



**Who's skating on thin ice?
North West Adelaide Health Study
Risk Factor Profile**

*Results from self reported questionnaire and
biomedical measurement*

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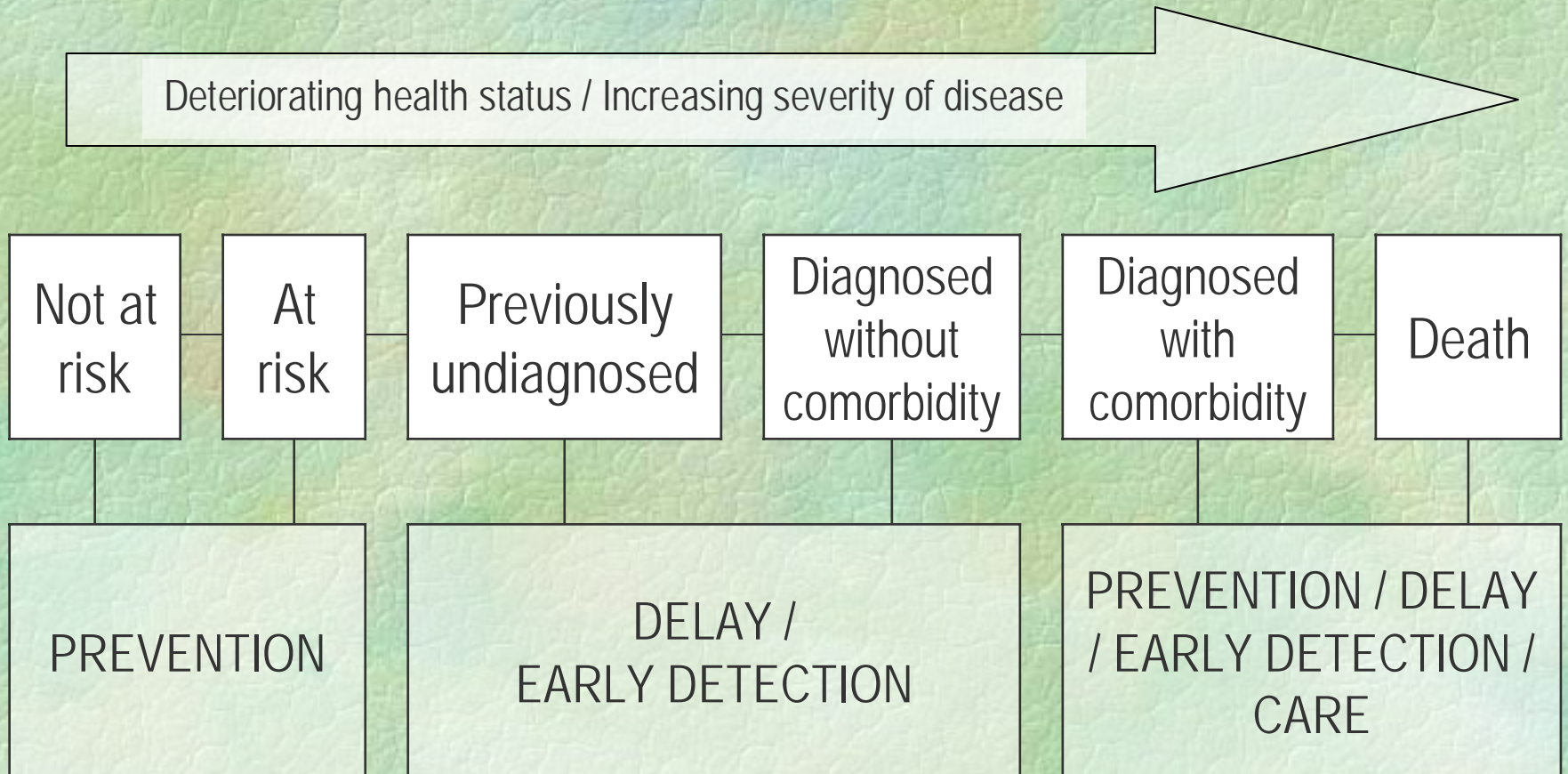
Organisations involved

- SA Department of Human Services
(Centre for Population Studies in Epidemiology)
- The Queen Elizabeth Hospital
- Lyell McEwin Health Service
- The University of Adelaide
- University of South Australia

Overall study aims

- Assess prevalence of priority health problems, risk factors and their demographic distributions
- Segment each chronic condition into subgroups along a continuum and track cohort over time

Chronic disease continuum



Methods/results - overall

- North West region of Adelaide
- n=2523
- Random recruitment – using CATI (Computer Assisted Telephone Interview)
- Self-administered questionnaire
- Attendance at clinic
- Participation rate of 69.1%
- Data was weighted by area, age, sex and probability of selection in the household

