



THE UNIVERSITY
of ADELAIDE



Research Symposium – Thursday 8 November 2012

NWAHS – The future

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adelaide.edu.au

life
IMPACT



NWAHS

- Population –based
- Chronic conditions
- Biopsychosocial approach
- Challenges
- Collaborative
- Links to other datasets / cohorts studies
- New initiatives



Population data

- “Real” prevalence and burden
- Undiagnosed disease
 - Asthma, COPD, diabetes, sleep apnea
- Inappropriately treated disease
 - Hypertension, high cholesterol
 - NSAID use



Chronic conditions

- New knowledge

 - High Hb A1c at risk heart disease

 - Asthma relievers may increase heart disease

 - Central obesity worsens asthma

- Unique Australian data

 - Adverse events in health care

 - Musculoskeletal disease in the populations, eg foot pain

 - Prevalence of sleep disorders

Biopsychosocial approach

Figure 1. A multi-level conceptualization of disease explanations, with a sub-set of potential contributors, and corresponding types of health interventions (from McKinley & Marceau 2000)¹².

Social structure	<ul style="list-style-type: none">• Social status/income status• Education/income/occupation• Age/gender/ethnicity/language	Healthy public policy
Environmental	<ul style="list-style-type: none">• Geographic location• Neighbourhood economics• Access to healthcare	Organisation & Community Interventions
Individual skills	<ul style="list-style-type: none">• Self-efficacy/motivation• Health literacy• Decision-making• Information processing	Shared decision making
Individual behaviour	<ul style="list-style-type: none">• Physical activity/diet/smoking• Mood/stress/coping• Health professional interaction	Primary & Secondary Prevention
Physiology	<ul style="list-style-type: none">• Family history/Genetics• Insulin resistance• Allergy/Inflammation	Secondary Prevention



Challenges

- Participants over time
- “Intervention”
- Data management
- Funding for cohort studies



Collaboration

- Other cohorts

FAMAS, ALLS, WISH

- Other approaches

Place and Metabolic Syndrome (PAMS) - Geospatial

- Other investigators

Mark Daniel, Gary Wittert, Doug McEvoy, Graeme Hugo

- Other domains

Mental Health Observatory



New initiatives

- Men's health

MAILES / NERI

- Mental Health Observatory

SPARK Study

- Health literacy

Rima Rudd- Oral/speaking skills; demand mismatch

- Sleep Health

- International

China



New initiatives

- Multimorbidity

Understanding for interventions

- Multi-methods

Qualitative and quantitative

Survey, biomedical, administrative, economic ,
environmental, social

Economics

- Genetics



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