

TOKELAU	Population Cohort	Methods	Dietary Findings	BMI	Pre-transition Lifestyle	Major outcomes	Dietary Findings	BMI	Post-transition Lifestyle	Major outcomes
Davidson F. The Tokelau Island migrant study: still at sea. <i>New Zealand Medical Journal</i> . 1976;83(557):89-93	Pre-transition: Tokelauan families of all ages on the island of Fakaofu in 1968. Post-transition: N/A	Longitudinal study. Data were collected through a survey of food intake given to each household.	1950 kcal, Carbs 35% E, Protein 12% E, Fat 52%. Consumed high levels of coconut, drinking red, sea, oil, fish, breadfruit, and low levels of milk, meat products, vegetables, and eggs.		Male: food gatherers, active until late middle age. Female: perform mostly household chores, sedentary lifestyle.					
Harding W. The diet of Tokelau Island migrants in New Zealand. <i>New Zealand Medical Journal</i> . 1976;83(557):89-88	Pre-transition: N/A Post-transition: Tokelau Island families of all ages living in Teapou, New Zealand in 1974. All families migrated less than 10 years prior.	Cross sectional study. Data were collected by a survey of food intake in each household over a period of 7 days. All foods present in the beginning and end of the study period were measured. Daily diets were made to each home to record food purchased and eaten.					2280 Kcal, Carbs 44% E, Protein 15% E, Fat 41% E Consume high levels of fish, meat, rice, and potatoes and low levels of butter and milk.			
Harding WR, Russell CE, Davidson F. Prior IM. Dietary surveys from the Tokelau Island migrant study: Storage of Food and Nutrition. 1986;11(61):1086-1092;83-97. doi:10.1080/03670244.1988.9950951	Pre-transition: 224 adults and children living on Fakaofu in 1968. Post-transition: 248 adults and children living on Fakaofu in 1971 and 852 adults and children living on Fakaofu in 1976	Cross sectional study. Data were collected by a survey of food intake in each household over a period of 7 days. All foods present in the beginning and end of the study period were measured. Daily diets were made to each home to record food purchased and eaten. In 1971 and 1976, methodology was modified to include quarters 24-hour intakes for each individual member of the household.	1950 kcal, Carbs 35% E, Protein 12% E, Fat 53% E				2280 Kcal, Carbs 44% E, Protein 15% E, Fat 41% E			
Odette T, Welby TJ, Prior A, Salmond CE, Steles VM. Type 2 (non-insulin-dependent) diabetes mellitus: migration and westernization in the Tokelau Island Migrant Study. <i>Diabetologia</i> . Aug 1989;32(8):585-90. doi:10.1007/BF00288532	Pre-transition: 35-74 yrs living on the island of Fakaofu in 1968 (phase 1). 448 adults were initially examined. Post-transition: The examination was done in 1976 (phase 2) and 1982 (phase 3)	Cross-sectional study. Data were collected through surveys and diabetes was determined based on plasma glucose levels after an overnight fast. Blood pressure was recorded with a sphygmomanometer.			Male: 3% diabetic Female: 8.7% diabetic				Male: 5.1% diabetic (1976), 7% diabetic (1982). Average SBP 130 mmHg. Average DBP Female: 11.5% diabetic (1976), 14.3% diabetic (1982). Average SBP 132 mmHg. Average DBP 81 mmHg.	
Prior A, Davidson F, Salmond CE, Coughlin S. Cholesterol, coconut, and diet on Polynesian adults: a natural experiment: the Pukepuka and Tokelau Island studies. <i>Am J Clin Nutr</i> . Aug 1981;34(8):1552-61. doi:10.1093/ajcn/34.8.1552	Pre-transition: Total population living in Tokelau was examined in 1968. 1972 people were examined. Post-transition: Total population living in Tokelau was examined in 1971. 1792 people were examined.	Cross-sectional study. Data were collected through surveys on household consumption in 1968. Nutrient intake was analyzed in 1971.	Male: 2520 kcal, Carbs 36.3%, Protein 13.5% E, Fat 55.7%. Of the 55.7% energy from fat, 88% was saturated fat. Female: 2100 kcal, Carbs 36% E, Protein 12% E, Fat 56%. Of the 55.7% energy from fat, 52% was saturated fat.							
