

Nazihah Noor^{1, 2}, Josephine Jackisch^{1, 3}, Arnaud Chiolero^{1, 2, 4}, Kathleen Mullan Harris⁵, Cristian Carmeli^{1, 2}

¹ Population Health Laboratory (#PopHealthLab), University of Fribourg, Fribourg, Switzerland, ² Swiss School of Public Health (SSPH+), Zurich, Switzerland, ³ Centre for Health Equity Studies, Stockholm University, Stockholm, Sweden, ⁴ School of Population and Global Health, McGill University, Canada, ⁵ Department of Sociology and the Carolina Population Center, University of North Carolina at Chapel Hill, North Carolina, USA

1 OBJECTIVE

To assess the **differential effects** of health behavior clusters during adolescents on **adult cardiometabolic diseases and cancers** by parental income.

2 BACKGROUND

- Cardiometabolic diseases (CMDs) and cancers exhibit a **socioeconomic gradient** whereby those experiencing socioeconomic disadvantage have higher risks of these diseases than those with better socioeconomic conditions.
- From a **life course perspective**, unhealthy behaviors (e.g. smoking, high alcohol intake, physical inactivity and poor diet) during adolescence increase the risk of CMD and cancer outcomes in adulthood.
- No studies have examined the differential effect of unhealthy behaviors in adolescence by parental income.

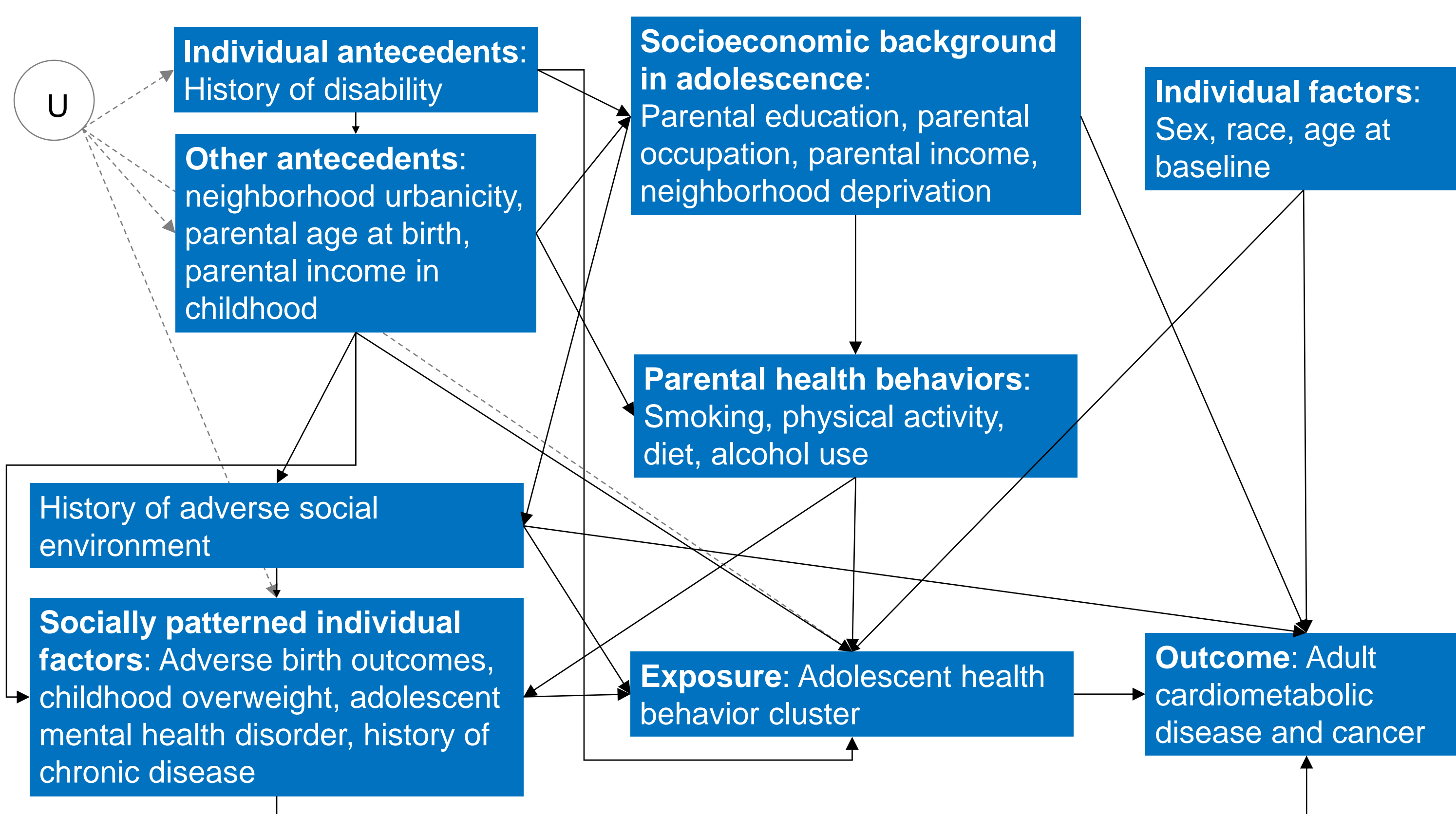
3 METHODS

- **Data source:** National Longitudinal Study of Adolescent to Adult Health (Add Health), nationally representative prospective cohort in US, 1994 – now



