ARIC MANUSCRIPT PROPOSAL FORM

Manuscript #084

1. Title (length 26):
Risk Factors in Spouses

2. Writing Group (list individual with lead responsibility first):
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         CC representative

3. Timeline:
Analysis could be started immediately. The timeline will depend on assigned priority and availability of support.

4. Rationale:
Knowledge of the degree of similarity of spouses for cardiovascular disease risk factors, and the interrelationship among these risk factors, is important in the interpretation of family studies designed to assess genetic sources of clustering of disease, and in the interpretation of household clustering studies designed to assess the effect of household exposures. Such similarities have been previously reported for several risk factors, but not for such a wide range of variables as is available through the ARIC study. By identifying spouse pairs within the ARIC population, we will be able to measure the degree of similarity of spouses from a population-based sample. In addition, we may be able to study the etiology of the similarities we find, that is whether spouses are similar because of cohabitation or because of assortative mating.

5. Main Hypothesis:
Overall, spouses are similar for phenotypic (e.g., degree of obesity) and lifestyle-related (e.g., smoking) cardiovascular disease risk factors. At least some of this similarity is due to assortative mating (e.g., as reflected by similarity in cardiovascular outcomes for "parents-in-law"). They are not similar for biologically-based risk factors (e.g., lipid levels after adjustment for dietary factors).

6. Data (variables, time window, source, inclusions/exclusions):
Baseline data from Visit 1 for spouses will be used, which will require identification of spouses (perhaps through the Fasting/Tracking form and the Identification Form). Traditional cardiovascular disease risk factors will be requested, including the following Forms: Anthropometry, Dietary, Hemostasis, Home Interview, Lipids, Physical Activity, and Blood Pressure. Measures of degree of atherosclerosis will also be requested.