



# NeuRA

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## SCHIZOPHRENIA Factsheet

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### How is exposure to famine related to risk for schizophrenia?

Consumption of a balanced diet during childhood aids the development of a healthy brain. This may act as a preventative factor for the development of schizophrenia in adulthood. In contrast, poor diet may increase the risk of developing the disorder.

### What is the evidence for exposure to famine?

Moderate quality evidence suggests a small increased risk of schizophrenia in adulthood with exposure to famine in utero and/or childhood. This result was observed in regional China only, as no reviews were found that assessed other regions.

For more information see the technical table



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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.

### HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at [neura.edu.au/donate](http://neura.edu.au/donate).

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