Cohort study including 167,543 adults aged 34 and above living in a rural area were recruited and followed-up during January 1996–December 2004 as part of an ongoing oral cancer screening programme. Blood pressure and body mass index (BMI) were measured at baseline and at 3-year intervals. Demographic details and lifestyle factors were also collected through a questionnaire. These subjects were actively followed-up for vital status by verbal autopsy. These subjects were actively followed-up for vital status by verbal autopsy. An initial cross-sectional baseline survey, with 6-month longitudinal follow-up was planned. We aimed to recruit 800-1000 school teachers employed at public schools within the Cape Town metropolitan area. After returning a self-administered questionnaire and completed consent forms, teachers were visited at the schools by trained nurses who took physical measurements (weight, height, waist circumference and blood pressure) and collected biological (blood and urine) samples.

The mortality risks associated with chewing (and 95% CIs), after adjusting for age, sex, socio-economic dietary variables, and for other habits, were 0.90 (0.86 to 0.94) for all-cause, 1.07 (0.94 to 1.22) for cancer and 1.22 (1.04 to 1.44) for tobacco-related cancer; with smoking the respective mortality risks were 1.31 (1.24 to 1.39), 1.63 (1.57 to 1.94) and 1.68 (1.56 to 2.03); and with alcohol use the risks were 1.13 (1.06 to 1.20), 1.52 (1.11 to 1.57) and 1.47 (1.19 to 1.80). Reduced risk of all-cause mortality by chewing was observed only in the 60–84 years old group (0.90 (0.85 to 0.94)), and detrimental effects of chewing on cancer mortality were shown in the young and middle-age groups: 34–59 years old (1.33 (0.67 to 2.65)), and 40–59 years old (1.26 (1.03 to 1.55)). An analysis of the association between BMI and change in weight in relation to mortality risk showed that low BMI was found to be a predictor of mortality, while high BMI was not.
O1-6.4 Partnership for Cohort Research and Training (PaCT): pilot study, South Africa

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