Prior I. Food, nutrition and health of Maori and Pacific populations. presented at: Proceedings of the Nutrition Society of New Zealand; 1989	Pre-transition: Tokelauan island population 1968 Post-transition: Tokelauan island population in 1982. Tokelauan migrants on NZ in 1976	Systematic review. Data were collected by reviewing longitudinal studies following Maori and Tokelauan health following migration in 1970 carried out by the Epidemiology Unit at Wellington.	1951 kcal, Carbs 35% E, Protein 12% E, Fat 53% E, Saturated fats 45% E		Male: 8% definite hypertension Female: 15.1% definite hypertension.		Tokelau: 1812 kcal, Carbs 43% E, Protein 13% E, Fat 49% E, Saturated fats 30% E New Zealand: 2282 kcal, Carbs 44% E, Protein 15% E, Fat 51% E, Saturated fats 21% E			
Prior I, Hooper A, Hurreman J, Stanhope J, Salmond C. The Tokelau Island Migrant Study. <i>Population Structure and Human Variation</i> . Cambridge University Press; 1977:165-186.	Pre-transition: All ages living in Tokelau in 1968. 1792 people were evaluated. Post-transition: All ages living in Tokelau and New Zealand in 1973 and 1974. 1587 people were evaluated in Tokelau and 1500 were evaluated in New Zealand.	Multiple cross-sectional studies conducted in phases. Data were collected through a series of surveys and a basic physical examination.				Male: Average SBP of 15-19 yrs 115 mmHg, 20-24 yrs 122 mmHg, 25-34 yrs 125 mmHg, 35-44 yrs 128 mmHg, 45-54 yrs 131 mmHg, 55-64 yrs 134 mmHg. Average DBP of 15-19 yrs 66 mmHg, 20-24 yrs 68 mmHg, 25-34 yrs 71 mmHg, 35-44 yrs 77 mmHg, 45-54 yrs 78 mmHg, 55-64 yrs 78 mmHg. Average serum cholesterol of 15-19 yrs 185 mg/dL, 20-24 yrs 199 mg/dL, 25-34 yrs 210 mg/dL, 35-44 yrs 216 mg/dL, 45-54 yrs 220 mg/dL, 55-64 yrs 217 mg/dL. Female: Average SBP of 15-19 yrs 121 mmHg, 20-24 yrs 116 mmHg, 25-34 yrs 119 mmHg, 35-44 yrs 129 mmHg, 45-54 yrs 141 mmHg, 55-64 yrs 145 mmHg. Average DBP of 15-19 yrs 75 mmHg, 20-24 yrs 75 mmHg, 25-34 yrs 75 mmHg, 35-44 yrs 79 mmHg, 45-54 yrs 88 mmHg, 55-64 yrs 81 mmHg. Average serum cholesterol of 15-19 yrs 178 mg/dL, 20-24 yrs 178 mg/dL, 25-34 yrs 213 mg/dL, 35-44 yrs 223 mg/dL, 45-54 yrs 221 mg/dL, 55-64 yrs 245 mg/dL.				
Prior A, Stanhope JM, Evans AJ, Salmond CE. The Tokelau Island migrant study. <i>Am J Epidemiol</i> . Sep 1974;3(3):225-32. doi:10.1093/ajcp/3.3.225	Pre-transition: 314 adults 15 years and older living on Atafu, Fakaofu, and Nukunono. Population was divided into non-migrant and pre-migrant groups. Post-transition: Not evaluated.	A cross sectional study. Data were collected through a series of surveys and a basic physical examination.				Male: Average SBP of 15-19 yrs 118 mmHg, 20-24 yrs 123 mmHg, 25-34 yrs 125 mmHg, 35-44 yrs 128 mmHg, 45-54 yrs 131 mmHg, 55-64 yrs 134 mmHg. Average DBP of 15-19 yrs 66 mmHg, 20-24 yrs 68 mmHg, 25-34 yrs 71 mmHg, 35-44 yrs 77 mmHg, 45-54 yrs 78 mmHg, 55-64 yrs 78 mmHg. Average serum cholesterol of 15-19 yrs 185 mg/100mL, 20-24 yrs 198 mg/100mL, 25-34 yrs 210 mg/100mL, 35-44 yrs 216 mg/100mL, 45-54 yrs 220 mg/100mL, 55-64 yrs 217 mg/100mL. Female: Average SBP of 15-19 yrs 121 mmHg, 20-24 yrs 116 mmHg, 25-34 yrs 119 mmHg, 35-44 yrs 129 mmHg, 45-54 yrs 141 mmHg. Average DBP of 15-19 yrs 75 mmHg, 20-24 yrs 75 mmHg, 25-34 yrs 75 mmHg, 35-44 yrs 79 mmHg, 45-54 yrs 88 mmHg, 55-64 yrs 81 mmHg. Average serum cholesterol of 15-19 yrs 178 mg/100mL, 20-24 yrs 178 mg/100mL, 25-34 yrs 213 mg/100mL, 35-44 yrs 223 mg/100mL, 45-54 yrs 221 mg/100mL, 55-64 yrs 245 mg/100mL.				
