ARIC MANUSCRIPT PROPOSAL FORM

Manuscript #197

1. Title:
Medication, diet & diabetes

2. Writing Group:
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3. Timeline:
As soon as manuscript is approved, data analysis can be started.

4. Rationale:
Prevalence of diabetes mellitus in the ARIC study is higher in black than white participants. Diabetic treatment includes dietary counselling and it is of interest to determine whether the dietary recommendations of the American Diabetes Association (ADA) are being followed. Prevalence of cardiovascular disease and diabetic kidney disease is also higher in black than white diabetics. Here, it is proposed to characterize black and white diabetics by comparing: a) dietary intake of the major nutrients and food groupings (such as foods high in animal fat, foods high in vegetable fats, and foods high in fiber); b) types of diabetic medications, including the use of lipid lowering drugs, and blood pressure medication; and c) levels of cardiovascular risk factors and serum creatinine levels.

5. Main Hypotheses:
1. Dietary intake of fat, saturated fat and refined sugars exceeds the ADA guidelines in a high proportion of diabetics.
2. More black diabetics exceed the ADA guidelines than whites.
3. There are black/white differences in type of medications used to treat their diabetes.
4. Levels of cardiovascular risk factors and serum creatinine are higher in black than white diabetics.

6. Data:
ARIC Visit 1 data - diabetes status, race and medication history; and risk factors, such as age, body mass index, lipids, blood pressure, sex, CVD status, physical activity, cigarette smoking, serum glucose, serum insulin, serum creatinine, dietary nutrients and food frequency data.

Inclusions/exclusions
Inclusions: black or white, nonmissing gender, aged 46-66, diabetic.