



# **HIGH INTAKE OF OATS**

**ASSOCIATED WITH LOWER RISK OF TYPE 2 DIABETES  
AND ALL-CAUSE MORTALITY**





## AIM

To explore the associations of oat consumption with the risk of type 2 diabetes (T2D), cardiovascular disease (CVD), and all-cause mortality in the general population.

## METHODS

Systematic review and meta-analysis of published studies examining the association between oat consumption (consumers vs. non-consumers or highest vs. lowest intake) and risks of T2D, CVD, and all-cause mortality in adults.

Pooled relative risks (RR) were calculated for T2D, CVD, and all-cause mortality. RR is a ratio that indicates an increase ( $RR > 1$ ) or decrease ( $RR < 1$ ) in the likelihood of an event when comparing two groups.

## PARTICIPANTS

471,157 individuals from 8 unique studies (North America, Europe, Asia-Pacific region)

## OUTCOMES

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### TYPE 2 DIABETES STUDIES

31,329 cases

Total follow-up: 6–30 years

RR = 0.78

Higher oat intake ( $> 5.7$ g/day) was significantly associated with lower risk of T2D when compared to lower consumption ( $< 1.3$ g/day). Daily average oat consumption identified as 0.7–2.0 g.

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### CARDIOVASCULAR DISEASE STUDIES

18,128 cases

Total follow-up: 6–26 years

No significant associations were found between oat intake and risk of CVD.

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### ALL-CAUSE MORTALITY STUDIES

7,839 cases

Median follow-up: 11.1–14.2 years

RR (Men) = 0.76

RR (Women) = 0.78

Men and women with the highest intake ( $> 19$ g/day) had significantly lower risks for all-cause mortality.