



ARDAC Kidney Health Study Newsletter 2016

The ARDAC Study

The ARDAC Study is the first large population-based study comparing the early markers of chronic disease in Aboriginal and non-Aboriginal children.

The study aims to determine whether the increased prevalence of chronic disease in Aboriginal children or young people as a higher risk for early markers of chronic disease

Study Manager's Update: ARDAC Study 2016 and beyond

Hi, and welcome to the end of year edition of the ARDAC Kidney Health study newsletter.

Firstly, I would like to acknowledge all Nations in which I work and respect the spiritual connections to their lands and I pay my respects to our Elders past, present and our future.

In the last six months the ARDAC team has been working closely with three locations to improve community engagement to promote ARDAC and raise awareness of Chronic Kidney Disease. Although we are behind in our target for screening, we have managed to build and strengthen some local partnerships across NSW. I would personally like to thank all CEO's

and staff members from Orange Aboriginal Medical Service, Biripi Aboriginal Medical Service in Taree, Durri Aboriginal Medical Service in Kempsey and Marrin Weejali Aboriginal Corporation Mt Druitt/Blackett for their commitments to ARDAC to assist us with finding our original participants who started with us back in 2002. In each service, we gave a presentation to staff and in return staff gave us some realistic ideas to work smarter in their communities.

As we are coming to the end of year, I would like to thank those Aboriginal Community Controlled Health Services who already work with us over the last two

years and I will be in contact with you to organise our next screening visit to your community next year.

So until our next newsletter, all have a Merry Christmas and a Happy and safe New Year.

Trace J

If you have any questions or concerns about the study, please feel free to contact me via:

tracey.shillingsworth@health.nsw.gov.au

Screening update and future directions

In 2016 the ARDAC team attempted to contact 367 participants and of these screened 65 participants which is far fewer than expected.

One of the main reasons is that 92% of our participants are aged over 18 years and are no longer at school. Many are now living independently so their original contact details have changed from the time they were enrolled in the study.

In response to this challenge we are working on partnerships with ACCHS and Local

Health Districts to make connections with local community members. They can not only help us find past participants but also promote the study and the important health messages around kidney and heart health.

We are also seeking ethics permission to use Facebook and the electoral role to help find our participants.

Now is a crucial time to reconnect with our young people and rescreen them as we are close to finding key changes in risk factors for kidney and heart disease.

Once we clarify when these risk factors are emerging, it will enable us to determine the optimal time to intervene with strategies to reduce the burden of chronic disease in adulthood.

If you or your child were part of the ARDAC study we would love you to make contact with us again for your kidney health check. You will be doing something positive for your own health, the community by helping us gather this important data. Lets make chronic kidney disease history!
- Noella & Marianne

Screening & Visits 2016

Western Sydney

Orange

Taree

Kempsey

Port Macquarie

Campbelltown

Narellan

Blacktown

Get to know the ARDAC team: Marianne Kerr, ARDAC Research Officer

Tell us about yourself: I am an Australian citizen but my family are from New Zealand. I originally trained as a registered nurse then later worked for the NSW Health Department as a public health officer. After having two sons I moved into clinical research and have worked for the Centre of Kidney Research for 11 years. I joined the ARDAC Study in August 2016 and I'm really enjoying it!

Why do you want to work in Aboriginal health? I want to see the disparity between the health of Aboriginal and non-Aboriginal people changed. Research studies like ARDAC are helping us gather the evidence we need to inform appropriate interventions that can stop health problems progressing to chronic disease and early death.

What is your favourite thing about working on the ARDAC study? Learning more about Aboriginal culture, meeting the participants and working with a great team.

Favourite colour: Blue

Favourite food: French or Italian

Favourite movie: All eight Harry Potter films

Favourite book: Too many good ones to pick a favourite

Favourite TV show: Downton Abbey

If you could have any super-power what would you choose? Flying

What is your favourite flavour of ice cream? It would have to be Chocolate!

If you could live anywhere in the world where would it be? NZ for the scenery or England for the history

Hidden talent? I am very organised (you should see my pantry!)

What do you do in your free time? Spend time with my family & friends, walk my dog Jasper and cook yummy food!



Marianne Kerr
ARDAC Research Officer
Answer = 1700 ltrs

Promoting ARDAC at the Koori Knockout over the October Long weekend

In order to raise the profile of the ARDAC study we had a stall at the Health Hub at the Koori Knockout event held in Leichhardt. We were very grateful to the many people who visited our stall and gave us their contact details and their family stories about Kidney health problems.

We offered health advice regarding good kidney and heart health, and gave visitors a

hat, wrist band or fridge magnet which had the ARDAC logo and 1800 number on it.

Although ARDAC is concentrating on ways to find and re-screen our original participants, we are also working hard to inform local communities about risk factors for kidney and heart disease because these conditions are preventable. We hope to lead a legacy of change in Aboriginal health!

NHMRC Grant Proposal for a further 5 years of funding

It is hard to believe how quickly time passes by December 2017 we will have come to the end of Phase 3 of ARDAC Study.

Therefore we need to think ahead and start writing a grant proposal for a further 5 years of funding. As mentioned before we have started to see some difference in the

frequency of risk factors for kidney and heart disease between Aboriginal and non-Aboriginal young people, so we need to find out whether these differences continue. The next phase would also involve developing intervention programs to prevent risk factors from progressing to disease.

QUESTION:

How many litres of blood do your Kidneys filter per day every day?

Circle your answer - 6 litres / 38 litres / 190 litres / 860 litres / 1700 litres?
(Marianne has the answer!)

Would you prefer to receive your newsletter via email?
Just send a request to :

ardac.SCHN@health.nsw.gov.au

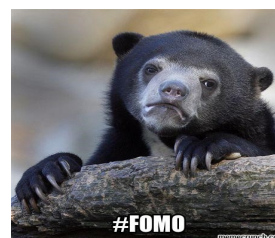
If you would like any information about the study please phone us on 9845 1472, 9845 0119 or

Free-call 1800 005 846 (and leave a message)

Web site: www.ardac.org.au



think.kids.



Don't miss out on being part of ARDAC phone **1800 005 846** and leave your name & contact details

The ARDAC team would like to extend a very happy and safe holiday season to you and your family.



Hope to see you in 2017!

If you've moved since the last time we've screened you, please contact the ARDAC team at

ardac.schn@health.nsw.gov.au or call us toll free on **1800 005 846**.