



Kidney Health Study

March 2016

Screening Report

Orange Region



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 3 of the study includes measurement of height, weight, blood pressure, waist circumference, a urine test and a short questionnaire.

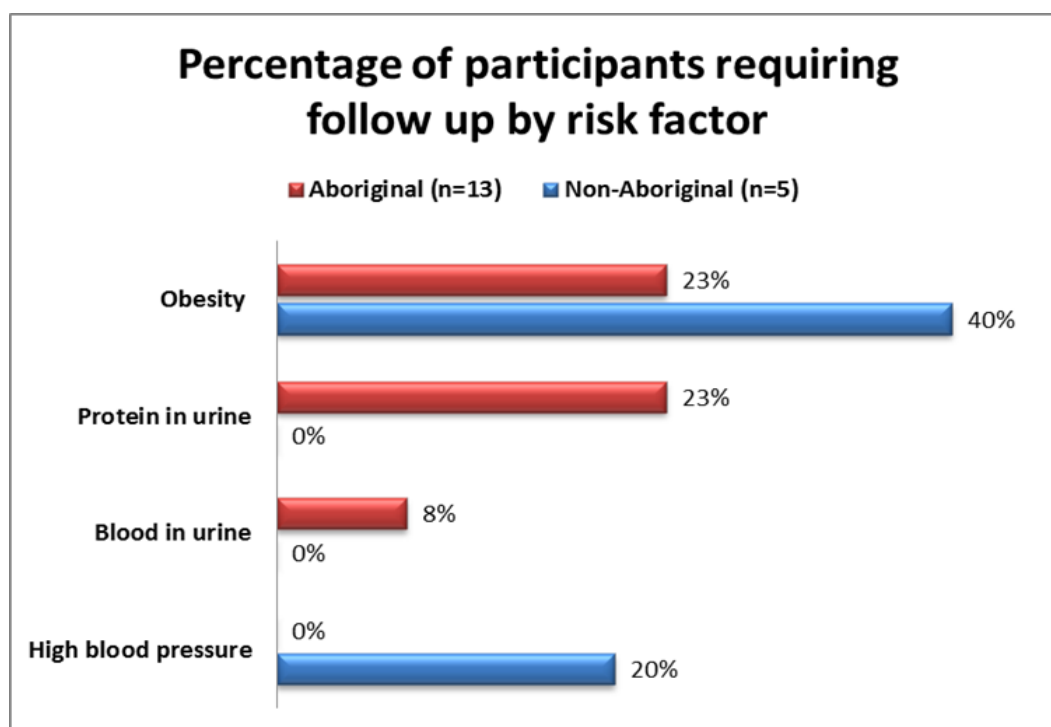
The results of the first phase showed no difference in presence of markers for kidney and cardiovascular disease between Aboriginal and non-Aboriginal participants. Second phase results are suggesting there are some differences in the presence of markers for kidney and cardiovascular disease between Aboriginal and non-Aboriginal participants, but these differences are not definitive. The importance of phase 3 is about gathering sufficient data to be able to have conclusive evidence for the prevalence patterns for the early markers of kidney and cardiovascular disease in Aboriginal and non-Aboriginal adolescence and young adults.

The on-going 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 March 2016 we screened 18 participants from the Orange area. These are the results of screening.

Screening centre	Participants
Canobolas Rural Technical High School	15
Orange High School	2
Orange Aboriginal medical Service	1
Total	18

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The graph shows the percentage of Aboriginal and non-Aboriginal participants who were referred for each risk factor. As there were only a small sample for this screening visit there is no breakdown of the data by screening organisation for male and female Aboriginal and non-Aboriginal status for risk factor profiles.

Number of participants tested:

Ethnicity: 72 % Aboriginal (13) and 28 % non-Aboriginal (5) participants.

Of the 18 participants, 17 provided a urine specimen.

- Blood in urine $\geq 1+$ (25 cells/uL) excluding menstruation:
There was 1 participant out of 17 participants who had blood in their urine, 1 Aboriginal and 0 non-aboriginal participants
- Protein in urine $\geq 1+$ (30mg/dL):
There were 3 out of 17 participants (18%) with protein in their urine, 3 Aboriginal and 0 non-Aboriginal participants
- High blood pressure (systolic blood pressure $\geq 95\%$ for age):
There were 2 out of 18 participants (11%) with systolic hypertension, 0 Aboriginal and 2 non- Aboriginal participants

- Obesity (Body Mass Index SDS ≥ 1.65):
There were 5 out of 18 participants (28%) with a BMI SDS ≥ 1.65 , 4 non-Aboriginal and 2 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 posted letters with their screening results and instructions on the need for follow up. Where the participant has given permission, information about the need for follow up is also sent to their medical practitioner or Aboriginal community controlled health service.

Contact Us

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

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