

Type 2 diabetes prevalence varies by socio-economic status within and between migrant groups: analysis and implications for Australia

Author/s: Abouzeid, M. Philpot, B. Janus, E. D. Coates, M. J. Dunbar, J. A. | **Year:** 2013 | **Publication type:** Journal article | **Peer reviewed:** | **Topic area/s:** Physical Health

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Key Words:

diabetes, socioeconomic characteristics, prevalence rates

Research aim:

Given Australia's multicultural demography, we sought to identify groups at high risk of Type 2 Diabetes (T2DM) in Victoria, Australia.

Results/Conclusion:

Prevalence of diagnosed T2DM in Victoria was 4.1% (n = 98671) in men and 3.5% (n = 87608) in women. Of those with T2DM, over 1 in 5 born in Oceania and in Southern and Central Asia were aged under 50 years. For both men and women, odds of T2DM were higher for all migrant groups than the Australian-born reference population, including, after adjusting for age and SES, 6.3 and 7.2 times higher for men and women born in the Pacific Islands, respectively, and 5.2 and 5.0 times higher for men and women born in Southern and Central Asia, respectively. Effects of SES varied by region of birth.

Implications:

Across all socio-economic strata, all migrant groups have higher prevalence of T2DM than the Australian-born population. With increasing migration, this health gap potentially has implications for health service planning and delivery, policy and preventive efforts in Australia.

Cultural Group(s):

Varied - results discussed for Oceania, South and Central Asia, Pacific Islands

Location of study:

Victoria (Melbourne)

Age group:

not specific to older people

Number included in study:

186,279

Type of participants:

People with diabetes registered with the national diabetes scheme

Research approach:

Quantitative

Type of data:

Secondary

Secondary data sources used:

ABS Census data, National Diabetes Services Scheme

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes: