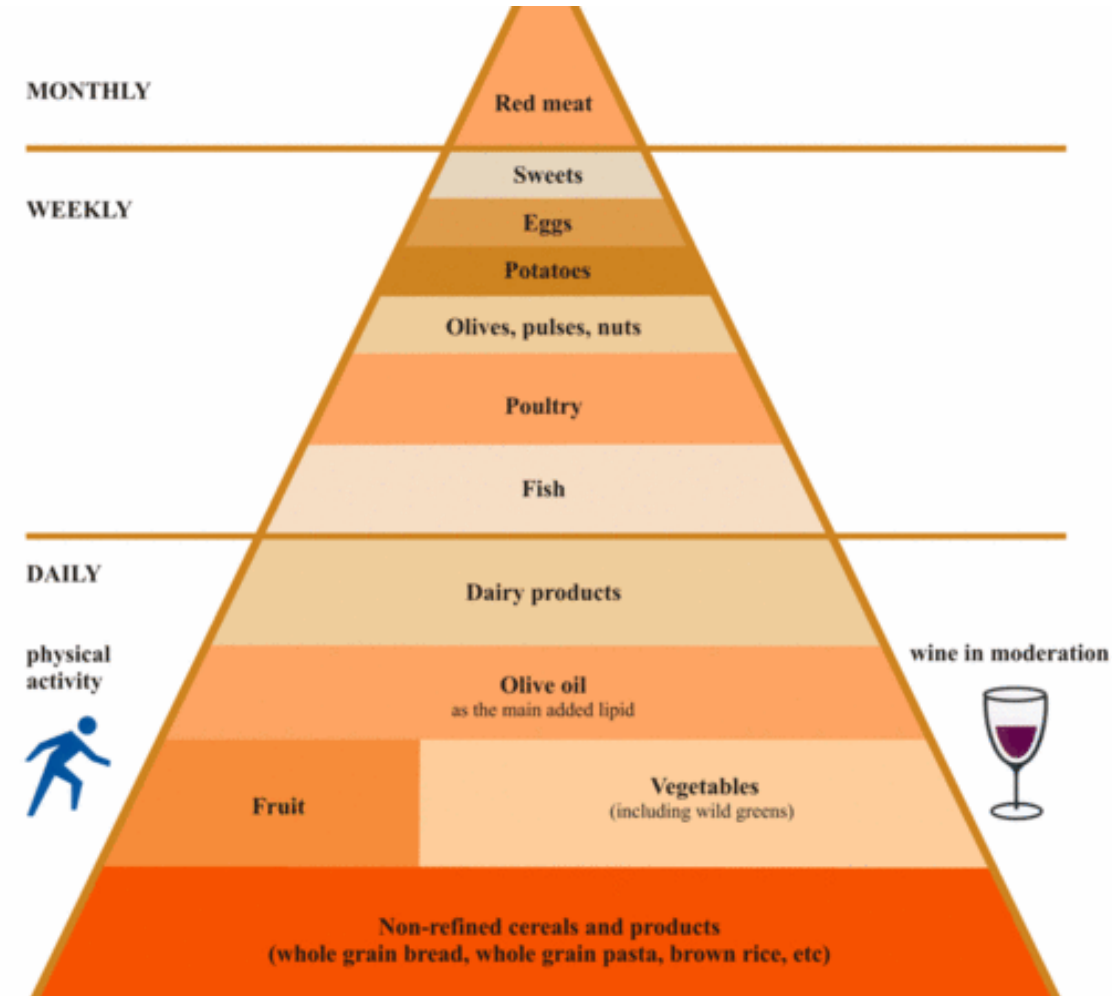


EVIDENCE-BASED DECISIONS IN NUTRITION

PROF CARL LACHAT, GHENT UNIVERSITY, BELGIUM



Salt not as damaging to health as previously thought, says study

New research reignites a row with scientists who want to reduce salt intake to near zero

litor

3,195



▲ The study suggests that very low levels of salt could lead to more heart attacks and suggests that moderate salt consumption may be protective. Photograph: Alamy Stock Photo

Salt may not be as damaging to health as is usually claimed, according to a controversial new study which suggests campaigns to persuade people to cut down may only be worthwhile in countries with very high sodium consumption, such as China.

most viewed



Indonesian police kill dozens in Asian Games 'clean-up'



