

have been no previous studies of the category CIND. The sex differences in the mortality ratios among subjects in institutions may reflect sex differences in admission to institutions, or in the distribution of the type of dementia or co-morbidity. However, the numbers of deaths on which the mortality ratios are based are relatively small. The five-year follow up study of CSHA will allow us to examine these differences in more detail.

ACKNOWLEDGEMENTS

The Canadian Study of Health and Aging involved 51 investigators in 18 cen-

tres across Canada. The study was coordinated by a team led by Barbara Helliwell. Liz Sykes organized the maintaining contact study, and Richard Aylesworth the data processing. These contributions are gratefully acknowledged.

REFERENCES

1. Canadian Study of Health and Aging Working Group. Canadian Study of Health and Aging: study methods and prevalence of dementia. *Can Med Assoc J* 1994;150:899-913.
2. Teng EL, Chui HC: The Modified Mini-Mental State (3MS) Examination. *J Clin Psychiatry* 1987;48:314-18.
3. American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders*, 3rd ed, rev. Washington: American Psychiatric Association, 1987.

4. Frome EL. The analysis of rates using Poisson regression models. *Biometrics* 1983;39:665-74.
5. Bickel H. Psychiatric illness and mortality among the elderly: findings of an epidemiological study. In: Cooper B, Kreitman N (eds), *Psychiatric Epidemiology: Progress and Prospects*. London: Croom Helm, 1987.
6. Evans DA, Smith LA, Scherr PA, et al. Risk of death from Alzheimer's disease in a community population of older persons. *Am J Epidemiol* 1991;134:403-12.
7. Kay DWK. Outcome and cause of death in mental disorders of old age: a long-term follow-up of functional and organic psychosis. *Acta Psychiatr Scand* 1962;38:249-76.
8. Kay DWK, Bergmann K. Physical disability and mental health in old age. A follow-up of a random sample of elderly people seen at home. *J Psychom Res* 1966;10:3-12.

Received: January 16, 1997

Accepted: January 24, 1997

B O O K R E V I E W R E C E N S I O N

Preventive Nutrition: The Comprehensive Guide for Health Professionals

Adrienne Bendich, Richard J. Deckelbaum (Eds). Totowa, New Jersey: Humana Press Inc, 1997; 579 pp. hardcover, Can\$125. ISBN: 0-89603-351-1

Preventive Nutrition offers a detailed, extensive review of evidence supporting links between diet and cancer, cardiovascular disease, birth defects, immunocompetence, osteoporosis and eye health. The book has 30 chapters that are organized in five parts. The information provided is "based on the totality of evidence, rather than on findings of any single study."

Part I deals with the public health implications of preventive nutrition. It includes chapters on research findings on the role of nutrition in the prevention of cancer of the lung, upper gastrointestinal tract, breast and colon as well as the role of fats, antioxidants, iron and folate in cardiovascular disease risk. Two chapters provide reviews of some of the over 500 non-nutritive components of food implicated in the prevention of chronic disease development. A drawback of this section occurs in the chapter *Dietary Fat and Coronary Heart Disease*, in which the presentation of the technical data could have been strengthened by the addition of a table of fatty acid names and chemi-

cal signatures, as not all readers may recall the purely numerical nomenclature used.

Part II is devoted to a discussion of the role of nutrition in the prevention of major disabilities. In Part III, the role of nutrition in optimal birth outcomes is discussed. Recent research concerning birth defect risk reduction through use of perinatal folate and prevention of DNA damage to sperm with antioxidant vitamins is discussed here. The links between maternal nutritional status and preterm birth and the role of dietary polyunsaturated fatty acids in neurodevelopment are thoroughly evaluated.

The rest of the book illustrates the benefits and implications of preventive nutrition in developed and developing nations. The importance of effective program strategies are discussed, including food fortification, nutrition and food policy development, primary health care and education. Examples of national policies, nutrition goals and preventive programs are provided.

A strength of this well-written book is the inclusion of extensive bibliographies for each of the 30 chapters. Another is that several authors have summarized comparisons between reviewed studies in tabular formats. Use of nutrient supplements was not supported by existing evidence, except in the case of folate for the primary prevention of neural tube defects. Thus, the book advocates consumption of a healthy diet and calls for further research before public guidelines regarding nutrient supplements are developed.

This book is an excellent resource for public health professionals looking for accurate, up-to-date and comprehensive information on current research and recommendations on nutrition in the prevention of disease and disability.

Laurie A. Wadsworth, Ph.D.
Provincial Public Health Nutrition
Consultant
Population Health Branch
Saskatchewan Health