

# ARDAC Kidney Health Study



## Screening Report Taree & Newcastle Area

2011



# The ARDAC Study

The ARDAC Study (**A**ntecedents of **R**enal **D**isease in **A**boriginal **C**hildren) is based at The Centre for Kidney Research at The Children's Hospital at Westmead and is investigating the early signs of kidney and cardiovascular disease in both Aboriginal and non-Aboriginal children in NSW. The first phase of the study was conducted over 6 years between 2002 and 2007 and followed the health of more than 2000 primary school children from areas across NSW. Initially participants were recruited from primary schools, however they are now screened in high schools, at home and in the community as the participants are older and some have left school. Screening in Phase 2 of the study includes measurement of height, weight, blood pressure, waist circumference and a urine test.

The results of the first phase showed no difference in presence of markers for kidney and cardiovascular disease between Aboriginal and non-Aboriginal participants. Screening for Phase 2 started in 2008. The success of the ARDAC study has been the result of the support and commitment from Aboriginal Health Workers (AHW's), Aboriginal Education Officers (AEO's), teachers, staff from the Aboriginal Medical Services, the Division of General Practice and a large number of participating schools and communities.

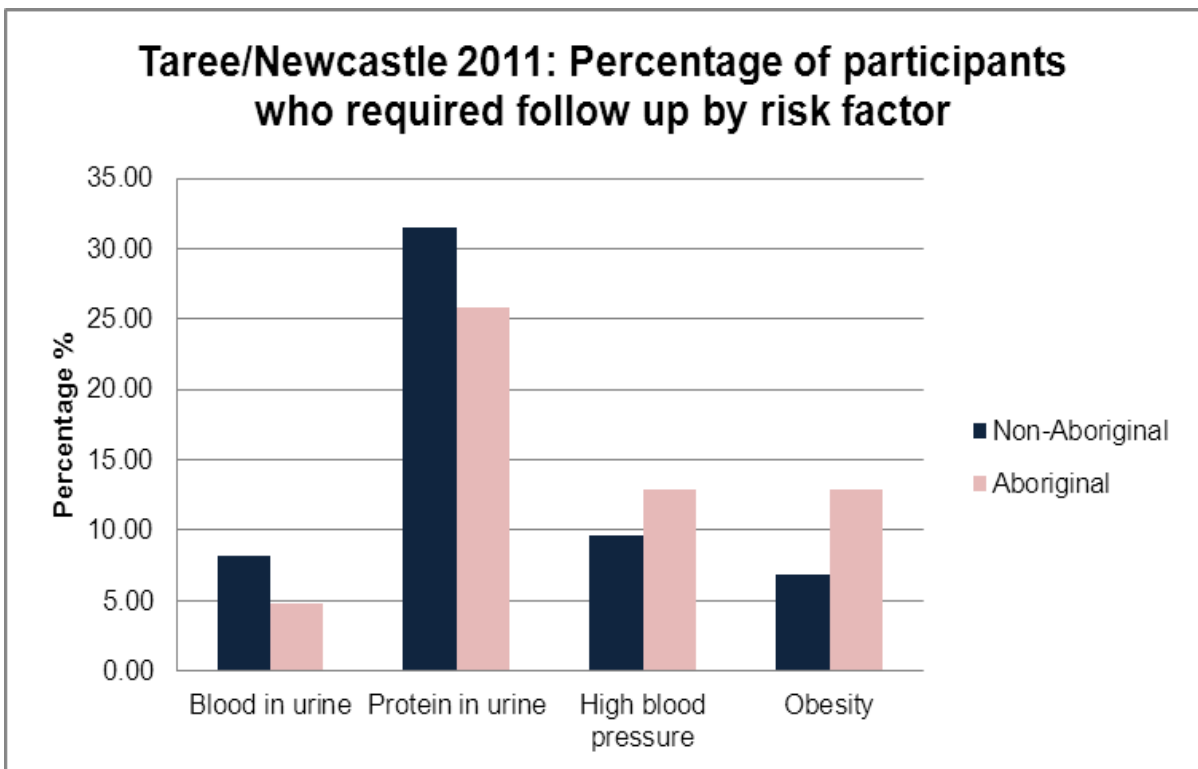
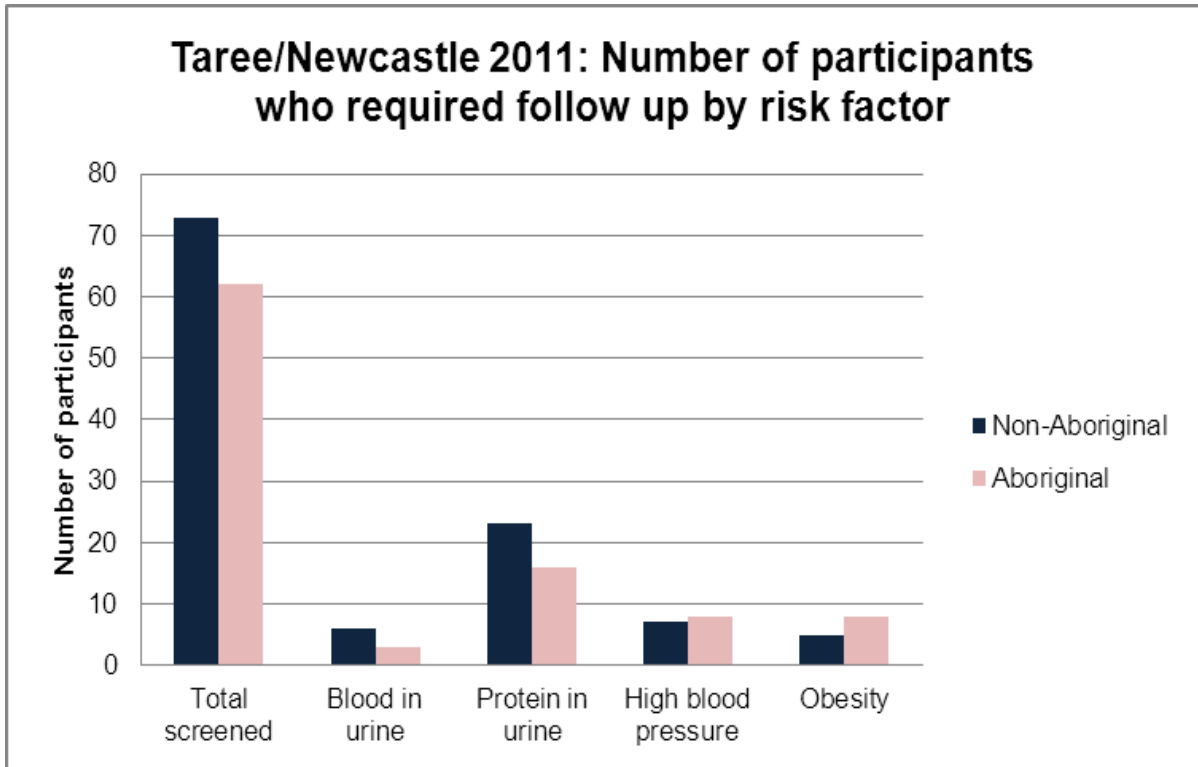
In 2011 we screened 135 participants from the Newcastle/Taree Area. These are the results of screening in the Newcastle/Taree Area in 2011.

