



# AMERICAN ACADEMY OF FAMILY PHYSICIANS

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## F O U N D A T I O N

### **Abstract of Study Funded with a PBRN Stimulation Grant in 2010**

#### **Vitamin D Deficiency Among Asian Indians in North Texas (G1008PB)**

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#### **Abstract**

The proposed pilot study will provide much needed data on the Asian Indian subpopulation, specifically pertaining to whether Vitamin D plays a role in the health disparities of hypertension and insulin resistance seen in this group. This information will then be used to develop interventions (such as programs to prevent and/or correct Vitamin D deficiency, increase physical activity and sunlight exposure, and decrease stress levels and sun avoidance), designed to decrease the incidence of Coronary Artery Disease (CAD). In addition, these findings will be shared with the medical community via peer reviewed journals to increase awareness of the necessity of early screening and intervention in this population.

This cross-sectional pilot study will involve clinical as well as laboratory measures. Participants will be recruited from the North Texas Primary Care Practice-Based Research Network (NorTex) of clinics. Potential participants will be screened for eligibility (self identified Asian Indian, age >30, Hypertension or not) and separated into two groups: Hypertensive and Non-hypertensive. Clinical measures include demographics, BMI, waist/hip ratio, blood pressure, and survey items covering dietary Vitamin D intake, life stress, sun exposure and physical activity. Laboratory measures include fasting glucose and fasting insulin to calculate the Homeostasis Model Assessment of Insulin Resistance (HOMA-IR) ration to determine insulin resistance. Data analysis will be conducted by Dr. K. Fulda, a biostatistician, in the Primary Care Research Institute.