

Two Grants Awarded to Dr. Tasleyma Sattar

Dr. Tasleyma Sattar, DO, Assistant Professor, Department of Family Medicine, UNT Health Science Center and Medical Director for the Advanced Medical Clinic has recently been awarded two separate grants pertaining to health disparities research. Details of the grants are listed below.



Vitamin D Deficiency among North Texas Asian Indians

Funded by: American Academy of Family Physicians Foundation for \$7,474

The proposed pilot study will provide much needed data on the Asian Indian sub-population, 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). The study will involve clinical as well as laboratory measures and 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: Hy-

-pertensive and Non-hypertensive. Clinical measures include demographics, BMI, waist/hip ration, 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 determine insulin resistance.

Vitamin D and Hypertension: Racial/Ethnic Disparities

Funded by: Texas Academy of Family Physicians Foundations for \$5000

This study aims to determine the relationship between Vitamin D levels and hypertension status and whether this relationship differs by race/ethnicity thereby addressing the disparities in health seen between racial/ethnic groups in the area of hypertension. This will take the form of a cross-sectional study by using a convenience sample of 115 African American and 115 Caucasian subjects recruited through the North Texas Healthy Heart Study who have had clinical and behavioral measures collected as well as plasma stored. Plasma concentration of 25-hydroxy Vitamin D will be measured using an enzyme-linked immunoassay kit and a participant will be considered hypertensive if the average of two blood pressure measurements was greater than 140/90 mmHg, if they self-reported being hypertensive, or if they were prescribed any anti-hypertensive medications.

Data analysis for both studies will be conducted by Dr Kimberly Fulda, DrPH, Assistant Professor and Associate Director for the Primary Care Research Institute.