

G. SECTION III SUMMARY

In summary, articles presented in this section provide new insights into the burden of heart disease, diabetes, and obesity in the understudied and rapidly growing Arab-American population. Given the youthfulness and the high prevalence of diabetes and CVD markers in this population, it is reasonable to ex-

pect that the future prevalence of diabetes and CVD will increase as the population ages, thus imposing substantial public health burden and a major challenge to healthcare providers. Fortunately, health promotion measures can be taken to prevent and/or reduce the risk for heart disease and/or diabetes. These

include eating a healthy diet, exercising, maintaining a healthy body weight, and not smoking. Identifying barriers and testing the feasibility of culturally appropriate community-based interventions aimed at reducing the burden of diabetes and CVD in this high-risk and medically under-served population is imperative.