Schools screened in the Newcastle/Taree Area:

<b>School</b>	<b>Participants</b>
Belmont High School	2
Chatham High School	32
Francis Greenway High School	1
Glendale Technology High School	1
Great Lakes College Forster Campus	7
Great Lakes College Senior Campus	4
Hunter Sports High School	14
Kincumber High School	1
Manning Valley Anglican College	1
Morisset High School	1
Muswellbrook High School	7
Northlakes High School	15
Taree High School	5
Toronto High School	26
Tuggerah Lakes Secondary College Tumbi Umbi	1
Wyong High School	2
Home Visits	15
<b>Total</b>	<b>135</b>

# ARDAC Phase 2 Screening Report

## Taree & Newcastle Area



The first graph shows the number of Aboriginal and non-Aboriginal participants who were referred for each risk factor. The second graph shows the percentage of Aboriginal and non-Aboriginal participants who were referred for each risk factor.

**Number of participants tested:** 135

**Ethnicity:** 54% non-Aboriginal (73) and 46% Aboriginal (62)

▪ **Blood in urine  $\geq$  1+ (25 cells/uL) excluding menstruation:**

There were 9 out of 135 participants (7%) who had blood in their urine, 6 non-Aboriginal and 3 Aboriginal

▪ **Protein in urine  $\geq$  1+ (30mg/dL):**

There were 39 out of 135 participants (29%) with protein in their urine, 23 non-Aboriginal and 16 Aboriginal

▪ **High blood pressure (systolic blood pressure > 95% for age ):**

There were 15 out of 135 participants (11%) with systolic hypertension, 7 non-Aboriginal and 8 Aboriginal

▪ **Obesity (Body Mass Index SDS  $\geq$ 2):**

There were 13 out of 135 participants (10%) with a BMI SDS  $\geq$ 2, 5 non-Aboriginal and 8 Aboriginal

### Referral

Participants are referred to their local doctor, Aboriginal Medical Service or Community Health Centre for further investigation if one or more of the following are found during screening;

- **High blood pressure**
- **Obesity**
- **Blood, protein or albumin in their urine**

Participants who require follow-up receive instructions with their screening results.

### Contact Us

If you have any questions about screening or results please contact us on:

**Free call:** 1800 005 846

**Phone:** 9845 1469

**Fax:** 9845 1491

**Email:** [ardac@chw.edu.au](mailto:ardac@chw.edu.au)