|  |
| --- |
| Odds ratio estimates (95%CI) for CHD by fish and fish oil consumption in adolescence and midlife, stratified by salted fish consumption |
|  | Age-adjusted OR | Model 2¤ | Model 3 ¥ | Model 4\* |
| **Low salted fish consumption a** |  |  |  |  |
|  |
| ***Fish consumption in adolescence c***  |
| **n = 1432 (cases = 106)** |  |  |  |  |  |
| < 2 portions p/w |  | 1.00 | 1.00 | 1.00 |  |
|  2 - 4 portions p/w |  | 0.80 (0.41 - 1.54) | 0.92 (0.45 - 1.87) | 0.90 (0.44 - 1.85) |  |
|  > 4 portions p/w |  | 0.91 (0.59 - 1.40) | 0.81(0.50 - 1.32) | 0.82 (0.50 - 1.33) |  |
|  |  |  |  |  |
| ***Fish consumption in midlife d***  |
| **n = 2074 (cases = 159)** |  |  |  |  |  |
|  < 2 portions p/w |  | 1.00 | 1.00 | 1.00 | 1.00 |
| 2 - 4 portions p/w |  | 0.96 (0.59 - 1.58) | 1.07 (0.62 - 1.84) | 1.06 (0.61 - 1.83) | 1.02 (0.59 - 1.78) |
|  > 4 portions p/w |  | 1.00 (0.57 - 1.74) | 1.18 (0.63 - 2.20) | 1.19 (0.63 - 2.23) | 1.17 (0.62 - 2.21) |
|  |  |  |  |  |  |
| **High salted fish consumption b** |  |  |  |  |
|  |  |  |  |  |  |
| ***Fish consumption in adolescence c*** |
| **n = 1517 (cases = 128)** |  |  |  |  |  |
| < 2 portions p/w |  | 1.00 | 1.00 | 1.00 |  |
| 2 - 4 portions p/w |  | 0.82 (0.41 - 1.66) | 0.87 (0.42 - 1.83) | 0.85(0.40 - 1.81) |  |
|  >4 portions p/w |  | 1.29 (0.89 - 1.89) | 1.48 (0.98 - 2.24) | 1.50 (0.99 - 2.29) |  |
|  |  |  |  |  |  |
| ***Fish consumption in midlife d*** |
| **n = 885 (cases = 74)** |  |  |  |  |  |
| < 2 portions p/w |  | 1.00 | 1.00 | 1.00 | 1.00 |
| 2 - 4 portions p/w |  | 1.76 (0.53 - 5.86) | 2.18 (0.50 - 9.49) | 2.16 (0.49 - 9.41) | 2.13(0.49 - 9.38) |
|  > 4 portions p/w |  | 1.43 (0.41 - 4.93) | 2.00 (0.45 - 9.03) | 2.06 (0.46 - 9.30) | 2.05(0.45 - 9.39) |

a: Low: 3 times a month or less.

b: High: Once a week or more.

c: Stratified after consumption of smoked and salted fish in adolescence.

d: Stratified after consumption of smoked and salted fish in midlife.

¤ Adjustment made for age, education, smoking status, physical activity, alcohol consumption, family history of heart disease, fish consumption (for fish oil) and fish oil consumption (for fish).

¥ Additional adjustments made for concurrent consumption of fruit, vegetable, and the amount of spread used.

\*Additional adjustments made for cholesterol levels, diabetes, hypertension and body max index, measured in midlife.