

Metabolic Diseases in an Asian Community : Data from the Japan Nurses' Health Study

The Japan Nurse's Study (JNHS) is a prospective cohort investigation of the effects of lifestyle and healthcare on women's health. The study population comprises female registered nurse, licensed practical nurse, and midwife. The participants were recruited in cooperation with the Japanese Nursing Association and the Japan Menopause Society. The baseline survey was completed in 2007, and 49928 women responded from 47 prefectures of Japan. Approximately one third of the respondents agreed to be followed-up. Changes in lifestyle, healthcare, incidence of diseases, and health outcome over time are being studied. The cohort members received biennial follow-up questionnaires by mail.

Risk Factors for metabolic diseases include current lifestyle factors and experiences in her early life. For example, the cross-sectional analyses of the JNHS baseline survey showed that low birth weight and obesity at the age of 18 years were associated with increasing a risk for diabetes mellitus (Katanoda K, et al. 2005) Prevalence of metabolic diseases in the JNHS population tended to gradually increase as age became older. We examined the influence of menopause on metabolic diseases (hypertension, diabetes mellitus, high cholesterol, and obesity) adjusting for age and lifestyle factors. The risk of high cholesterol significantly increased in postmenopausal women as the menopausal transition (Lee JS, et al.2005). The influence of menopause was similar to the changes in the lipid profile due to the menopausal transition in Asian ethnic groups of a US community-based women cohort study.