Diabetes and All Cause Mortality for Asian American Subgroups

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Introduction

Asian American subgroups experience variable risk of **type 2 diabetes mellitus** compared to non-Hispanic Whites (NHW). Existing research on **diabetes and all-cause mortality** analyses Asian Americans as a **single entity.**

Aim

Disaggregate **Asian subgroups** and understand **all-cause mortality** burden amongst diabetics.

Methods

NHIS → NDI National Death Index

Data from the **National Health Interview Survey (NHIS)** was linked with the **National Death Index (NDI).** **Asian Indians (n=5,458)**, **Chinese (n=5,823)**, **Filipinos n =(6,396)**, **Whites (NHW) (n = 398,771)**

Hazard ratios were calculated using **cox proportional hazard modeling.** **RStudio (4.3.2) used**

Results

Figure 1: Survival Across Races Stratified by Diabetes Status

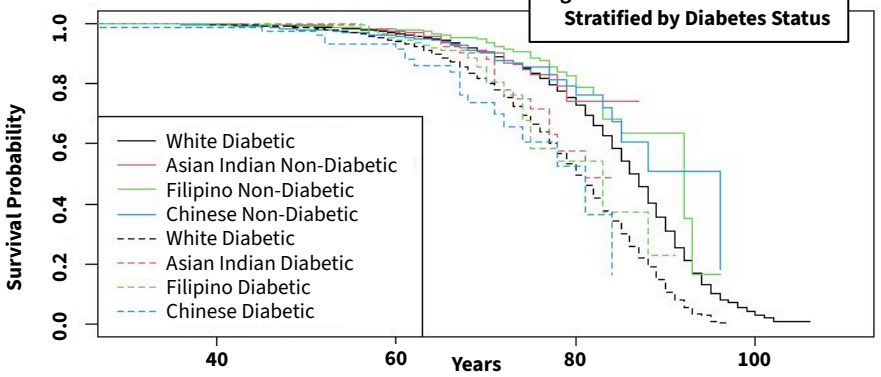
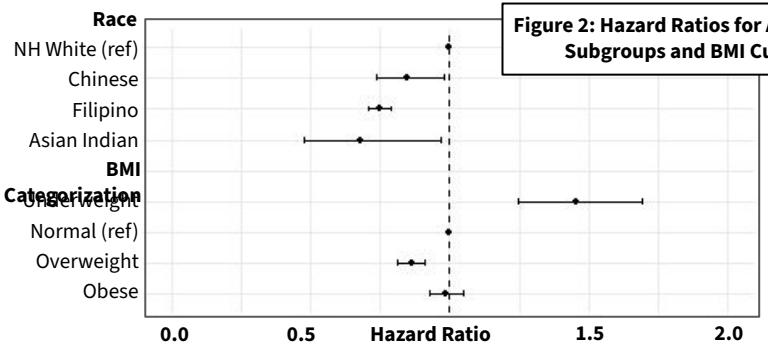


Figure 2: Hazard Ratios for Asian Subgroups and BMI Cutoffs



Scan ME!

Discussion

Asian Americans with diabetes have a lower risk of dying with diabetes compared to NHW. Compared to NHW, the incidence of the following Asian subgroups are:

- **Chinese** (**HR = 0.85, 95%**, CI [0.73-0.98])
- **Filipino** (**HR = 0.75**, [0.71-0.79])
- **Asian Indian** (**HR=0.68**, [0.47-0.97])

Factors such as **sex**, **obesity**, **education**, **smoking**, and **insurance status** were also significantly associated with increased **mortality risks**.

Conclusion

Despite the greater prevalence of diabetes in certain subgroups, **Asian Americans** with diabetes experienced a **lower mortality risk** compared to non-Hispanic Whites.

Income, education and nativity status can significantly increase early mortality. Reducing **socioeconomic disparities** in **all-cause mortality** are warranted.