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427 - DIETARY PATTERNS IN ADULTS WITH ATOPIC AND NON-ATOPIC ASTHMA: RESULTS OF A CASE-CONTROL STUDY

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Resumen

Background/Objectives: Growing evidence suggests that dietary patterns (DP) may interfere with asthma control. However, its influence on atopic and non-atopic asthma is still poorly understood.

Methods: To identify the DP in each group of adults with atopic and non-atopic asthma. Methods: A case-control study with 1,448 adult participants, over 18 years of age, of the Program for Control of Asthma in Bahia (ProAR) (2013-1015). The cases (539) were untreated non-smoking patients with severe asthma or with moderate asthma. Controls were participants with mild asthma, or without asthma. We used a multidimensional questionnaire covering sociodemographic characteristics, health conditions, and a food frequency questionnaire. DP were identified by principal component factor analysis and multinomial logistic regression was applied.

Results: The most of participants were women (84%), self-identified skin colour brown or black (90%), and with overweight/obesity (60%). The consumption of ultra-processed foods was the most frequent (99.3%). We identified seven dietary patterns. In the group classified with atopic asthma, three dietary patterns were observed: “Prudent with fish”, “Prudent with milk”, and “Unhealthy/Ultra-processed”, KMO = 0.7417. In the non-atopic asthma group, we observed two other patterns –“Prudent with chicken” and “Pattern-based in meats”, KMO = 0.8844. For the controls, two patterns were identified– “Prudent with eggs” and “Pattern-based in dairy”, KMO = 0.8691.

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Conclusions/Recommendations: Ultra-processed products are one of the dietary patterns of the cases. This group would benefit from healthier dietary patterns for asthma control. It is important to continue understanding the interactions between food, inflammatory processes, and different types of asthma.

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