MANUSCRIPT PROPOSAL FORM

Manuscript # 222

1. Title (length 26):
Alcohol and Insulin

2. Writing Group (list individual with lead responsibility first):
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3. Timeline:
Analysis: Fall 1993 (or whenever CARDIA Visit 4 insulins are available)
Draft: Winter 1993-94

4. Rationale:
Surprisingly little data exists on the correlation between alcohol intake and serum insulin level. Razay et al (BMJ, 1992) showed a U-shaped association in a British cohort, consistent with the U-shape of alcohol and CED. Studies of insulin release are inconsistent. In other ARIC manuscripts, wine intake was inversely associated with waist/hip ratio (Duncan et al) and drinking status was inversely correlated with insulin (Nabulsi et al). However, neither manuscript could focus in detail on this topic.

5. Main Hypothesis:
Cross-sectionally, insulin level is independently and inversely associated with alcohol intake (of all types) in both ARIC and CARDIA. Change in alcohol intake longitudinally is correlated inversely with insulin change in CARDIA.

6. Data (variables, time window, source, inclusions/exclusions):
Baseline ARIC and CARDIA, plus Visit 4 CARDIA insulin and alcohol variables.
Exclude drug-treated diabetics, users of certain other drugs (e.g., antihypertensives).
Covariates: age, race, sex, BMI, waist/hip, smoking status, menopause status, exercise variables, family history of diabetes, exercise.
Analysis: parallel CARDIA and ARIC analyses (not pooled).