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LEWSLETTER

More participants in the North West Adelaide Health Study

The study team has been successful in obtaining funding to increase the number of participants in the North West Adelaide Health Study from 2500 to 4000. Having more people in the study means that the results will have more statistical power. It also allows more qualitative investigations to be performed.

Thank you, and welcome, to all our new participants.

Information collected from participants who attended the clinic in 2000 and 2001 is already being analysed. Three major reports of these analyses will be launched by the Minister for Health in February 2003.

Results in these reports will be used to identify resources required in the future to improve the health of people living in North West Adelaide.

We value your support on the NWAHS
project and would like to keep you
informed. If you change your address,
phone number or circumstances,
please contact Janet Grant on:

Phone: (08) 8226 6054
Fax: (08) 8226 6244
Email: Janet.Grant@dhs.sa.gov.au

www.nwadelaidehealthstudy.org

INVITATION

As a participant in the North West Adelaide Health Study, you are invited to the launch of the

"North West Adelaide Health Study Key Biomedical Findings" and other reports at either:

Northern Region

by the Hon Lea Stevens, Minister for Health on Friday 14th February, 2003 from 11 am to 12 noon at the Grenville Community Centre (Grenville Street, Elizabeth)

or the

Western Region

by Prof Richard Ruffin, Principal Investigator of the Study on Thursday, 20th March 2003 from 11 am to 12 noon at the Woodville Town Hall (Woodville Road, Woodville)

RSVP: For catering purposes, please reply by phone, Freecall **1800 635 352**, by 10th February (Northern) or 17th March (Western).

Findings from the NWAHS

DIABETES

In the North West region of Adelaide, 6.7% of adults had diabetes. This means that **25,500** adults in North West Adelaide have diabetes.

For every 4 people with diagnosed diabetes, one person has diabetes but does not know it.

If diabetes is poorly managed or untreated, it can lead to complications including damage to kidneys, eyes, nerves, heart and brain.

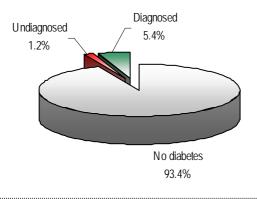
ASTHMA

In the North West region of Adelaide 11.6 % of adults had asthma. This means that **44,100** adults in North West Adelaide have asthma.

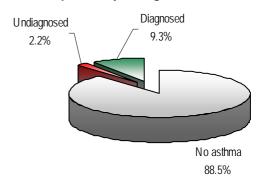
For every 4 people with diagnosed asthma, one person has asthma but does not know it.

Asthma is a condition where the airways in the lung narrow after exposure to certain triggers such as dust, pollen, animal hair, pollutants, fumes, vigorous exercise or cold air.

Proportion of participants with diagnosed and previously undiagnosed diabetes



Proportion of participants with diagnosed and previously undiagnosed asthma



Both diabetes and asthma present a serious health problem to people living in North West Adelaide. Early detection and effective management is very important.

If these conditions are well managed and controlled, people can lead a normal life.

BLOOD PRESSURE

Overall, 27% of participants had high blood pressure. Males were more likely to have high blood pressure than females.

Blood pressure can be described as the force that the circulating blood exerts on the artery walls. Blood pressure measurement is divided into systolic (pressure during contraction of the heart) and diastolic (pressure during the relaxation phase).

High blood pressure increases the risk of developing stroke, heart disease and diabetes complications.

