



Thank you to all for your continued participation in the North West Adelaide Health Study (NWAHS).

We wish you a happy and safe festive season.

Stage 2 launch

Results from Stage 2 of the study were launched at the Adelaide Town Hall on June 4 2007.

In attendance were the NWAHS team, participants, researchers and health professionals. Results have already shown that many South Australians are taking notice of messages to increase physical activity and maintain a healthy weight.

Stage 2 results are particularly exciting due to the trends and changes over time that can be examined in comparison with Stage 1 results.

A/Prof Anne Taylor welcomed participants and introducing Dr Tony Sherbon, Chief Executive, Department of Health to officially launch the event. Catherine Chittleborough, Senior Epidemiologist, Population Research and Outcome Studies Unit and Chief Investigator Professor Richard Ruffin also spoke and then all guests were invited to afternoon tea in the foyer and to select from a variety of reports available from the various aspects of the study.

Special thanks also to Mr David McNally and Mrs Christine Pailthorpe who spoke at the launch and shared their experiences of participating in the NWAHS study. We thank you for your continued support.



Photo: (left to right) A/Prof Anne Taylor, NWAHS Chief Investigator and Manager, Population Research & Outcome Studies Unit, Department of Health; Janet Grant, Study Co-ordinator; Dr Tony Sherbon, Chief Executive, Department of Health; Sandy Pickering, Clinic Co-ordinator



NWAHS Chief Investigator Professor Richard Ruffin presenting findings related to chronic disease



Christine Pailthorpe and David McNally share their experiences as NWAHS participants

More results from the Stage 2 launch on page 3.

Full reports from **Stage 2** are available from the Population Research & Outcome Studies website www.health.sa.gov.au/pros

Or from the NWAHS website www.nwadelaidehealthstudy.org

Or contact the Study Team
08 8226 6493 - see page 4 for contact details



Nutrition Obesity Lifestyle and Environment Studies (NOBLE)

Many NWAHS participants have been generous in assisting NOBLE students with their research projects. NOBLE is a program funded by the Australian Research Council and is investigating various aspects of the problem of obesity in the South Australian population. Some of the NOBLE students projects are detailed below.



Jennifer's role in the project is to look at how baby boomers are preparing for later life and to investigate how expectations and outcomes are likely to be affected by a variety of bio-psycho-social factors, such as obesity.

Jennifer Buckley



Neil's field of study is walkability of urban space and the relationship between physical activity and health outcomes. Neil's research will identify the significant factors in our local community and urban environment that influence physical activity habits.

Neil Coffee



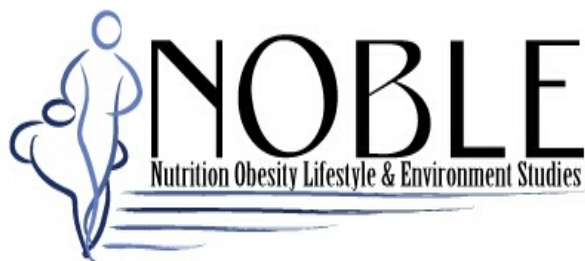
Kirsten is investigating psychosocial factors influencing food choices with a particular focus on fast food and the implications on obesity. Her role is also to contribute to the body of knowledge regarding attitudes towards food and dietary behaviours from a psychological perspective.

Kirsten Dunn



Natasha is undertaking research into social disadvantage, obesity and chronic disease. Natasha's research explores the association between small area and individual level of disadvantage in our community.

Natasha Howard



Sarah's role with the project will be to investigate the complex relationship between obesity and respiratory disease. She hopes her findings will result in better health outcomes for people with respiratory disease through improved detection and management.

Sarah Appleton

NWAHS Stage 3

It's time to start planning not only for the new year but for the next exciting phase of the North West Adelaide Health Study! During 2008 we'll be asking you back for, what will be for most, a third clinic visit.

Planning for NWAHS Stage 3 has already begun and we will be in contact from mid to end 2008.

Thank you to all who participated in the telephone follow-up over the last few months. Much of the

feedback we received was positive, in particular your response to bone density tests. Reduce your risk of osteoporosis and talk to your GP about what you can do to keep your bones healthy!

Make sure you come in for your free health assessment when we call in 2008!

Happy Birthday!



We greatly appreciate the involvement of all of the NWAHS participants. To show our gratitude in albeit a very small way, we like being able to wish you a happy birthday!

To make sure your birthday card reaches you please let us know if any of your contact details have changed by contacting Alicia or Janet to update your information.

(Contact details on page 4.)

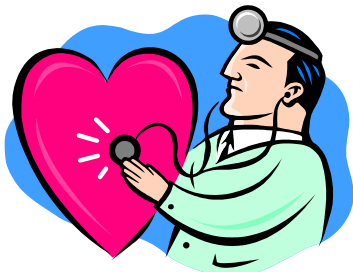




Stage 2 Results

During 2007, results from the NWAHS have been presented to national and international audiences such as the Australian Diabetes Society, Thoracic Society of Australia and New Zealand, Asia Pacific Society of Respiriology, and the International Union for Health Promotion and Education.

Here are just some of the results that have emerged from Stage 2:



Asthma: One in 8 adults (12.5%) had asthma at Stage 1. This increased to 16.2% of Stage 2 participants.

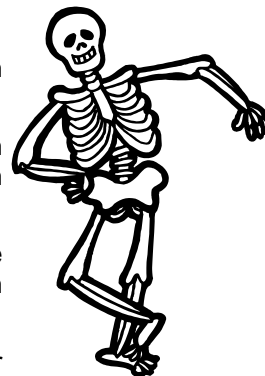
Diabetes: Approximately **7,500** South Australian adults develop diabetes each year.

