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Original Article

Ratio of Omega-6 to Omega-3 Fatty Acids and Childhood Asthma

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Abstract

Asthma is a leading cause of morbidity for children and is a major public health problem in Austra have a role in recent this study was to ir of omega 6 (n-6) to Australian Pregnan a nested case- ren were ident ols with no asthma take data were col e 8 years old. Logi cases and controls. astfeeding, older sib asthma,

child's current age in months, body mass index, total energy intake, and antioxidant intake (vitamins A, C, E, and zinc). Results: A response rate of 83% was achieved by providing complete data from 335 children [49% cases with current asthma (n = 166), 51% controls (n = 169)]. Following adjustment for covariates the association between the ratio of n-6:n-3 fatty acids and risk for current asthma was statistically significant (p = 0.022). Conclusion: We found evidence for a modulatory effect of the dietary n-6:n-3 fatty acid ratio on the presence of asthma in children. Our results provide evidence that promotion of a diet with increased n-3 fatty acids and reduced n-6 fatty acids to protect children against symptoms of asthma is warranted.

Asthma | Children | Omega 3:omega 6 fatty acid ratio

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