

ADHERENCE TO THE BALTIC SEA DIET IS ASSOCIATED WITH LOWER PREVALENCE OF ELEVATED DEPRESSIVE SYMPTOMS

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Introduction: Recently, Baltic Sea Diet Score (BSDS) was developed based on the Baltic Sea Dietary Pyramid. The association between Baltic Sea Diet Score and prevalence of depressive symptoms has not been studied earlier, though diet including fish and whole grain products may be preventive for depression.

Objectives and aims: We assessed whether adherence to Baltic Sea Diet is associated with a decreased prevalence of depressive symptoms.

Methods: The population-based Kuopio Ischaemic Heart Disease Risk Factor (KIHD) Study included 2682 Finnish men aged 42-60 years. Diet was assessed by a 4-d food record and depressive symptoms with the 18-item Human Population Laboratory Depression Scale. Those who scored five or more were considered to have elevated depressive symptoms. The BSDS was calculated according to the quartiles of consumption of each score component. For healthy considered foods (fruits and berries, vegetables, wholegrain products, ratio of polyunsaturated fatty acids to saturated fatty acids and fish) the quartiles were coded 0-3 points (lowest quartile was coded as 0, etc.). For meat and total fat scores were opposite. Alcohol was coded 1 point (< 20 g), otherwise 0 point.

Results: Altogether 228 (8.5%) men had depressive symptoms. In a multivariable model, after adjustments for age, energy intake, smoking, marital status, socio-economic status, maximal oxygen uptake and body mass index, men in the highest v. lowest BSDS quartile were 40% more likely to be non-depressed (OR 0.60, 95% CI 0.39, 0.93, p=0.02).

Conclusions: Adherence to Baltic Sea diet may be associated with lowered level of depression.