1. a. Full Title: Insulin and Hypertension
   b. Abbreviated Title: Insulin-Hypertension

2. Writing Group:
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3. Timeline: Analyses can begin soon.

4. Rationale: Hyperinsulinemia, either directly or as a marker of insulin resistance, is hypothesized to play a role in the etiology of hypertension. However, there are very few studies of whether fasting insulin predicts incidence of hypertension. ARIC follow-up data provide the opportunity to examine this issue. The interrelation of body mass index, waist/hip ratio, and insulin to incident hypertension will be considered.

5. Main Hypothesis:
   Serum insulin is positively associated with incident hypertension. This association is largely explained by its association with BMI and waist/hip.

6. Data (variables, time window, source, inclusions/exclusions):
   Exclusion: Visit 1 hypertension, diabetes, nonfasting.
   Independent variable: Baseline insulin concentration.
   Dependent variable: Incident hypertension from Visits 2 and 3. Also, may consider BP change, although medications confound.
   Covariates: Age, race, field center, sex, baseline BP, BMI, waist/hip, alcohol, physical activity, BP medications, parental history of hypertension, dietary sodium, potassium,
total kcal. Follow-up BMI, alcohol, physical activity also can be considered.