

Findings from the NWAHS

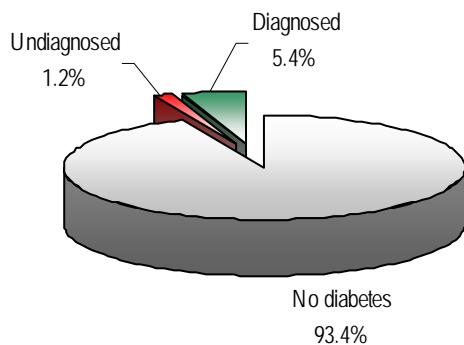
DIABETES

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.

Proportion of participants with diagnosed and previously undiagnosed diabetes



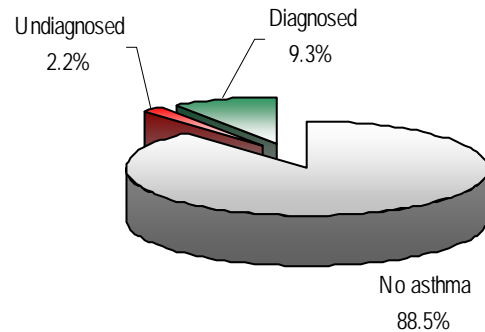
ASTHMA

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 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.

Proportion of males and females in the North West Adelaide Health Study with high blood pressure (140/90mmHg or higher)

