



# ARDAC Kidney Health Study Newsletter 2014

## 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 first edition of the ARDAC Kidney Health Study newsletter for 2014.

Armidale and Kempsey (and others currently being planned), it will be a busy first half of the year.

Thank you again for your support of the study. We couldn't do it without you.



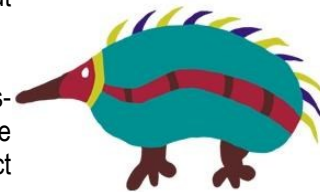
In 2014, ARDAC will be working to form closer bonds between the study and the communities we screen in. We are hoping to use the first half of the year to ensure we meet with communities and hear any comments or concerns they might have about the study.

See you soon!

- Jenn

I hope you had a safe and happy holiday season.

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



After a busy 2013, the study hasn't slowed down! With consultation trips planned to

[jennifer.daylight@health.nsw.gov.au](mailto:jennifer.daylight@health.nsw.gov.au)

### Screening update - Nickie & Rachael

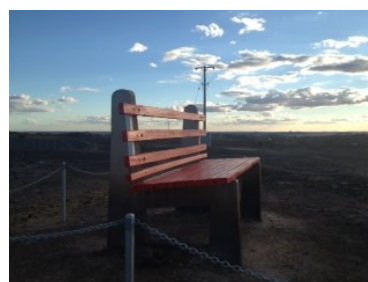
2014 marks the beginning of the third phase of the ARDAC Study. We will be recruiting new participants aged 16 to 20 years old. We will also continue to follow-up all participants we have screened before.

consent form in the reply paid envelope. If you have any questions please contact us.

In 2014 we will be screening participants from these areas: Broken Hill, Wilcannia, Menindee, Mt Druitt, Armidale, Newcastle, Kempsey, Nowra, Dubbo, Gulargambone, Bourke, Condobolin and Lake Cargelligo. If you have moved or left school please let us know so we can arrange your screening visit.

Thank you to everyone who has participated in the study. We hope to see you again for the third phase of ARDAC.

#### Big Park Bench, Broken Hill



As one of our current participants you will receive information about the ARDAC Third Phase study and a consent form. If you would like to be screened again please return the

### Screening Dates 2014

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

## Get to know the ARDAC team: Rachael Kearns, Research Officer

**Why do you want to work in Aboriginal health?** When I first started working with the ARDAC Study I knew very little about Aboriginal health and communities. I learn something new on every ARDAC trip and each community is different. I feel that I am part of a much bigger team of individuals, health services and communities all working to close the gap in Aboriginal health.

**What is your favourite thing about working on the ARDAC study?** Meeting the study participants and families, and learning about all the great work that is happening to improve Aboriginal health. I also enjoy trying to find the best coffee in each town we visit. I have discovered lots of hidden gems during my ARDAC travels!

**Favourite colour:** Red

**Favourite food:** Ice cream

**Favourite movie:** Love Actually. It's become a Christmas tradition.

**Favourite book:** Too many favourites! I enjoy reading historical fiction novels and autobiographies. I've just finished 'Long Walk to Freedom' by Nelson Mandela.

**Favourite TV show:** Downton Abbey

**If you could have any superpower what would you choose?** Flying

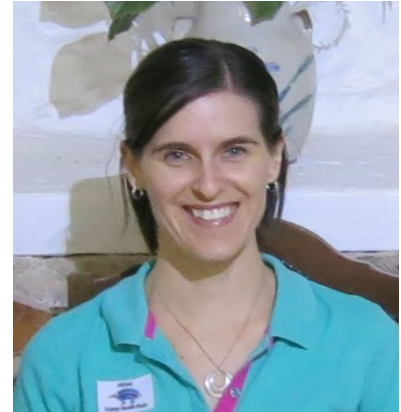
**What is your favourite ice cream flavour?** Hazelnut gelato

**If you could live anywhere in the world where would it be?** Paris

**Hidden talent?** Handstands and cartwheels (I used to be a gymnast!)

**What do you do in your free time?** Volunteer in Madagascar, catch up with friends, read, spend time with my 3 nieces and nephew.

- Rachael



## Beef, celery and sesame stir-fry

(serves 4)

### Ingredients:

- 1 clove garlic, crushed
- 1 teaspoon sesame oil
- 3 teaspoons olive oil
- 3 tablespoons almonds
- 2 cups celery, sliced
- 3 tablespoons salt reduced soy sauce
- 1 tablespoon water
- 500 g stir fry lean beef, sliced

### Instructions:

1. Toast almonds in a dry frypan and set aside.
2. Heat the oils in a frypan, fry garlic for 30 seconds.
3. Add beef and stir-fry until browned.
4. Add the water, soy sauce and celery.
5. Toss until celery is hot.

Serve with steamed rice



<http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/pages/Sesamebeefandcelerystirfry?open>

The ARDAC team look forward to visiting you throughout the year.



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](mailto:ardac.SCHN@health.nsw.gov.au)

**Web site:** [www.ardac.org.au](http://www.ardac.org.au)

If you've moved since the last time we've screened you, please contact us.

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



think. kids.