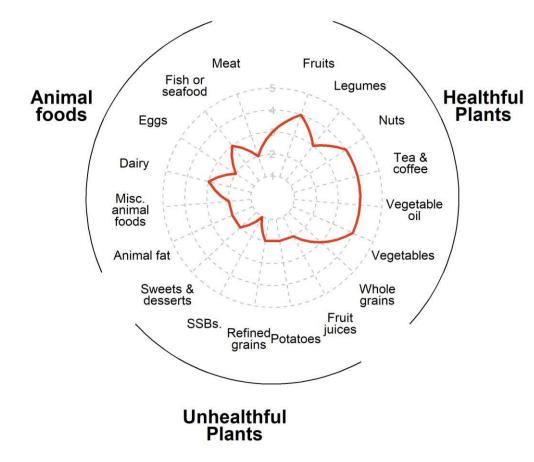
Plant-based dietary patterns and breast cancer recurrence and survival in the Pathways Study

Ijeamaka Anyene Fumagalli, MPH

Data Reporting and Analytics Consultant

Kaiser Permanente Northern California Division of Research

What does it mean to have a dietary pattern with **high agreement** with hPDI?



Red line represents the median score assigned for the food group amongst the individuals with the highest overall hPDI score.

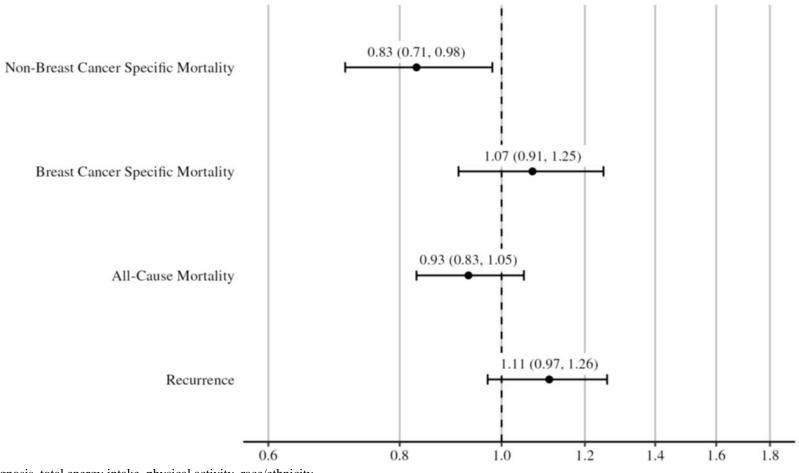
To achieve high agreement with hPDI *did not require the exclusion* of unhealthful plants or animals from the diet.

However, majority of diet was healthful plants.

Median scores of top 20% of hPDI scores

Long term compliance with a healthful plant diet associated with reduced hazard of non-breast cancer mortality

Hazard ratios and 95% confidence intervals for 10 unit increase in time dependent cumulative average hPDI score



Models control for age at diagnosis, total energy intake, physical activity, race/ethnicity, education, menopausal status, smoking status, and stratified by tumor stage and ER status



- 1. Consistently sticking to a healthful plant based diet, **does not require the exclusion** of animal foods and unhealthful plants from your diet. Instead it requires the majority of your diet to be healthful plants.
- 2. Long term compliance to a healthful plant based diet post diagnosis was associated with a reduction in non-breast cancer mortality.