

Vegetarian black adventists have lower cardiovascular risk

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(HealthDay)—A vegetarian diet may reduce cardiovascular risk in black individuals, according to research published online March 17 in *Public Health Nutrition*.

Gary Fraser, M.D., Ph.D., of Loma Linda University in California, and colleagues conducted a cross-sectional sub-analysis of data for 592 black women and men included in a cohort of Seventh-Day Adventists. The authors sought to compare [cardiovascular risk](#) factors for vegetarians and non-vegetarians.

The researchers found that black vegetarians or vegans, compared with black non-vegetarians, had a lower risk of hypertension (odds ratio [OR], 0.56; 95 percent confidence interval [CI], 0.36 to 0.87), diabetes (OR, 0.48; 95 percent CI, 0.24 to 0.98), high blood total [cholesterol level](#) (OR, 0.42; 95 percent CI, 0.27 to 0.65), and high blood low-density

lipoprotein cholesterol level (OR, 0.54; 95 percent CI, 0.33 to 0.89), after multivariable adjustment. Compared with black non-vegetarians, black vegetarians/vegans and black pesco-vegetarians had a lower risk of obesity (ORs, 0.43 [95 percent CI, 0.28 to 0.67] and 0.47 [95 percent CI, 0.27 to 0.81], respectively) and abdominal obesity (ORs, 0.54 [95 percent CI, 0.36 to 0.82] and 0.50 [95 percent CI, 0.29 to 0.84], respectively).

"As with non-blacks, these results suggest that there are sizeable advantages to a [vegetarian diet](#) in black individuals also, although a cross-sectional analysis cannot conclusively establish cause," the authors write.

More information: [Abstract](#)
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