

Il Caffè e la Popolazione della Regione Piemonte



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POLLENZO (CN)

UNIVERSITÀ DEGLI STUDI
DI SCIENZE GASTRONOMICHE

Piazza Vittorio Emanuele II, 9

6 - 7 FEBBRAIO 2020

WINTER SCHOOL 2020

**INNOVAZIONE SOSTENIBILE
CIBO PREVENZIONE CURA**

MOTORE
SANITÀ
Innovazione Sostenibile

Disclosures

- Grant assolutamente incondizionato alla Associazione di Volontariato «Amici del Cuore –Piemonte, da Lavazza06

Ricerca condotta dalla Associazione di Volontariato “Amici del Cuore”



Scopo della Ricerca

- Valutare le caratteristiche della popolazione che beve il caffè, in Piemonte
- Quanto caffè viene bevuto al giorno
- Come viene preparato
- Il decaffeinato ?
- Come viene dolcificato ?
- Relazioni tra Caffè e i noti Fattori di Rischio Cardiovascolare
- Relazione tra Caffè e alcuni «Fattori Psicologici» e
- « Fattori Comportamentali»

Popolazione studiata dal 2010 al 2018

Abbiamo 2 gruppi popolazioni:

- Anni : 2010 - 2015 . 10219 Cittadini intervistati
- Anni : 2016 - 2018 . 3173 “

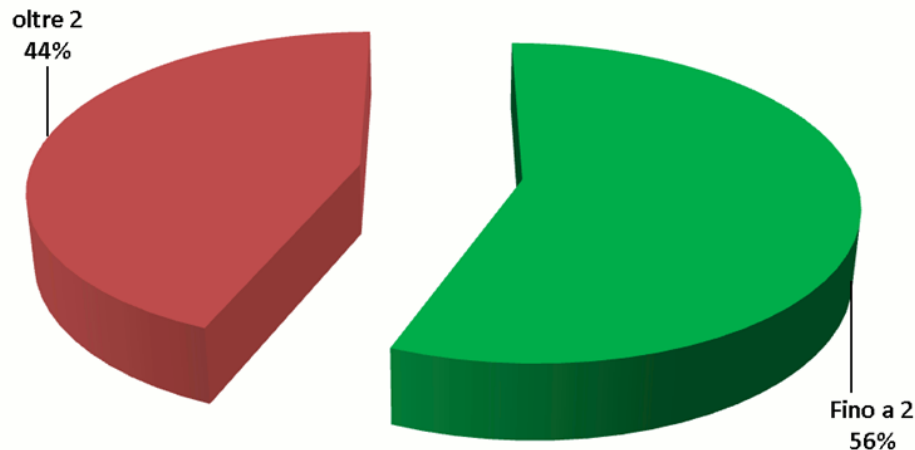
TOTALE :

13.392 persone intervistate

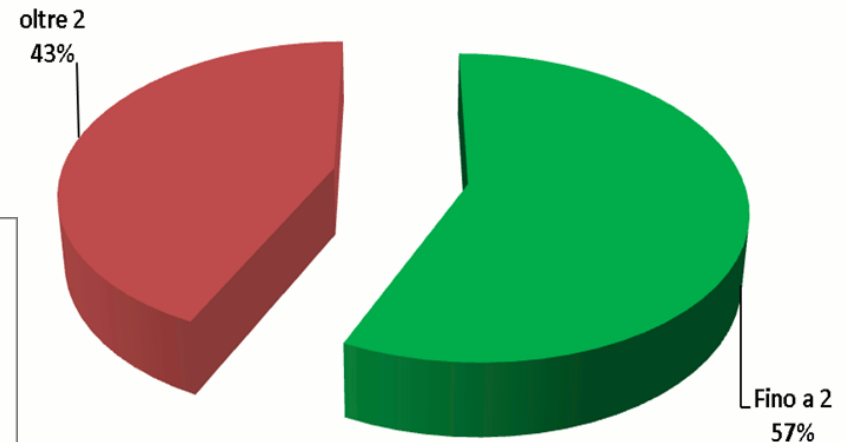
12.901 persone valutate

Quale livello di Rischio ha la nostra Popolazione ?

Rischio Cardiovascolare Uomini



Rischio Cardiovascolare Donne



 Da 0 a 2 Fattori di Rischio

 Da 3 a 5 fattori di Rischio

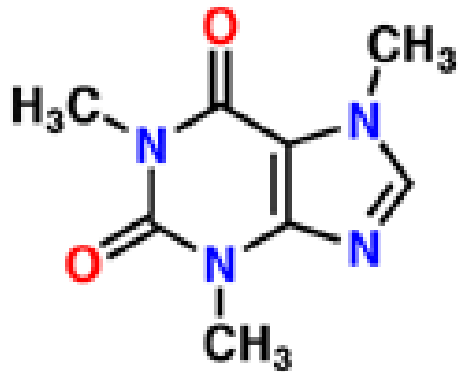
WHAT IS COFFEE ?



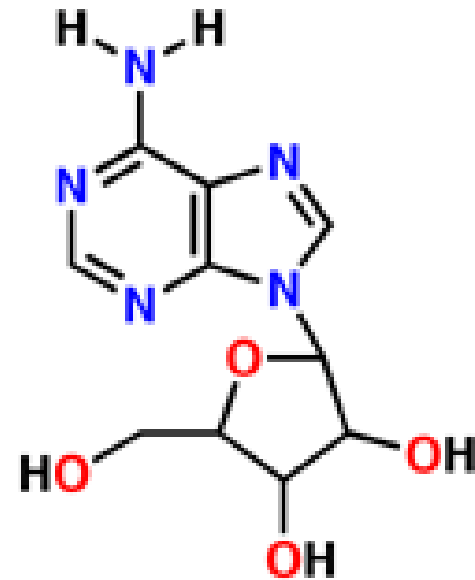
IL CAFFÈ

- Quanti componenti nel chicco di caffè ?
- Sostanze Antiossidanti
- Caffeina
- Effetti sull'Apparato Cardiovascolare
- Problema : Popolazioni differenti o Caffè differenti ?
- Il bere Caffè si associa a “cattive abitudini” ?
- I maggiori dati in letteratura: negativi ,positivi.
- Letteratura : come si spiegano effetti tra loro contrastanti ?

COFFEE IS NOT JUST CAFFEINE



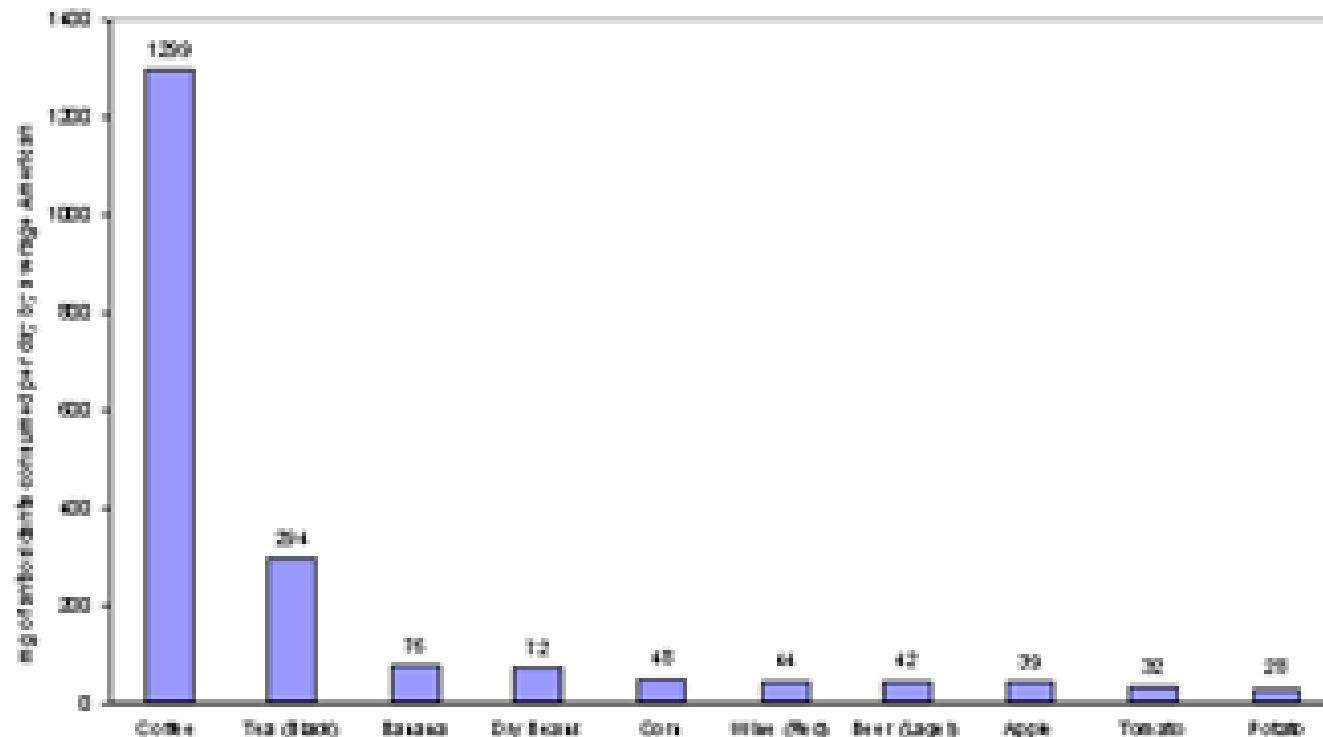
Caffeine



Adenosine

Coffee is the world's Biggest source of Antioxidants

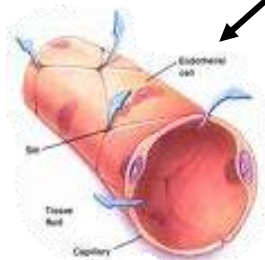
Top 10 Sources of Antioxidants in U.S. Diet (based on Per Capita consumption and antioxidant concentration) - Source: Joe Vinson, Ph.D., University of Scranton, Pa.



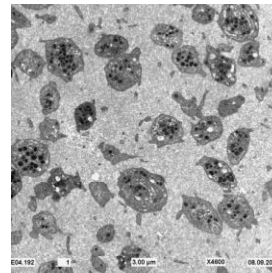
COFFEE AS A REMEDY?



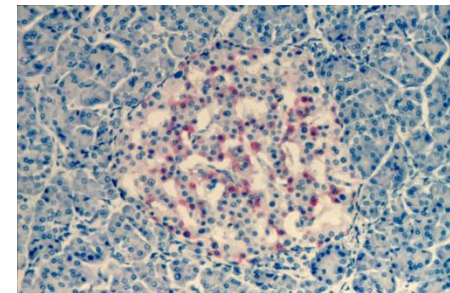
**Blood Pressure
Reduction**



**Improved
endothelial function**



**Reduced
platelet reactivity**



**Improved
insulin sensitivity**

Other:

**Anti-Inflammatory
Anti Tumoral
Anti Endot.Disfunct.**

Association of Coffee Consumption with Total and Cause-Specific Mortality in Three Large Prospective Cohorts

Ming Ding, Ambika Satija, Shilpa N. Bhupathiraju, Yang Hu, Qi Sun, Jiali Han, Esther Lopez-Garcia, Walter Willett, Rob M. van Dam and Frank B. Hu

Circulation. published online November 16, 2015;

Circulation is published by the American Heart Association, 7272 Greenville Avenue, Dallas, TX 75231

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Print ISSN: 0009-7322. Online ISSN: 1524-4539

Total Population : 208.501 Mean Age : 46,5

Methods and Results—We examined the associations of consumption of total, caffeinated, and decaffeinated coffee with risk of subsequent total and cause-specific mortality among 74,890 women in the Nurses' Health Study (NHS), 93,054 women in the NHS 2, and 40,557 men in the Health Professionals Follow-up Study. **and up to 30 years of follow-up**



UNITED PICTURES SYN ©1986 DAN TOLEDANO/NEWS JOURNAL HERALD



ON SECOND
THOUGHT...
MAKE
MINE HOT
CHOCOLATE.

COFFEE

UNITED PICTURES SYN - 1986 DILBERT/DAILY NEWS JOURNAL/HETZEL

COFFEE AND CANCER OF THE PANCREAS

BRIAN MACMAHON, M.D., STELLA YEN, M.D., DIMITRIOS TRICHOPOULOS, M.D., KENNETH WARREN, M.D.,
AND GEORGE NARDI, M.D.

Abstract We questioned 369 patients with histologically proved cancer of the pancreas and 644 control patients about their use of tobacco, alcohol, tea, and coffee. There was a weak positive association between pancreatic cancer and cigarette smoking, but we found no association with use of cigars, pipe tobacco, alcoholic beverages, or tea. A strong association between coffee consumption and pancreatic cancer was evident in both sexes. The association was not affected by controlling for cigarette use. For the sexes combined, there was a significant dose-re-

sponse relation ($P \sim 0.001$); after adjustment for cigarette smoking, the relative risk associated with drinking up to two cups of coffee per day was 1.8 (95 per cent confidence limits, 1.0 to 3.0), and that with three or more cups per day was 2.7 (1.6 to 4.7).

This association should be evaluated with other data; if it reflects a causal relation between coffee drinking and pancreatic cancer, coffee use might account for a substantial proportion of the cases of this disease in the United States. (N Engl J Med. 1981; 304:630-3.)



TEAM WORK.....



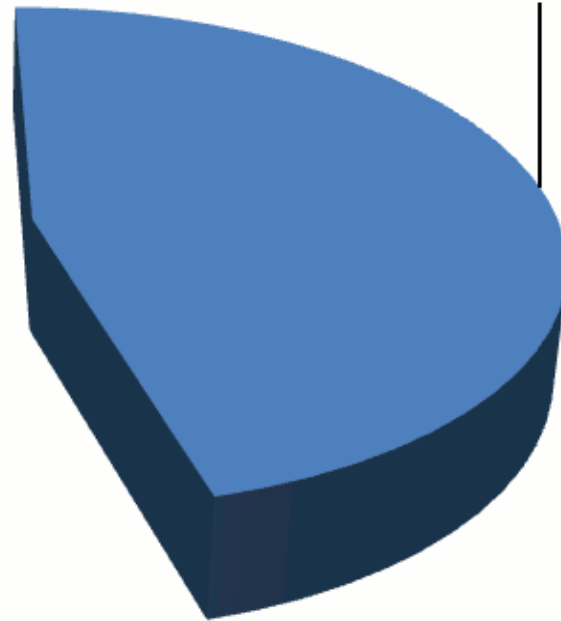
Composizione Campione per Genere

12901 Persone Intervistate

Donne 6988
54%

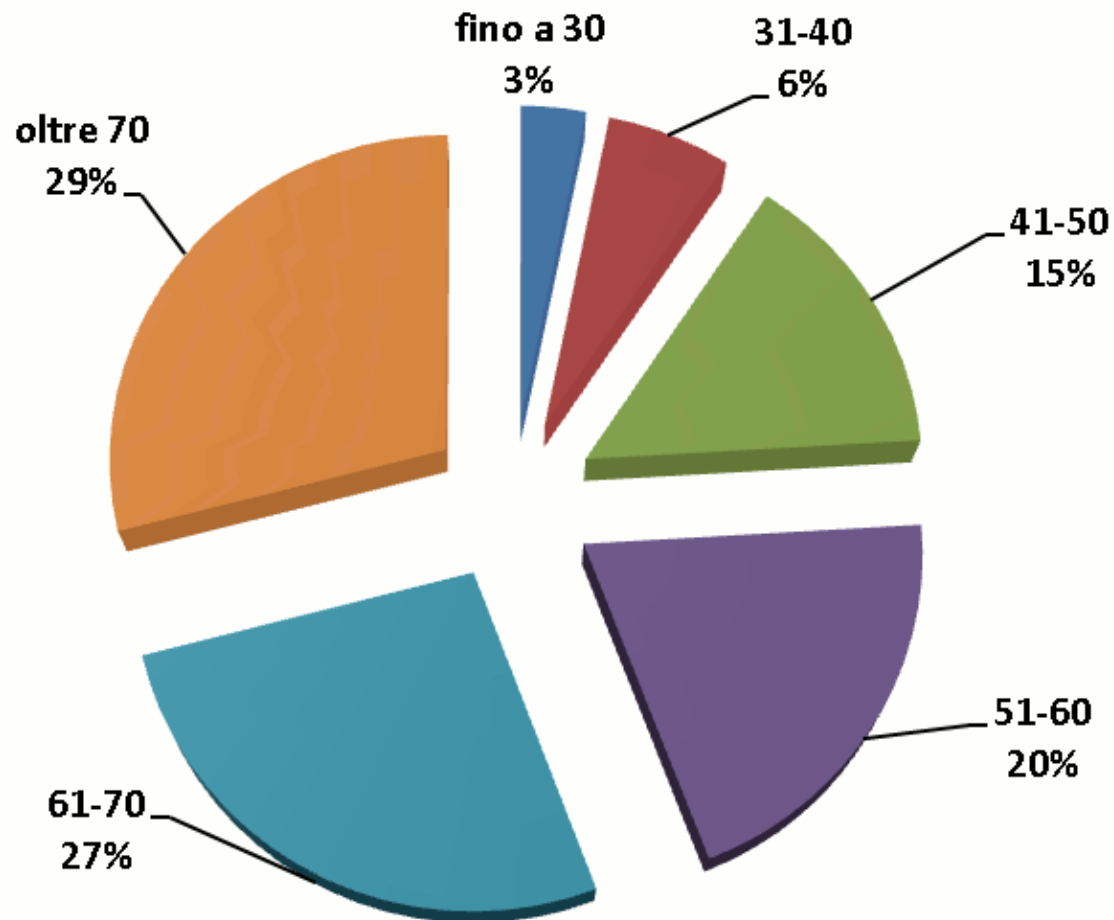


Uomini 5913
46%



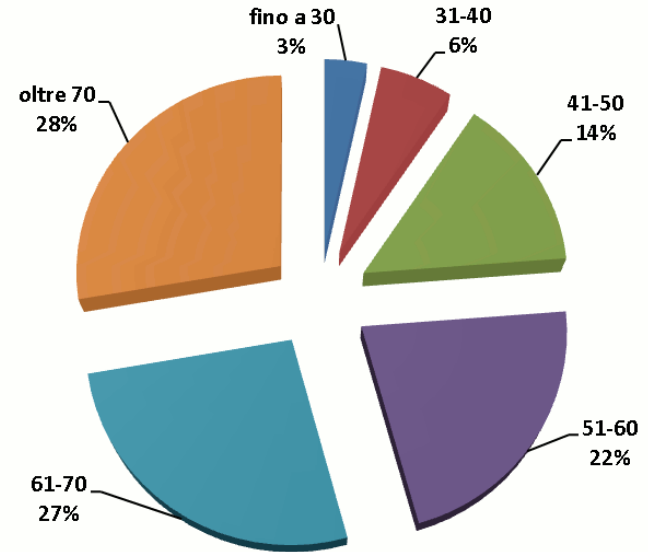
Composizione Campione per Età

12901 Persone Intervistate

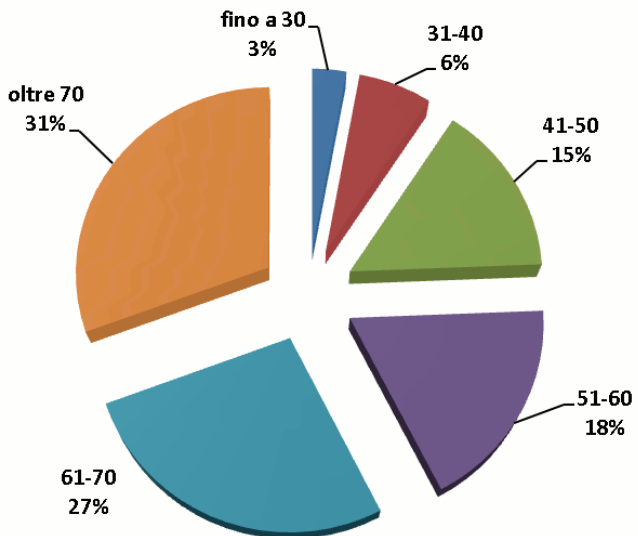


Età

Distribuzione Donne per Età

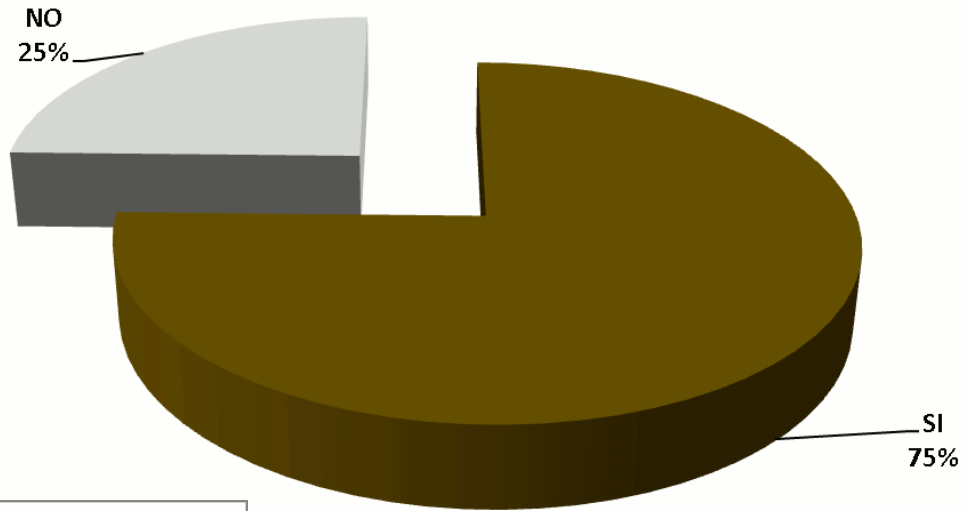


Distribuzione Uomini per Età

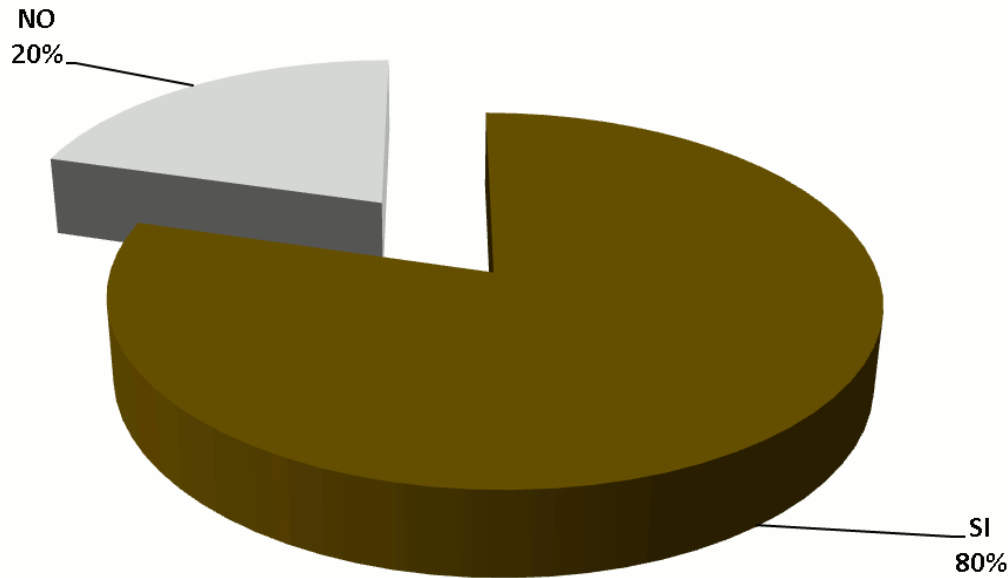


Bevono Caffè :Si/No

Caffè Donne

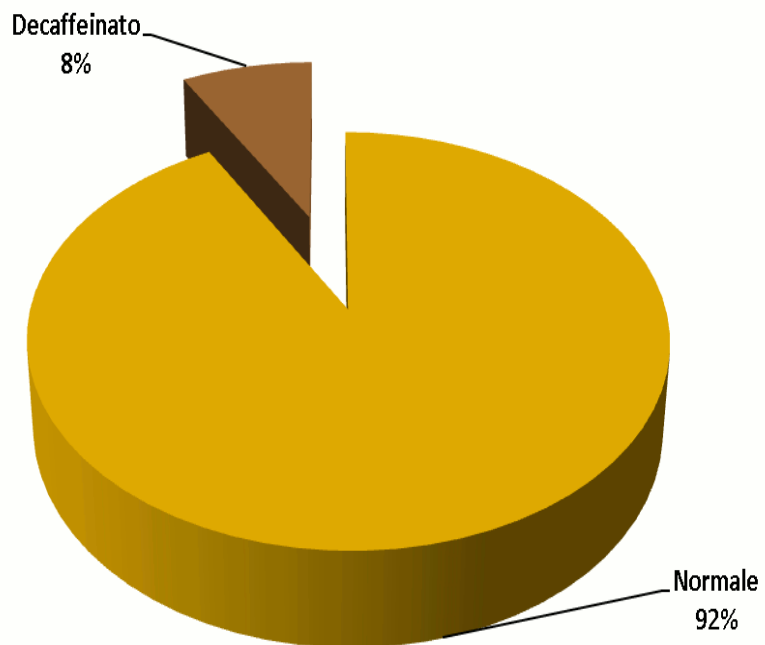


Caffè Uomini

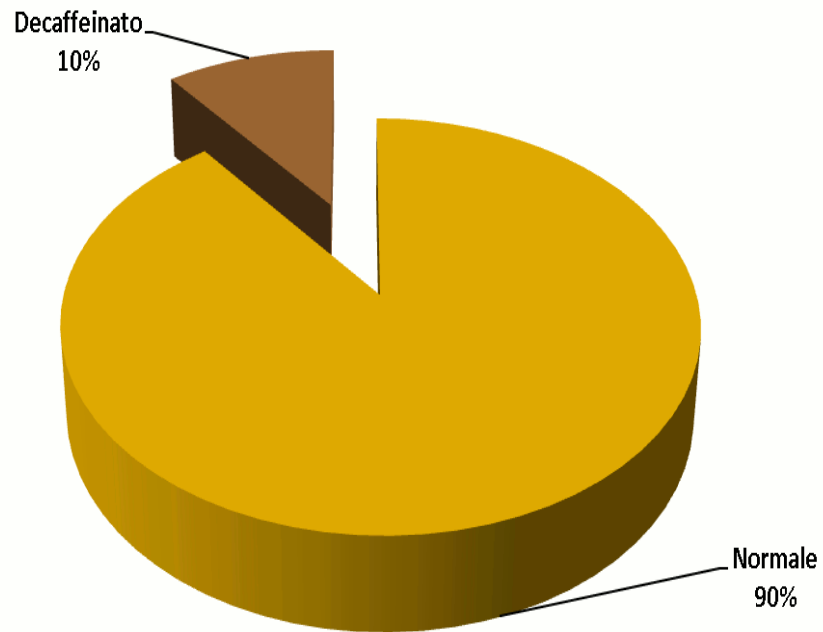


Caffeina/Decaffeinato

Caffè Uomini: normale/dek

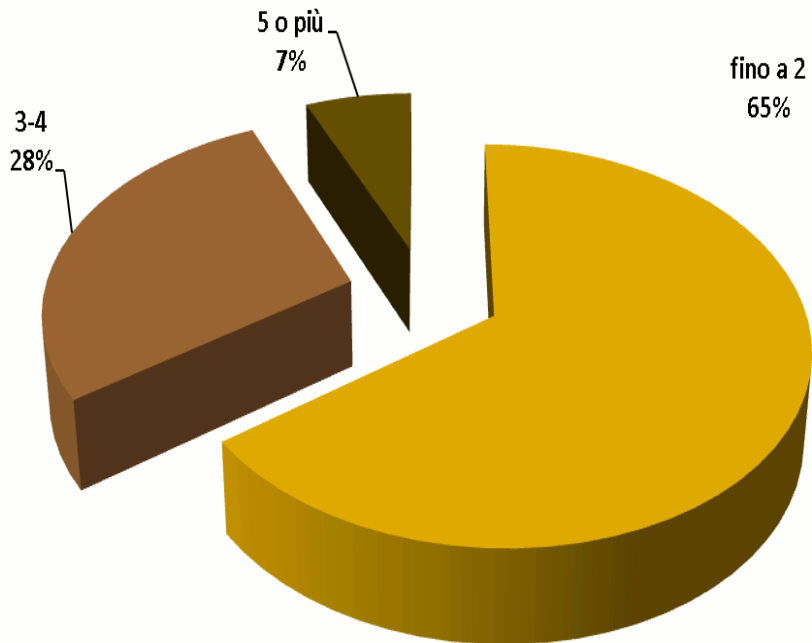


Caffè Donne: normale/dek

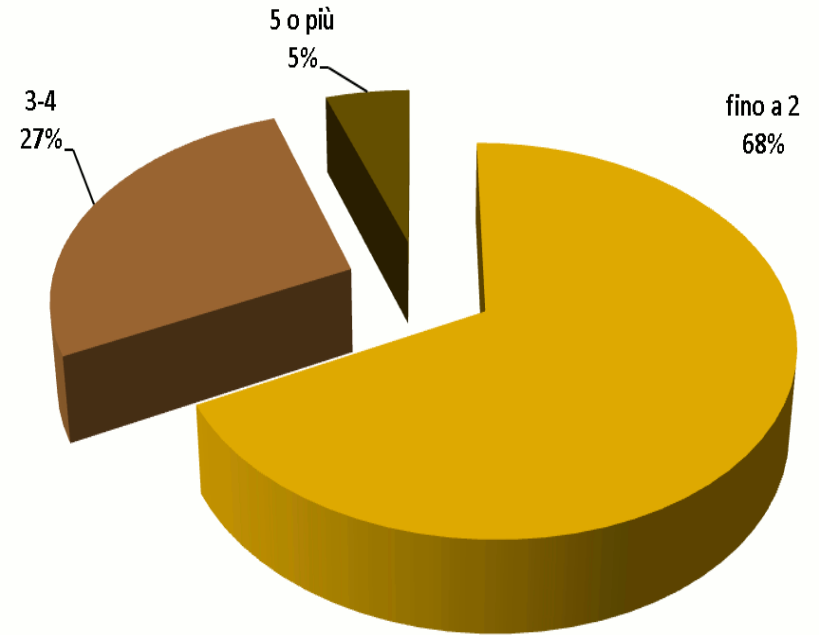


Numero Tazzine/Die

Caffè Uomini: n° tazzine

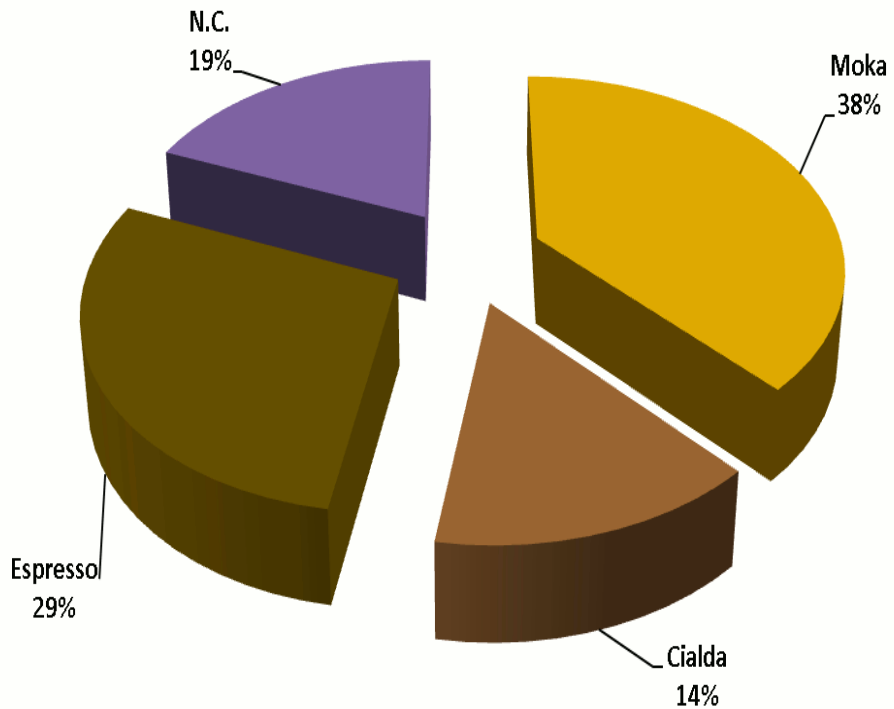


Caffè Donne: n° tazzine

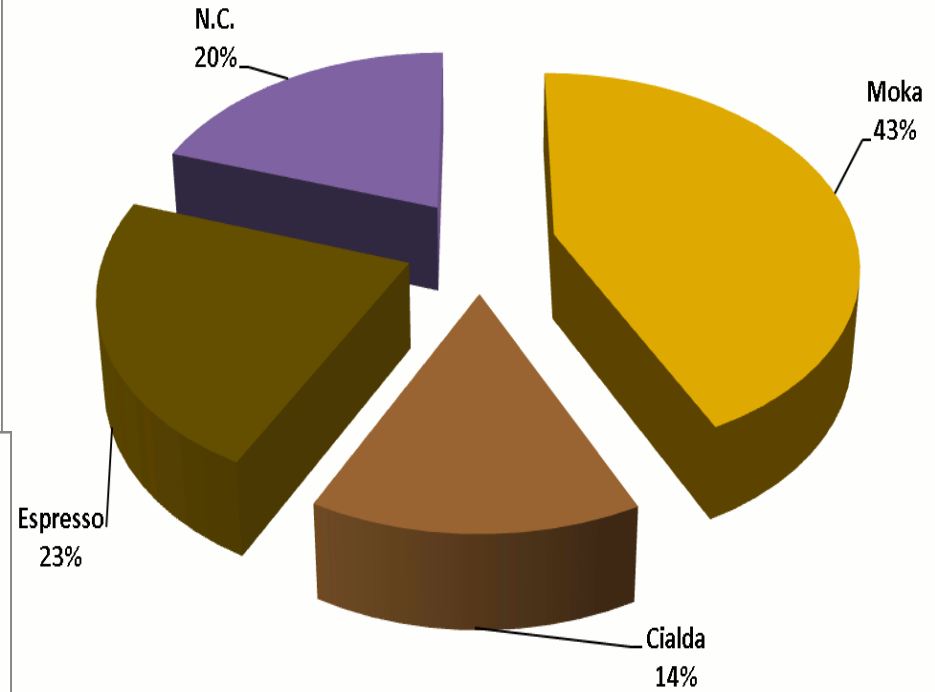


La Preparazione

Caffè Uomini: Preparazione

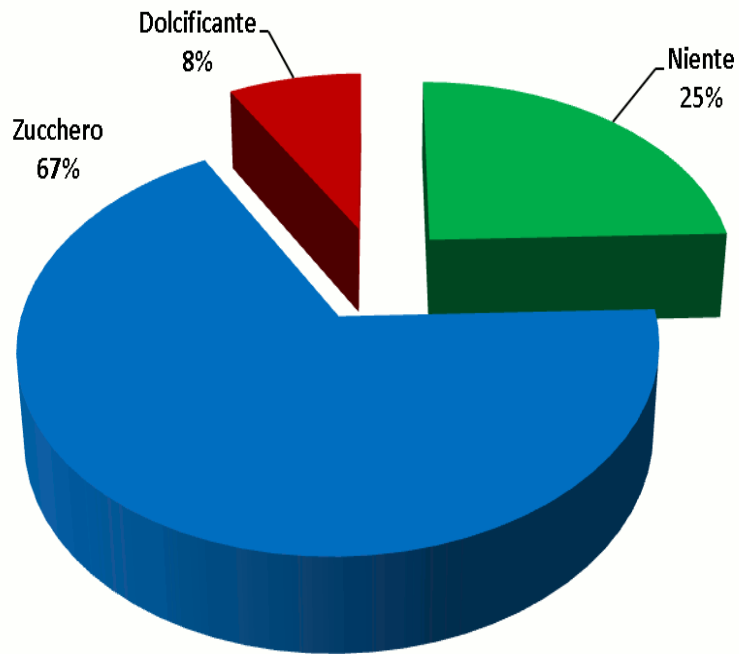


Caffè Donne: Preparazione

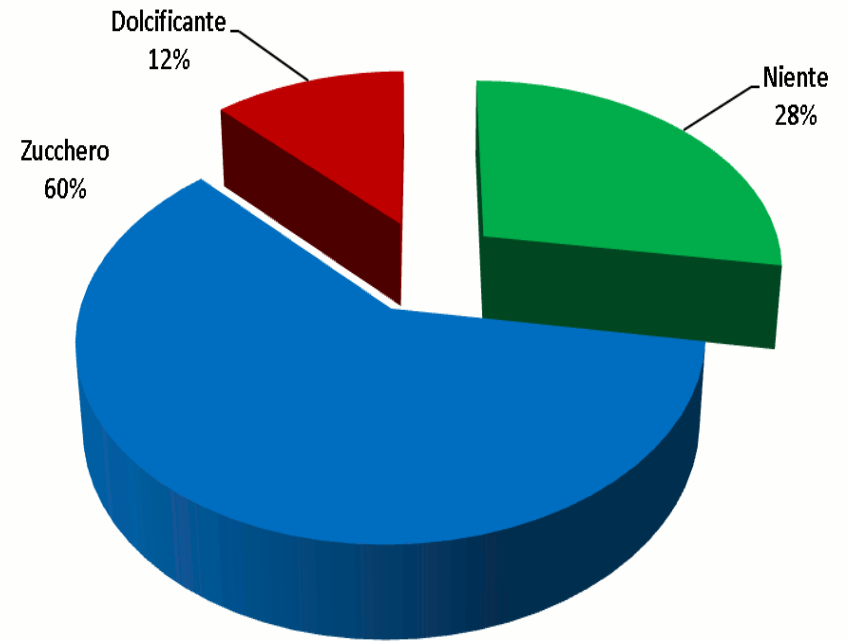


Aggiunta di...

Caffè Uomini: Aggiunta di ...

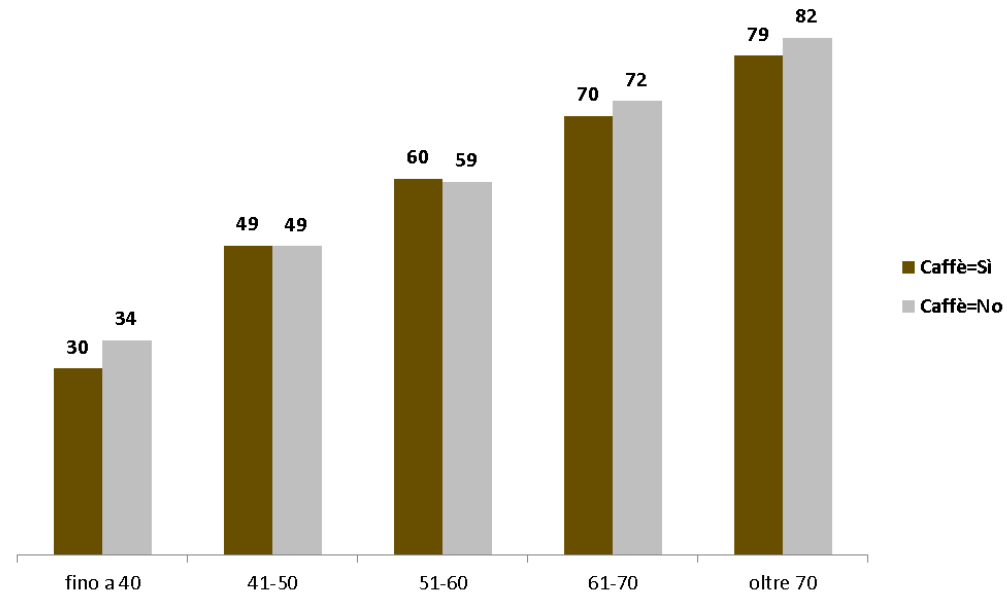


Caffè Donne: Aggiunta di ...

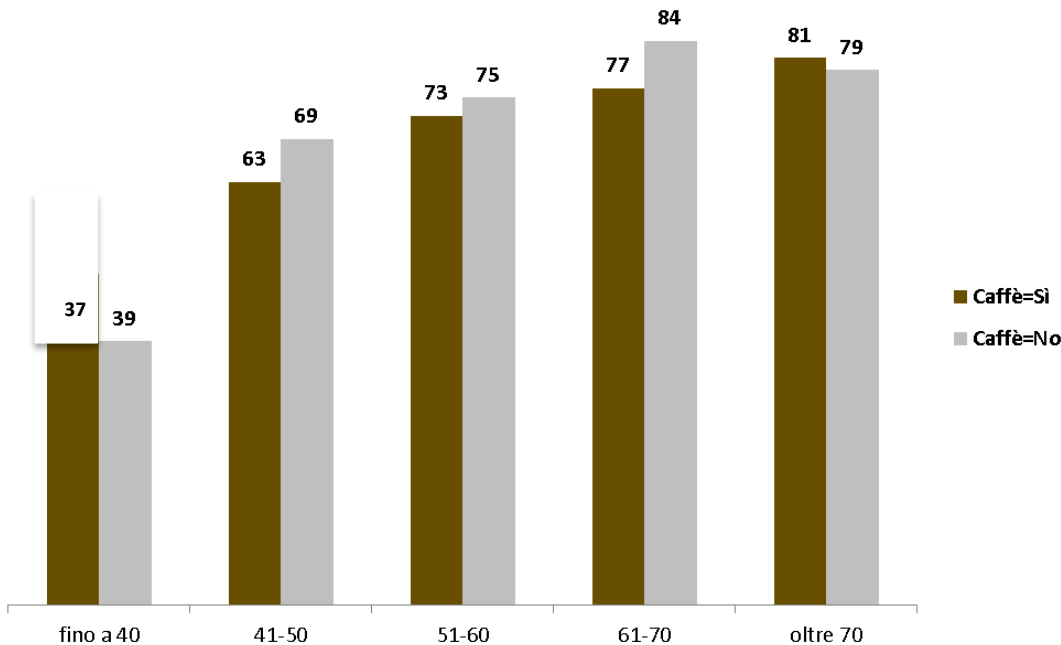


La P A “misurata”
di queste persone :

Donne Caffè vs % Rischio Ipertensione



Uomini Caffè vs % Rischio Ipertensione



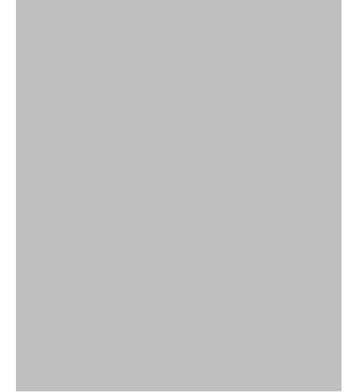
Soglia : 130/80

Donne Caffè vs % Ipertensione

Caffè=Si; 63%



Caffè=No; 66%

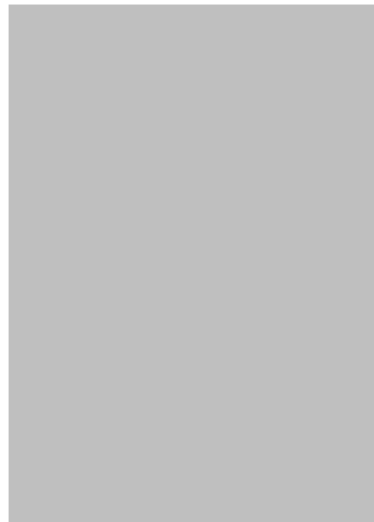


Uomini Caffè vs % Ipertensione

Caffè=Si; 72%



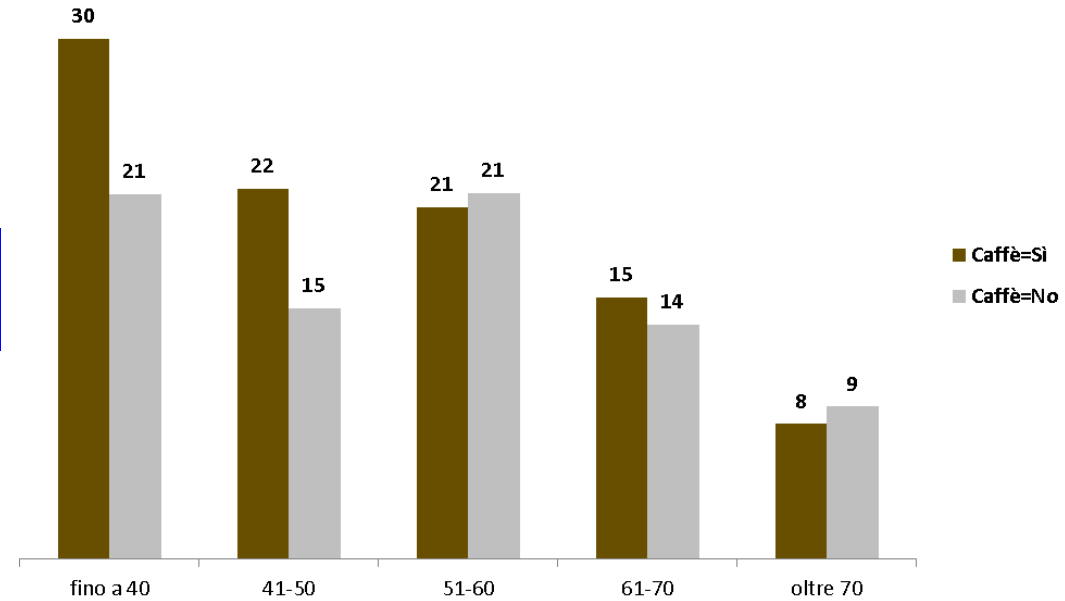
Caffè=No; 76%



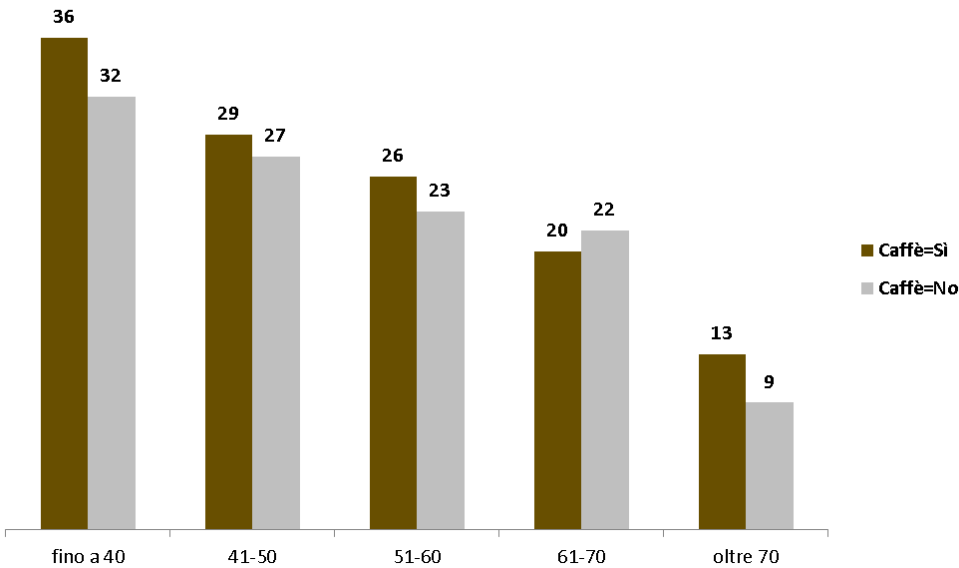
Soglia : 130/80

Chi beve Caffè...fuma ?

Donne Caffè vs % Rischio Fumo



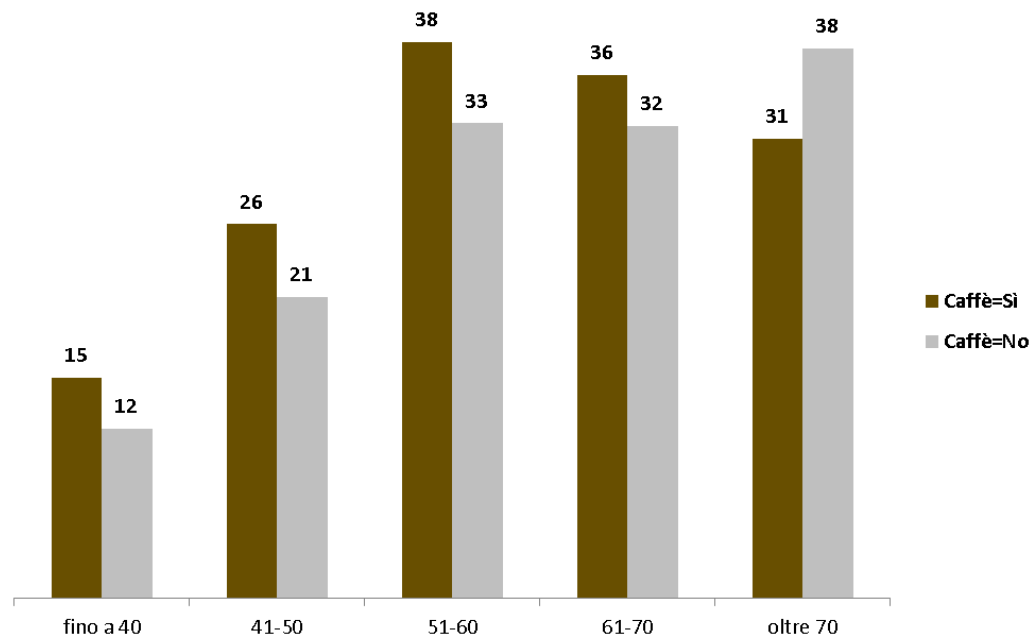
Uomini Caffè vs % Rischio Fumo



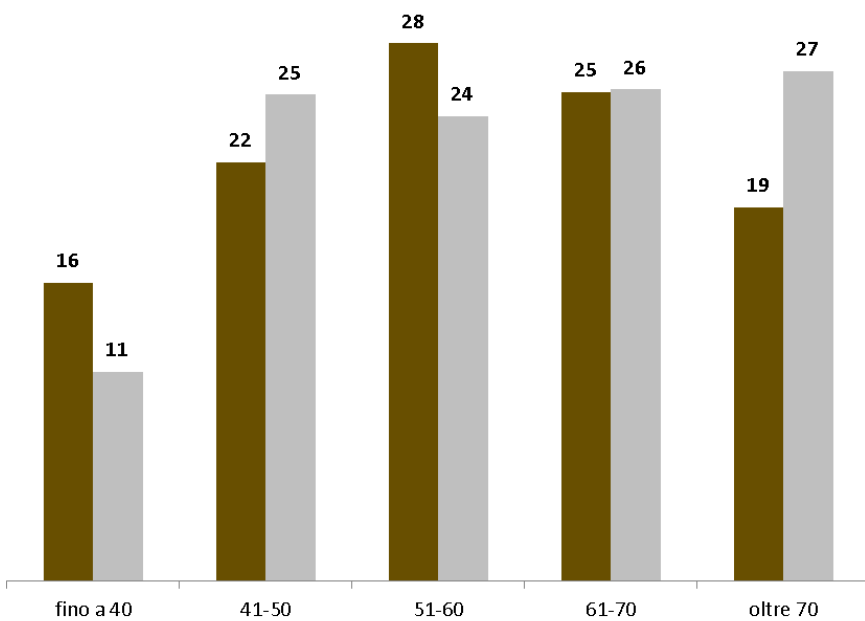
Donne Caffè vs % Colesterolo



Donne Caffè vs % Rischio Colesterolo



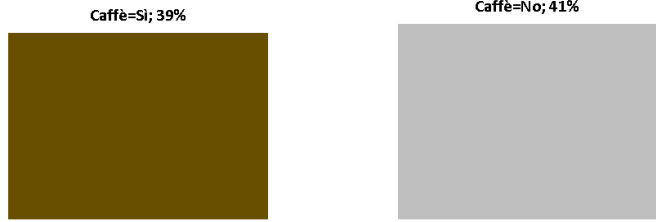
Uomini Caffè vs % Rischio Colesterolo



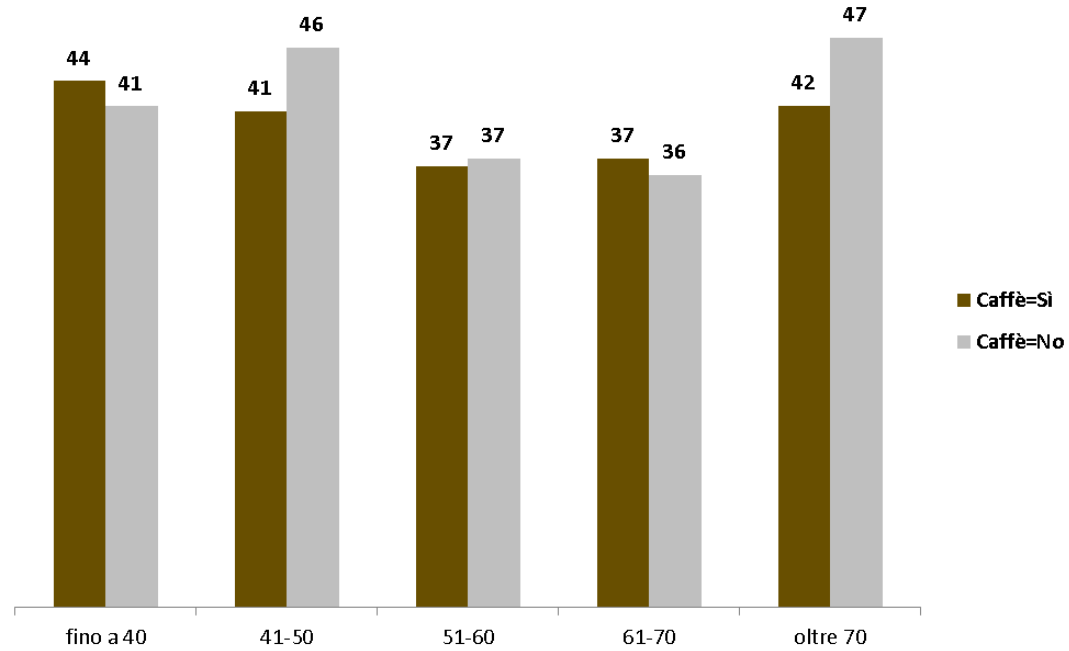
Chi beve Caffè ha Il Colesterolo alto ?
>200 mg%



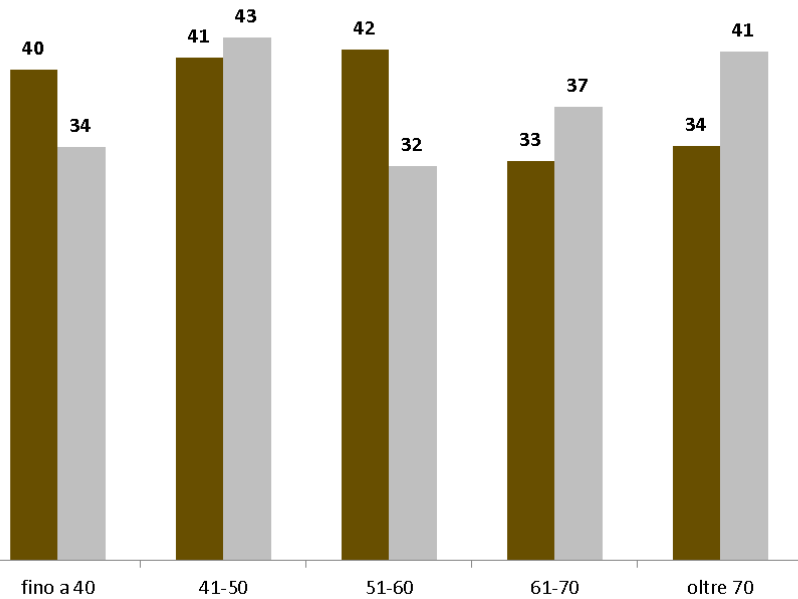
Donne Caffè vs % Sedentarietà



Donne Caffè vs % Rischio Sedentarietà

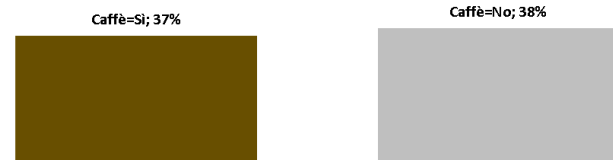


Uomini Caffè vs % Rischio Sedentarietà



Il Caffè favorisce la Sedentarietà ?

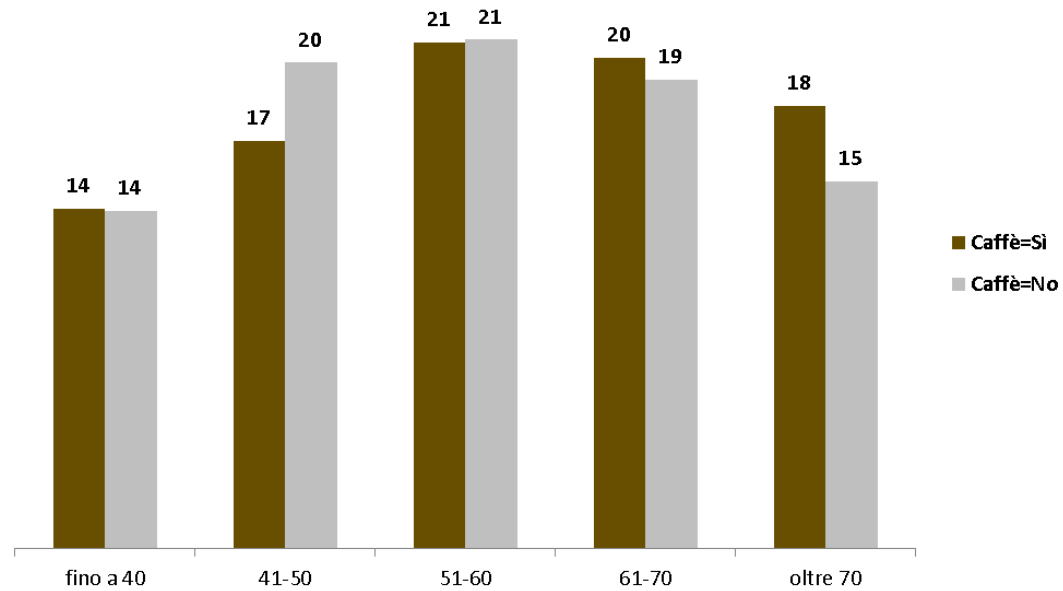
■ Caffè=Si
■ Caffè=No



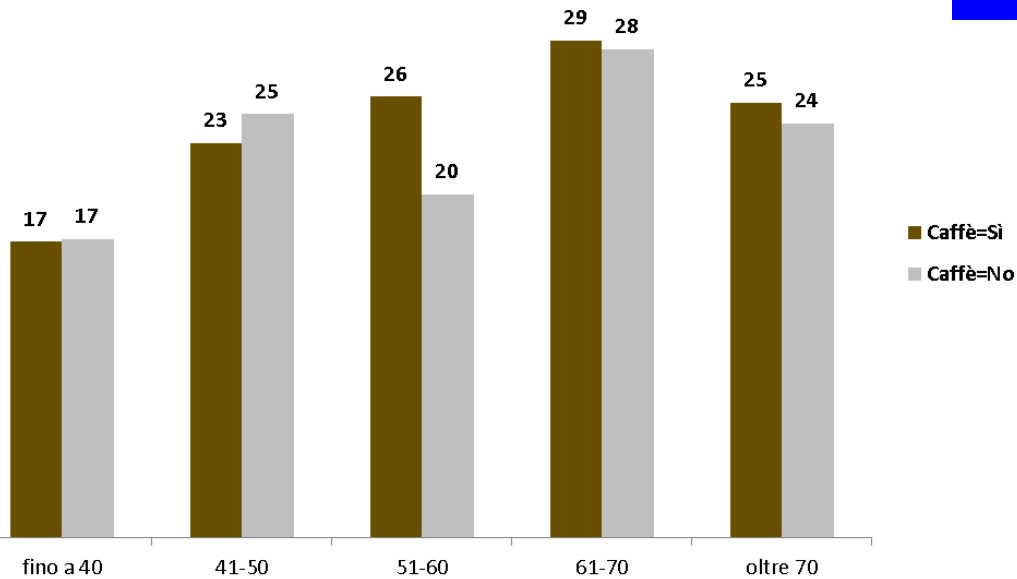
Donne Caffè vs % Obesità



Donne Caffè vs % Rischio Obesità



Uomini Caffè vs % Rischio Obesità



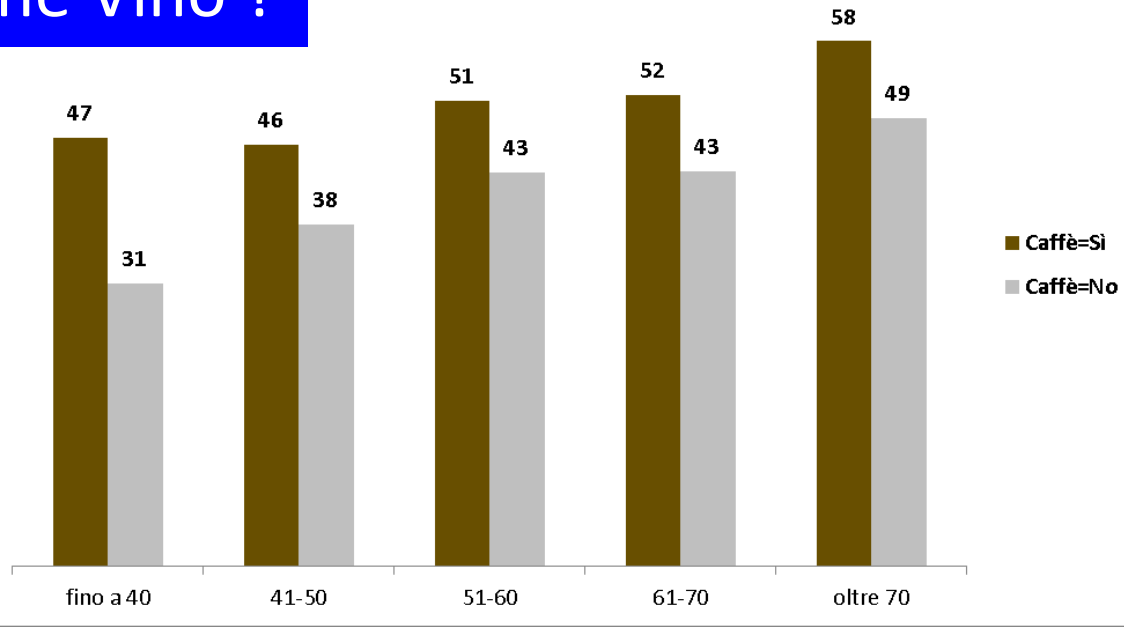
Il Caffè favorisce la Obesità ?

Uomini Caffè vs % Obesità

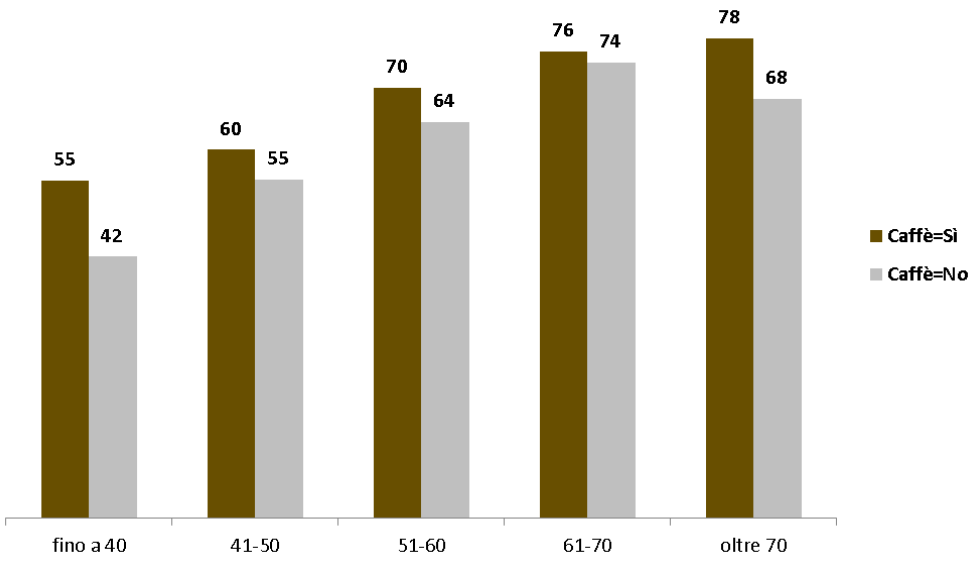


Donne Caffè vs % Vino

Chi beve Caffè...beve anche Vino ?



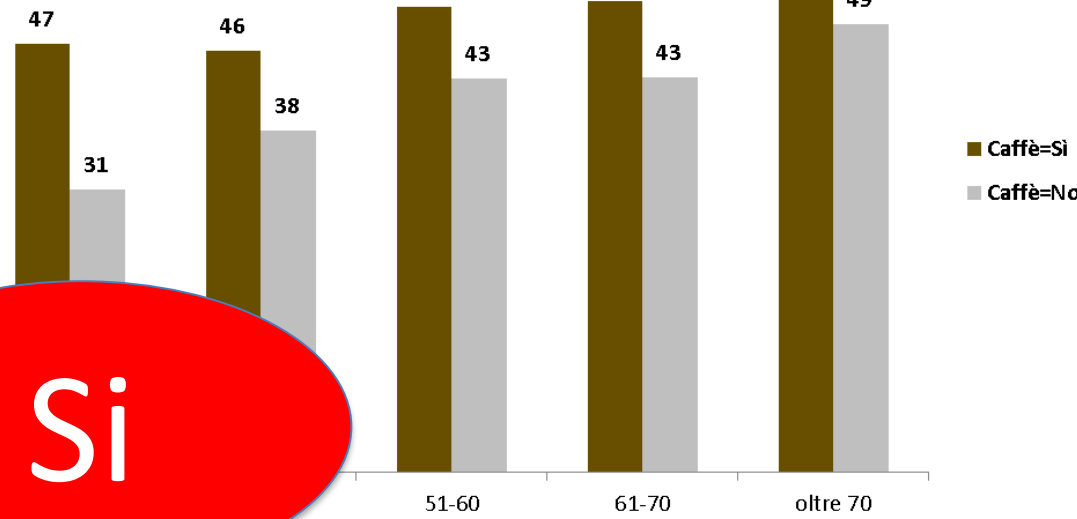
Uomini Caffè vs % Vino



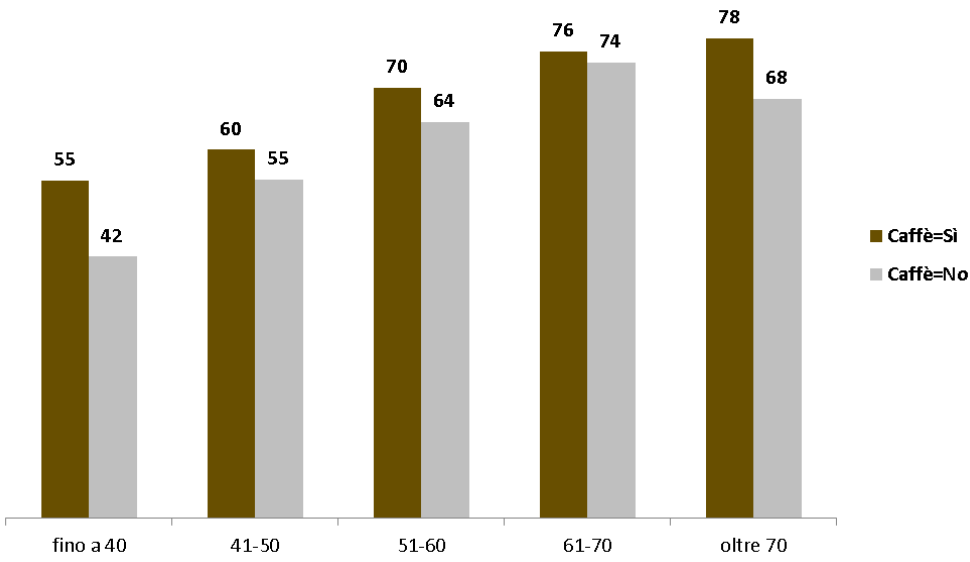
Donne Caffè vs % Vino

Chi beve Caffè...beve anche Vino ?

