



07 ULTRA-PROCESSED FOODS VS. ANIMAL-BASED DIETARY PATTERNS AND CARDIOVASCULAR-RELATED MORTALITY

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Introduction and Objective: Both ultra-processed foods (UPF) and animal-based foods have been associated with cardiovascular disease in some studies. Our study aims to examine the prospective association of two dietary factors (UPF and animal-based foods), adjusted for each other, with cardiovascular-related mortality using the UK Biobank cohort. **Methods:** Participants of the UK Biobank from England, Scotland, and Wales with at least two 24-h dietary recall completed between 2009 and 2012 were included. The exposure of interest was 2 dietary factors: 1) proportion of dietary energy from UPF and 2) proportion of dietary energy from animal-based foods (red meat, poultry/fish, and eggs/dairy). The main outcome was cardiovascular-cause mortality, identified through data linkage to mortality registries. Prospective association was assessed using multivariable Cox proportional hazards models adjusted for baseline sociodemographic and lifestyle characteristics. **Results:** Among 126,639 participants followed for a mean of 9.2 years, there were 1,327 cardiovascular deaths. In mutually adjusted models of both dietary factors (UPF and animal-based foods), the hazard ratio for the 5th compared with the 1st quintile of the proportion of dietary energy from UPF was 1.47 (95% CI: 1.22, 1.76, comparing 41.5% with 9.4% dietary energy), whereas for animal-based food intake (meats, dairy, eggs) it was 1.10 (95% CI: 0.93, 1.32, comparing 45.3% with 16.8% dietary energy). There was no evidence of interaction ($P = 0.51$). Among animal-based foods, none of the subgroups was associated with CVD mortality. **Conclusion:** Greater consumption of UPF was associated with higher cardiovascular-cause mortality in this UK population. The total of animal-based food consumption (meat, dairy, eggs) was not associated with cardiovascular mortality, neither red meat intake. These findings suggest that the proportion of UPF in the diet may be more important with respect to cardiovascular mortality than the proportion of animal-based foods. Funding: Cancer Research UK and World Cancer Research Fund.

Keywords: ultra-processed foods, animal-based dietary, cardiovascular mortality.

08 CONSTRUCCIÓN Y VALIDACIÓN DEL CUESTIONARIO DE CONSUMO DE ALIMENTOS ULTRA PROCESADOS (CAUP) PARA POBLACIÓN MEXICANA

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Introducción: Las dietas en muchos países han cambiado hacia un aumento dramático en el consumo de alimentos ultra procesados, el consumo de estos alimentos está involucrado en el desarrollo de enfermedades crónicas como la obesidad, tanto en adultos como en adolescentes y niños. **Objetivo:** Construir y validar un Cuestionario de Consumo de Alimentos Ultra Procesados (CAUP) en población infantil. **Metodología:** Se diseñaron un total de 14 ítems. Para el análisis de confiabilidad se utilizó el test de Alpha de Cronbach, para la validez un análisis factorial mediante la prueba de Kaiser-Mayer-Olkin (KMO) y de esfericidad de Bartlett; el análisis factorial se realizó mediante el método de extracción de los componentes principales con rotación de componentes de Varimax con Kaiser. **Resultados:** En la población infantil, el análisis factorial es factible (KMO=0.875, $p < 0.001$) y confiable (Alpha de Cronbach 0.85). Se extraen 2 factores que explican el 55.19% de la varianza: botanas, bebidas no lácteas y lácteas, dulces y postres, comida rápida, sopas instantáneas, (factor 1); pan de caja, cereales dulces, carnes procesadas, y otros (factor 2). En la población adolescente estudiante del nivel media superior, el análisis factorial es factible (KMO=0.855, $p < 0.001$) y y confiable (Alpha de Cronbach 0.83). Se extraen 3 factores que explican el 72.78% de la varianza: cereales dulces, botanas, bebidas lácteas y no lácteas, carnes procesadas, dulces y postres, sopas instantáneas (factor 1); comida rápida y otros (factor 2) y pan de caja (factor 3); en la población de jóvenes universitarios, el análisis factorial es factible (KMO=.918, $p < 0.001$) y confiable (Alpha de Cronbach 0.92), es una escala unifactorial que explica el 59.14% de la varianza; quedando incluidos pan de caja, cereal dulce, botanas, bebidas no lácteas y lácteas, carnes procesadas, dulces y postres, comida rápida, sopas instantáneas y otros. **Conclusiones:** el Cuestionario de Consumo de Alimentos Ultra Procesados (CAUP) presenta una confiabilidad y factibilidad aceptable en las tres poblaciones evaluadas: niños de edad escolar, adolescentes y universitarios; por lo que se concluye que el CAUP es una escala valida y confiable para determinar la frecuencia de alimentos ultra procesados en población mexicana.

Palabras clave: alimentos ultra procesados, psicometría, cuestionario, niños.

