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# 17TH GLOBAL DIABETES CONFERENCE & NURSING CARE

March 08-09, 2018 | Paris, France

## Prevalence and predictors of diabetes mellitus and hypertension in Armenian Americans in Los Angeles

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**Purpose:** The purpose of this study was to describe the prevalence of diabetes mellitus (DM) and hypertension (HTN) along with associated risk factors among Armenian Americans living in Los Angeles.

**Methods:** After IRB approval, a sample of 877 Armenian Americans was collected for five consecutive years (2011-2015) at a health fair. Collected data included: Sociodemographic variables, cardio metabolic data including systolic (SBP), diastolic (DBP) blood pressure, glucose (Glu) and lipids, anthropometric data including height (Ht.), weight (Wt.), body mass index (BMI), waist circumference (WC) and hip circumference (HC). A retrospective, descriptive correlation, test of significance and logistic regression analysis were performed.

**Results:** Findings showed that about 50% of the participants had abnormal waist/hip ratio and approximately ¼ of the subjects had glucose levels that were indicative of high risk for DM. Logistic regression analysis revealed that high SBP (p=0.04), above normal WC (p=0.03), high TG (p=0.04) were significant in predicting DM. Moreover, age (p=0.0001), family history of CVD (p=0.01) and above normal WC (p=0.04) were found to be significant predictors of HTN.

**Conclusion:** WC indicated to be a strong predictor for DM and HBP. Early detection and timely interventions are important to prevent DM and HTN and their associated complications. For underserved population health fairs become one effective avenue for screening, referral and evaluation.

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Journal of Diabetes & Metabolism
ISSN: 2155-6156

**Diabetes Global 2018**
March 08-09, 2018

Volume 9

Page 69