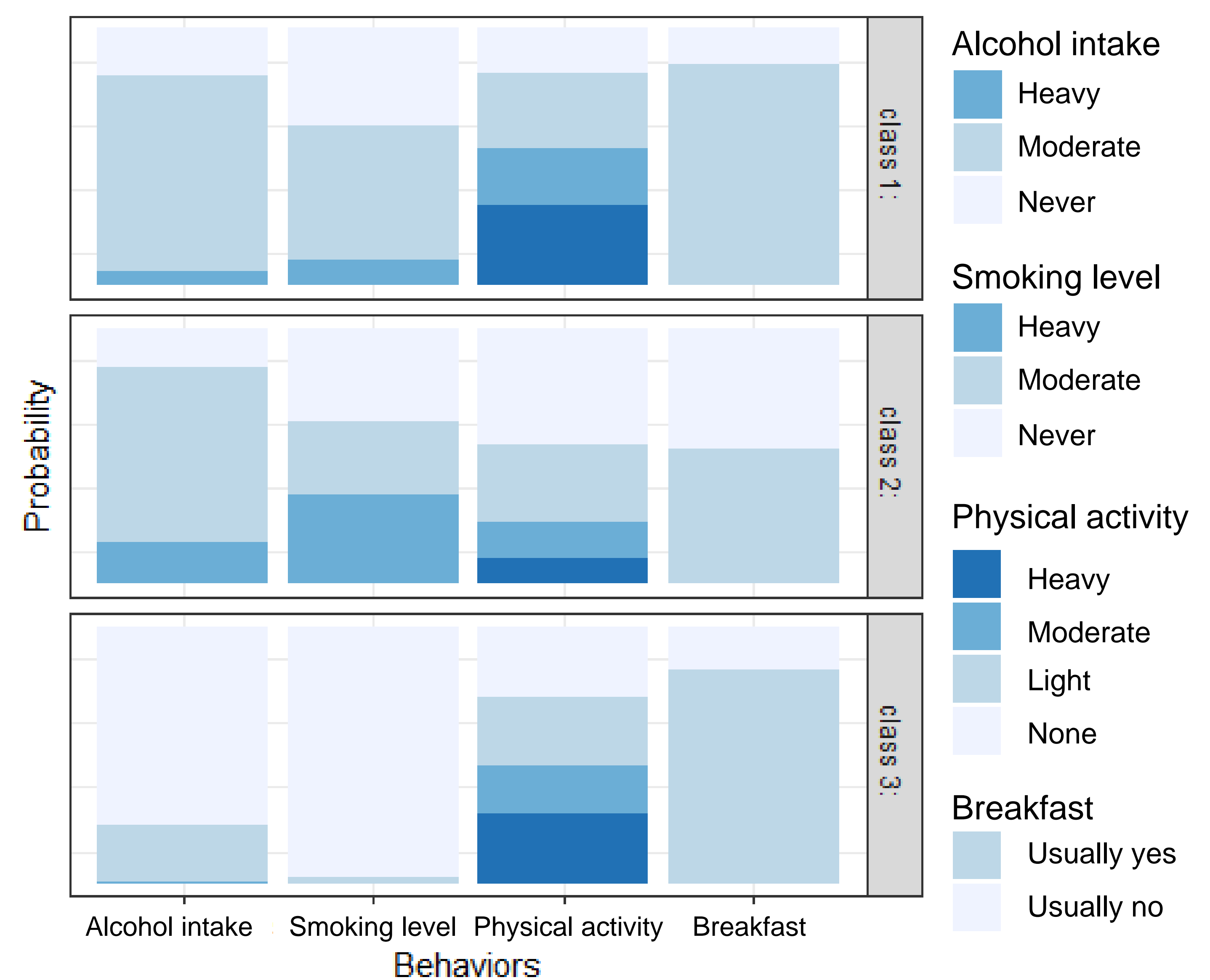
- **Descriptive analysis:** assess presence of clusters of health behaviors using latent class modeling
- **Causal analysis:** estimate conditional average causal effect of clusters of health behaviors during adolescence on CMDs and cancers in adulthood by parental income

Proposed causal model:



4 PRELIMINARY RESULTS

Results of health behavior clustering of Add Health adolescents (unweighted):



5 PUBLIC HEALTH SIGNIFICANCE

If effects of unhealthy behaviors are larger in socioeconomically disadvantaged adolescents, efforts to improve population health by reducing unhealthy behaviors could also mitigate socioeconomic inequalities or require a targeted susceptible population approach.

Like to know more?

✉ E-mail nazihah.noor@unifr.ch

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