Childhood socioeconomic position and adult cardiovascular risk

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Need for research

- Cardiovascular disease has a large disease burden in Australia
- Childhood socio-economic position is associated with CVD risk factors
- Initiate preventative measure to target childhood factors
- Our research:
  - Childhood socio-economic position → impact on dietary quality → CVD risk factors e.g. obesity

Research aim

- To examine the associations between childhood SEP and adult SEP with adult dietary quality

Literature review – key findings

- Some studies have found an association between lower childhood SEP and poorer adult dietary quality, but the findings are inconclusive
- Studies with longer follow ups tended to find no association

Research method

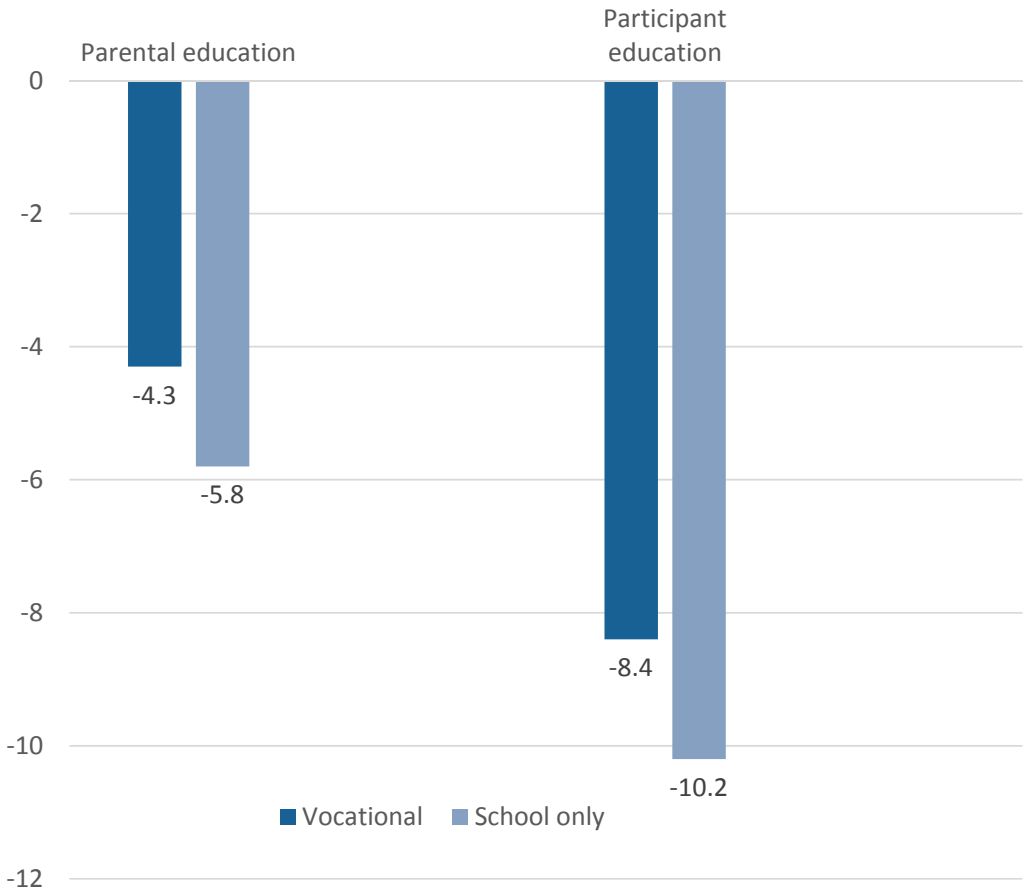
- 1985 Australian Schools Health and Fitness Survey
  - Children aged 7-15 years
- 2004-06 Childhood Determinants of Adult Health Study
  - Adults 26-36 years
- N=2,676 used for this analysis

Research method

- Childhood socio-economic position = parental education, parental occupation and childhood residential disadvantage
- Adult socio-economic position = participant education, participant occupation, current residential disadvantage
- Diet quality = food frequency questionnaires answers → Dietary Guideline Index Score

Results

Mean difference in Dietary Guideline Index score in males



Childhood SEP and adult SEP was associated with Dietary Guideline Index Score (diet quality).

Adult SEP had a greater association on diet quality than childhood SEP.

Vocational School only

Strengths and limitations

- Strengths:
  - Long follow up
  - Large cohort
  - Three variables used to determine socio-economic position
  - Dietary Guideline Index strengths

- Limitations:
  - Some retrospective data was used
  - Loss to follow up

Public heath implications

- Childhood socioeconomic position is associated with adult dietary quality

- Childhood socio-economic position → impact on dietary quality → ?CVD risk factors e.g. obesity

- Target a new vulnerable population reduce rates of CVD risk factors
  - Target particularly younger populations from poor social circumstance

AFPHM competency reflection

DOMAIN 3	INFORMATION, RESEARCH AND EVALUATION	
Theme 3.1	Public Health Information and Critical Appraisal	
Learning Objective 3.1.11	Advise on major public health determinants and inequalities	Level 2
Elements of competence		
• have knowledge of the relative importance of the major health threats and determinants • have knowledge of the importance of socioeconomic and ethnic disparities • have knowledge of the mechanisms through which these determinants contribute to poor health and health inequalities.		

Conclusion

- Childhood socioeconomic position is associated with CVD risk
- Research findings:
  - Childhood SEP and adult SEP is associated with adult dietary intake
- Commencing preventative health interventions in younger populations
- Cardiovascular disease is one of the leading causes of death in Australia and understanding the impact of childhood socio-economic position of adult dietary intake may reduce the burden of CVD