Si

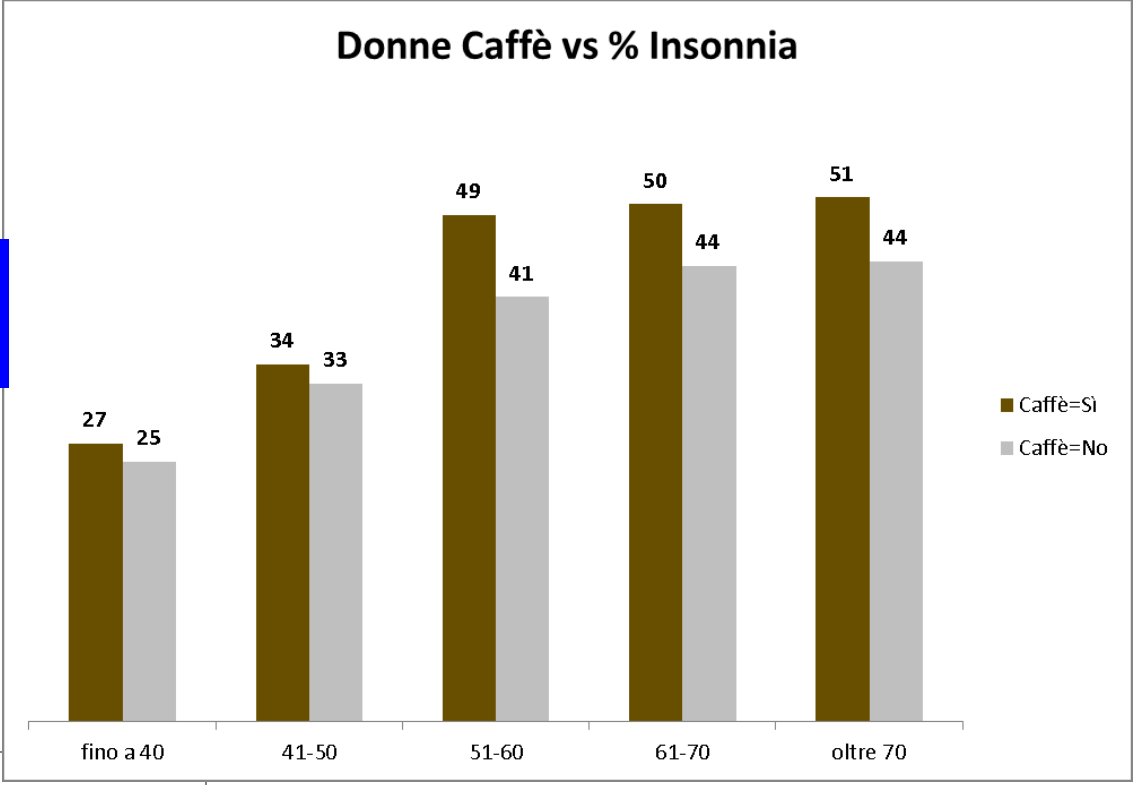


Uomini Caffè vs % Vino

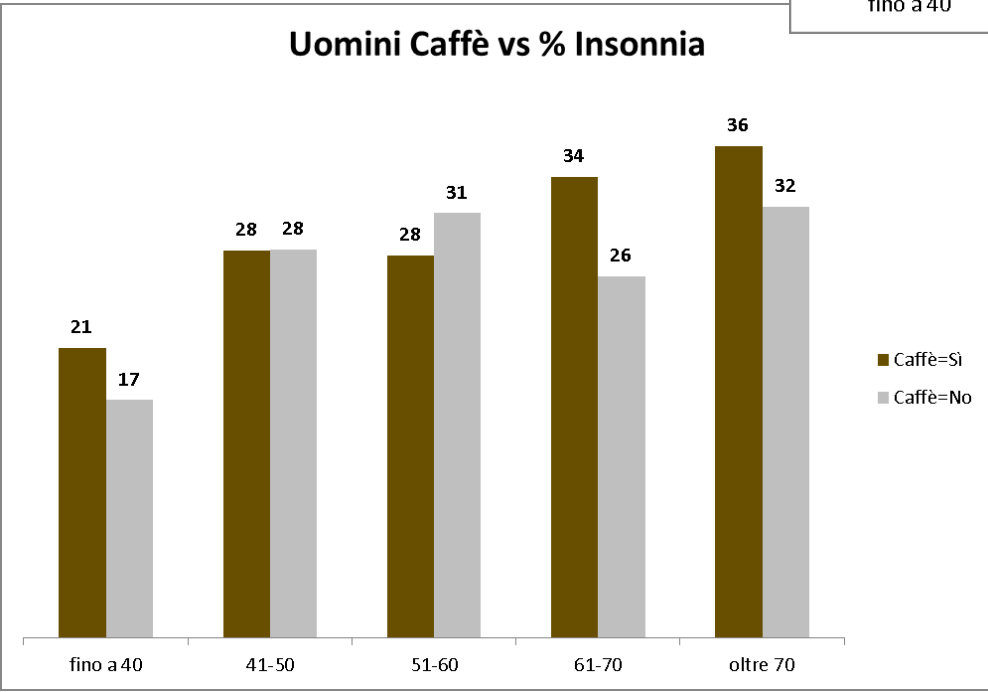


Caffè ed Insonnia

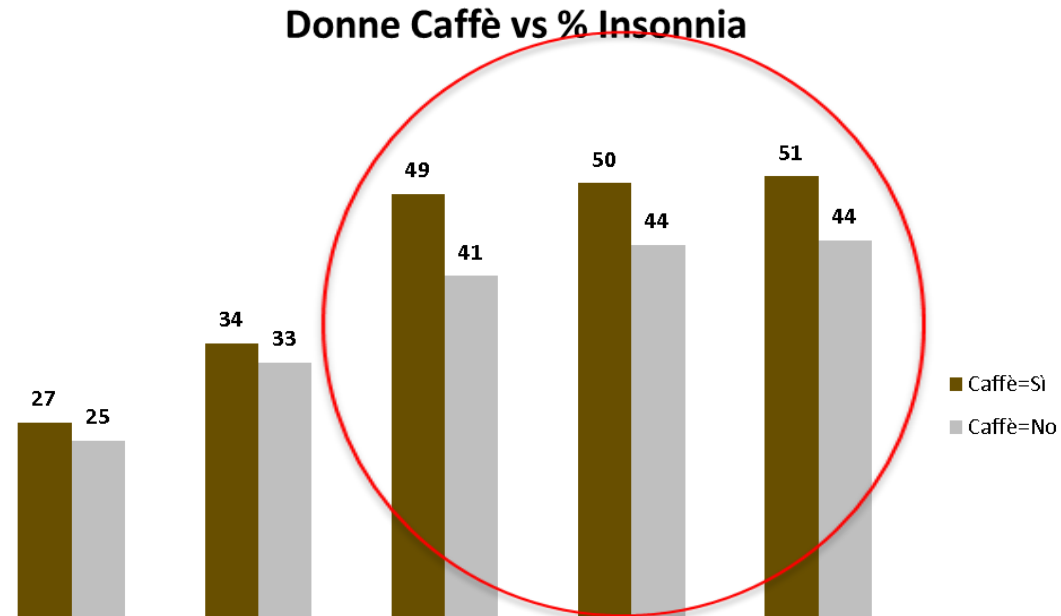
Donne Caffè vs % Insonnia



Uomini Caffè vs % Insonnia

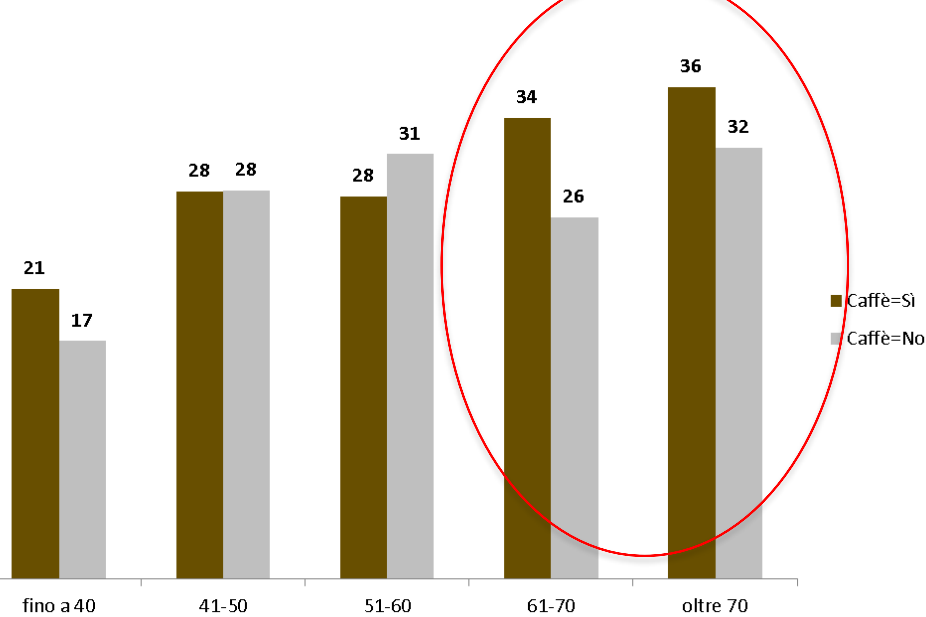


Donne Caffè vs % Insonnia



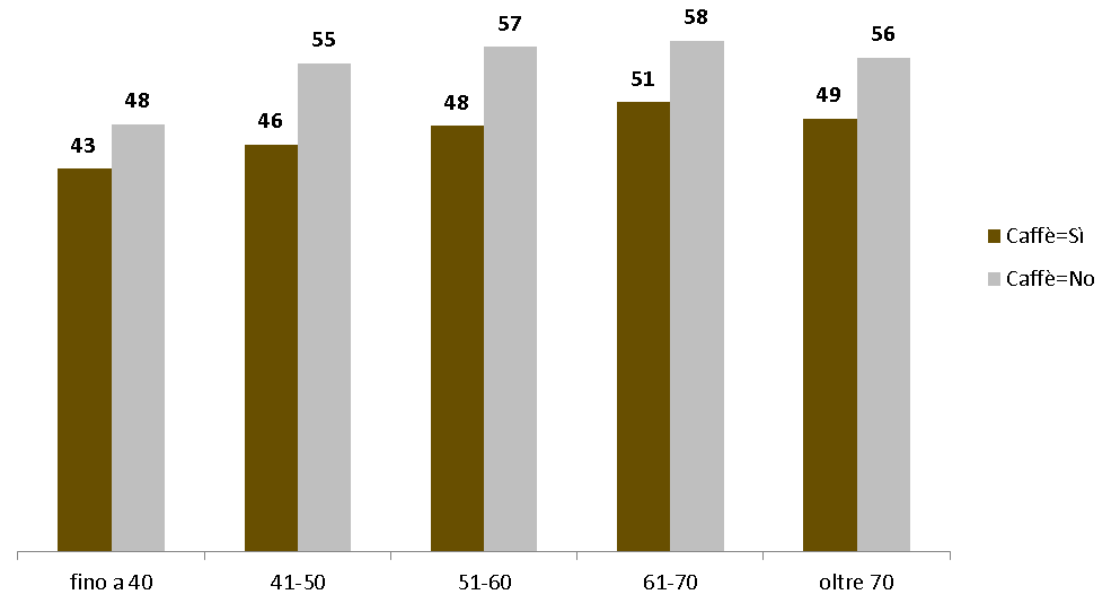
L'Insonnia è Età-dipendente o Caffè-dipendente ?

Uomini Caffè vs % Insonnia

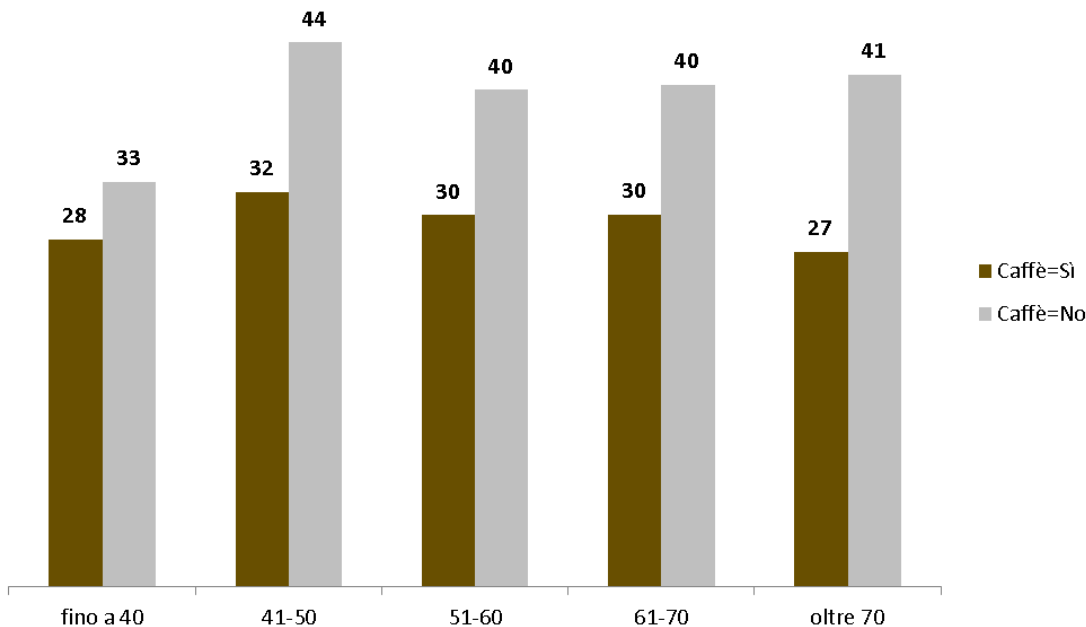


Il Caffè favorisce l'Ansia ?

Donne Caffè vs % Ansia

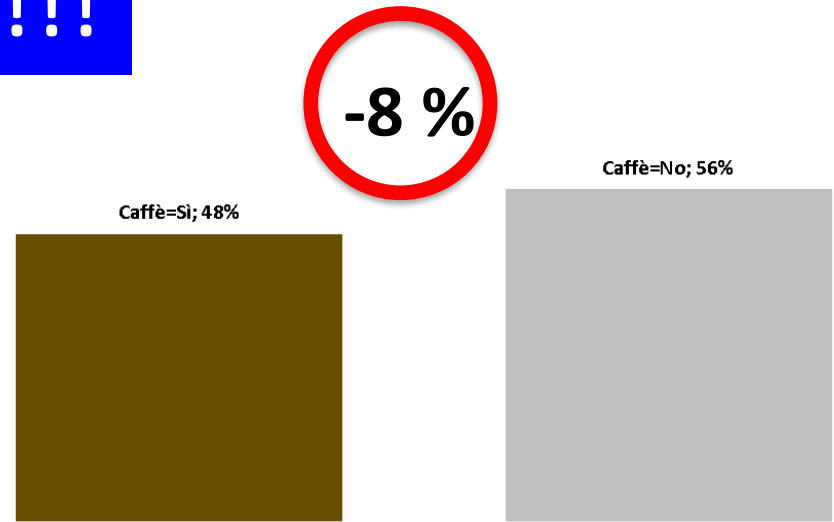


Uomini Caffè vs % Ansia

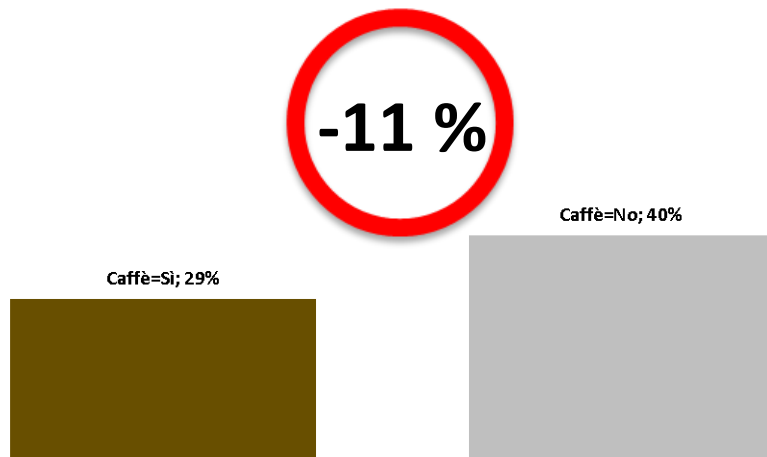


Donne Caffè vs % Ansia

...Assolutamente : NO !!!

