



Kidney Health Study

Screening Report

Armidale area

2014-2015

ckr

CENTRE FOR
KIDNEY RESEARCH
The **Childr^{en}**'s Hospital
at Westmead



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, Aboriginal Education Officers, teachers, staff from the Aboriginal Community Controlled Health Services (ACCHS), the Division of General Practice and a large number of participating schools and communities.

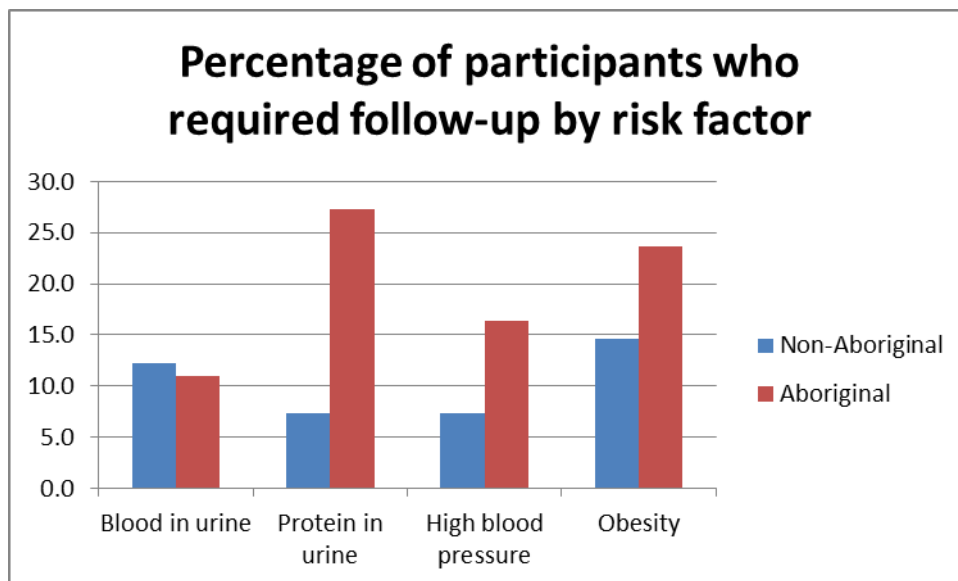
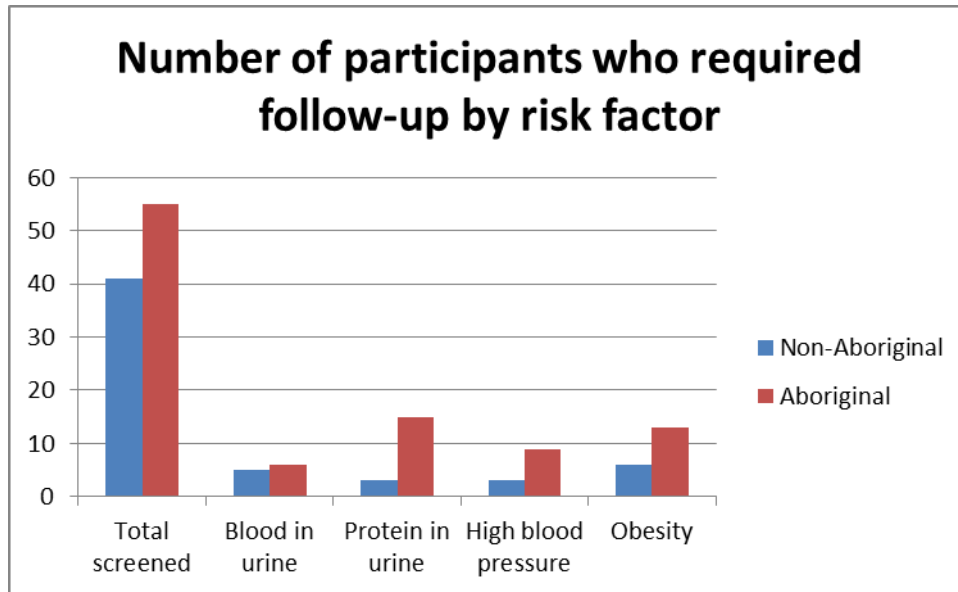
In 2014-2015 we screened 96 participants from the Armidale area. These are the results of screening;

Screening locations:

Screening Centre	Participants
Anaiwan LALC	15
Armajun AMS	8
Armidale HS	14
Bundarra CS	3
Calrossy Anglican School	1
Duval HS	2
Farrer Memorial Agricultural HS	3
Gomerioi Gaaynggal	4
Home visit	11
Inverell HS	13
Maitland HS	1
New England Medicare Local Clinic Visit	8
Ooralta Centre	13
Total	96

ARDAC Phase 3 Screening Report

Armidale area 2014-2015



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: 96

Ethnicity: 43% non-Aboriginal (41) and 57% Aboriginal (55) participants

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

There were 11 out of 96 participants (11%) who had blood in their urine, 5 non-Aboriginal and 6 Aboriginal participants

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

There were 18 out of 96 participants (19%) with protein in their urine, 3 non-Aboriginal and 15 Aboriginal participants

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

There were 12 out of 96 participants (13%) with systolic hypertension, 3 non-Aboriginal and 9 Aboriginal participants

▪ **Obesity (Body Mass Index SDS \geq 1.65):**

There were 19 out of 96 participants (20%) with a BMI SDS \geq 1.65, 6 non-Aboriginal and 13 Aboriginal participants

Referral

Participants are referred for follow up to their local doctor, Royal Flying Doctor Service or ACCHS 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 on the need for follow up with their screening results. Where the participant has given permission, information about the need for follow up is also sent to their medical practitioner.

Contact Us

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

Free call: 1800 005 846

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