



ARDAC Kidney Health Study Newsletter 2013

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 adults was evident in Aboriginal children as a higher risk for early markers of chronic disease

Study Manager's Update: ARDAC Study 2013 and beyond

Hello and welcome to the second edition of the ARDAC newsletter for 2013.

We'd like to thank you for your support of the study over the past five years.

I would like to take this opportunity to thank you all for supporting the study and being so welcoming when I visit your communities.

**The Living Desert Reserve,
Broken Hill**



As you may be aware, the study has been funded by the NHMRC for a further five years. The third phase of the ARDAC study will begin in January 2014.

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

We will continue to screen our current participants and will be recruiting participants between the ages of 16-20 years.

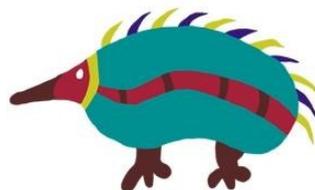
jennifer.daylight@health.nsw.gov.au

Have a safe and happy holiday season and see you all in 2014!

As this year comes to an end, so too does the second phase of the ARDAC Study. The second phase started in 2008, and since then we have screened 3486 participants.

September marked my one year anniversary in the Aboriginal Study Manager role. It has been a rewarding and enjoyable year.

It has been a pleasure to meet many of you during these trips.



Screening update

In 2013 the ARDAC team has screened over 500 participants. We have travelled to areas across NSW, and visited over 70 schools in Goulburn, Queanbeyan, Wagga Wagga, Dubbo, Gilgandra, Batemans Bay, Taree, Newcastle and Ballina.

will be recruiting participants aged 16 to 20 years old. We will also continue to follow-up all participants we have screened before. So if you'd like to be screened again please contact us.

Thank your to everyone who has supported us through out the year.

In 2014 we will begin the next phase of the study and

- Nickie & Rachael

Screening at Ballina High School



Screening Dates 2014

Mount Druitt	Feb
Broken Hill, Menindee & Wilcannia	Feb
Armidale	Mar
Dubbo, Orange & Gulargambone	May
Brewarrina, Walgett & Bourke	May
Newcastle	Jun
Kempsey	Aug
Nowra	Sep
Condobolin & Lake Cargelligo	Oct

Get to know the ARDAC team: Jenn Daylight, Aboriginal Study Manager

Tell us about yourself: I'm a Kamilaroi woman who lives and works in Sydney. I started with the ARDAC Study last year and I'm really enjoying it!

Why do you want to work in Aboriginal health? I have a passion to make things better for my people and I believe that working in health is a way to do that. I hope that one day the work of studies such as ARDAC will bring about great change for our people. Once we're on a level playing field, true reconciliation can begin.

What is your favourite thing about working on the ARDAC study? Traveling to all our screening locations, meeting great participants and their families and the great team I work with!

Favourite colour: Hot pink or red (depending on the day)

Favourite food: Mexican

Favourite movie: Pride and Prejudice (2005)

Favourite book: The Bell Jar by Sylvia Plath

Favourite song: All Falls Down by Kanye West

Favourite TV show: Arrested Development

If you could have any superpower what would you choose? Mindreading.

What is your favourite ice cream flavour? Passionfruit.

If you could live anywhere in the world where would it be? Sydney or London when it snows.

Hidden talent? I can dance (and took classes)!

What do you do in your free time? Spend time with my family and friends, listen to music and read.



Jenn Daylight

A fun recipe for Christmas!

RUDOLPH CUPCAKES



Ingredients: 12 cupcakes, chocolate frosting, 1 packet of pretzels (plain or chocolate), 12 jaffas or red smarties, 24 brown M&M's or chocolate bits.

Instructions:

1. Cook 12 cupcakes using your own favourite recipe or packet mix. Ice with chocolate frosting
2. Top with 2 pretzels (ears), 1 jaffa/smartie (nose), and 2 M&M's/chocolate bits (eyes)
3. Enjoy with your family and friends!



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



MERRY CHRISTMAS!
See you in 2014!

If you would like any information about the study please contact us!

Phone: 9845 1469

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

Email: ardac.SCHN@health.nsw.gov.au

Web site: www.ardac.org.au

Remember to
follow us on twitter:
[@ardackidney](https://twitter.com/ardackidney)

