

ARDAC Kidney Health Study



Screening Report

Ballina Area

24th August - 4th September
2009

ckr

CENTRE FOR
KIDNEY RESEARCH
The Children'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 (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.

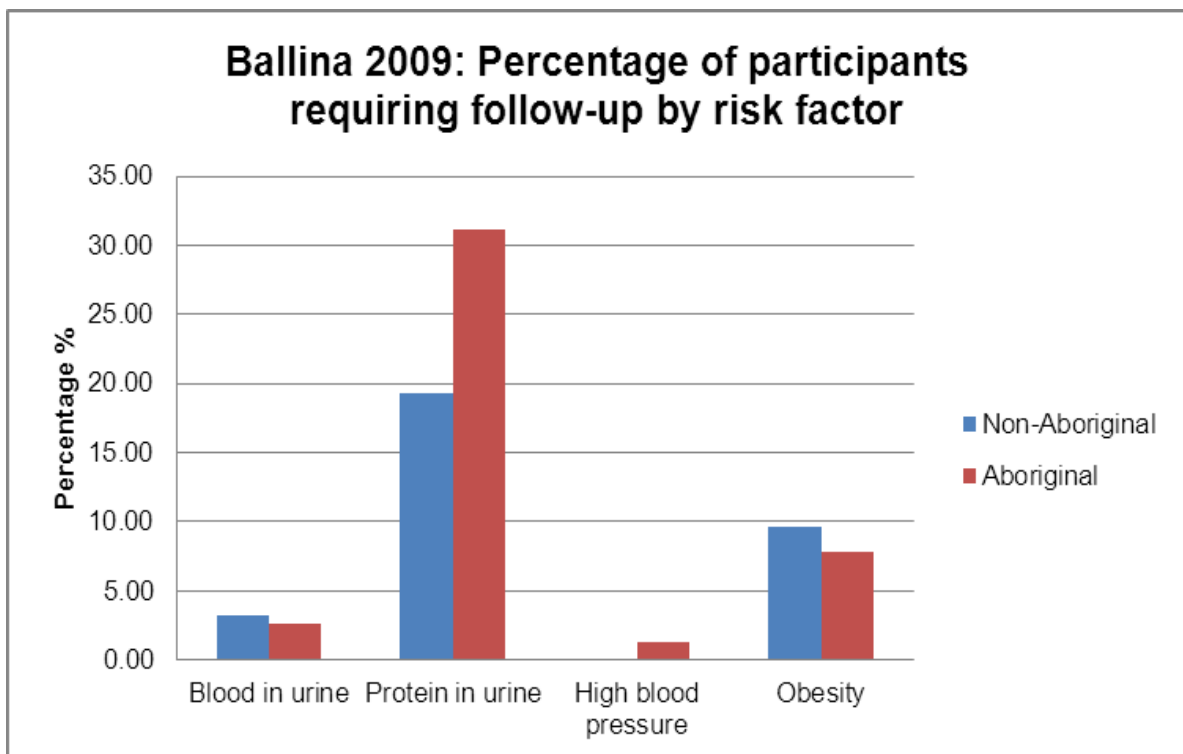
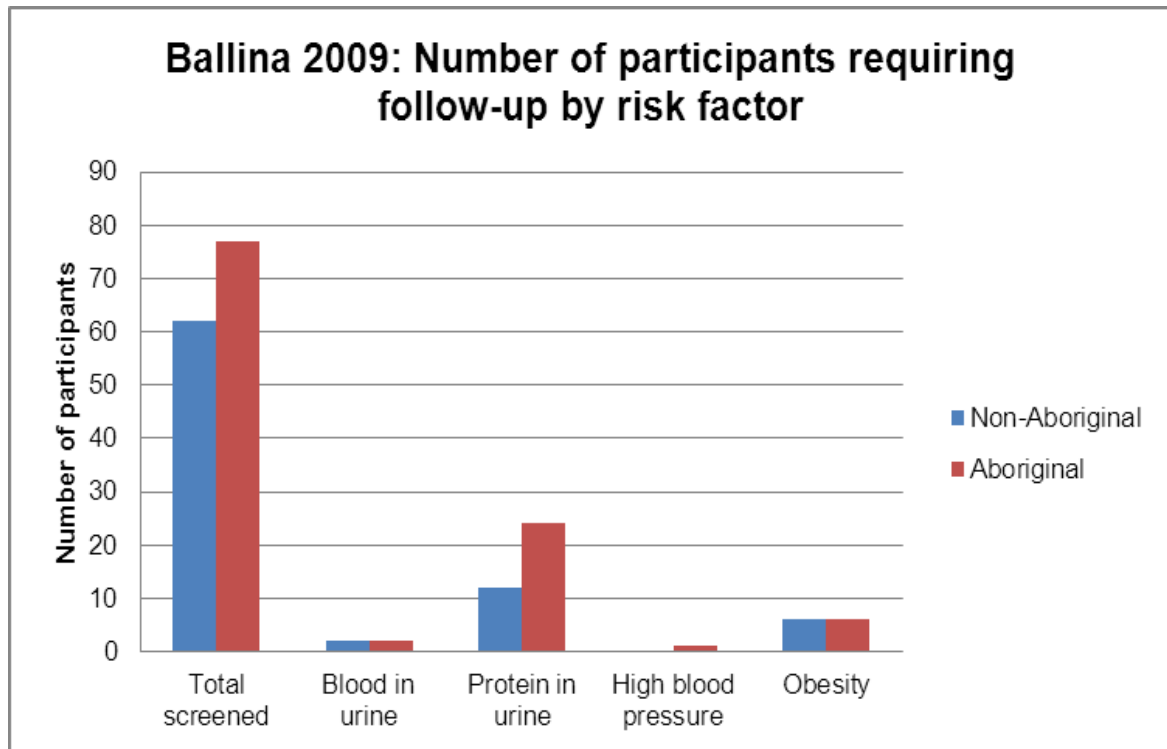
In 2009 we screened 139 participants from the Ballina Area. These are the results of screening in the Ballina Area in 2009.

Schools screened in the Ballina Area:

| School | Participants |
|-----------------------------------|---------------------|
| Ballina High School | 42 |
| Ballina Public School | 8 |
| Cabbage Tree Island Public School | 3 |
| Casino High School | 8 |
| Evans River Community School | 1 |
| Kadina High School | 1 |
| Kingscliff High School | 4 |
| Lismore High School | 13 |
| Macleay High School | 37 |
| Southern Cross School | 3 |
| St Columba Anglican School | 1 |
| St Johns College, Woodlawn | 1 |
| St Joseph's College, Tweed Heads | 1 |
| Wardell Public School | 1 |
| Wauchope High School | 1 |
| Westport High School | 1 |
| Xavier Catholic College | 3 |
| Home Visits | 10 |
| Total | 139 |

ARDAC Phase 2 Screening Report

Ballina 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: 139

Ethnicity: 45% non-Aboriginal (62) and 55% Aboriginal (77)

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

There were 4 out of 139 participants (3%) who had blood in their urine, 2 non-Aboriginal and 2 Aboriginal

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

There were 36 out of 139 participants (26%) with protein in their urine, 12 non-Aboriginal and 24 Aboriginal

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

There were 1 out of 139 participants (5%) with systolic hypertension, 0 non-Aboriginal and 1 Aboriginal

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

There were 12 out of 139 participants (9%) with a BMI SDS \geq 2, 6 non-Aboriginal and 6 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