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

Author/s: Brock, K. E., L. Ke, K. Fung, H. Jang, L. Clemson, E. Mpofu, D. R. Fraser, D. R. Mason, R. S. | Year: 2012 | Publication type: Journal article | Peer reviewed: | Topic area/s: Biomedical


Key Words: Vietnamese, Vitamin D, women

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 three fold risk of vitamin D deficiency. After adjustment for these predictors, if these Asian immigrants were vitamin D deficient they were at an eight fold 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: