Association of Breakfast Skipping with Cardiovascular Risk in Thai Adults

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Background: Breakfast skipping is an unhealthy habit. The association between breakfast intake and the risk of cardiovascular disease in Thai people remains unknown. We aim to investigate the breakfast skipping in relation to increased cardiovascular risk in Thai population.

Objective: To evaluate the association of breakfast skipping with cardiovascular disease, all-cause mortality, and associated factors.

Methods: This retrospective cohort was conducted in 3,545 subjects from population-based cohort study; The Electricity Generating Authority of Thailand Study (EGAT) from 1985 to 2015, excluding participants aged below 35 years with history of cardiovascular disease. Breakfast skippers were assessed at baseline using self-recorded FFQ over 30 years of follow up. Participants were classified as having of not having breakfast. Multivariate logistic regression models were used for analysis.

Results: During 30 years of follow-up, we documented a total of 437 incident cases of cardiovascular disease, while 284 cases of ischemic heart disease and 153 cases of stroke was identified. Multivariate analysis showed that the comparison of breakfast skippers with non-breakfast skippers had hazard ratios (95% confidence interval; P for trend) of 0.98 (0.64–1.52; 0.956) for total cardiovascular death, 0.82 (0.51–1.31; 0.411) for MI death, 0.819 (0.60–1.10; 0.194) for CVD, and 0.84 (0.62–1.13; 0.256) for stroke. Similar results were observed. No significant association between breakfast skippers and cardiovascular disease.

Conclusion: Breakfast skipping is not associated with cardiovascular disease in Thai adults.

Keywords: Breakfast skipping, Cardiovascular, Risk, Coronary heart disease