ARIC MANUSCRIPT PROPOSAL FORM

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1. Title (length 26): Fatty acids & insulin

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

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3. Timeline: Paper to be drafted immediately.

4. Rationale: In rats, increased dietary fat intake promotes insulin resistance. In humans, data are not as convincing. A few recent epidemiologic studies have suggested that saturated fat intake may increase insulin resistance or insulin levels.

5. Main Hypothesis: Plasma fatty acid levels of saturated fatty acids are positively associated and polyunsaturated fatty acids are negatively associated with serum insulin.

6. Data (variables, time window, source, inclusions/exclusions):

   Uses the Minneapolis ancillary data on fatty acids and Visit 1 data

   Dependent variable: serum insulin

   Independent variable: plasma fatty acids

   Covariates: Age, BMI, other variables associated with plasma insulin