Cardiovascular disease (CVD): Approximately **6,200** South Australians develop CVD each year.

Cholesterol: Approximately **34,400** South Australians develop high cholesterol each year. There are approximately **12,500** adults each year whose cholesterol is reduced from high to normal levels.

Blood pressure: Approximately **29,200** South Australian adults develop high blood pressure each year. There are also approximately **9,800** adults who reduce their blood pressure each year.

Musculoskeletal: One in 5 participants had arthritis and 3.6% of participants aged 50 years or over in Stage 2 had osteoporosis.



Your feedback

We are happy to address any concerns or questions you may have regarding the NWAHS. The launch of the Stage 2 results and the recent telephone follow-up were great opportunities to get some feedback from you. We look forward to hearing from you in future, so we know what works well and what we can improve.

Do my responses remain confidential?

All responses to questionnaires and biomedical results remain completely confidential. Once we have collected all the information we need, identifying information (names, address and phone numbers) are quickly removed, so that all analysis is conducted with **de-identified** data.

What if I find some questions a little intrusive or difficult to answer?

While it is important for us to obtain information from all participants, we understand that it can be tough to answer some questions. So if you feel uncomfortable in the slightest, you can refuse to answer a question or you can select the 'don't know' option.

Why do you only ask me about the last 4 weeks?

We ask questions about a particular time frame, say the last 4 weeks in particular, because people are more likely to remember something that happened within the last month rather than the last year. For example, it is

sometimes difficult for people to remember what they ate or how much physical activity they did yesterday! This information provides us with a 'snapshot' of the South Australian population in time as a whole.

What about my past clinic results?

One of the purposes of the telephone follow-up interview is to maintain accurate records of your address and other contact details so we can forward your clinic results. If you would like a copy of your clinic results or additional copies of past results please contact one of the Study Team.

Why do you ask about nutrition and physical activity?

We want to know about nutrition and physical activity because they are what we call 'risk and protective factors' which can contribute to the development of chronic conditions. For example, those who do not exercise regularly or have a healthy diet are at a greater risk of developing diabetes or cardiovascular disease.

The population of the North West Adelaide Health Study is representative of South Australia as a whole.

**Janet and Alicia will be taking a much needed break over the festive season, so if you need assistance any one of our friendly PROS staff will be more than happy to assist you. PROS reception 08 8226 7042 or pros@health.sa.gov.au (Contact details on page 4)*





From the entire North West Adelaide Health Study Team, we wish you a happy and safe festive season and a healthy new year!

Holiday Eggnog

This and other recipes are available from:

<http://www.lifeclinic.com/whatsnew/cookbook/diabetescookbook.asp>

You need:

- 2 cup skim milk
- 2 tablespoons cornstarch
- 3 1/2 teaspoons Equal (artificial sweetener)
- 2 eggs, beaten
- 2 teaspoons vanilla
- 1/4 teaspoon ground cinnamon
- 2 cups skim milk, chilled
- 1/8 teaspoon ground nutmeg

Method: Mix 2 cups of milk, cornstarch, & Equal in small saucepan; heat to boiling; boil, stirring constantly for 1 minute. Beat eggs in medium bowl. Mix about half the milk in saucepan. Cook over low heat until slightly thickened, 1 to 2 minutes, stirring constantly. Remove from heat & stir in vanilla & cinnamon. Cool to room temperature; refrigerate until chilled, or until serving time.

Stir 2 cups milk into custard mixture; serve in small glasses or punch cups. Sprinkle lightly with nutmeg.



Diabetic Christmas Pudding

Chef: Roger Bayley

Source: www.abc.net.au/southeastnsw/stories/s431948.htm

Ingredients

- 1/3 cup each raisins, sultanas and currants
- 1 cup grated carrot, lightly packed (90g)
- 1/2 cup grated apple, lightly packed (50g)
- 1/2 cup chopped walnuts
- 1/4 cup brandy
- Grated rind of 2 oranges and juice of 2 oranges made up to 1/2 cup with water
- 1/3 cup water
- 1 cup each white and wholemeal flour
- 1 tsp baking powder
- 1 tsp bicarbonate of soda
- 1 tsp each cinnamon and mixed spice
- 1/4 tsp nutmeg
- 2 eggs
- 1/4 cup vegetable oil

Method: Place dried fruit, grated carrot and apple, and chopped walnuts in a large mixing bowl.

Add brandy, orange rind and juice, and water. Add dry ingredients, eggs and oil, and mix well to combine.

Transfer mixture into a well-greased pudding bowl of at least 1.25-litre capacity.

Cover and steam for 2 1/2 hours. Leave to cool in basin and keep in fridge until use.

When using, steam for 2 hours and serve with orange brandy custard.

NWAHS Study Team



Janet Grant
Study Co-ordinator

Telephone: 8226 6054
Free call: 1800 635 352

Email:
Janet.Grant@health.sa.gov.au



Alicia Montgomerie
Epidemiological Research Officer

Telephone: 8226 8962

Email:
Alicia.Montgomerie@health.sa.gov.au



Sandy Pickering
Clinic Co-ordinator

Telephone: 8222 7866

Mobile: 0401 122 898

Email:
Sandra.Pickering@nwaahs.sa.gov.au

NWAHS WEBSITE:

www.nwadelaidehealthstudy.org

