Manuscript #282

1. Title:
Dietary Fat - Insulin

2. Writing Group (list individual with lead responsibility first):
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3. Timeline:
Analysis - through Winter 1994-95
Draft - Spring 1995

4. Rationale:
Insulin resistance and subsequent hyperinsulinism have been implicated in the development of cardiovascular
disease. Modifiable predictors of circulating insulin levels are therefore of interest. Several experimental
animals studies and Minneapolis ARIC plasma fatty acid data have suggested that dietary fat intake affects
insulin sensitivity. This paper will present data on the possible association between dietary fat intake and
fasting insulin level among ARIC subjects.

5. Main Hypothesis:
Dietary fat intake is an independent predictor of fasting insulin level.

(Secondary: Dietary fat composition is also important - the role of w-3 fatty acids as measured by fish
consumption.)

6. Data (variables, time window, source, inclusions/exclusions):
Visit 1 data: Dietary intake variables (independent), fasting insulin variable (dependent), demographics,
prevalent disease variables, BMI, waist/hip, family history of diabetes, physical activity.