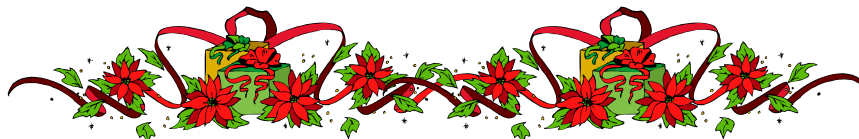




# North West Adelaide Health Study



**Thank you for your continued support!  
From all of us to all of you - wishing you a happy, safe and  
healthy Christmas and New Year!**



## North West Adelaide Health Study Stage 3 Begins

The North West Area Health Study (NWAHS) team has been busy in 2008 preparing for the next big stage of the study. NWAHS has now collected health data over the past nine years from approximately four thousand Adelaide residents living in the northern and western suburbs. The data has provided a comprehensive snapshot of the state of our health and well-being, and informed health research, planning, policy and services.

Stage 3 officially commenced in June 2008 with the first round of participants again visiting the clinics for their next free health examination. All remaining study participants will be sent a letter over the next eighteen months, inviting them to attend one of the clinics for a range of health checks. The study will once again be investigating diabetes, asthma, chronic obstructive pulmonary disease (COPD - sometimes known as chronic bronchitis and emphysema), mental health and arthritis, and a number of risk factors that might predict developing disease at a later stage of life.

New areas to be investigated include food and nutrition intake, understanding health information, genetic aspects of disease and linking individual data to additional health-related databases.

Chief Investigator, Professor Richard Ruffin says that with chronic disease on the increase, it is hoped that Stage 3 will shed more light on the significant burden the State may face in the future. Researchers are hoping to have the same high level of involvement as the previous stage.

**The continued success of NWAHS depends on the generosity of our study participants through their ongoing involvement in the giving of their time and effort to answer surveys and attend the clinic for biomedical measurement. Thank you all so much!**

### Recent developments

This year the NWAHS joined the SAPHIREe (SA Population Health Intergenerational Research) project, a collaborative cohort linkage project initiated by the University of South Australia (see story overleaf).

As part of this collaboration, children (aged up to 17 years of age) of existing study participants will be invited to join the NWAHS for the first time and offered a free health clinic check which will start with basic height, weight and blood pressure, and may include other measurements depending on the child's age.

Information about this will be available from the interviewers when they call to make an appointment, as well as in the information packs 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 look forward to seeing you soon!

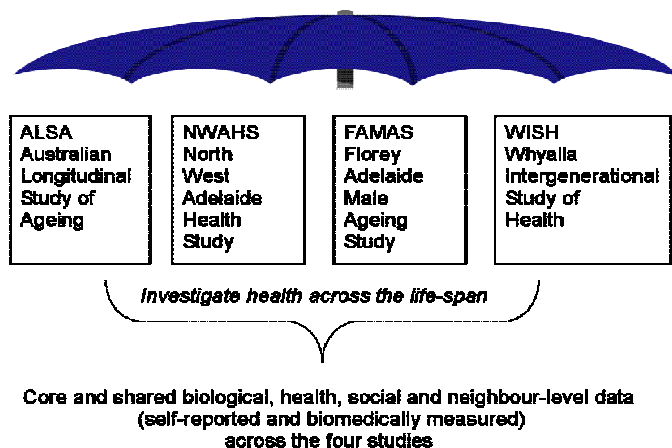


NWAHS Clinic Team (L to R)  
Kerryn, Sandy (Clinic Co-ordinator), Jude and Tina

## NWAHS joins SAPHIRE

The NWAHS joined SAPHIRE in 2008. SAPHIRE is a \$4.6 million project that has been established from a \$1.35 million grant from the Premier's Science and Research Fund, together with support from the University of South Australia (UniSA), SA Health, The University of Adelaide, Flinders University, and the Spencer Gulf Rural Health School (Whyalla).

