Title: Diet and cardiovascular disease risk among Asian immigrants living in the Netherlands

Short title: Diet and CVD among Asians in the Netherlands

Abstract

Cardiovascular diseases are the leading cause of death in the world and diet contributes to the increased risk of cardiovascular disease. The traditional Asian diet generally consists of high fibre and healthy foods. In this thesis, we primarily looked at cardiovascular disease and related risk factors and change in dietary habits of Pakistanis and South Asian Surinamese after migration to the Netherlands. In addition, we also looked at ethnic differences between Asian subgroups including South Asian Surinamese and Javanese Suriname and Pakistanis as compared with local Amsterdam population. The results showed that Asian subgroups such as Pakistanis, South Asian Surinamese and Javanese Surinamese showed high prevalence of cardiovascular disease and related risk factors. In addition, Pakistanis and South Asian Surinamese showed certain unfavourable changes in diet after migration such as decrease in the intake of vegetables and increase in the intake of soda and dairy products. Regarding ethnic differences, South Asian Surinamese had higher prevalence of cardiovascular related risk factors and lesser intake of vegetables and higher intake of dairy products as compared to Javanese Surinamese. In addition, immigrant Pakistanis living in the Netherlands showed higher prevalence of cardiovascular related risk factors and fewer intakes of vegetables as compared to local Amsterdam population.