NWAHS – The future

Prof Robert Adams, Clinical Principal Investigator, NWAHS
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).^\text{12}\$

<table>
<thead>
<tr>
<th>Social structure</th>
<th>Environmental</th>
<th>Individual skills</th>
<th>Individual behaviour</th>
<th>Physiology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social status/income status</td>
<td>Geographic location</td>
<td>Self-efficacy/motivation</td>
<td>Physical activity/diet/smoking</td>
<td>Family history/Genetics</td>
</tr>
<tr>
<td>Education/income/occupation</td>
<td>Neighbourhood economics</td>
<td>Health literacy</td>
<td>Mood/stress/coping</td>
<td>Insulin resistance</td>
</tr>
<tr>
<td>Age/gender/ethnicity/language</td>
<td>Access to healthcare</td>
<td>Decision-making</td>
<td>Health professional interaction</td>
<td>Allergy/Inflammation</td>
</tr>
</tbody>
</table>

| Healthy public policy | Organisation & Community Interventions | Shared decision making | Primary & Secondary Prevention | Secondary Prevention |

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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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