

Thank you for your continued support with our study!  
Wishing you and yours all the best for the Christmas season and for the New Year!



## PROS HAS MOVED

It has certainly been a busy year for the study team! Much work has been done with the results from Stage 3 (see overleaf for more details). Also, in January, Population Research & Outcome Studies (where the study co-ordination team is located) moved from SA Health (State Government) to the Discipline of Medicine within The University of Adelaide. Founded in 1874, the university has a proud history of numerous Nobel Prize winners and counts among its noted graduates, Lord Howard Florey, developer of penicillin; Australia's first astronaut, Andy Thomas, and Sir Marc Oliphant, a world-renowned scientist and a previous Governor of South Australia. It was the first university in Australia, and only the second in the world, to grant degrees to women. The University of Adelaide is consistently ranked in the top 1% of universities in the world.

We are looking forward to an excellent working relationship with the university, with more exciting research to be undertaken based on the information collected from the North West Adelaide Health Study. Thank you for your kind support! *Thank you for helping us with this work!*



## For your information ... HEATWAVES PROJECT

In the next few months, a researcher from the Department of Public Health at the University, Derick Akompab, will be in contact with some NWAHS participants regarding heatwaves - we're just waiting till we have some warmer weather to start!



## IMPORTANT SUBSTUDIES DURING 2011

### SLEEP SUBSTUDY - WITH MAILES

Our clinic staff, Sandy and Tina, have been out in the community over the past year or so, collecting information from eligible male participants regarding the quality of their sleep for the MAILES (Men, Androgen, Inflammation, Lifestyle, Environment and Stress) project - a joint venture with FAMAS (Florey Adelaide Male Ageing Study) and headed by Prof Gary Wittert. The data collection is almost finished and exploration of many sleep-related areas of interest will begin early in 2012.



### BABY BOOMER/GENERATION X (NOBLE 2) SUBSTUDY

Many participants were recently contacted by to help us with the Baby Boomer and Generation X project (led by Prof Graeme Hugo) explored work and health-related issues of people who are part of either the Baby Boomer generation (those born between 1946 and 1965 inclusive) or Generation X (those born between 1966 and 1980 inclusive). Baby Boomers and Generation X represent a large proportion of the Australian population and make up a high percentage of the Australian workforce. We are interested in understanding how the health of both generations may affect their ability to work. Data collection has been finalised and the project team are now examining the valuable information provided.



### MENTAL HEALTH BIOMARKERS SUBSTUDY

This substudy, in association with Dr Stephanie Fryar-Williams from the Department of Psychiatry, is hoping to be able to find a way to identify people who may be at risk of developing a mental illness, by comparing people without a mental health condition (a number of eligible NWAHS participants) with those who have such a condition.

Other substudies included a project involving participants with gout, and ongoing research by the PAMS (Place And Metabolic Syndrome) team.

**All researchers associated with these substudies greatly appreciate the giving of time and effort by NWAHS Study participants. They are keen to publish and present results later in the year, so please keep an eye on our website or contact our study team (see overleaf) for updates if you are interested.**

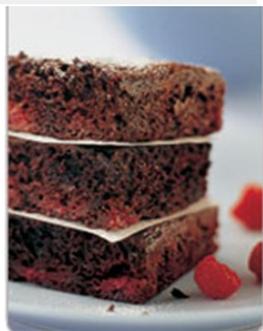


## Recipe from the Heart Foundation: Chocolate Berry Slice (makes 18 squares)

Preparation time: 15 minutes Cooking time: 45 minutes

### Ingredients

3 eggs  
75ml sunflower oil  
200ml buttermilk\*  
3/4 cup caster sugar  
220g self-raising flour  
1/3 cup cocoa powder  
1/2 teaspoon bicarb soda  
250g fresh or frozen raspberries,  
strawberries or blueberries  
250g berries extra, to serve  
750g low-fat yoghurt\*



*To make this even healthier, use products available with the Heart Foundation Tick\*. Remember all fresh fruit and vegetables automatically qualify for the Tick.*

### Instructions

1. Preheat the oven to 170°C (150°C fan) and lightly spray a 20 x 25cm brownie tin with oil.
2. Using a hand-held beater, beat together the eggs, oil, buttermilk and sugar in a mixing bowl until combined.
3. In a separate bowl sift together the flour, cocoa powder and bicarb soda. Fold into the egg mixture then carefully add 250g of the berries (if frozen, unthawed); combine well.
4. Pour the mixture into the prepared tin and bake on the centre shelf of the preheated oven for approximately 45 minutes or until a cake skewer comes out clean when inserted into the middle of the slice. Remove from the oven and allow to cool for 10 minutes.
5. Cut into 18 squares, then carefully transfer to a wire rack to cool completely. Serve with the extra berries and a dollop of low-fat yoghurt.

*This is a very easy, wonderfully light and yummy dessert!  
(made it recently using frozen raspberries)  
Janet (Study Co-ordinator)*

### RESEARCH PRODUCTS FROM THE STUDY

To date, the study has had 145 presentations at conferences locally, nationally and internationally - this year in the areas of obesity, chronic conditions, medicine use and cardio-metabolic syndrome.

Regarding peer-reviewed publications, there have been 75 papers published so far - including being involved in a worldwide collaboration of 199 countries and territories that examined Body Mass Index and related risk factors such as high blood pressure and cholesterol. Other publications looked at foot pain, the doctor/patient relationship, use of medications, fast food consumption, hand grip strength and hand pain, asthma, shoulder pain and the association between kindergarten attendance and heart disease risk.

In addition, summary reports have been produced from Stage 3 (2008-2010), looking at changes in a number of chronic conditions and risk factors including arthritis, heart disease, smoking, alcohol use, obesity, etc. They will soon be available on the Population Research & Outcome Studies (PROS) website ([www.health.adelaide.edu.au/pros/data/nwahs/](http://www.health.adelaide.edu.au/pros/data/nwahs/)) - together with a full list of conference presentations and publications.

If you are interested in a particular report, paper or presentation and cannot access it via the website, please contact the study team who would be happy to post out a copy to you.



### STAFF MOVEMENTS

Carmen Koster, one of our valued staff members from the PROS/NWAHS team, took up a new career opportunity in October - we thank her for her wonderful support during her time with the study and wish her well in the future!



## Study Co-ordination Team



**Janet Grant**  
Senior Epidemiologist  
NWAH Study Co-ordinator  
Tel 8313 1212



**Leanne Hornibrook**  
NWAHS Epidemiological  
Project Officer  
Tel 8313 1214



**Sandy Pickering**  
NWAHS Clinic Co-ordinator  
Tel 8222 7866  
Mobile 0401 122 898



(PROS will be closed from Friday 23 Dec 11 to Monday 2 Jan 12 - answering machine available)  
NWAHS Website: [www.nwadelaidehealthstudy.org](http://www.nwadelaidehealthstudy.org)  
Freecall 1800 635 352 (Health Study Hotline) ~ Email: [pros.nwahs@adelaide.edu.au](mailto:pros.nwahs@adelaide.edu.au)

