

E. CARDIOVASCULAR RISK FACTORS IN AN ARAB-AMERICAN POPULATION IN SOUTHEASTERN MICHIGAN

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INTRODUCTION

Michigan is home to about 400,000 Arab Americans,¹ making this community the largest Middle Eastern concentration outside the Arab World, second only to Paris, France. The objectives of this report were to determine cardiovascular disease and its risk factors by age and sex in the Arab-American community of southeastern Michigan.

METHODS

The study methods were previously described.² In brief, a cross-sectional, population-based study was conducted between 2000 and 2002. The 328 participants were Arab American adults, 20–75 years of age, from randomly selected households in a southeastern Michigan community. Demographic and anthropometric data were obtained.

MEASUREMENTS

Assessed were body mass index, blood pressures, cholesterol levels (total and differential), tobacco use, and fast-

ing blood sugars. Obesity was defined as BMI ≥ 30 kg/m²; central obesity as waist-to-hip ratio ≥ 0.9 in men or ≥ 0.8 in women; hypertension as blood pressure $\geq 130/85$ mm Hg; high low-density lipoprotein (LDL)-cholesterol as LDL ≥ 130 mg/dL; low HDL-cholesterol as HDL ≤ 40 mg/dL in men or ≤ 50 mg/dL in women; tobacco use as current smoking; and dysglycemia as fasting glucose ≥ 110 mg/dL or glucose two hours after a 75-g oral glucose load ≥ 140 mg/dL. The response rate was 87%. Table 1 presents the risk factors findings by sex and age.

CONCLUSIONS

Risk factors for cardiovascular risk included low HDL-cholesterols, high dysglycemia, and high obesity. Interventions are needed to control these and other risk factors to prevent cardiovascular disease.

REFERENCES

1. Arab-American Institute. 2000 US Census. Available at: www.aaiusa.org.
2. Jaber LA, Brown MB, Hammad A, et al. Epidemiology of diabetes among Arab Americans. *Diabetes Care*. 2003;26:308–331.

Table 1. Cardiovascular risk factor finding for 328 randomly selected Arab Americans in southeastern Michigan

	Men			Women		
	20–49	50–75	Total	20–49	50–75	Total (%)
Age (years)	20–49	50–75	Total	20–49	50–75	Total (%)
Sample size	157	57	214	229	99	328
Obesity (%)	30	27	29	31	65	37
Central obesity (%)	44	72	52	48	87	53
High BP (%)	20	47	23	14	54	21
High LDL (%)	34	43	35	29	38	31
Low HDL (%)	42	40	42	52	55	53
Tobacco use (%)	34	25	33	20	20	20
Dysglycemia (%)	44	68	47	20	70	29

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