

NWAH Study: Stage 2 Complete!



Newsletter

Thankyou to all our participants who visited the clinics and shared their health information with us. All the test results for stage 2 have finally been collected. Analysis has started, and some preliminary findings have begun to emerge. (see page 2)

We are also now able to compare results between visits 1 and 2 and gain a clearer picture of health status, as well as potential needs and services in the north-west Adelaide area.

We appreciate your continued support

Thankyou!

All the information gathered in NWAHS is valuable so we need everyone's contribution.

So why stay in NWAHS?

- Awareness of your own health;
- Contributing to a picture of health status and services in South Australia ; and
- Making communities healthier.

NWAHS goes beyond just visiting the clinic for tests. There are more ways you can contribute, such as:

- Attending community forums in your area;
- Participating in focus groups about health related issues; and
- Media opportunities - photos and interviews.

Media Stars

Thankyou to all the participants who volunteered to be media stars. You might have seen articles in the paper where NWAHS participants have been asked to provide comments on topics like exercise and obesity. We are always looking for volunteers, so please contact us if you want to be a media star! (contact details overleaf)



Evaluation of Stage 2 clinic visits

Thankyou to all those people who were randomly selected to participate in the evaluation of stage 2 of the study. We are always trying to improve our service by being friendly, professional and respecting privacy as much as possible. If you have any additional feedback about being part of the NWAHS group, please contact us.

We would love to hear from you!

Invitation to all NWAHS Participants

The NWAH Study team would like your input. A group of researchers is currently investigating the relationship that people, particularly those with a chronic condition, have with their doctor or health professional. A workshop will be held on Monday 20th November, 1 - 4pm at the Queen Elizabeth Hospital. Tea and coffee will be provided and participants will be reimbursed \$20 for out of pocket expenses. If you would like more information please contact:

Dr Kay Price

Ph: (08) 8302 2721

Mobile: 0419 849 875

Email: kay.price@unisa.edu.au

Please RSVP to Kay by 8th November. Looking forward to seeing you there!

A NOBLE thought Nutrition Obesity Lifestyle & Environment Studies

Some NWAHS participants were randomly selected for a study about fast-food consumption. PhD student Kirsten Dunn is conducting research to understand people's attitudes and behaviours towards foods considered less-healthy.

If you still have your questionnaire, please remember to return it in the postage-paid envelope provided.

What's Next...?

We are currently planning a telephone follow-up beginning in March 2007. During the follow-up we will be inviting you to express your views on various health related issues, including questions about nutrition, obesity and lifestyle as mentioned in the NOBLE study.

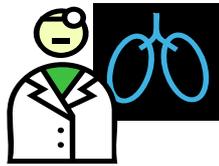
Stay tuned for more NWAHS events, results and information to come in 2007!



Preliminary Results: Stage 2

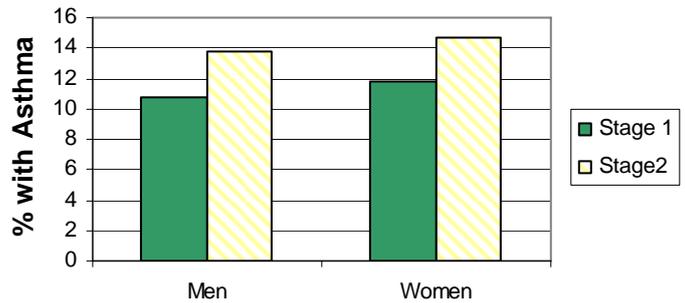
Among participants who did not have asthma at stage 1, 5.4% had developed asthma by stage 2.

The prevalence of asthma for Stage 2 was 13.3%, which was an increase from 12.3% in Stage 1. (shown in the graph)



More of these results will be in the next issue!

Proportion of participants with asthma-stage 1 and 2



Healthy Weight

The chart below shows that while 5.9% of participants who were not obese at their first clinic visit in stage 1 are now obese, there are also 3.0% who have lost weight since stage 1, and are now considered not obese. This is encouraging! Even a small weight loss can have a dramatic effect on your health.



Be Active!

The Be-Active program aims to encourage physical activity amongst all members of the community. You might have heard of, or participated in Be Active initiatives such as:

- National Walk to Work Day
- The Corporate Cup
- Be Active Aquatic Team Challenge
- Active Life Tours



To find out how you or your workplace can be involved in the Be Active program, logon to:

www.beactive.com.au
 Email: beactive@saugov.sa.gov.au
 or call: 08 8416 6677

Staff Profile - Alicia

Alicia has been involved in the recruitment of participants during Stage 2 and in the reporting and analysis of data. She has conducted interviews, collected data and presented some NWAHS findings at conferences. It is her job to track participants' movements, so that we can retain contact with as many people as possible.



So if you have moved, changed phone number or other contact details, and have yet to inform us, please give her a ring on 8226 8962.

Spring Time – Asthma Alert

The weather is getting warmer and in the lead-up to summer those with asthma and pollen related allergies can be susceptible to attacks. The Asthma SA website provides information on asthma triggers, allergens and a daily pollen count NWAHS results indicate that 15% of people over 55 have asthma and of these one third remain undiagnosed. For further information contact the Asthma Foundation on:

South Australia
 (08) 8238 9300
 toll-free telephone number
 1800 645 130
www.asthma.org.au



From left-Alicia, Janet and Sandy

We value your support of the NWAHS project and would like to keep you informed. If you change your address, telephone number or circumstances, or have any questions regarding the study, your clinic visit or results, please contact one of the study team:

Janet Grant-Study Co-ordinator
 Telephone: 8226 6054 Free call: 1800 635 352
 Email: Janet.Grant@health.sa.gov.au

Sandy Pickering-Clinic Co-ordinator
 Telephone: 8222 7866 Mobile: 0401 122 898
 Email: Sandra.Pickering@nwaHS.sa.gov.au

Alicia Montgomerie-Epidemiological Research Officer
 Telephone: 8226 8962
 Email: Alicia.Montgomerie@health.sa.gov.au

WEBSITE: www.nwadelaidehealthstudy.org