

Thank you for your ongoing support with our study!
Wishing you and your family a wonderful festive season - all the best for 2014!



STUDY UPDATE

This year has seen ongoing work undertaken by our Data Manager, Alicia Montgomerie, to consolidate data from across all stages of the study, from its inception in 1999 to the end of the most recent data collection in 2011 (Baby Boomers and Generation X, NOBLE2). This work will enable researchers both within and outside the study to better investigate a wide range of chronic disease and health risk factor-related topics.



We are following up on data from the food frequency questionnaire asked in Stage 3, from the Cancer Council in Victoria, that will provide a rich source of information regarding people's dietary patterns, as well as cause of death information from the National Death Index. We are also hoping to access public hospital admission information within the next few months, which can be then be linked to data we have already collected about people's health.



A number of PhD students are basing their research on North West Adelaide Health Study data, including the use of over-the-counter and prescription medications, the health of carers, the relationship between parental body shape and participant health, and poor sleep as a health-related risk factor.

There have been a number of new substudies undertaken in 2013, including research on foot pain and looking at how motor vehicles and pollution impact on our health. The study is also part of two national collaborations pooling data from other Australian cohort studies to investigate the relationship between diabetes and cancer, as well as obesity, diabetes and cardio-vascular disease.

We applied for NHMRC funding earlier this year to bring participants back into the clinic, including further investigation of sleep apnea and its effect on health. Unfortunately, we were unsuccessful this time but will re-examine the application with a view to resubmitting it in 2014.

We appreciate your participation and interest in the study and look forward to working with you again, hopefully sometime soon!

STAFF PROFILE - Leanne Hornibrook

Over the years, many of you will have spoken to Leanne, our Epidemiological Project Officer, regarding such things as changing address, updating telephone numbers, asking for past results, etc. Leanne also prepares and sends out the birthday cards each day, and follows up with nominated family or friends when we have temporarily "misplaced" a participant because of activities such as moving house.

Here we present Leanne's point of view about the study ...



What would you say are some of the best things about the study?

It has been a unique opportunity to study the ongoing health of our valued participants over a long period of time. It is good to know

that the participants have had the opportunity not only to monitor their own health, but to also contribute to important research into population health.

What has surprised you most about your work?

Each month, I prepare and send out about 300 cards and we often get a call or a letter back from our participants, thanking us for remembering their birthday. It's lovely to know it's appreciated.

Tell me about some of the people you've met while working on the study.

I've been very fortunate to work with some amazing people who are very passionate about this study. The data that this study has generated have enabled many people to do some wonderful research, which will ultimately benefit this generation as well as generations to come.

...and some information about what she does in her "spare" time ...

What might someone be surprised to know about you?

I volunteer a lot of my time at the local lifesaving club; you can usually find me on a beach most weekends during summer, but I don't like to swim!!

What do you do when you aren't working at The University of Adelaide?

As a mother of 3 very hungry and active boys, when I'm not at work, I can be found in the kitchen at home or in the car driving them to their after-school activities!





Recipe from the National Heart Foundation

FRUIT MINCE TARTS

(www.heartfoundation.org.au/recipes/pages/FruitMinceTarts.aspx?mt=Dessert)
Makes 12 tarts ~ Preparation time: 20 mins (or overnight) ~ Cooking time: 25 mins

Ingredients

Filling:

- Canola oil spray*
- 1 1/2 cups dried mixed fruit
- 1/2 cup dried figs
- 1 pear, peeled and finely chopped
- 2 tbs plain, unsalted pecan nuts, chopped*
- 1 tsp grated orange rind
- 1 tsp grated lemon rind

1 tsp ground cinnamon

2 tbs rum

Pastry:

- 2 cups plain flour
- 1 cup almond meal*
- 2 tbs icing sugar (plus a tbs extra for dusting)
- 60g Tick approved margarine spread
- 1 egg, plus a beaten eggwhite (for brushing the pastry)*
- 1/3 cup iced water



1. Preheat the oven to 180°C (160°C fan-forced) and lightly spray 12 medium size (half-cup capacity) muffin tins with oil.
2. Mix the dried fruit, figs, pear, pecan nuts, orange and lemon rinds, ground cinnamon and rum in a bowl and allow to soak overnight if possible, or while you make the pastry.
3. To make the pastry, place the flour, almond meal, icing sugar, margarine and egg in a food processor, and pulse until the consistency of fine breadcrumbs. Keep the food processor on a low speed, add the iced water and process until the mixture comes together to form a ball.
4. Transfer the pastry on to a lightly floured surface and knead for a few minutes. Roll the pastry out until it is 3mm thick. Cut 12 x 8cm rounds from the pastry, and 12 star shapes using a star-shaped biscuit cutter.
5. Line the bases of the muffin tins with the pastry circles and spoon a tablespoon of the fruit mince mixture into each pastry case. Place a pastry star on top and brush each tart with the beaten eggwhite. Bake in the preheated oven for approx 30 minutes or until golden and cooked.
6. Allow the tarts to cool in the tins for 10 minutes before transferring to a wire rack to cool completely. When cold, dust the tarts with a little extra icing sugar and serve.

Recipe and image provided courtesy of Media 21.

**Products available with the Heart Foundation Tick. Remember all fresh fruit and vegetables automatically qualify for the Tick.*

Nutritional Information: Energy 1190kJ; Total fat 11.1g; Saturated fat 1.3g; Protein 6.0g;
Carbohydrate 39.6g; Fibre 4.4g; Sodium 69mg

RESEARCH PRODUCTS FROM THE STUDY

To date, the study has had 215 presentations at local, national and international conferences (32 in 2013), including comparing the health of Baby Boomers and Generation X, and the relationship between weight gain and work/life balance (NOBLE2), the effect of the environment on people's cardiovascular and mental health (PAMS), how sleep apnea impacts on people's quality of life (MAILES), shoulder pain, and Vitamin D and musculoskeletal pain. Regarding peer-reviewed publications, so far we have had 105 papers published in total (with 23 published and another three pending publication this year) on topics such as mental health and heart disease, cardiovascular risk comparison between rural and metropolitan Australia, the relationship between metabolic syndrome and where you live (PAMS), changes in testosterone levels over time (MAILES), heat waves and community understanding, genetic investigations into asthma, hypertension and diabetes. More details of these, as well as a full list of conference presentations and publications, are available on the Population Research & Outcome Studies (PROS) website (www.health.adelaide.edu.au/pros/data/nwahs/). 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.

Study Co-ordination Team



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PROS will be closed from Tuesday 24 Dec 2013 to Monday 6 Jan 2014 ... an answering machine will be available for you to leave a message that will be retrieved on our return to work.

Websites:

nwadelaidehealthstudy.org
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