Tesla founder Elon Musk says past year excruciating and 'worst is yet to come'



Indian state launches breastfeeding drive in bid to cut infant deaths



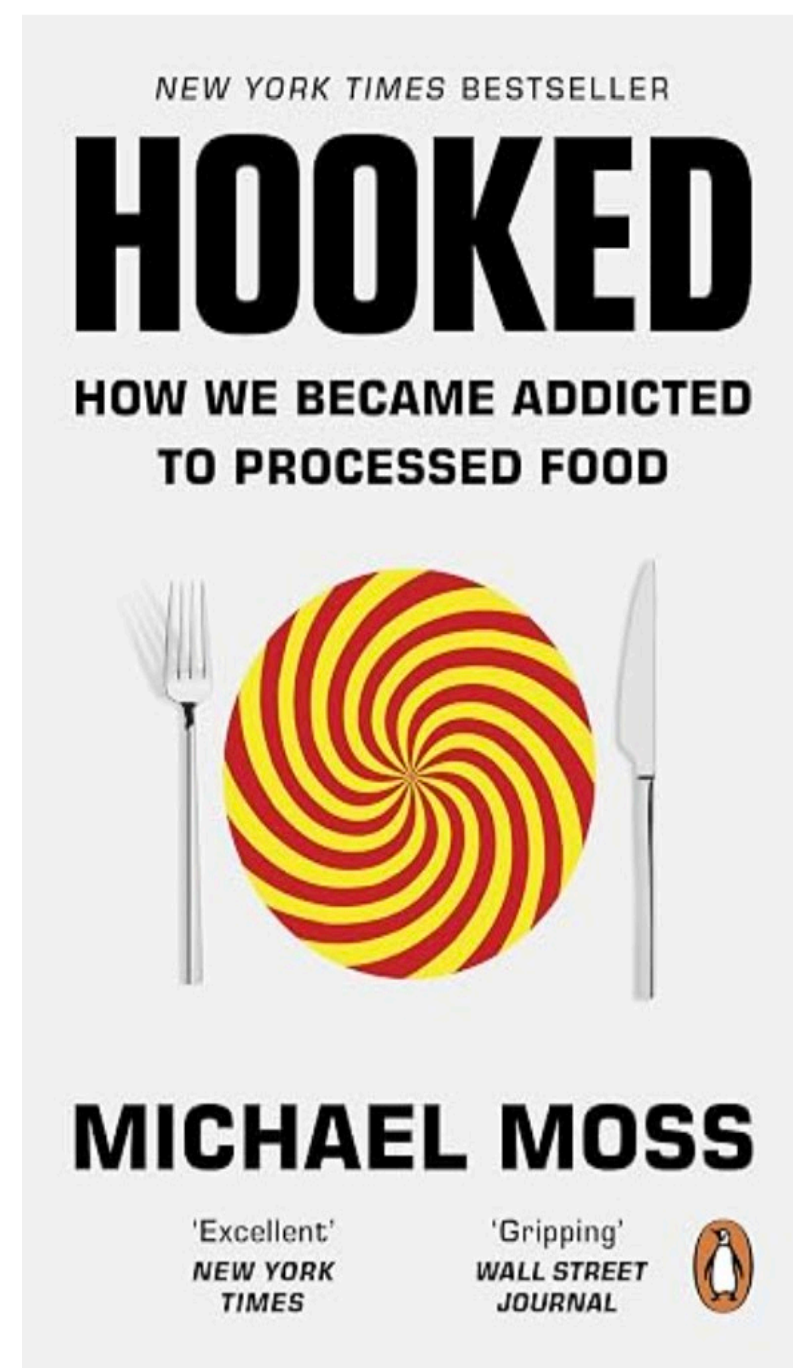
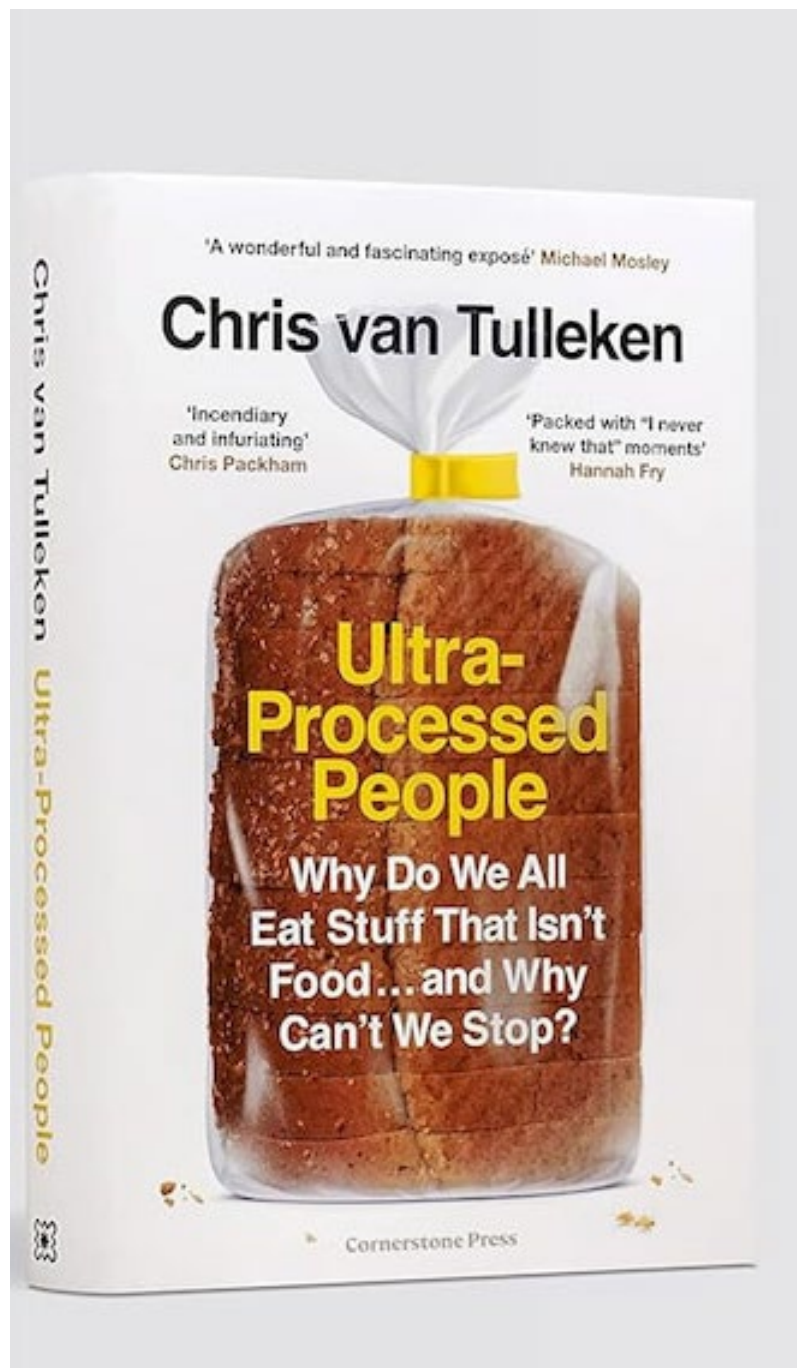
'McCarthy-era tactics': ex-spy chiefs round on Trump in Brennan row



