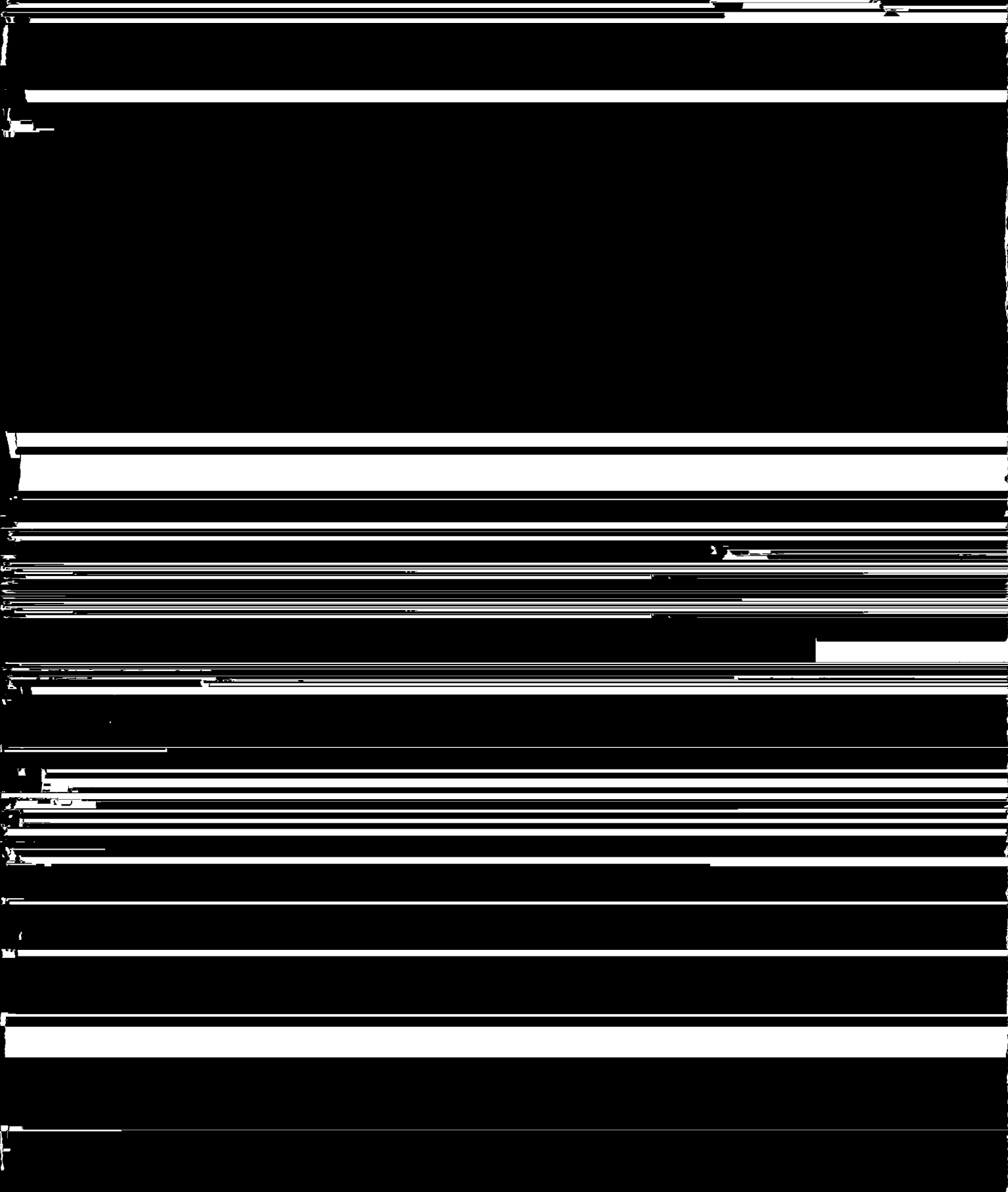


# Dietary Fat Intake and the Risk of Incident Dementia in the Rotterdam Study



Disorders of the Elderly Examination (CAMDEX) [15] ( $n = 122$ ), which is the neuropsychological test administered in the case-finding procedure for dementia, were excluded because they were thought to be unable to provide reliable answers regarding their food patterns. Furthermore, 482 unselected subjects did not receive a dietary questionnaire due to logistic reasons, and 212 respondents were excluded from the sample because of logical inconsistencies in the dietary interviews, resulting in 5,434 completed questionnaires. Baseline data were collected from May 1990 to June 1993. Follow-up data were obtained until December 1994. Inci-

Alzheimer's Disease and Related Disorders Association (NINCDS-ADRDA) criteria [22]. Patients with this diagnosis had a gradually progressive global decline of cognitive functions for which no medical cause was found. Dementia patients with a history of stroke, who otherwise fulfilled AD criteria, were subclassified as having AD with cerebrovascular disease. Vascular dementia was diagnosed in accordance with National Institute of Neurological Disorders and Stroke- and Association Internationale pour la Recherche et l'Enseignement en Neurosciences (NINDS-AIREN) criteria [23]. In these patients the onset of dementia was related to

culated as the summation of the residuals from regressing saturated fat on total energy intake and a constant equal to the expected saturated fat intake at the level of the mean

though not significantly ( $RR = 0.6$ , 95% CI: 0.3–1.2). These associations did not change after additional adjustment for cigarette smoking, alcohol consumption,

*Table 2. Age-Adjusted Mean Daily Intake of Selected Nutrients and Fish According to Incidence of Dementia:  
The Rotterdam Study*

Daily Intake	Dementia at Follow-Up		Difference (95% CI)
	No (n = 5,328)	Yes (n = 58)	
Total energy (kJ)	8,254 (28.8) <sup>a</sup>	8,763 (278.5)	509 (-40, 1,058)

Finally, persons with prevalent cardiovascular disease

Fish, as a marker of n-3 PUFA in fish, was associ-

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18. Stichting Nederlands Voedingsstoffenbestand. NEVO Tabel

and S-100 immunoreactivity are elevated in Down syndrome and Alzheimer disease. *Proc Natl Acad Sci USA* 1989;86:7611–

matic activity, amplitude of electrophysiological parameters, resistance to poisons and performance of learning tasks in rats. *J*