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67 - HIGH CONSUMPTION OF ULTRA-PROCESSED FOODS IS ASSOCIATED WITH A HIGHER RISK OF GENERAL OBESITY, ABDOMINAL OBESITY, AND BODY ROUNDNESS: THE AWHS STUDY

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Resumen

Background/Objectives: The consumption of ultra-processed (UPF) foods has increased in recent years and has been associated with increased cardiovascular risk". The aim was to evaluate the association between UPF intake and general obesity, abdominal obesity, and body roundness.

Methods: A cross-sectional analysis of 2,296 middle-aged men without cardiovascular disease from the Aragon Workers' Health Study was conducted. Dietary intake was assessed using a validated food frequency questionnaire. UPF was classified according to the NOVA system. Associations between quartiles of UPF consumption, adjusted for total energy intake, and general and abdominal obesity were assessed using logistic regression, while body roundness index (BRI) tertiles were analyzed using multinomial logistic regression. Dose-response relationships for obesity were further evaluated using cubic splines with three knots.

Results: Higher consumption of UPF was positively associated with general obesity, abdominal obesity, and body roundness. Participants in the highest quartile had an odds ratio (OR) of 1.38 (95%CI: 1.04-1.85) for general obesity and 1.33 (95%CI: 1.02-1.74) for abdominal obesity compared with the lowest quartile. Additionally, participants in the highest quartile of UPF consumption also had a higher risk of being in the highest BRI tertile compared with the lowest tertile (OR = 1.43, 95%CI: 1.05-1.95). Consuming approximately 500 g/day of UPF, independent of total energy intake, was associated with higher risk of obesity. Among UPF subgroups, processed meats, sauces, and margarine were significantly associated obesity.

Conclusions/Recommendations: High consumption of UPF is associated with an increased risk of general and abdominal obesity and greater body roundness. Therefore, the degree of food processing should be considered to reduce cardiovascular risk factors.

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