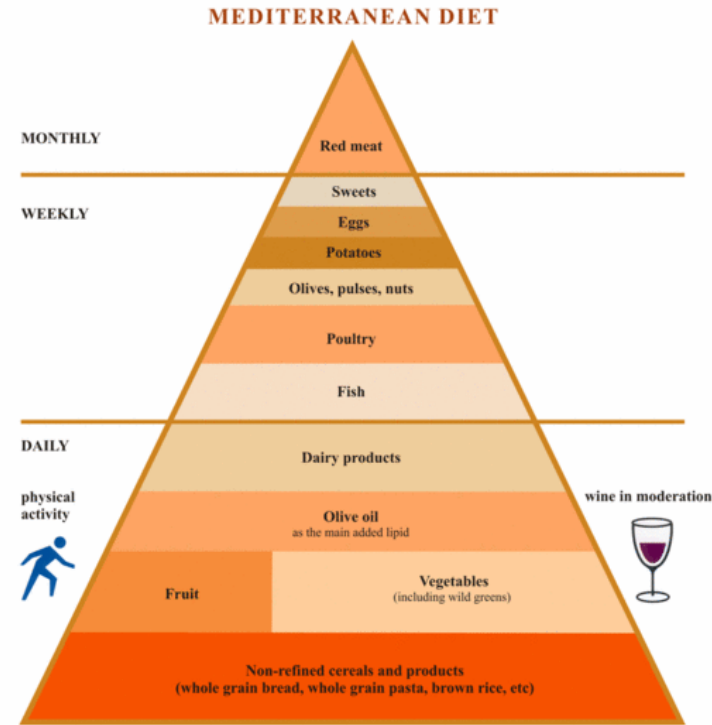
Both low and high-carb diets can raise risk of early death, study finds