SAPHIRE is a collaborative cohort linkage project initiated by UniSA involving three existing adult cohort studies: the North West Adelaide Health Study (NWAHS); the Florey Adelaide Male Ageing Study (FAMAS) and the Australian Longitudinal Study of Ageing (ALSA). The project also involves establishing a regional cohort of families similar to the NWAHS, known as the Whyalla Intergenerational Study of Health (WISH) and adding children to the NWAHS cohort.



The study's aim is to build a novel multigenerational cohort study in South Australia which will identify determinants of health, and establish the basis for the prevention of the major causes of illness and mortality in our community, such as:

- obesity;
- the metabolic syndrome;
- diabetes;
- heart disease;
- chronic respiratory disease;
- mental distress; and
- frail ageing;

across the lifespan, which can be linked to a geographical information system.

Unique features of the project include:

- the recruitment of family clusters for longitudinal research of life-course factors;
- data linkage from health-related records including birth, early childhood health, and medical, hospital and pharmaceutical usage;
- DNA storage and testing for gene environment interactions and risk of obesity and diabetes; and
- examination of data from geographical and socio-economic status variations, including further collaboration with the Nutrition Obesity Lifestyle and Environment (NOBLE) Study.

We will continue to report on our involvement and the progress of SAPHIRE as it develops - stay tuned!



## NWAHS team on the move!

For those who travel to our clinic at The Queen Elizabeth Hospital, please note that the NWAHS clinic team will move across the road into the new Basil Hetzel Research Institute for Medical Research (opposite The Queen Elizabeth Hospital) at 28 Woodville Road. The Institute will be home to over 100 researchers and research administration. The Institute (through its teaching and research affiliations with The University of Adelaide, University of South Australia and the Flinders University) will provide a dynamic environment in which research and research training opportunities are pursued.

The Institute's spectrum of inquiry is broad, and includes exploring causes, potential improvements in therapeutic outcomes and prevention of some of the most serious and common health conditions, including cancer, cardiovascular disease, arthritis, kidney disease, diabetes, respiratory diseases and stroke.

The NWAHS clinic team will move into a special clinic area on the ground floor, and will be operational from the 5th January 2009.

The new Basil Hetzel Institute will be officially opened by the Minister for Health, Hon John Hill MP, in March 2009.

# SA Great Award

**Congratulations to Professor Richard Ruffin!** Prof Ruffin is a Chief Investigator and one of the founders of the North West Adelaide Health Study, and was presented with the SA Great Award for Health at a function held on Thursday 20th November 2008.

Prof Ruffin was awarded the SA Great Award for Health for the work he carries out as the Professor of Medicine at The Queen Elizabeth Hospital and as Chairman of the Post Graduate Medical Council of SA. Professor Ruffin has more than 25 years experience working as a respiratory physician, consulting at The Queen Elizabeth Hospital and the Lyell McEwin Hospital. Prof Ruffin is interested in teaching and training undergraduate and postgraduate students. In terms of research, he continues to participate in projects related to population health risk factors and chronic disease.



## Study Update



### In the news ...

The NWAH Study was featured in the The Advertiser and The Messenger in August, regarding Stage 3 of the study commencing.

### Research ...

The NOBLE study, under the leadership of Prof Graeme Hugo, has recently been awarded a NH&MRC Arc Linkage Grant to study the Baby Boomer generation (those born between 1946 and 1961), the health issues relating to obesity and their patterns of work.



Prof Hugo is the Director of the National Centre for Social Applications of Geographic Information Systems (GISCA) at The University of Adelaide. He is one of only five Australians listed as one of the world's most quoted geographers.



### On TV ...

Recently the ABC programme "Life at 3", featured two South Australian researchers - **Prof Gary Wittert** and **Prof Tim Olds**. This project is following the growth and development of a cohort of Australian children from birth. Both Prof Wittert and Prof Olds are involved in the SAPHIRE project, as well as the NWAHS.

**Prof Wittert** is the Mortlock Professor of Medicine and the Head of the Department of Medicine, University of Adelaide, Senior Consultant Endocrinologist, at the Royal Adelaide Hospital, and Member of the Hanson Research Institute. He is an expert on obesity-related health issues and is the Chief Investigator with the FAMAS project at The University of Adelaide. As part of this project, he is investigating prostate health among men of the NWAHS.



**Prof Olds** is a professor in the Division of Health Sciences at the University of South Australia, and an expert on child obesity and fitness. He is involved with children's issues with the NWAHS, particularly looking at children's daily activities through the use of a computer-based tool (MARCA programme).



## A message from the clinic staff ...

The clinic team has had a busy year planning and implementing the start of Stage 3 in June 2008. Both Kerry (new clinic staff member) and Jude (new administrative officer) have been welcomed to the existing team of Sandy (Clinic Co-ordinator) and Tina (clinic staff member). The clinic team all now have smart blue clinic uniforms with the distinctive Sturt Desert Pea logo of the study, so they are easy to recognise! The clinic team are hoping to see all remaining participants over the coming eighteen months for their free health check.

We are keen to accommodate everyone with clinic times to suit your schedule as much as possible, however if you do need to change your appointment, could you please let us know as soon as possible by calling:

- the clinic on **(tel) 8222 7866** or **(mobile) 0401 122 898**;
- or the study co-ordination team in the PROS Unit at SA Health on **(tel) 8226 6054** or **(free-call to the Population Health Study Hotline) 1800 635 352**. Please note that the PROS Unit conducts a number of health surveys, so please mention that you are a member of the North West Adelaide Health Study when you call - thank you!

**Similarly, we would very much appreciate you notifying us of any change of address or telephone details so our records can be kept up-to-date. These can be advised either through to the above numbers (answering machine facilities available for all numbers); or email to [PROS-NWAHS@health.sa.gov.au](mailto:PROS-NWAHS@health.sa.gov.au). Many thanks!**



**Christmas Berry Trifle** from Australian Good Taste magazine - December 2007, Page 64 - Recipe by Aneka Manning  
<http://www.taste.com.au/recipes/18716/christmas+berry+trifle>

**Ingredients (serves 10)**

- 200g (about 16) savoiardi (sponge finger biscuits)
- 2 x 9g pkts Aeroplane JellyLite raspberry-flavoured low-joule jelly crystals
- 1 tsp rosewater essence
- 80g unsalted pistachio kernels
- 4 x 150g ctns Fruche Vanilla Creme 99 per cent fat-free fromage frais
- 500g fresh or thawed frozen mixed summer fruit (such as strawberries, raspberries, blueberries or cherries)
- 2 tsp icing sugar mixture



**Method**

1. Break the biscuits into large pieces. Arrange over the base of a 2L (8-cup) capacity serving dish.
2. Prepare the jelly following packet directions. Stir in the rosewater essence. Carefully pour the jelly mixture over the biscuits. Cover with plastic wrap and place in the fridge for 4 hours or until the jelly is set.
3. Meanwhile, place the pistachios in a frying pan over medium heat. Cook, stirring, for 3-5 minutes or until lightly toasted. Set aside to cool slightly. Coarsely chop.
4. Spoon the fromage frais over the jelly. Top with mixed summer fruit.
5. Sprinkle with pistachios and dust with icing sugar to serve.

**Notes & tips**

- Time plan tip: Prepare to the end of step 3 up to 1 day ahead. Place the pistachios in an airtight container. Continue to the end of step 4 up to 4 hours ahead. Cover and place in the fridge. Continue from step 5, just before serving.
- Tip: Rosewater essence, which is used extensively in Middle Eastern and Indian desserts, is available from the baking

Fat Total 6.00g	Dietary Fibre 3.00g
Fat Saturated 1.00g	Energy 880kJ
Carbohydrate Total 29.00g	Protein 9.50g

**Study Co-ordination Team**



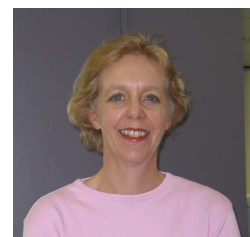
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**Freecall 1800 635 352**