

Thank you for your continued support with our study!  
Seasons Greetings to you and your family, and all the best for 2013!



## PROS RESEARCH SYMPOSIUM

We recently held a seminar on Thursday 8 November 2012, aimed at highlighting the study's successes and promote opportunities for further research. It also introduced the study team and its research work to approximately 70 researchers and health professionals, following the movement last year of the Population Research & Outcome Studies to The University of Adelaide. The seminar host was Prof Gary Wittert, Head, Discipline of Medicine, and Mortlock Professor of Medicine at The University of Adelaide.

The event was opened by Prof Steve Wesselingh, inaugural Executive Director of the South Australian Health & Medical Research Institute (SAHMRI). Prof Wesselingh spoke about the success of the study and its importance within the research community in South Australia, as well as nationally and internationally.

Assoc Prof Anne Taylor (NWAHS Principal Investigator - Epidemiology) then gave background information about the study and highlighted the importance of "clear, clean knowledge" to help prevent illness.

Prof Robert Adams (NWAHS Principal Investigator - Clinical) spoke about future of NWAHS, and the sleep study conducted between September 2010 and February 2012, which was a collaboration with the FAMAS project as part of the wider MAILES study. The study found 53% of men in the study had sleep apnea.

Dr Tiffany Gill (Research Fellow) discussed joint pain, aching and/or stiffness in feet, shoulders, hands, back and hips, as well as osteoporosis and Vitamin D use. Stage 3 results found that 74% of participants had least one area of musculoskeletal pain.



(Left to right) Prof Robert Adams, Prof Gary Wittert & Prof Steve Wesselingh

Ms Rhiannon Pilkington presented about her PhD study regarding Baby Boomers (those born from 1946 to 1965), obesity and work patterns, an Australian Research Council Linkage project. There has recently been some information about this on both the radio and in local newspapers because of its importance for future planning for the State.

Assoc Prof Kay Price (NWAHS Chief Investigator) spoke about recent work regarding people making decisions about how they will look after themselves, often using a "trial and error" approach with their medical advice.

Dr Sarah Appleton from the Health Observatory (based at The Queen Elizabeth Hospital) presented on obesity and metabolic health - the clustering of certain risk factors that increase the likelihood of developing heart disease, diabetes and stroke.

Assoc Prof Catherine Hill (NWAHS Chief Investigator) discussed health literacy and its importance in providing the best possible health care for people. Health literacy is the ability to read, understand and use health care information to make decisions and follow instructions for treatment.

Ms Janet Grant (NWAH Study Co-ordinator) outlined the process for obtaining data and conducting substudies.

**It was acknowledged throughout all the presentations that researchers greatly appreciated the giving of time and effort by NWAH Study participants. A copy of each presentation is available under "Presentations" at [www.health.adelaide.edu.au/pros/data/nwahs/](http://www.health.adelaide.edu.au/pros/data/nwahs/), or give the study team a call and we'll post them out.**



(Left to right) Assoc Prof Catherine Hill, Assoc Prof Anne Taylor & Assoc Prof Kay Price