Is everything we eat associated with cancer? A systematic cookbook review¹⁻³

Jonathan D Schoenfeld and John PA Ioannidis



Food-based dietary guidelines



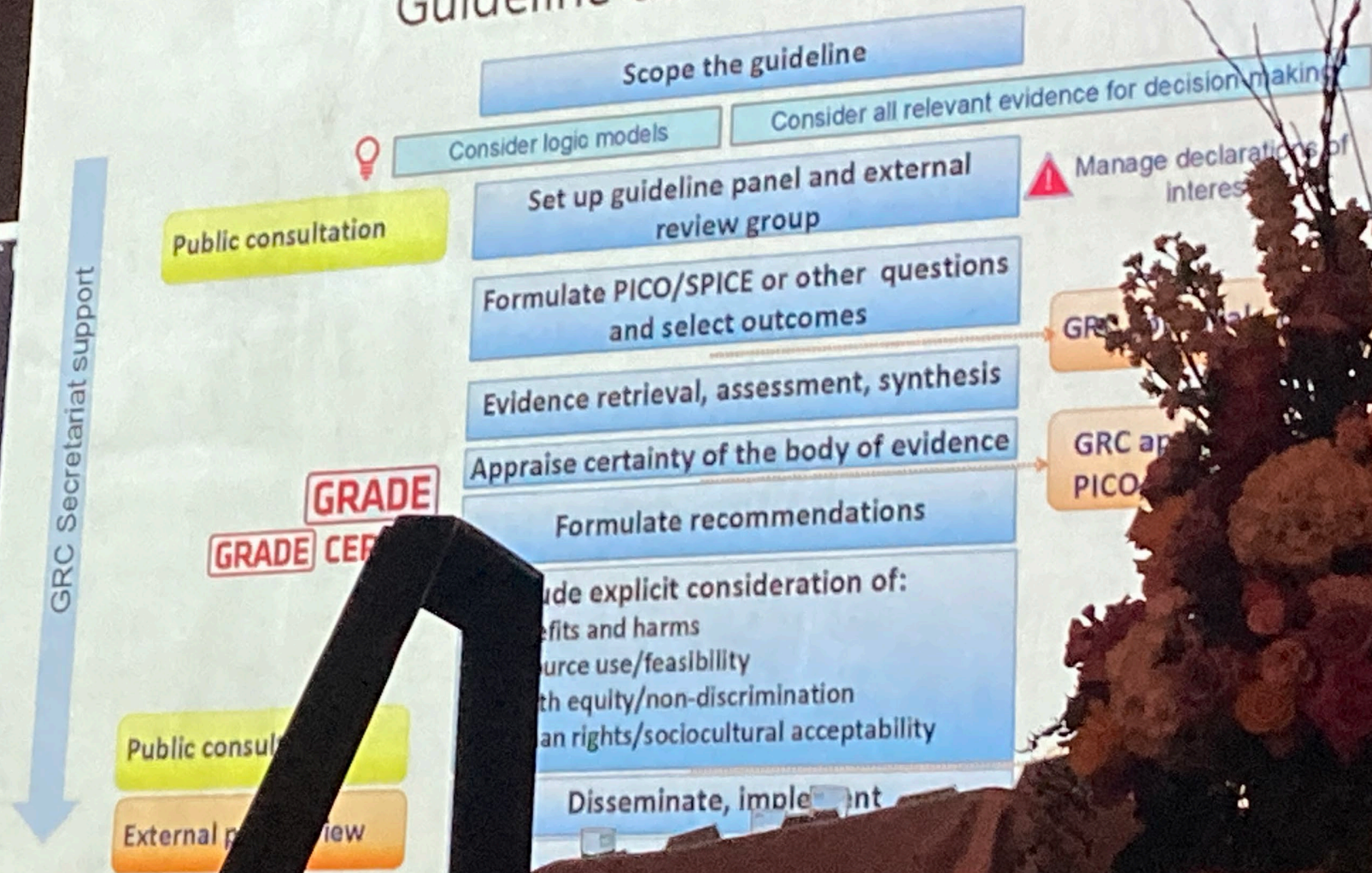
Also remember to:

