

Prevalence and Risk Factors of Type 2 Diabetes in Older Vietnam-Born Australians

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Reference:

Key Words:

Vietnamese, diabetes, characteristics, 45 & Up Study

Research aim:

This study investigated the prevalence of T2D and its risk factors in older Vietnam-born Australians, in comparison to native-born Australians.

Results/Conclusion:

Compared to Australia-born counterparts, Vietnam-born individuals had significantly ($p < 0.001$) higher age-standardised prevalence of T2D (14.7 vs 7.4 %) and significantly ($p < 0.001$) lower levels of vegetable consumption (?5 serves/day, 19.4 vs 33.5 %), physical activity (?5 sessions/week, 68.7 vs 78.5 %) and overweight and obesity (body mass index ?25 kg/m², 21.5 vs 62.7 %). The increased risk of T2D associated with a family history of diabetes for Vietnam-born people [adjusted odds ratio (OR) 7.14, 95 % CI 4.15-12.28] was almost double that for Australia-born people (OR 3.77, 95 % CI 3.63-3.90).

Implications:

The findings suggest a genetic predisposition to T2D in people of Vietnamese ethnicity. Reducing lifestyle risk factors for diabetes and better management of diabetes are priorities for Vietnam-born populations.

Cultural Group(s):

Vietnamese

Location of study:

New South Wales

Age group:

45+

Number included in study:

787 (Vietnamese)

Type of participants:

Vietnamese aged 45+ who took part in the 45 & Up Study

Research approach:

Quantitative

Type of data:

Secondary data sources used:

45 and Up Study

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes: