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## Circulation Journal Awards for the Year 2019

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Toyoaki Murohara, MD, PhD

Dear Colleagues,

On behalf of the Editorial Team of *Circulation Journal*, I am pleased to announce the *Circulation Journal* Awards for the Year 2019.

The aim of these Awards is to recognize papers published in 2019, both clinical and experimental studies, that were highly appreciated by the Editorial Team. The selection process comprises 2 steps. In the first step, from 248 original papers published in the Journal in 2019, our 42 Japanese Associate Editors selected papers with a high scientific level in their respective fields, and in the second step, the 4 Associate Editorial Teams (10–11 on 1 team) further evaluated the selected papers in terms of originality, contribution to cardiovascular science, manner of paper preparation, and future possibilities.

In the year of 2019, the following 7 papers have been selected for the *Circulation Journal* Awards.

Awards will be presented to the 7 research groups during the 84<sup>th</sup> Annual Scientific Meeting of the Japanese Circulation Society, and will also be announced on the Society website. We look forward to receiving manuscripts with high scientific impact for publication in *Circulation Journal* in 2020.

Toyoaki Murohara, MD, PhD  
Editor-in-Chief  
*Circulation Journal*

### References:

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2. Tsutsui H, Momomura S, Yamashina A, Shimokawa H, Kihara Y, Saito Y, et al; on behalf of the J-SHIFT Study Investigators. Efficacy and safety of ivabradine in Japanese patients with chronic heart failure: J-SHIFT Study. *Circ J* 2019; **83**: 2049–2060.
3. Yoshida S, Miyagawa S, Fukushima S, Yoshikawa Y, Hata H, Saito S, et al. Cardiac function and type of mitral valve surgery affect postoperative blood flow pattern in the left ventricle. *Circ J* 2019; **83**: 130–138.
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**Second Place in the Clinical Investigation Section**

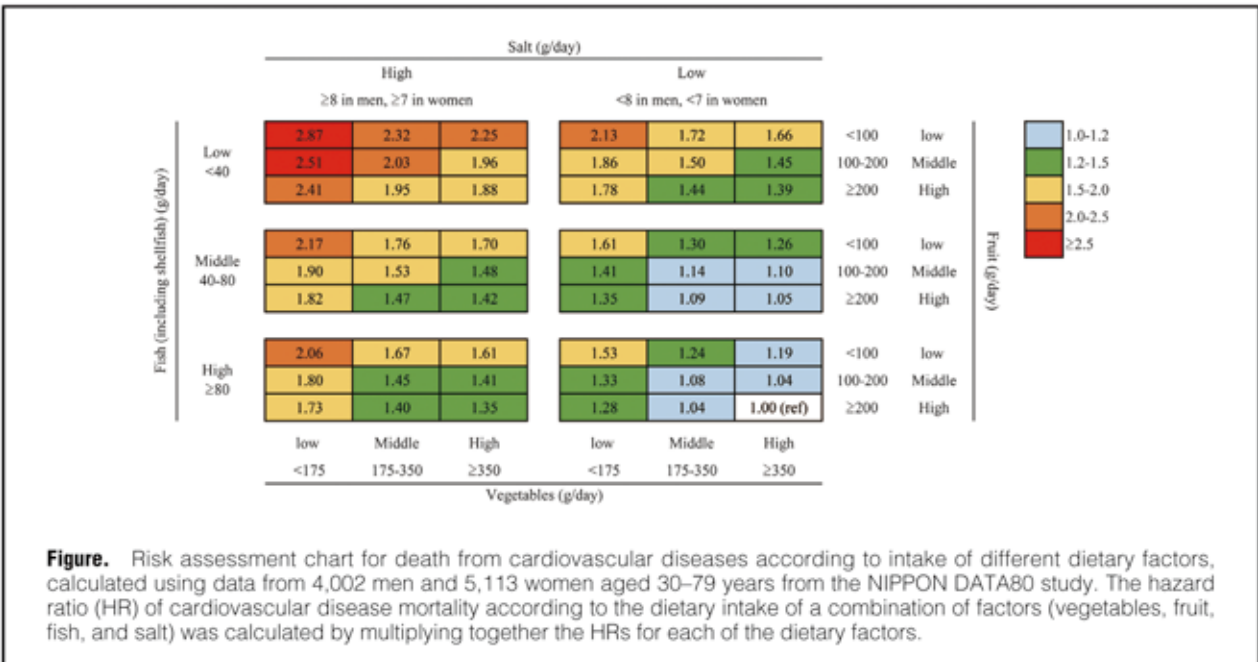
(Circ J 2019; 83: 1254–1260)<sup>4</sup>

**Cardiovascular Risk Assessment Chart by Dietary Factors in Japan – NIPPON DATA80 –**

Keiko Kondo, Katsuyuki Miura, Sachiko Tanaka-Mizuno, Aya Kadota, Hisatomi Arima, Nagako Okuda, Akira Fujiyoshi, Naoko Miyagawa, Katsushi Yoshita, Tomonori Okamura, Akira Okayama, Hirotsugu Ueshima for the NIPPON DATA80 Research Group



(Department of Public Health (K.K., K.M., A.K., A.F., N.M., H.U.), Center for Epidemiologic Research in Asia (K.M., A.K., H.U.), Department of Medical Statistics (S.T.-M.), Shiga University of Medical Science, Shiga; Department of Preventive Medicine and Public Health, Faculty of Medicine, Fukuoka University, Fukuoka (H.A.); Department of Health and Nutrition, University of Human Arts and Sciences, Saitama (N.O.); Department of Hygiene, Wakayama Medical University, Wakayama (A.F.); International Center for Nutrition and Information, National Institute of Health and Nutrition, National Institutes of Biomedical Innovation, Health and Nutrition, Tokyo (N.M.); Department of Food and Nutrition, Osaka City University, Osaka (K.Y.); Department of Preventive Medicine and Public Health, Keio University School of Medicine, Tokyo (T.O.); and Research Institute of Strategy for Prevention, Tokyo (A.O.), Japan)



**Figure.** Risk assessment chart for death from cardiovascular diseases according to intake of different dietary factors, calculated using data from 4,002 men and 5,113 women aged 30–79 years from the NIPPON DATA80 study. The hazard ratio (HR) of cardiovascular disease mortality according to the dietary intake of a combination of factors (vegetables, fruit, fish, and salt) was calculated by multiplying together the HRs for each of the dietary factors.

**Background:** Many studies show that dietary factors such as vegetables, fruit, and salt are associated with cardiovascular disease (CVD) risk. However, a risk assessment chart for CVD mortality according to combinations of dietary factors has not been established.

**Methods and Results:** Participants were 9,115 men and women aged 30–79 years enrolled in the National Nutritional Survey of Japan in 1980 with a 29-year follow-up. Dietary intake was assessed using a 3-day weighed dietary record at baseline. Cox regression models were used to estimate the hazard ratio (HR) of CVD mortality stratified by vegetables, fruit, fish, and salt consumption. HRs of CVD mortality according to combinations of dietary factors were color coded on an assessment chart. Higher intakes of vegetables, fruit, and fish, and lower salt intake were associated with lower CVD mortality risk. HRs calculated from combinations of dietary factors were displayed using 5 colors corresponding to the magnitude of the HR. People with the lowest intake of vegetables, fruit, and fish, and higher salt intake had a HR of 2.87 compared with those with the highest intake of vegetables, fruit, and fish, and lower salt intake.

**Conclusions:** Vegetables, fruit, fish, and salt intake were independently associated with CVD mortality risk. The assessment chart generated could be used in Japan as an educational tool for CVD prevention.