- drink plenty of water
- avoid salt and replace it by herbs (e.g. oregano, basil, thyme, etc)

Source: Supreme Scientific Health Council, Hellenic Ministry of Health



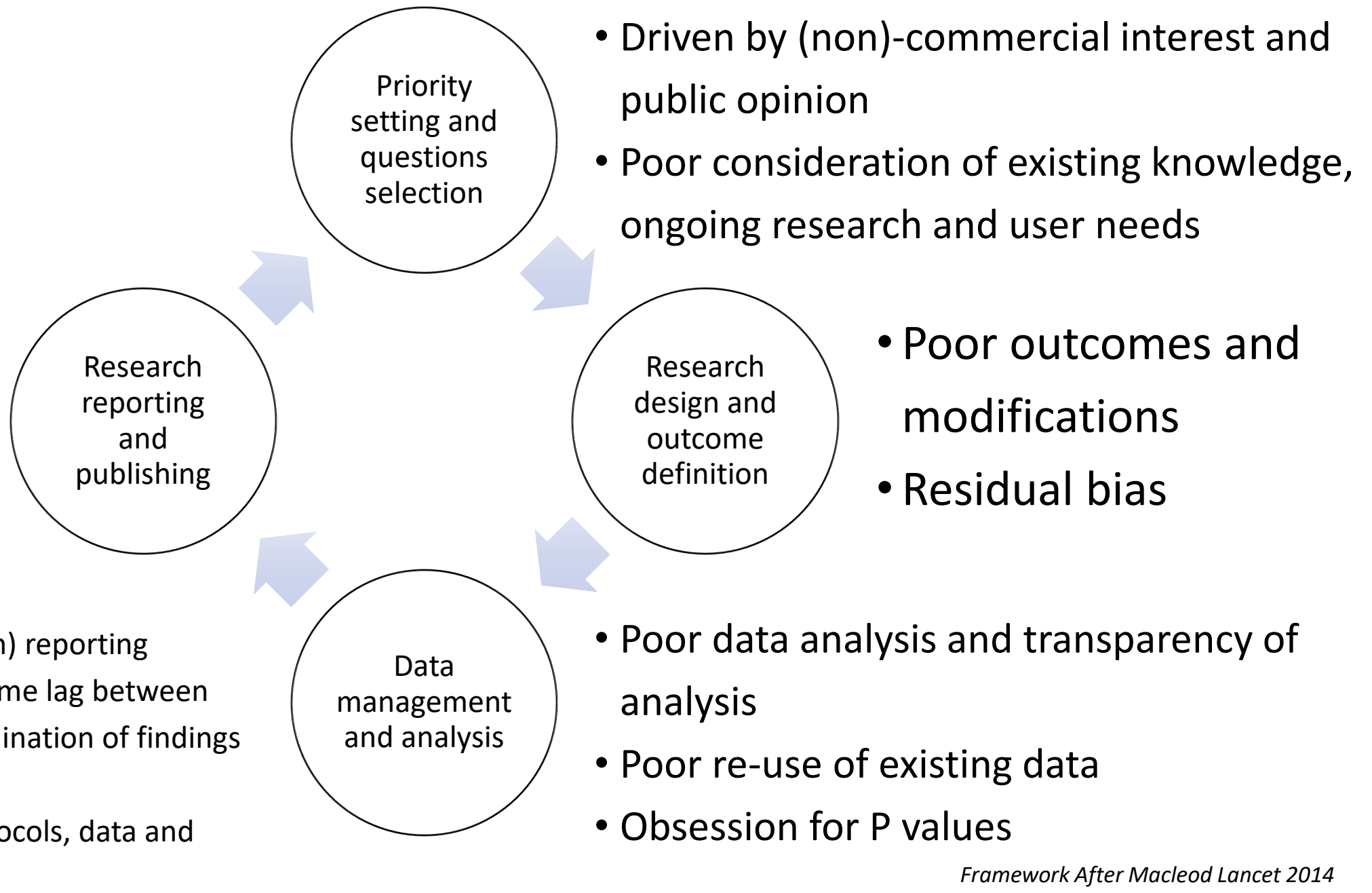
Guideline development process



OBJECTIVE

- Define study designs and understand associated sources of bias
- Understand the hierarchy of evidence
- Understand the main approaches used to assess study quality

any contribution or role for LLM?

