

ARIC MANUSCRIPT PROPOSAL FORM

Manuscript #445

1. a. Full Title: Insulin, WHR, and Stroke

b. Abbreviated Title: Insulin, WHR, and Stroke

2. Writing Group:

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3. Timeline:

Begin when 1994 stroke data closed.

4. Rationale:

A few studies have shown waist/hip ratio (WHR) associated with incident stroke. We don't know of any relating insulin level or the insulin resistance syndrome (multiple metabolic syndrome), as ARIC conceives it, with incident stroke.

5. Main Hypothesis:

Incident stroke will be associated positively with WHR, fasting insulin, and ARIC's measure of the insulin resistance syndrome.

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

Inclusion: Participants free of CHD and stroke at Visit 1.

Independent variables: BMI, WHR, fasting insulin, multiple metabolic syndrome as defined by Schmidt in ARIC MS #027

Dependent variables: Incident stroke occurrence (probably restrict to thrombotic stroke)
Covariates: other CVD risk factors measured at baseline.