

Obesity as an exposure or an outcome in epidemiological research: a summary of results from the French NutriNet-Santé cohort

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NutriNet-Santé e-cohort

INTRODUCTION

- Launched in 2009, >170 000 enrolments
- Participants are adults aged >18, with Internet access and able to follow a French protocol
- Aims to explore the relationship between health and nutrition

Obesity

- Chronic and progressive disease
- Global : 13% obese adults¹ / France : 17%²
- It is crucial to better understand the risk factors, consequences in order to prevent the disease

Objective

Show how the French NutriNet-Santé cohort has contributed at the national and global level to the knowledge on obesity, as an outcome or an exposure

METHODS

Criteria for inclusion of articles

Strong a priori hypothesis about obesity, obesity as outcome, exposition or moderator variable

Criteria for exclusion of articles

Obesity as an adjustment variable, deal with overweight

Presented results

Results from fully-adjusted models

RESULTS

- **28** articles : **22** as an outcome (15 cross-sectional, 7 prospective studies), **7** as an exposure (cross-sectional), **1** as a moderator variable (cross-sectional)
- 6,352 to 110,260 participants
- >70% women
- Innovative topics

RESULTS

Obesity as an outcome

Protective factors

Dietary behaviors (healthy pattern, organic food, meal planning, intuitive eating, adherence to nutritional recommendations, sustainable diet, liking for sweet, preparation from scratch)

Psychological factors (optimism, mindfulness, mind-body)

Deleterious factors

Dietary behaviors (ultra-processed food, liking for fat and salt, emotional eating)

Psychological factors (impulsivity)

Other (urban context)

Obesity as an exposure

Protective factor

Acute insomnia (in men)

Deleterious factors

Napping, migraine, functional dyspepsia, chronic insomnia (in women)

Obesity as a moderator

Obesity did not moderate the association between total sleep time and body weight change

CONCLUSION

In the 28 NutriNet-Santé studies, obesity has been differentially associated, usually cross-sectionally, with a variety of diet-related factors and psychological traits

REFERENCES

¹Obésité · Inserm, La science pour la santé [Internet] – ²Obésité et surpoids - OMS [Internet]