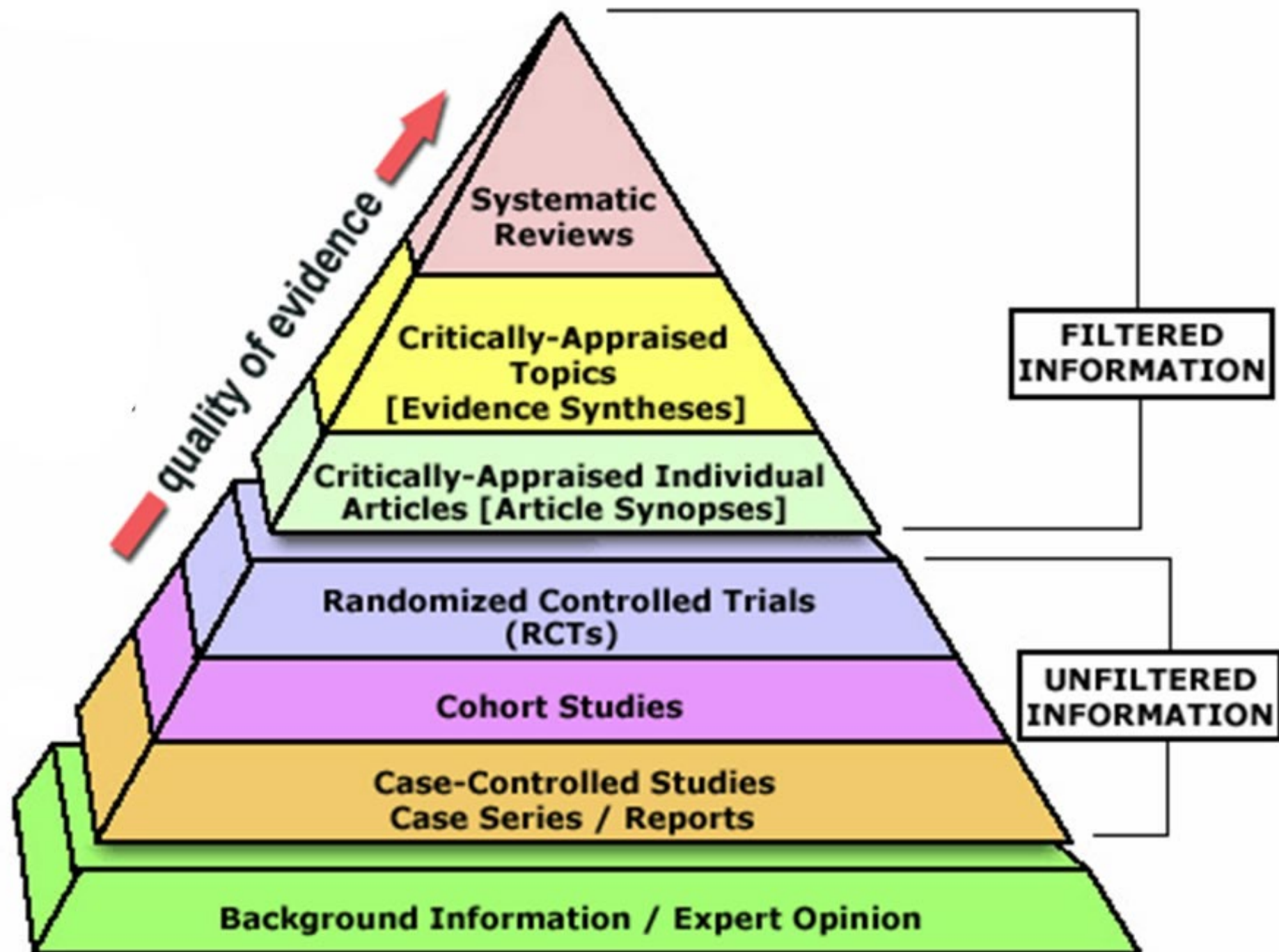


3 MAIN SOURCES OF ERROR FOR CAUSAL INFERENCE IN EPIDEMIOLOGY

Confounding

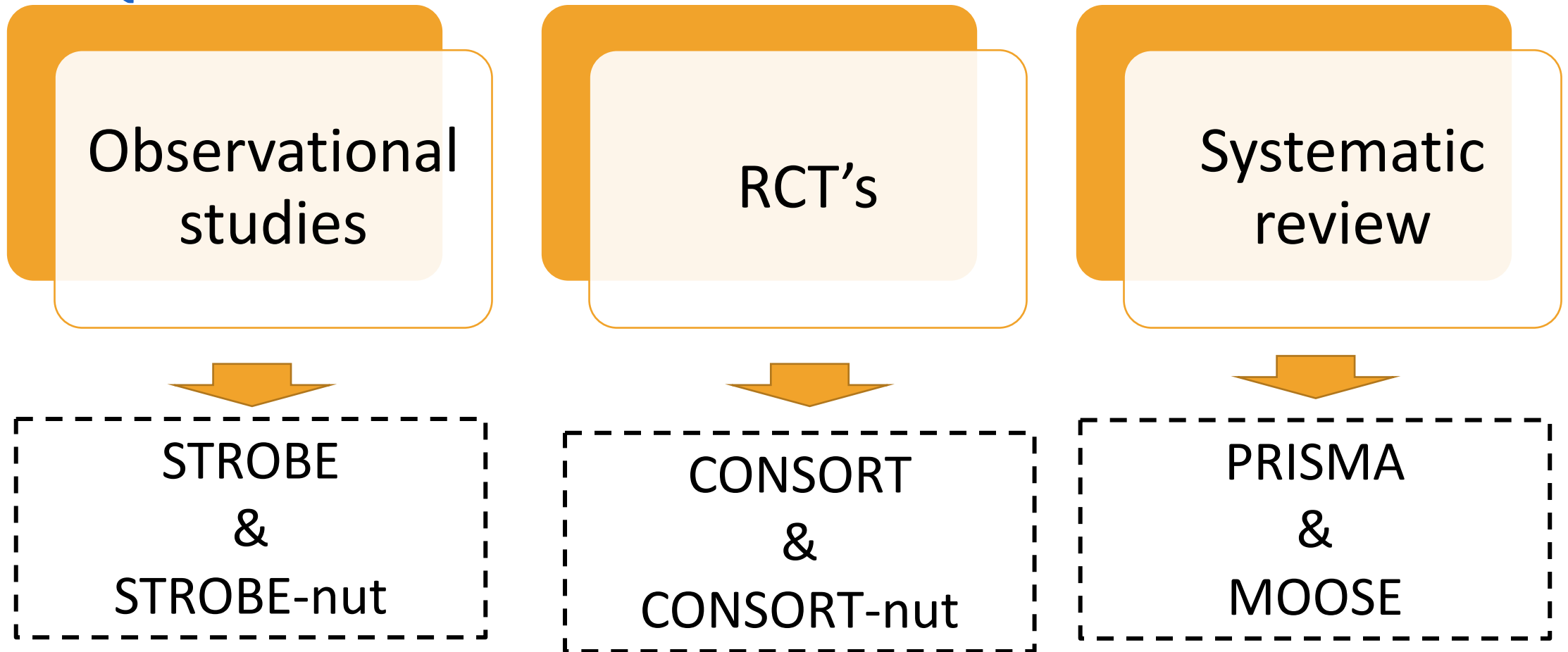
Random error – “chance”

Systematic error – “bias”



HOW TO ASSESS QUALITY OF EVIDENCE?

COMPLETENESS OF REPORTING: A PRE-REQUISITE TO ASSESS STUDY QUALITY



STUDY QUALITY

Observational
studies



New Castle Ottawa

RCT's



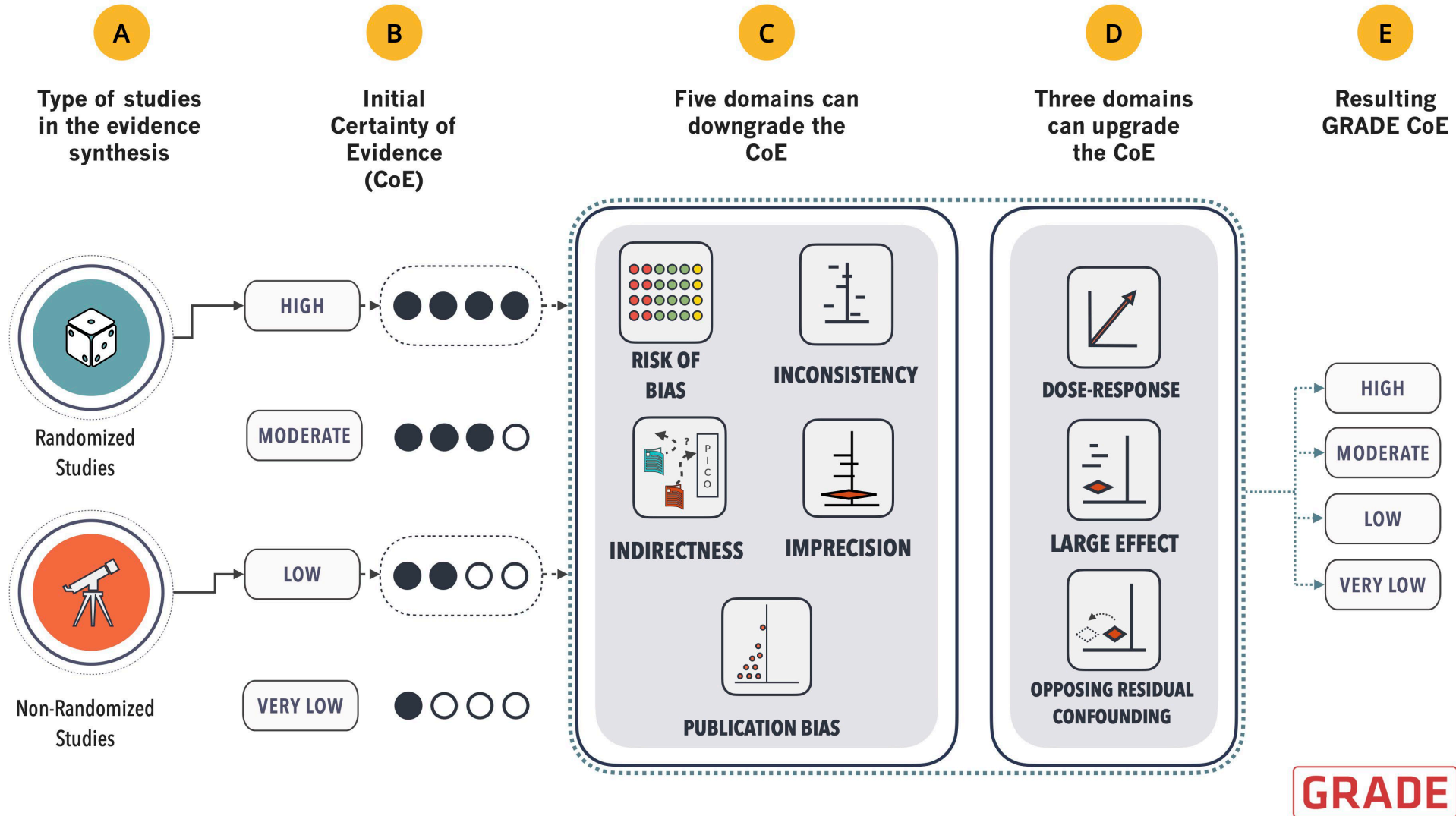
Cochrane risk of
bias

Systematic
review



AMSTAR

ASSESSING THE QUALITY OF EVIDENCE



RECAP
DISCUSSION:
WHAT IS THE
DIFFERENCE
BETWEEN:

STROBE – Newcastle
Ottawa scale

PRISMA - AMSTAR

CONSORT – Risk of bias /
GRADE

EXERCISE



The journal club: quality of studies on ultra-processed food and health

Read

Read the paper and discuss it critically in the group

Apply

Apply the right tool(s) to assess quality in reporting and quality of evidence

Apply

Apply AI - AI- generated quality appraisal of the study
www.thereisanaiforthat.com

PRESENT AND DISCUSS

- Summary of the paper
- Assessment of study quality
 - Your group “expert” assessment
 - AI assessment
- Final judgement
- How does an AI model approach this?

