

Cardiovascular Health Condition in Chinese Immigrants Living in Milan

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Few data are available on Chinese migrants to Italy, in spite of the considerable size of this population. This report, with two pilot studies, is aimed to provide a preliminary cardiovascular profile of Chinese immigrants to Milan, Italy.

Study I: A questionnaire on cardiovascular profile was administered to Chinese residents in China Town, Milan, during World Hypertension Day 2013-2015. A control group of Northern Italian subjects, age and gender matched, was selected from a parallel survey in 2015. 487 subjects (47.9±12.2 years, 54.6% Males) were selected from each group. Overall smoking rates were similar between the two groups, however among Chinese it was higher in males than in females (44.9% vs. 8.2%), as compared with Italians (32.6% vs. 19.6%). Subjects with hypertension, treated hypertension and controlled hypertension were 325(66.7%), 224(69.4% of hypertensives), 109 (48.7% of treated) in Chinese, and 186 (38.2%), 76 (40.9%) and 44 (57.9%) in Italians.

Study II: Data from Chinese subjects visiting Policlinico, Milano or Fuwai Hospital, Beijing for general physical check were matched by age (≤ 3 years) and gender. Their blood test results are compared. 269 subjects (47.7±9.0 years, 56.9% males) were selected from each center. Compared to subjects living in Beijing, those living in Milan had lower BMI, SBP/DBP (Mainly in Males), creatinine, uric acid and glucose level, less hypertension (mainly in males) and diabetes.

Chinese immigrants to Milan have higher BP levels and hypertension prevalence than Italians, but lower than Chinese living in Beijing.