G. Section III Summary

In summary, articles presented in this section provide new insights into the burden of heart disease, diabetes, and obesity in the understudied and rapidly growing Arab-American population. Given the youthfulness and the high prevalence of diabetes and CVD markers in this population, it is reasonable to expect that the future prevalence of diabetes and CVD will increase as the population ages, thus imposing substantial public health burden and a major challenge to healthcare providers. Fortunately, health promotion measures can be taken to prevent and/or reduce the risk for heart disease and/or diabetes. These include eating a healthy diet, exercising, maintaining a healthy body weight, and not smoking. Identifying barriers and testing the feasibility of culturally appropriate community-based interventions aimed at reducing the burden of diabetes and CVD in this high-risk and medically under-served population is imperative.