10-year Incidence Rates of Major Cardiovascular Events in 697,690 Immigrants to Ontario, Canada: The CANHEART Study

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• Immigrants comprise 19% of Canada’s population

• In Ontario, immigrants account for more than 25% of the population

Statistics Canada, 2011 Census
Cardiovascular risk profiles differ by ethnic group

Prevalence of diabetes 3 times higher in South Asians compared to White-Eastern Europeans

10-fold difference in the prevalence of smoking among women; 2-fold difference among men.
Educational attainment and language proficiency differ by ethnic group

- Completed university (%)
- No English or French (%)

- Black
- Southeast Asian
- Latin American
- South Asian
- West Asian/ Arab
- East Asian
- White-Eastern European

Tu AHA 2013
Tailor cardiovascular disease prevention programs to address the needs of specific ethnic groups

45 RCTs of cardiovascular primary prevention strategies

11 included or reported on the ethnic status of the participants

0 presented efficacy by ethnic status
0 reported immigrant status

Homji QMJ 2012
Acculturation is an important risk factor

- **Males**
  - All immigrants: 5.7
  - Long-term Residents: 9.2

- **Females**
  - All immigrants: 2.7
  - Long-term Residents: 4.2

Incidence rate (per 1000 person-years)
Understand the interplay of acculturation with the development of risk factors and incident disease.