



# 文 献

## 付 録

## 参考文献

- 1) 日本高血圧学会. 高血圧治療ガイドライン2014.
- 2) Intersalt Cooperative Research Group. Intersalt: an international study of electrolyte excretion and blood pressure. Results for 24 hour urinary sodium and potassium excretion. *BMJ* 1988; 297: 319-328.
- 3) Takase H, Sugiura T, Kimura G, et al. Dietary Sodium Consumption Predicts Future Blood Pressure and Incident Hypertension in the Japanese Normotensive General Population. *J Am Heart Assoc* 2015; 4: e001959.
- 4) Umesawa M, Yamagishi K, Noda H, et al. The relationship between sodium concentrations in spot urine and blood pressure increases: a prospective study of Japanese general population: the Circulatory Risk in Communities Study (CIRCS). *BMC Cardiovasc Disord* 2016; 16: 55.
- 5) 厚生労働省. 平成27年 国民健康・栄養調査.
- 6) Hayashi T, Tsumura K, Suematsu C, et al. Walking to work and the risk for hypertension in men: the Osaka Health Survey. *Ann Intern Med* 1999; 131: 21-26.
- 7) Nakanishi N, Suzuki K. Daily life activity and the risk of developing hypertension in middle-aged Japanese men. *Arch Intern Med* 2005; 165: 214-220.
- 8) 健康づくりのための身体活動基準2013.
- 9) Ueshima H, Mikawa K, Baba S, et al. Effect of reduced alcohol consumption on blood pressure in untreated hypertensive men. *Hypertension* 1993; 21: 248-252.
- 10) Appel LJ, Moore TJ, Obarzanek E, et al. A clinical trial of the effects of dietary patterns on blood pressure. DASH Collaborative Research Group. *N Engl J Med* 1997; 336: 1117-1124.
- 11) 日本糖尿病学会. 糖尿病診療ガイドライン2016.
- 12) Hayashino Y, Fukuhara S, Okamura T, et al. A prospective study of passive smoking and risk of diabetes in a cohort of workers: the High-Risk and Population Strategy for Occupational Health Promotion (HIPOP-OHP) study. *Diabetes Care* 2008; 31: 732-734.
- 13) Malik VS, Popkin BM, Bray GA, et al. Sugar-sweetened beverages and risk of metabolic syndrome and type 2 diabetes: a meta-analysis. *Diabetes Care* 2010; 33: 2477-2483.
- 14) 岡山明 編著. 健康教育マニュアル. 2014年. 日本家族計画協会.
- 15) Watanabe M, Barzi F, Neal B, et al. Alcohol consumption and the risk of diabetes by body mass index levels in a cohort of 5636 Japanese. *Diabetes Res Clin Pract* 2002; 57: 191-197.
- 16) Tsumura K. et al.: Daily alcohol consumption and the risk of Type 2 diabetes in Japanese Men. The Osaka Health Survey. *Diabetes care*1999; 22: 1432-1437.
- 17) 厚生労働省. 健康づくりのための身体活動基準2013.
- 18) VRABLÍK M, ČEŠKA R. Treatment of Hypertriglyceridemia: a Review of Current Options. *Physiol. Res* 2015; 64: S331-S340.
- 19) Fried SK, Rao RP. Sugars, hypertriglyceridemia, and cardiovascular disease. *Am J Clin Nutr* 2003; 78: 873S-880S.
- 20) Eslick GD, Howe PR, Smith C, et al. Benefits of fish oil supplementation in hyperlipidemia: a systematic review and meta-analysis. *Int J Cardiol* 2009; 136: 4-16.
- 21) Ellison RC, Zhang Y, Qureshi MM, et al. Lifestyle determinants of high-density lipoprotein cholesterol: the National Heart, Lung, and Blood Institute Family Heart Study. *Am Heart J* 2004; 147: 529-535.
- 22) Craig WY, Palomaki GE, Haddow JE. Cigarette smoking and serum lipid and lipoprotein concentrations: an analysis of published data. *Br Med J.* 1989; 298: 784-788.
- 23) U.S. Department of Health and Human Services. How Tobacco Smoke Causes Disease:

- The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General, 2010.
- 24) Hata Y, Nakajima K. Life-style and serum lipids and lipoproteins. *J Atheroscler Thromb* 2000; 7: 177-197.
  - 25) Keys A, Anderson JT, Grande F. Serum cholesterol response to changes in the diet: IV. Particular saturated fatty acids in the diet. *Metabolism* 1965; 14: 776-787.
  - 26) 岡山明 編著. 健康教育マニュアル. 2014年. 日本家族計画協会.
  - 27) 日本高血圧学会減塩委員会. 日本高血圧学会減塩委員会報告2012. 日本高血圧学会, 2012.
  - 28) 日本高血圧学会減塩委員会ホームページ. [http://www.jpnsnsh.jp/general\\_salt.html](http://www.jpnsnsh.jp/general_salt.html)
  - 29) 肥満症診療ガイドライン2016.
  - 30) 菱田明, 佐々木敏(監修): 日本人の食事摂取基準, 第一出版, 東京, 2014.
  - 31) Malik VS, Schulze MB, Hu FB. Intake of sugar-sweetened beverages and weight gain: a systematic review. *Am J Clin Nutr* 2006; 84: 274-288.
  - 32) Malik VS, Popkin BM, Bray GA, et al. Sugar-sweetened beverages and risk of metabolic syndrome and type 2 diabetes: a meta-analysis. *Diabetes Care* 2010; 33: 2477-2483.
  - 33) Malik AH, Akram Y, Shetty S, et al. Impact of sugar-sweetened beverages on blood pressure. *Am J Cardiol* 2014; 113: 1574-1580.
  - 34) Greenwood DC, Threapleton DE, Evans CE, et al. Association between sugar-sweetened and artificially sweetened soft drinks and type 2 diabetes: systematic review and dose-response meta-analysis of prospective studies. *Br J Nutr*. 2014; 112: 725-734.
  - 35) Gardner C, Wylie-Rosett J, Gidding SS, et al. Nonnutritive sweeteners: current use and health perspectives: a scientific statement from the American Heart Association and the American Diabetes Association. *Diabetes Care* 2012; 35: 1798-1808.
  - 36) Malik VS, Pan A, Willett WC, et al. Sugar-sweetened beverages and weight gain in children and adults: a systematic review and meta-analysis. *Am J Clin Nutr* 2013; 98: 1084-1102.
  - 37) Sun FH, Li C, Zhang YJ, et al. Effect of Glycemic Index of Breakfast on Energy Intake at Subsequent Meal among Healthy People: A Meta-Analysis. *Nutrients* 2016; 8: E37.
  - 38) Perälä MM, Hätönen KA, Virtamo J, et al. Impact of overweight and glucose tolerance on postprandial responses to high-and low-glycaemic index meals. *Br J Nutr* 2011; 105: 1627-1634.
  - 39) 高血圧治療ガイドライン作成委員会編. 第4章. 生活習慣の修正. 高血圧治療ガイドライン2014, pp39-44. 日本高血圧学会(東京), 2014年.
  - 40) 厚生労働省 健康局: 禁煙支援マニュアル(第二版), 2017.