

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

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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: