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

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.
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 health implications

• Childhood socioeconomic position is associated with adult dietary quality

• Childhood socio-economic position $\rightarrow$ impact on dietary quality $\rightarrow$ ?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

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**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