

Thank you for your ongoing support with the Study!
We hope you have a peaceful, safe and healthy festive season!



STAGE 3 IS PROGRESSING!

The North West Area Health Study (NWAHS) team have been busy this year with Stage 3 of the study, which started in June 2008 and is expected to be completed by June 2010. So far, we have had over 2,000 people attend for their free health check, including more than 150 children.

As well as our ongoing focus on chronic conditions and health-related risk factors, Stage 3 data collection has included a dietary questionnaire which will provide us with the nutritional intake of participants. We hope to be able to provide individual nutritional information for participants next year.

This most recent health examination is also exploring how well people understand health information, genetic aspects of disease and linking individual data to additional health-related databases.



“Goldmine” of NWAHS data helps to win NHMRC grants of \$2.45 million

Your generous participation in the study has helped Adelaide-based and internationally recognised researchers win \$2,453,978 in the

following National Health & Medical Research Council grants:

\$1,763,013 - for Prof Gary Wittert of The University of Adelaide and NWAHS chief investigators to lead a partnership of the North West Adelaide Health Study, the Massachusetts Male Ageing Study and the Florey Adelaide Male Ageing Study, to assess the effect of sex steroids, inflammation, environmental and bio-psychosocial factors on cardio-metabolic disease risk in men.

\$400,965 - for Prof Mark Daniel of the University of South Australia to lead a collaboration of researchers including NWAHS chief investigators to test the behavioural and psychosocial mechanisms underlying geographic variation in metabolic syndrome.

\$290,000 - again for Prof Daniel to lead a collaboration which involves chief investigators from the NWAHS Study and community partners, in identifying features of residential areas related to metabolic syndrome (a combination of medical problems including obesity that increase the risk of heart disease and diabetes) to provide input to urban planning and public health policies.

Prof Daniel was interviewed by The Advertiser on the 20th October 2009, and the article appeared on Pages 1 and 4 of that day's edition. If you would like to see a copy of the article, please visit either the North West Adelaide Health Study website (<<http://www.northwestadelaidehealthstudy>> and go to the Results page) or via the Population Research & Outcome Studies Unit website (<<http://www.health.sa.gov.au/PROS/> and go to the NWAHS page (Media).

WE NEED YOUR HELP!

Stage 3 of the study is exploring new territory! Researchers are keen to study the health of South Australians from the very young to the very old, and to look at what things help to keep families healthy. We hope this will help to improve the health of individuals and families within South Australia, as well as wider Australia and international communities.

Whilst the response has been good, we would very much like to encourage those study participants who have children aged under 18 years of age and living with them, to help by making an appointment for their child to come along to the study clinic. They will receive a free health check which will start with basic height, weight and blood pressure, and may include other measurements depending on the child's age.

Additional information will be available from the interviewers when they call to make an appointment, and full details of all tests are provided in the information pack and from the friendly study and clinic team staff - either upon a telephone enquiry or during the clinic visit (see the back of this newsletter for our contact details).

As with adults, participants will be given ample opportunity to ask questions and to refuse any tests that they are not comfortable with. A fun certificate of

achievement and a small gift will be given to each child who comes to the clinic, to thank them for their help with the study.

We hope to see more children in the clinic soon!



NWAHS on the world stage!

The study is achieving international recognition with published journal articles and conference presentations based on the wealth of data provided by our study participants:

Conference presentations for 2009 included:

- European Respiratory Society Annual Congress in Vienna (Austria);
- Primary Health Care Research, Evaluation and Development Tri-State Conference in Alice Springs;
- the Australian Epidemiological Association Scientific Meeting in Dunedin NZ;
- Australasian Podiatry Conference on the Gold Coast;
- Thoracic Society of Aust & NZ in Darwin,
- Aust Diabetes Society in Adelaide;
- Aust Rheumatology Association in Wellington NZ; and
- 3rd International Congress on Prediabetes and the Metabolic Syndrome in Nice, France.



Journal publications for 2009 included:

- Adams RJ, Appleton SL, Wilson DH, Taylor A, Gill T, Chittleborough C, Ruffin RE. Cholesterol lowering and the Australian Pharmaceuticals Benefits Scheme: a population study. *Aust Health Rev.* 2009 May;33(2): 325-33.
- Chittleborough C, Burke M, Taylor A, Wilson D, Phillips P, Adams R, Ruffin R. Medicare-related service use among people with diagnosed and undiagnosed diabetes and respiratory conditions. *Aust Health Rev.* 2009 Feb;33 (1):107-16
- Adams RJ, Howard N, Tucker G, Appleton S, Taylor AW, Chittleborough C, Gill T, Ruffin RE, Wilson DH. Effects of area deprivation on health risks and outcomes: a multilevel, cross-sectional, Australian population study. *Int Journal Public Health.* 2009, 54(3):183-92.

- Adams R, Tucker G, Price K, Hill C, Appleton S, Wilson D, Taylor A, Ruffin R. On behalf of the North West Adelaide Cohort Health Study Team. Self-reported adverse events in healthcare that cause harm: Results from The North-West Adelaide Health Study. *Med J Aust,* 2009, 190 (9):484-8.
- Grant JF, Hicks N, Taylor AW, Chittleborough C and Phillips PJ. Gender-specific epidemiology of diabetes: a representative cross-sectional study. *Int J Equity in Health,* 2009, 8:6.
- Cole A, Gill TK, Shanahan EM, Phillips P, Taylor AW, Hill CL. Is diabetes associated with shoulder pain or stiffness? Results from a population based study. *Journal of Rheumatology* 2009; 36:371-7.
- Adams RJ, Appleton S, Hill CL, Wilson DH, Taylor AW, Chittleborough C, Gill T, Ruffin R. Independent association of HbA1c and incident cardiovascular disease in people without diabetes. *Obesity* 2009; 17: 559-563.
- Appleton SL, Ruffin RE, Wilson DH, Taylor AW, Adams RJ. Cardiovascular disease risk associated with asthma and respiratory morbidity may be mediated by short-acting beta-2 agonists. *J Allergy Clin Immunol* 2009 Jan;123(1):124-130.e1.
- Shi Z, Taylor AW, Gill TK, Grant J, Adams R, Wilson D (2009): Body mass index threshold for obesity using self-reported data among Australian population. Letter to the editor. *J Epi and Comm Health.*
- Hill C, Gill TK, Appleton S, Cleland L, Taylor AW, Adams RJ. The use of fish oil in the community: results of a population-based study (letter). *Rheumatology* 2009; 48: 441-442.



If you would like a copy of any of these papers, please contact the Study Co-ordination Team below.

Study Co-ordination Team - including two new members!

We have two new staff members, Carmen and Leanne (see below). Carmen replaces Alicia, who has been promoted to the position of Epidemiologist in the Gestational Diabetes Mellitus Recall Register within the PROS Unit; whilst Leanne replaces Bebe who left the unit earlier this year. We welcome Carmen and Leanne to our study team!



Janet Grant
Senior Epidemiologist
NWAH Study Co-ordinator
SAPHIRE Project Co-ordinator
Tel 8226 6054



Carmen Koster
Epidemiological Research Officer
NWAHS / SAPHIRE
Tel 8226 6024



Leanne Hornbrook
Epidemiological Project Officer
NWAHS / SAPHIRE
Tel 8226 7080



Sandy Pickering
NWAHS Clinic Co-ordinator
Tel 8222 7866
Mobile 0411 517 625
Clinic Office (TQEH) 8133 4046

NWAHS website: www.nwadelaidhealthstudy.org
Email: PROS-NWAHS@health.sa.gov.au

Freecall 1800 635 352
(Health Study Hotline)