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# 68 - HEALTHY AND SUSTAINABLE DIETARY RECOMMENDATIONS FOR THE SPANISH POPULATION ARE ASSOCIATED WITH REDUCED INFLAMMATORY AND ATHEROGENIC BIOMARKERS: THE AWHS STUDY

*S. Gimeno Ruiz, P. Guallar Castillón, C. Torrijo Belanche, A. Muñoz Cabrejas, B. Moreno Franco*

*Departamento de Medicina Preventiva y Salud Pública, Universidad de Zaragoza; Departamento de Medicina Preventiva y Salud Pública, Universidad Autónoma de Madrid; IMDEA-Nutrición (CEI UAM + CSIC); Department of Epidemiology, New York University School of Global Public Health; Instituto de Investigación Sanitaria Aragón, Hospital Universitario Miguel Servet; Centro de Investigación Biomédica en Red de Enfermedades Cardiovasculares (CIBERCV).*

## Resumen

Background/Objectives: There is limited evidence regarding the potential benefits of emerging holistic dietary patterns on the inflammatory state associated with cardiovascular disease (CVD). In this context, dietary approaches that integrate both health and sustainability aspects are gaining increasing attention. Therefore, we aim to assess the relationship between adherence to the Healthy and Sustainable Dietary Recommendations for the Spanish Population Index (HS-DRSI) and inflammatory-atherogenic profiles.

Methods: A cross-sectional analysis was conducted among of 2,305 middle-aged men without CVD from the Aragon Workers Health Study (AWHS). Dietary intake was assessed using a validated food frequency questionnaire, from which the HS-DRSI was calculated. Blood samples collected at annual medical examinations were analysed to measure inflammation using the Systemic Immune-Inflammation Index (SII) and the Atherogenic Index of Plasma (AIP). Linear regressions were used to assess the associations between the HS-DRSI and SII and AIP.

Results: Participants with the highest adherence to the HS-DRSI (8-13 points) had lower SII levels (β coefficient -43,32, CI del 95%: -62,45, -24,20) and AIP levels (β coefficient -0.06, 95%CI: -0.10, -0.03) than those with the lowest adherence (1-5

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points). Consistent results were observed per 1 SD increase in the index (2 points).

Conclusions/Recommendations: Adopting a healthy and sustainable dietary pattern may reduce the inflammation and therefore prevent CVD.

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