Vitamin D and Metabolic Syndrome in Immigrant East Asian Women Living in Sydney, Australia: A Pilot

Research aim:
To investigate vitamin D deficiency with metabolic syndrome prevalence in immigrant Asian women.

Results/Conclusion:
Ninety-eight percent of the population had at least one metabolic-syndrome risk factor, 85% had two, 55% had three and 8% had four. Having four metabolic syndrome risk factors was associated with a threefold risk of vitamin D deficiency. After adjustment for these predictors, if these Asian immigrants were vitamin D deficient they were at an eightfold risk of having high blood glucose measurements (OR=7.6, 95%CI=1-53).

Implications:
Further larger prospective studies should be conducted to examine the association between vitamin D deficiency and risk of metabolic syndrome in similar immigrant populations.

Cultural Group(s):
Vietnamese

Location of study:
New South Wales (Sydney)

Age group:
60-95

Number included in study:
85

Type of participants:
East Asian women aged 60-95

Research approach:
Quantitative

Type of data:
Primary

Secondary data sources used:

Specific scales or analytical techniques used:

Implications/Recommendations:

Notes: