

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

STAGE 3 HAS FINISHED!

Thank you to all our participants who helped us with Stage 3 by completing the telephone survey, filling out some questionnaires and/or visiting the clinics. Stage 3 finished in August 2010.

We are starting to analyse this data, which together with Stage 1 and 2 data will allow us to compare results between visits to gain a clearer picture of the community's health status, as well as potential needs for services in the north-west Adelaide area and the wider South Australian and international communities.

Your valuable assistance in sharing your health and lifestyle information with us is (as always) very much appreciated. **Thank you!**

WHAT DOES MY DATA DO?

As a direct consequence of your involvement in this study, the research team are able to determine the prevalence (definition) and incidence (definition), of chronic diseases. Your data informs the State's plan to lead and deliver a comprehensive and strategic health system that aims to ensure healthier, longer and better lives for all South Australians. Also, your participation and subsequent data helps paint a picture of who has certain conditions or risk factors by identifying different groups that could benefit from more targeted health promotion and disease management support. The research team publish findings from your data in an array of different medical journals. Your individual results from the telephone surveys, self-completed questionnaires and clinic test results helped study researchers to find that out the following:

ASTHMA - *About one in eight adult South Australians have asthma; about 30,000 develop asthma each year*
... people with asthma sometimes do not realise the seriousness of this condition and the need for co-ordinated management (including a written asthma action plan) with a doctor who sees them on a regular basis .

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD Chronic bronchitis and/or emphysema) - *About one in twenty-six adult South Australians have COPD; about 7,000 develop COPD each year*
... the need for ongoing "quit smoking" campaigns is supported, with many smokers and ex-smokers suffering the damaging effects with lung disease. However with regular lung testing by their doctors, people can get treatment at an early stage and stop or slow down the progression of lung disease. COPD is the fourth leading cause of death in Australia.

DIABETES - *About one in fifteen adult South Australians have diabetes; about 7,500 develop diabetes each year*
... for every five to six people who knew they had diabetes, one person had diabetes but did not know it – about 11,600 people . These people were more likely to be aged 50 years and over. This means that older people should be checked for diabetes on a regular basis as early detection is important in slowing the progression of the condition and those found to be a the pre-diabetes stage (impaired fasting glucose). →



BABY BOOMER (NOBLE 2) STUDY

In the past, many NWAHS participants have been very generous in assisting NOBLE (Nutrition Obesity Lifestyle and Environment) students with their research projects. We will be calling some of you on the phone again in 2011, as the second part of this project begins with research into the work/life balance of Baby Boomers (those born from 1946 to 1965). One of the issues to be explored is the trend in Australia for obesity to be greater among the Baby Boomer generation than other generation groups. If obesity is not reduced among this group, it may jeopardise their ability to remain in the workforce with all its consequences for income, healthy ageing and retirement. The aim of the project is:

- to identify health and demographic issues regarding relevant Baby Boomer cohort participants; and
- to identify work-related issues regarding the Baby Boomer generation from their employers (following consent from relevant cohort participants).

Your support with this study will be greatly appreciated!



WHAT DOES MY DATA DO? *continued*

ARTHRITIS (and musculoskeletal pain and stiffness) - About one in five participants have been told by a doctor that they have arthritis. Almost one in three has back pain; approximately one in six has foot pain; a similar number has hip pain and/or stiffness and/or knee pain; and almost one in three has shoulder pain and/or stiffness. This can limit people's ability to carry out simple daily activities and as the condition worsens, often results in people needing more help from family and community care.

KIDNEY DISEASE - About one in nine participants had chronic kidney disease and one in eighteen had protein levels in their urine sample that indicated kidney damage.

People aged 45 years and over were more likely to have kidney damage, diabetes, high blood pressure and/or be an unhealthy weight.

HIGH BLOOD PRESSURE - Over one in four adult South Australians has high blood pressure (HBP); about 29,200 develop HBP every year.

People may not know that they have high blood pressure, or that it may not be well controlled.

OBESITY - Over one in four adult South Australians is obese (body mass index (BMI) - weight in kg divided by height in squared metres - 30+), and another one in three is overweight (BMI 25-29); about 16,100 become obese every year. About one in ten adult South Australians are severely obese (BMI 35+). Over one in two adult South Australians has a high waist circumference (100 cm or more for men and 90 cm or more for women).

People tend to over-estimate their height by 1.4 cm (often because their height has diminished as they have aged) and under-estimate their weight by 1.7 kg. Of those considered obese, almost six in ten thought that they were "a little overweight", and that men were more likely to under-estimate their weight. Having central body fat increases heart disease risk.

STAFF MOVEMENTS



Our Principal Investigator, Prof Richard Ruffin retired in July 2010 from The University of Adelaide. Prof Ruffin will continue to review and advise on treatment of asthma and chronic lung disease as a result of the information gained by the study.



Prof David Wilson, a founding Chief Investigator, is also officially retiring in February 2011, although he will continue to contribute to publications on a range of health topics from information from the study.



Dr Catherine Hill has been promoted to Chief Investigator from Associate Investigator. Catherine is a Consultant Rheumatologist at The Queen Elizabeth Hospital and is interested in all aspects of musculoskeletal health issues such as arthritis and joint pain in hands, knees, shoulders, etc.

We thank Profs Ruffin and Wilson for their most valuable contribution to the study wish them all the best in their future endeavours!

PAMS (Place and Metabolic Syndrome) Project

Much is happening with this NHMRC project, led by Prof Mark Daniel of the University of South Australia. Members of your local councils, as well as the relevant organisations representing local GPs and interested SA government departments, are involved in an advisory group that will examine the NWAHS data regarding neighbourhood issues such as transport, fruit and vegetable stores, green space, housing quality, noise, fast food restaurants and crime. This will help to guide action in healthy urban planning, social organisation and public health for your community.

Study Co-ordination Team



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The study management team is moving to The University of Adelaide in early 2011 - new contact details will be advised as soon as they are available.

NWAHS website: www.nwadelaidehealthstudy.org Freecall 1800 635 352 (Health Study Hotline)