Salmond CE, Prior A, Wessen AF. Blood pressure patterns and migration: a 14-year cohort study of adult Tokelauans. <i>Am J Epidemiol</i> . Jul 1980;113(1):37-52. doi:10.1093/ajep/113.1.37	Pre-transition: 15-69 yrs in Tokelau in 1968/71, and in 1976. 854 adults were evaluated at all 3 rounds of the study. Post-transition: All ages living in New Zealand in 1969/70, 1972/74 and 1975/77. 654 people who were present in round 1 were evaluated again in rounds 2 and 3.	Multiple cross-sectional studies conducted in phases. Data were collected through a series of surveys and a basic physical examination. The data examined in this study is taken from subjects at the beginning and end of the study period.		Male: Average BMI 24.8 (non-migrant), 24.1 (migrant) Female: Average BMI 28.8 (non-migrant), 27.8 (migrant)		Male: Average SBP 123 mmHg (non-migrant), 121 mmHg (migrant), average DBP 71 mmHg (non-migrant), 70 mmHg (migrant) Female: Average SBP 128 mmHg (non-migrant), 120 mmHg (migrant), average DBP 75 mmHg (non-migrant), 74 mmHg (migrant)	Male: Average BMI 26.1 (non-migrant), 26.1 (migrant) Female: Average BMI 27.8 (non-migrant), 31.8 (migrant)			Male: Average SBP 128 mmHg (non-migrant), 120 mmHg (migrant), average DBP 74 mmHg (non-migrant), 78 mmHg (migrant) Female: Average SBP 132 mmHg (non-migrant), 129 mmHg (migrant), average DBP 77 mmHg (non-migrant), 77 mmHg (migrant)
Stanhope JM, Prior A. The Tokelau Island migrant study: prevalence and incidence of diabetes mellitus. <i>N Z Med J</i> . Dec 1980;28(73):17-21.	Pre-transition: All ages living in Tokelau in 1968/71, and in 1976. 1792 people were evaluated. Post-transition: All ages living in New Zealand in 1969/70, 1972/74 and 1975/77. 1587 people were evaluated in Tokelau and 1500 were evaluated in New Zealand.	Multiple cross-sectional studies conducted in phases. Data were collected through a series of surveys and a basic physical examination.			Male: Diabetes prevalence 2.3%, 5.4% Female: Diabetes prevalence 8.1%, 6.3%				Male: Diabetes prevalence 4.9%, 4.8%, 4.4% Female: Diabetes prevalence 3.3%, 6.6%, 10.8%	
Stanhope JM, Prior A. The Tokelau Island migrant study: prevalence of various conditions before migration. <i>N Z Epidemiol</i> . Sep 1976;5(3):249-66. doi:10.1080/0953.3.249	Pre-transition: 955 adults living in Tokelau in 1968. Post-transition: Not evaluated.	Cross sectional study. Data were collected through a questionnaire and basic physical exam.		Male: 29.3% of the population never smoked. Female: 69.5% of the population never smoked.	Male: Diabetes prevalence 2%, Hypertension prevalence 20% Female: Diabetes prevalence 7.2%, Hypertension prevalence 14.6%					
Stanhope JM, Sampson VM, Prior A. The Tokelau Island Migrant Study: serum lipid concentration in two environments. <i>J Chronic Dis</i> . 1981;34(2-3):45-55. doi:10.1016/0021-9881(81)90050-3	Pre-transition: All ages living in Tokelau in 1968-1976. Post-transition: All ages living in New Zealand over a period of 1975-1977. 1792 people were evaluated.	Multiple cross-sectional surveys. Data were collected through a series of surveys and a basic physical examination.	1940 kcal, Carbs 35% E, Protein 12% E, Fat 53% E. 45% of fat consumed were saturated. 80% of the saturated fat came from coconuts.		Male: Average serum cholesterol 4.87 mmol/L Female: Average serum cholesterol 5.14 mmol/L		2270 kcal, Carbs 44% E, Protein 15% E, Fat 41% E. Tokelauans now eat more animal products than they did pre-transition.			Male: Average serum cholesterol 5.09 mmol/L Female: Average serum cholesterol 5.08 mmol/L