

ARIC MANUSCRIPT PROPOSAL FORM

Manuscript #187

1. Title:

CVD Risk Change - Fat Dist.

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

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3. Timeline:

Preliminary analyses will begin as soon as Visit 2 data are available and analyses on MS #059 are well underway.

4. Rationale:

Body fat distribution is increasingly implicated as an important intermediary cardiovascular disease risk factor. Apparently reflective of an atherogenic metabolism, it appears to mediate part of the effects of life habits and psychosocial factors on established CVD risk factors such as hypertension, lipids and diabetes.

The ARIC dataset permits an excellent opportunity to examine these relationships, not only cross-sectionally, but also prospectively.

A working group (#059) is studying cross-sectional risk factor associations with body fat distribution in Visit 1. This proposal, submitted by the same group, besides describing the change in body fat distribution over a three year period, will undertake prospective analyses of correlates of that change.

5. Main Hypotheses:

Change in central obesity is associated with baseline level and change in a series of life habits, such as physical activity, diet, smoking and alcohol intake, as well as socioeconomic factors such as educational level and income.

6. Data:

Visit one and two data on all participants for age, race, sex, gender, income, education, physical activity, smoking, dietary, anthropometry, blood pressure, lipids, hemostatic and hemotologic factors and ultrasound.

Note: The working group, while not currently requesting authority to do so, sees the investigation of the correlation of such body fat distribution change with biological risk factors for cardiovascular disease risk factors such as blood pressure, lipids, insulin and glucose, as a logical extension to this proposal.