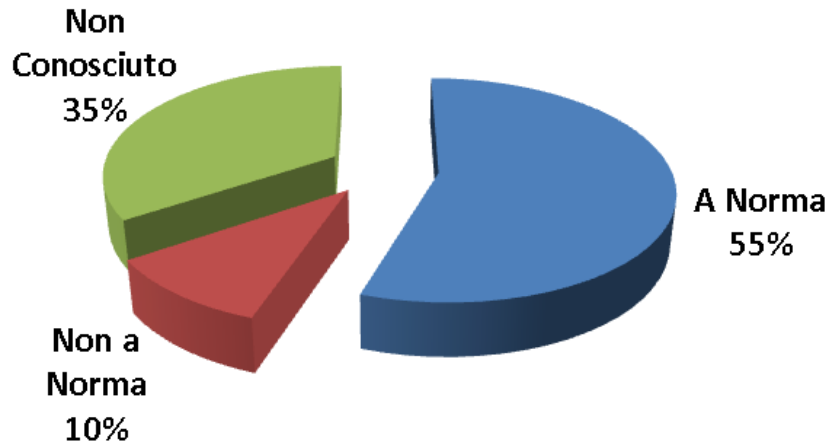


Uomini Caffè vs % Ansia

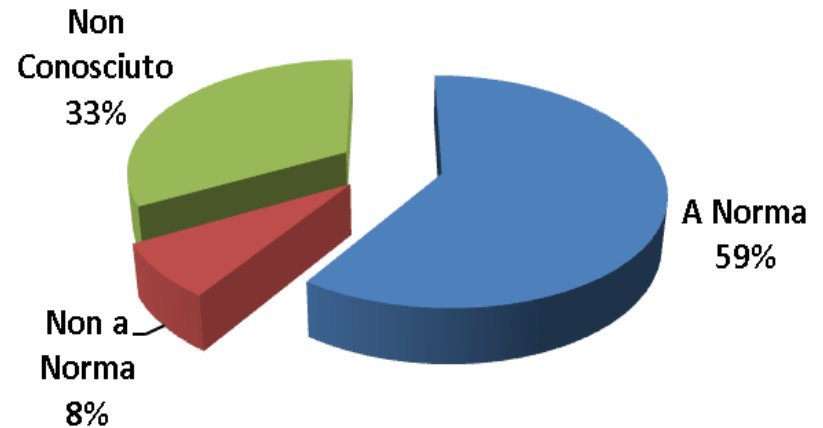


COFFEE AND GLYCEMIA

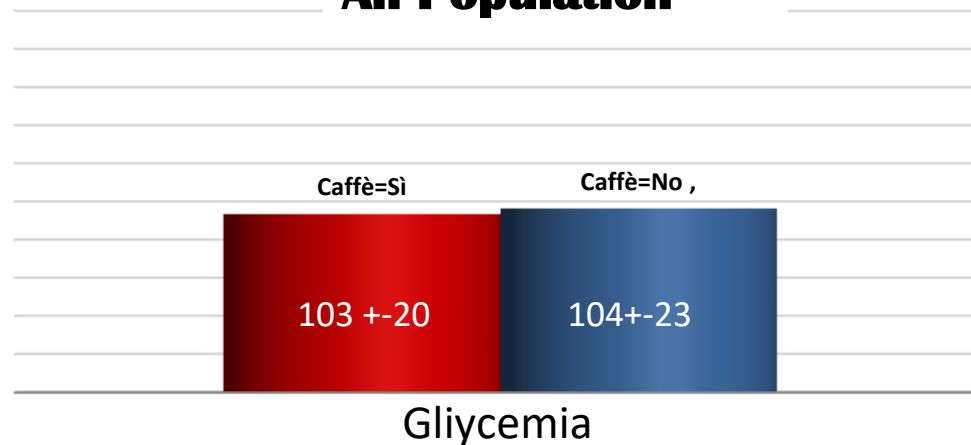
Rischio Diabete Uomini



Rischio Diabete Donne



All Population

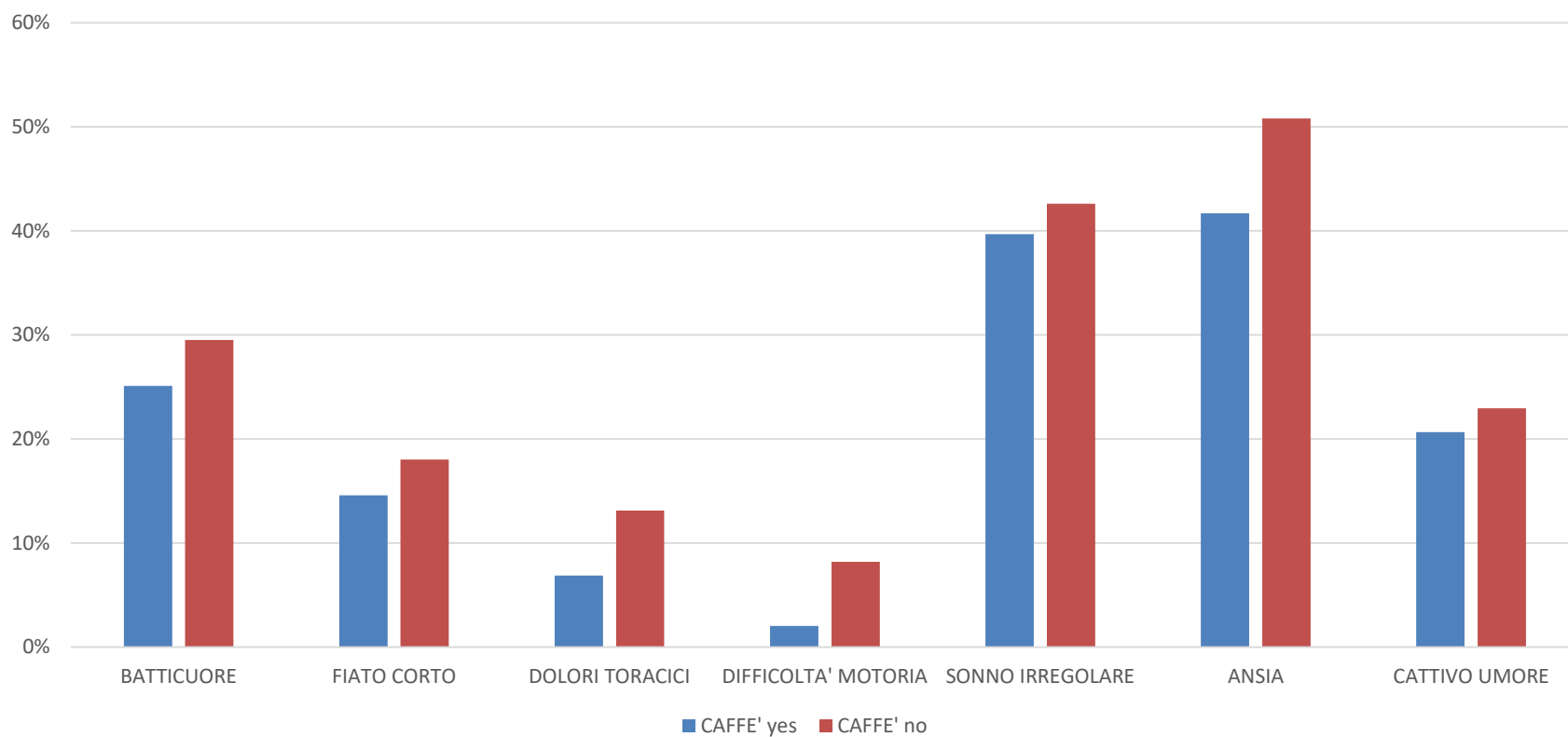




COFFEE AND...
... SYMPTOMS

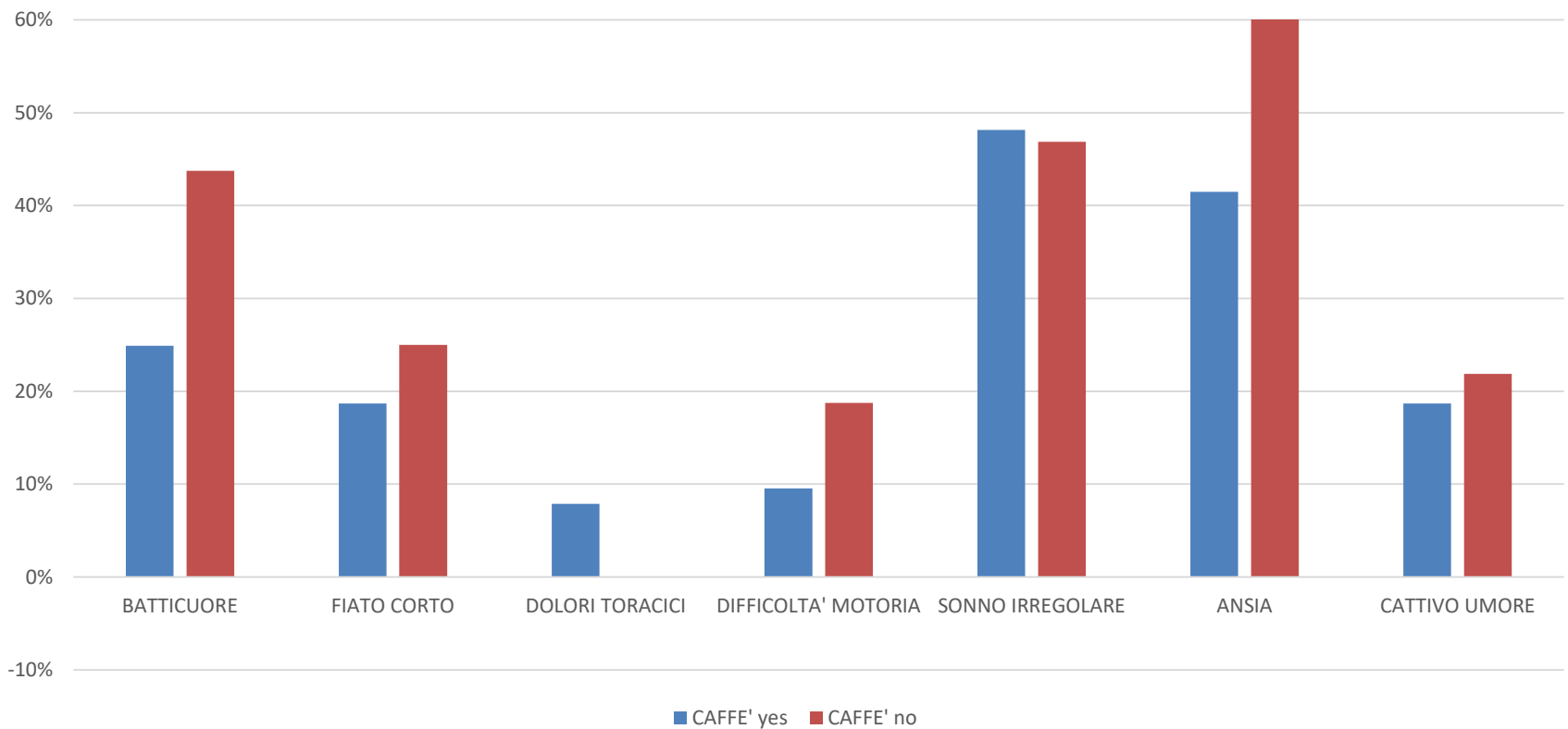
Coffee and Symptoms

Females <65 y.o.

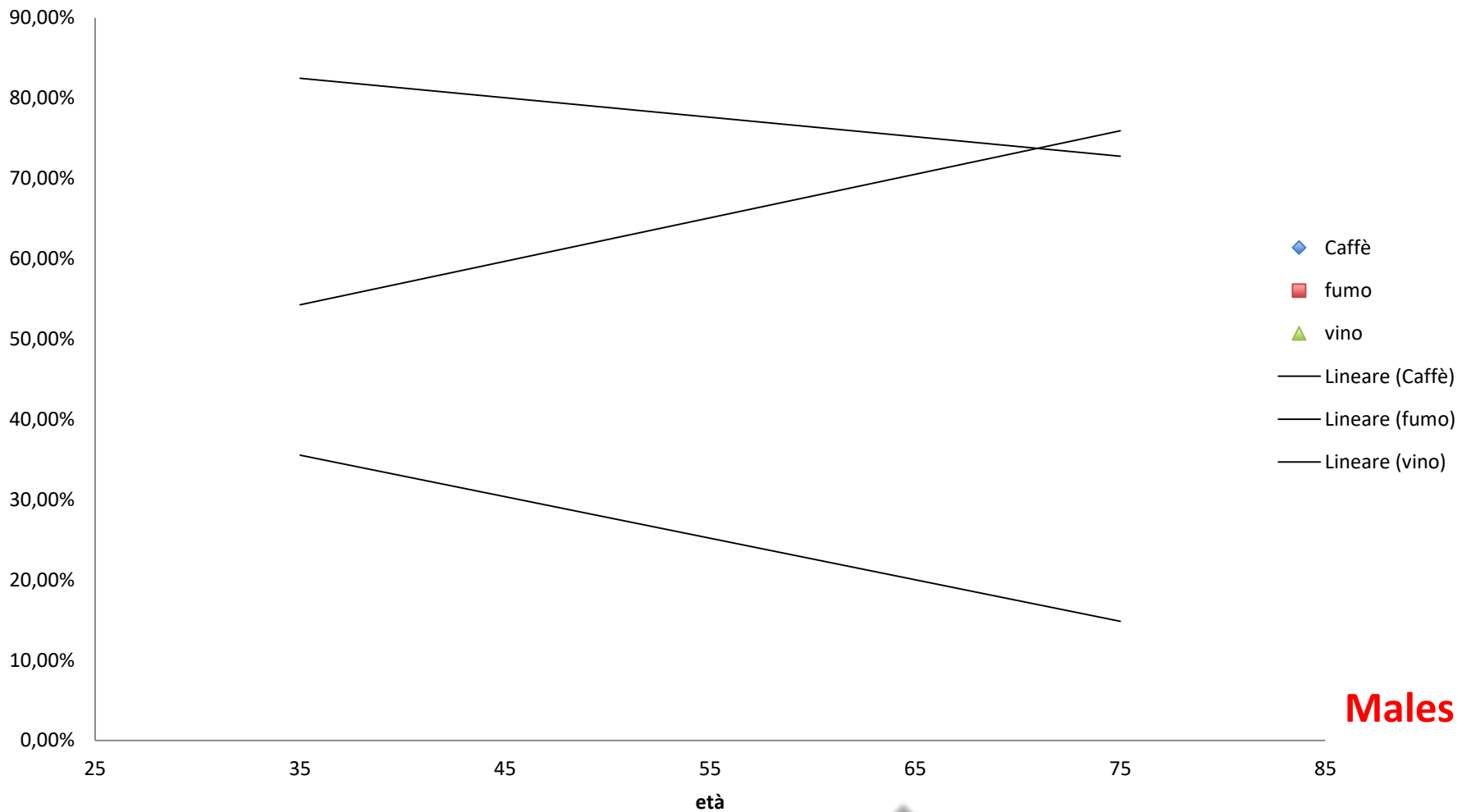


Coffee and Symptons

females ≥ 65 y.o.

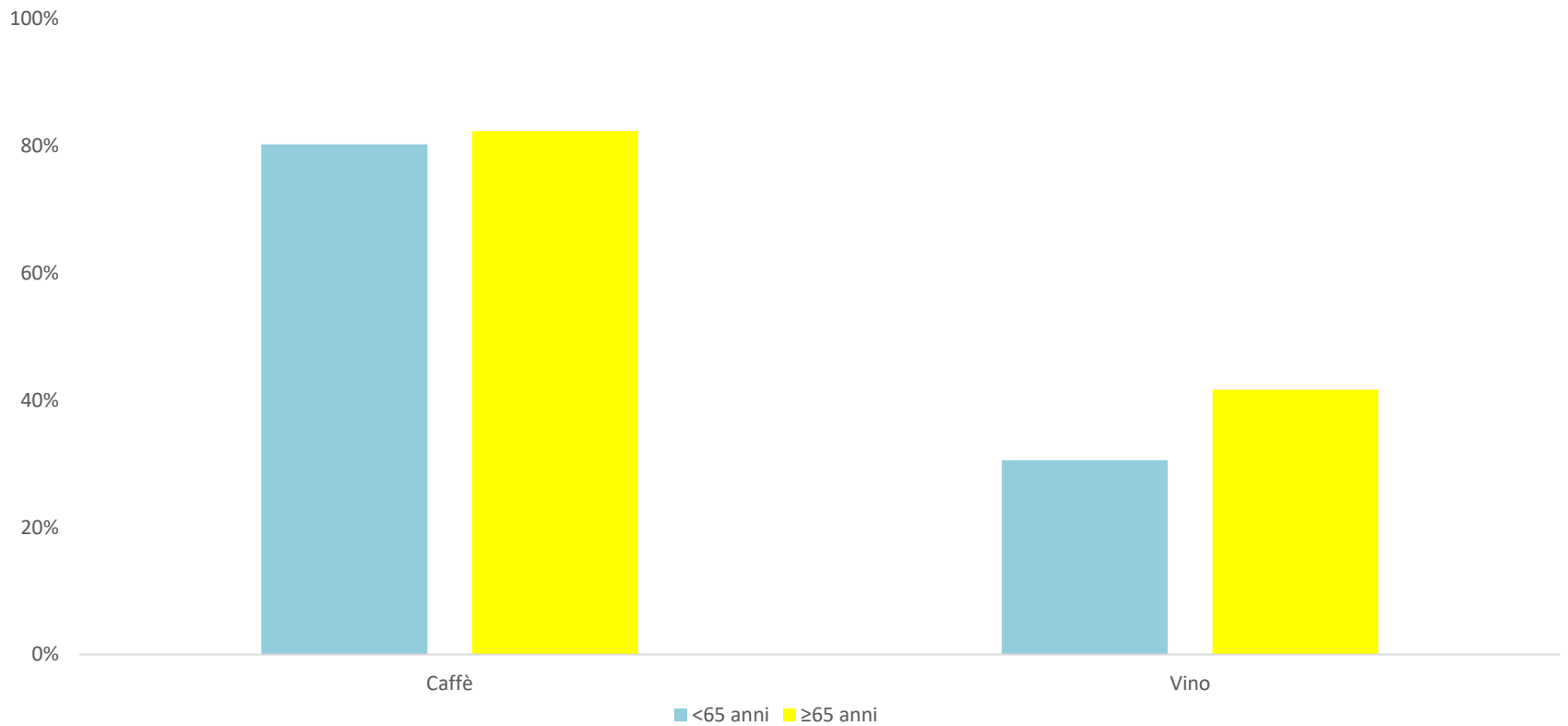


AGE IMPACT ON WINE, COFFEE, SMOKING (statistically significant)

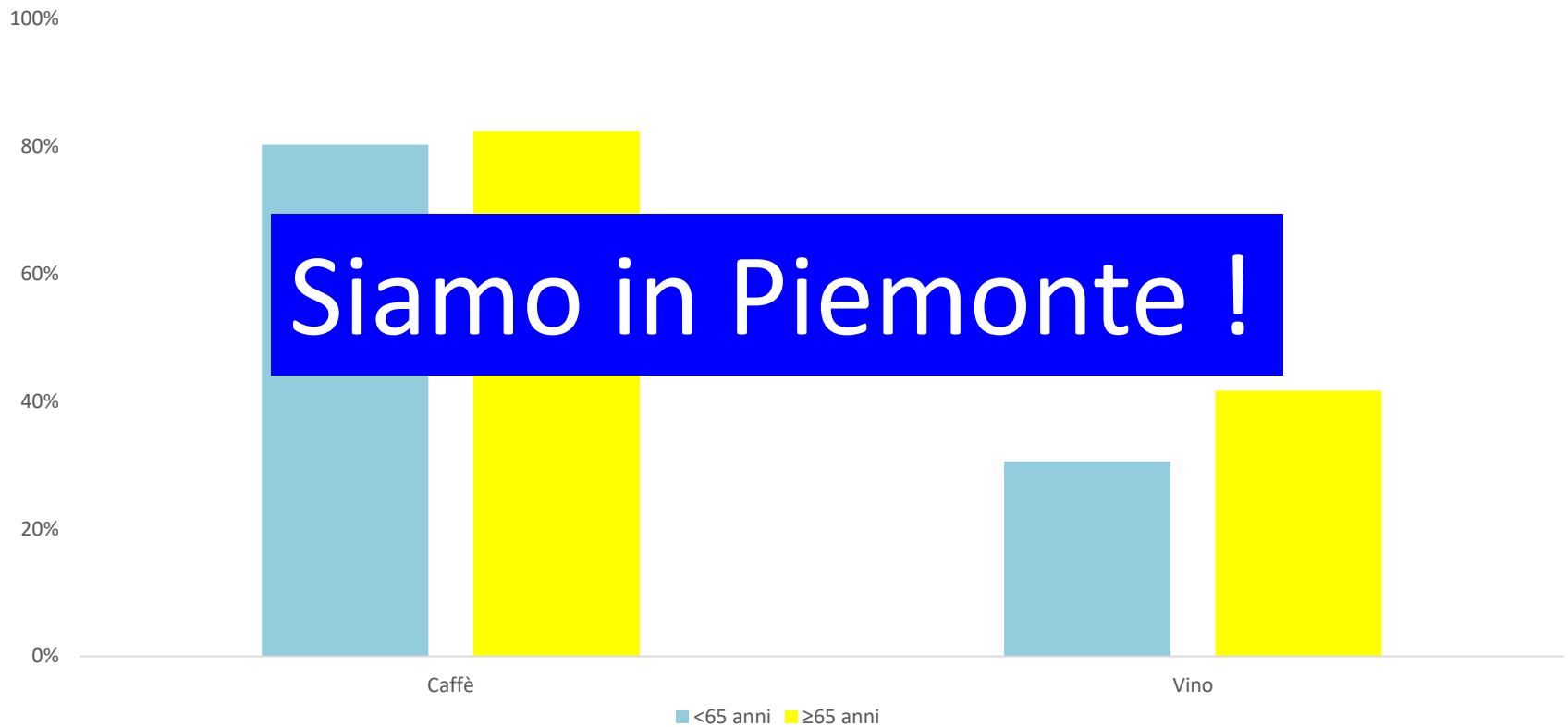


Males

Piaceri della vita



Piaceri della vita



COFFEE : THE HEALTHY BEVERAGE !



Take Home Message 1

- In Piemonte il consumo di Caffè è in aumento, ed appare sempre più una bevanda salutare.
- Chi beve meno Caffè sono i Giovani. Stabile il consumo nelle diverse fasce di età.
- Il metodo di preparazione più diffuso è la Moka, seguono l'Espresso e le Cialde.
- Il caffè non fa aumentare né la Pressione Arteriosa né il Colesterolo.
- Il Caffè non crea Ansia e non genera Insonnia nella maggioranza della popolazione.

Take Home Message 2

- Il Caffè è la sostanza ,in Natura , più ricca di elementi Antiossidanti.
- La Caffeina è soltanto uno degli elementi che la costituiscono.
- Il Caffè è sicuramente la bevanda che maggiormente favorisce il Buon Umore e la Socialità
- Abbiamo dati che dimostrano (su centinaia di migliaia di persone) che il Caffè riduce la Mortalità sia Cardiovascolare che Neoplastica.
- Purtoppo....a qualcuno non piace il gusto del Caffè .



GRAZIE

PER LA

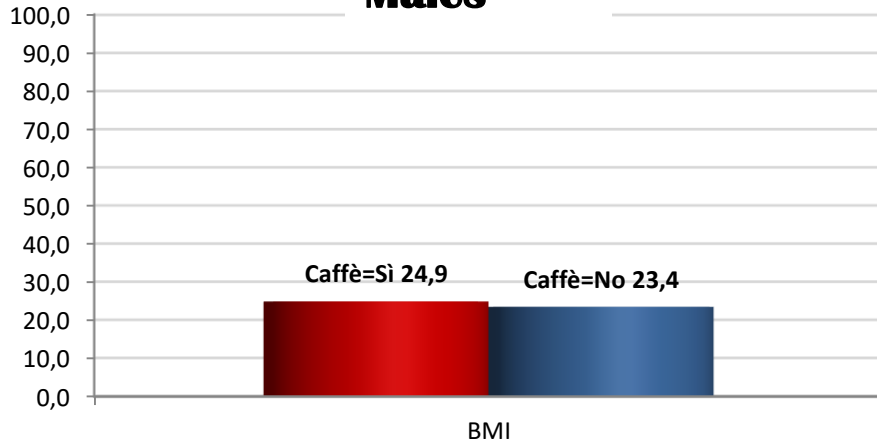
VOSTRA

ATTENZIONE

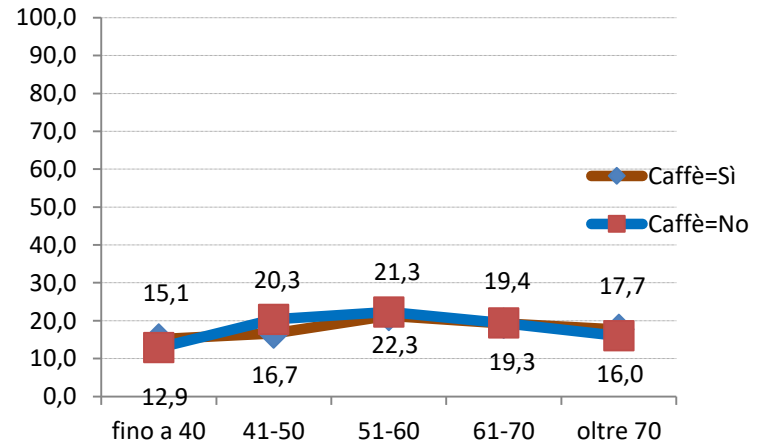
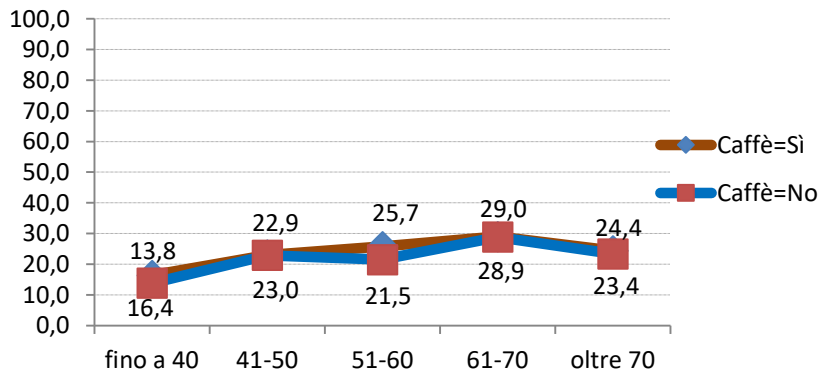
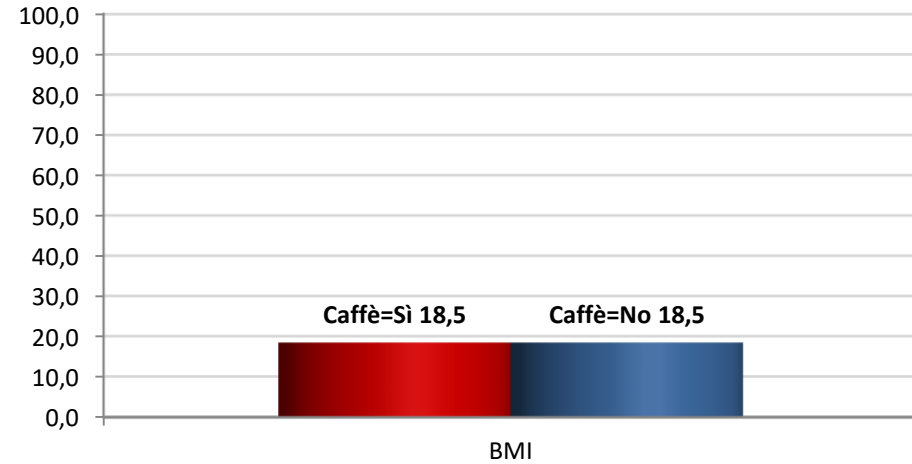
Caffè : 12901 Persone
Intervistate

COFFEE AND OBESITY

Males

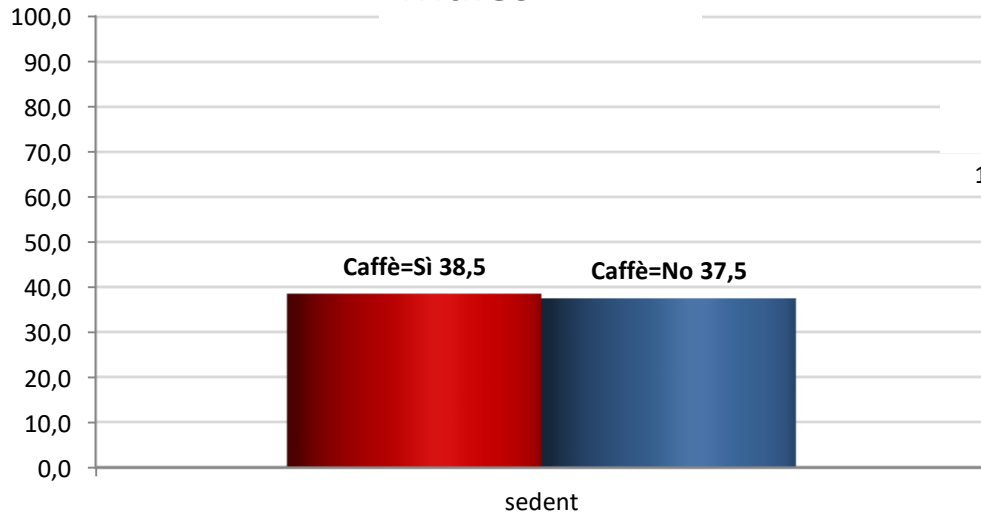


Females

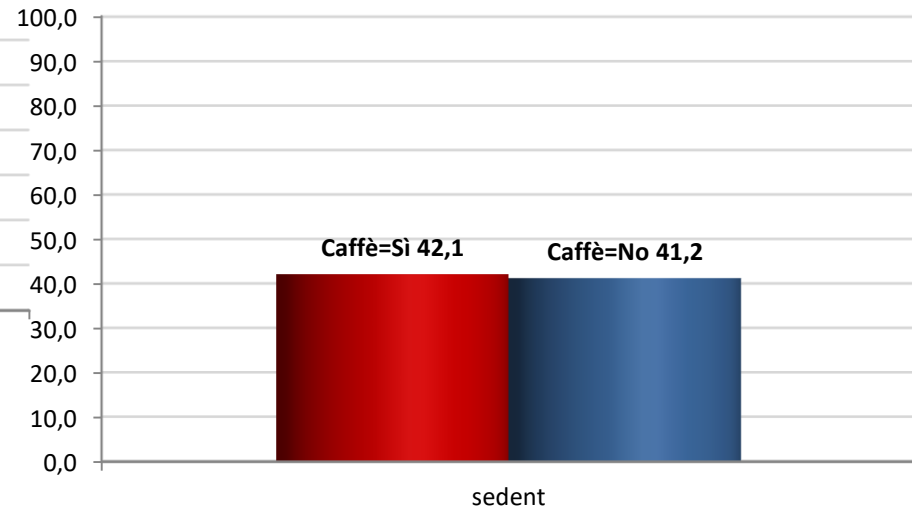


COFFEE AND LOW PHYSICAL A.

Males



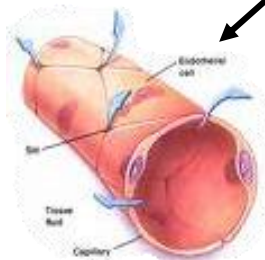
Females



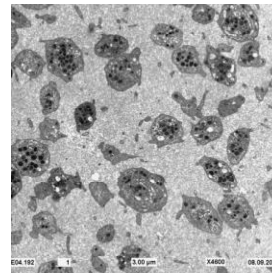
COFFEE AS A REMEDY?



**Blood Pressure
Reduction**

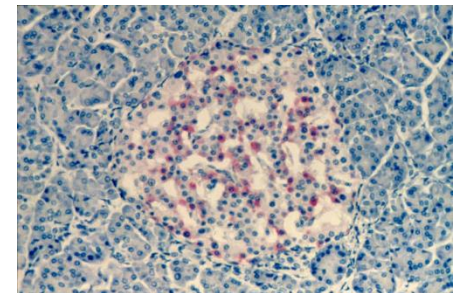


**Improved
endothelial function**



**Reduced
platelet reactivity**

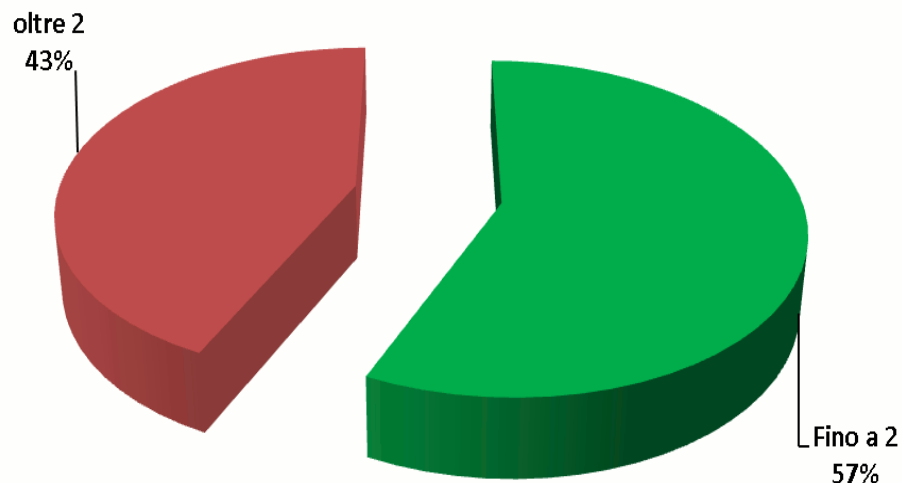
**Other:
Anti-Inflammatory**



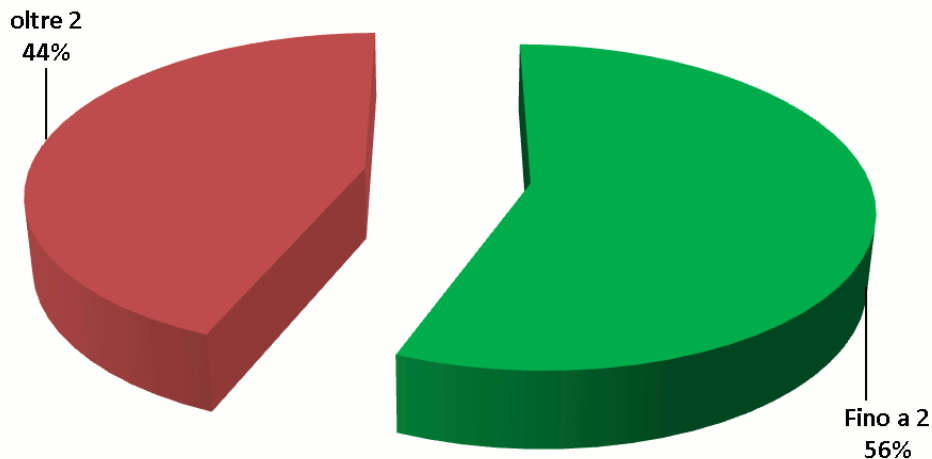
**Improved
insulin sensitivity**

Numero di Fattori di Rischio della nostra Popolazione

Rischio Cardiovascolare Donne



Rischio Cardiovascolare Uomini



Da 0 a 2 Fattori di Rischio



Da 3 a 5 fattori di Rischio