spinning Top Total score: Zero to 70	All-cause and CVD mortality	Comparing highest to lowest quartile of Japanese Food Guide Scores: CVD mortality for men: HR=1.06 (95% CI: 0.78 to 1.45, P _{trend} =0.70; NS) CVD mortality for women: HR=0.76 (95% CI: 0.56 to 1.04, P _{trend} =0.05)



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Panagiotakos et al, 2008 Prospective Cohort	N=2,101 Greece Five years FFQ (EPIC Greece)	Mean age: 45±14 years 50% Women ATTICA Study	Med Diet Score <i>Total score: Zero to 55</i>	CVD (CHD, acute coronary syndromes, stroke, or other CVD)	CVD, per one unit increase in Med Diet Score: RR=0.94 (95% CI: 0.90 to 0.97) Only for men and women aged 35 years to 65 years
Russell et al, 2012 Prospective Cohort	N=2,897 Australia 15 years FFQ (145-item), adapted from Willett	49 years to 97 years 43.7% to 70% women across quintiles Blue Mountain Eye Study (BMES)	Total Diet Score (TDS) <i>Total score: Zero to 20</i>	All-cause and CVD mortality	CVD mortality, comparing highest to lowest quintile of TDS: HR=0.77(95% CI: 0.57 to 1.05; P _{trend} =0.1; NS) Per standard deviation increase in TDS (One SD = 2.19 units): HR=0.91 (95% CI: 0.82 to 1.00; P _{trend} =0.06)
Seymour et al, 2003 Prospective Cohort	Female: N = 63,109 Male: N = 52,724 U.S. Three years FFQ (68-item), NCI Block	50 years to 79 years 55% Women American Cancer Society Cancer Prevention Study II Nutrition cohort	DQI of Patterson <i>Total score: Zero to 16</i> <i>Higher DQI: Poorer diet quality</i>	All-cause and CVD mortality	Comparing highest to lowest DQI scores: <i>All circulatory disease mortality for men: RR=1.18 (95% CI: 0.80 to 1.74; P_{trend}=0.83; NS)</i> <i>All circulatory disease mortality for women: RR=1.81 (95% CI: 0.88 to 3.72; P_{trend}=0.003)</i>



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Sjögren et al, 2010 Prospective Cohort	N=924 Sweden 10 years Seven-day dietary record	Mean age: 71±1 years Men Uppsala Longitudinal Study of Adult Men (ULSAM)	Healthy Diet Indicator (HDI) Total score: One to eight MDS Total score: Zero to nine	All-cause and CVD mortality	CVD mortality, comparing the highest to lowest scores: HDI: HR=1.25 (95% CI: 0.55 to 2.80; P _{trend} =0.67; NS) MDS: HR=0.60 (95% CI: 0.26 to 1.38; P _{trend} =0.22; NS) In sub-analysis (N=511), non-adequate dietary reporters were excluded. CVD mortality, comparing the highest to lowest scores: MDS: HR=0.19 (95% CI: 0.04 to 0.86; P _{trend} =0.009) Per standard deviation increase in MDS: HR=0.63 (95% CI: 0.42 to 0.96) HDI: HR=1.36 (95% CI: 0.44 to 4.13; P _{trend} =0.85; NS) Per standard deviation increase in HDI: HR=0.97 (95% CI: 0.60 to 1.57; NS)
Tognon et al, 2012 Prospective Cohort	N=77,151 Sweden Nine years Three FFQs (Two 84-item and one 64-item)	30 years to 60 years (including a few people aged 70 years) 51% Women VIP	MMDS Total score: Zero to eight	All-cause and CVD mortality	Comparing highest to lowest MMDS: CVD mortality for men: HR=0.99 (95% CI: 0.93 to 1.04; NS) CVD mortality for women: HR=0.90 (95% CI: 0.82 to 0.99; P _{trend} <0.05)



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von Ruesten et al, 2010 Prospective Cohort	N=23,531 Germany 7.8 years FFQ (148-item)	<i>Mean Ages:</i> <i>Female:</i> 46.5 ±8.8 years to 49.7 ±9.6 years <i>Male:</i> 50.1±7.6 years to 53.2 ±8.3 years 61% Women EPIC-Potsdam	German Food Pyramid Index (GFPI) <i>Total score:</i> Zero to 110	CVD incidence	Comparing highest to lowest quintile of GFPI scores: <i>CVD in men:</i> HR=0.56 (95% CI: 0.34 to 0.94; P _{trend} =0.0259) <i>CVD in women:</i> HR=1.76 (95% CI: 0.34 to 2.25; P _{trend} =0.2437)