

Increased diabetes incidence in Greek and Italian migrants to Australia

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Key Words:

diabetes, Greek, Italian, risk factors

Research aim:

The aims of the study were to determine whether Greek or Italian migrants to Australia have an elevated incidence of type 2 diabetes compared with Australian-born individuals and to what extent any differences can be explained by known risk factors.

Results/Conclusion:

Follow-up was completed by 29,331 (86%) participants, and 334 case subjects were identified. The cumulative incidence of type 2 diabetes among Greek (2.6%) and Italian (2.4%) migrants was more than three times that in Australian-born (0.7%) individuals. After adjusting for age only, the odds ratios (ORs) for being of Greek and Italian origin compared with Australian origin were 3.8 (95% CI 2.9-5.0) and 3.3 (2.6-4.3), respectively. The only known risk factor for type 2 diabetes that materially affected these ORs was BMI. After adjusting for BMI and age, the ORs for being of Greek and Italian origin, respectively, were 2.4 (1.8-3.2) and 2.0 (1.5-2.6).

Implications:

Greek and Italian migrants to Australia have a More than three times greater incidence of type 2 diabetes than Australian-born individuals, and this is only partly explained by BMI. Although weight control will remain important for these high-risk groups, identification of other risk factors is required.

Cultural Group(s):

Greek, Italian, Australia, New Zealand

Location of study:

Victoria (Melbourne)

Age group:

40-69

Number included in study:

34,097

Type of participants:

people aged 40-69 free from diabetes at baseline

Research approach:

Quantitative

Type of data:

Secondary data sources used:

Melbourne Collaborative Cohort Study

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes: