Heterogeneity in Cardiovascular Risk Factors Among Asian American Subgroups

Wong E, Lauderdale DS, Fortmann SP, Palaniappan LP
Palo Alto Medical Foundation Research Institute, Palo Alto, CA

BACKGROUND

Asian Americans are rapidly growing in numbers and diversity. In epidemiologic and health services research, Asian American subgroups are often aggregated in data collection. Limited information is available about cardiovascular risk among Asian Americans, and there is limited evidence on how Asian subgroups compare with each other and to other groups.

RESULTS

- Asian Americans are rapidly growing in numbers and diversity.
- In epidemiologic and health services research, Asian American subgroups are often aggregated in data collection.
- Limited information is available about cardiovascular risk among Asian Americans, and there is limited evidence on how Asian subgroups compare with each other and to other groups.

OBJECTIVE

To compare cardiovascular disease risk factors among Asian subgroups and to Non-Hispanic Whites in a single, U.S. setting.

METHODS

- Setting: The Palo Alto Medical Foundation is an outpatient, multispecialty series of clinics in the San Francisco Bay Area, CA, with over 300 physicians, serving more than 200,000 active patients.
- Eligibility criteria:
  - Age 35 years and older
  - Persons of Asian Indian, Chinese, Filipino, Japanese and Vietnamese descent and Non-Hispanic Whites were identified using a validated name analysis.[1-3] Those with discordant first and last name classifications were excluded (1.5%). A total of 15,984 persons of Asian descent were identified, as 17% subsample of Non-Hispanic Whites (10,946) were used.

- Statistical Analysis:
  - Age and BMI adjusted continuous prevalence rates are presented for IGF, diabetes, hypertension, low HDL-C, high triglycerides, and metabolic syndrome.
  - Age adjusted prevalence ratios are presented for BMI categories.
  - Prevalence rates are compared with Asian as an aggregate Asian (all) and Non-Hispanic Whites (NHW) at the alpha=0.0001 level.

- Consistency in Differences in Asian American Subgroups are Noticed when Disaggregated

RESULTS

- Age and BMI adjusted prevalence of diabetes for men and women is shown with 95% confidence intervals. Age and BMI adjusted prevalence rates are presented for IGF, diabetes, hypertension, low HDL-C, high triglycerides, and metabolic syndrome.

- Statistical Analysis:
  - Age and BMI adjusted continuous prevalence rates are presented for IGF, diabetes, hypertension, low HDL-C, high triglycerides, and metabolic syndrome.
  - Age adjusted prevalence ratios are presented for BMI categories.
  - Prevalence rates are compared with Asian as an aggregate Asian (all) and Non-Hispanic Whites (NHW) at the alpha=0.0001 level.

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CONCLUSIONS

- Heterogeneity in cardiovascular risk factors exist among Asian subgroups.
- Important subgroup-specific risks can be overlooked by aggregating Asians.
- Future studies should strive to disaggregate these subgroups to better understand and define risk.

REFERENCES