

Moderate coffee drinking may lower risk of premature death

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People who drink about three to five cups of coffee a day may be less likely to die prematurely from some illnesses than those who don't drink or drink less coffee, according to a new study by Harvard T.H. Chan School of Public Health researchers and colleagues. Drinkers of both caffeinated and decaffeinated coffee saw benefits, including a lower risk of death from cardiovascular disease, neurological diseases, type 2 diabetes, and suicide.

"Bioactive compounds in [coffee](#) reduce insulin resistance and systematic inflammation," said first author Ming Ding, a doctoral student in the Department of Nutrition. "That could explain some of our findings. However, more studies are needed to investigate the biological mechanisms producing these effects."

The study will appear online in *Circulation* on November 16, 2015.

Researchers analyzed [health](#) data gathered from participants in three large ongoing studies: 74,890 women in the Nurses' Health Study; 93,054

women in the Nurses' Health Study 2; and 40,557 men in the Health Professionals Follow-up Study. Coffee drinking was assessed using validated food questionnaires every four years over about 30 years. During the study period, 19,524 women and 12,432 men died from a range of causes.

In the whole study population, moderate coffee consumption was associated with reduced risk of death from [cardiovascular disease](#), diabetes, [neurological diseases](#) such as Parkinson's disease, and suicide. Coffee consumption was not associated with cancer deaths. The analyses took into consideration potential confounding factors such as smoking, body mass index, physical activity, alcohol consumption, and other dietary factors.

"This study provides further evidence that moderate consumption of coffee may confer health benefits in terms of reducing premature death due to several diseases," said senior author Frank Hu, professor of nutrition and epidemiology. "These data support the 2015 Dietary Guidelines Advisory Report that concluded that 'moderate [coffee consumption](#) can be incorporated into a healthy dietary pattern.'"

More information: "Association of Coffee Consumption with Total and Cause-specific Mortality in Three Large Prospective Cohorts," Ming Ding, Ambika Satija, Shilpa N. Bhupathiraju, Yang Hu, Qi Sun, Walter Willett, Rob M. van Dam, Frank B. Hu, *Circulation*, online November 16, 2015.

Provided by Harvard T.H. Chan School of Public Health

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