Methods – CATI recruitment

- Households randomly selected from EWP (Electronic White Pages)
- North West area of Adelaide (excluding Tea Tree Gully) selected
- Introductory letter sent
- Appointment made to attend clinic
- Other questions included self reported health conditions, mental health, smoking status, reason for not wanting to participate
- Participants sent information folder containing questionnaire to complete

Methods - questionnaire

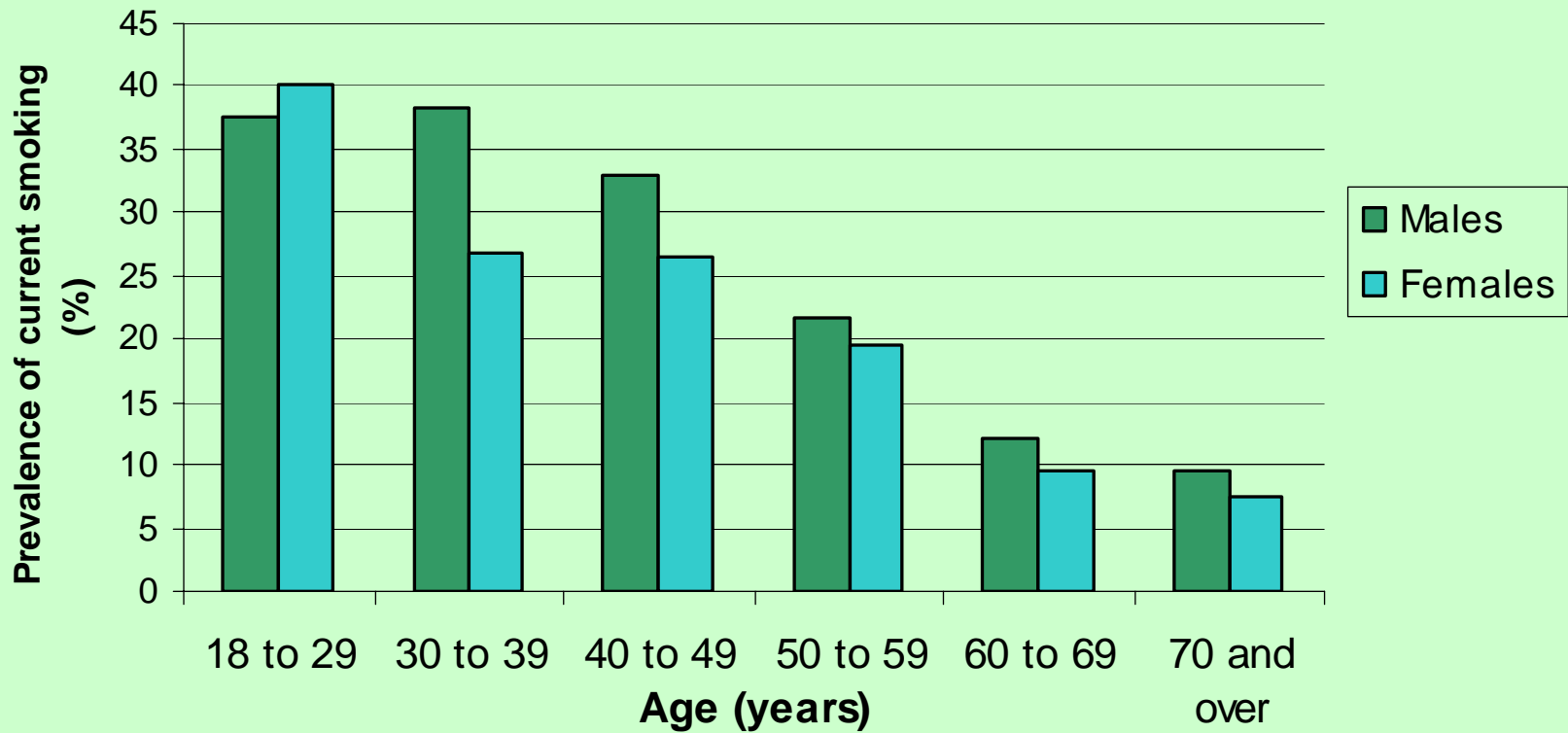
- Self-reported diabetes, asthma, COPD (emphysema and bronchitis)
- SF-36
- Risk factors (smoking, physical activity, alcohol consumption, family history of diabetes, heart disease and stroke)
- Health service use
- Demographics

Methods – clinic assessment

- Blood pressure
- Height and weight measurements
- Waist and hip circumference
- Fasting blood sample - glucose, lipid profile, glycated haemoglobin
- Allergy skin test- rye grass, cat, house dust mite, alternaria (mould), feather and cockroach
- Lung function tests - spirometry followed by Ventolin inhalation and retesting

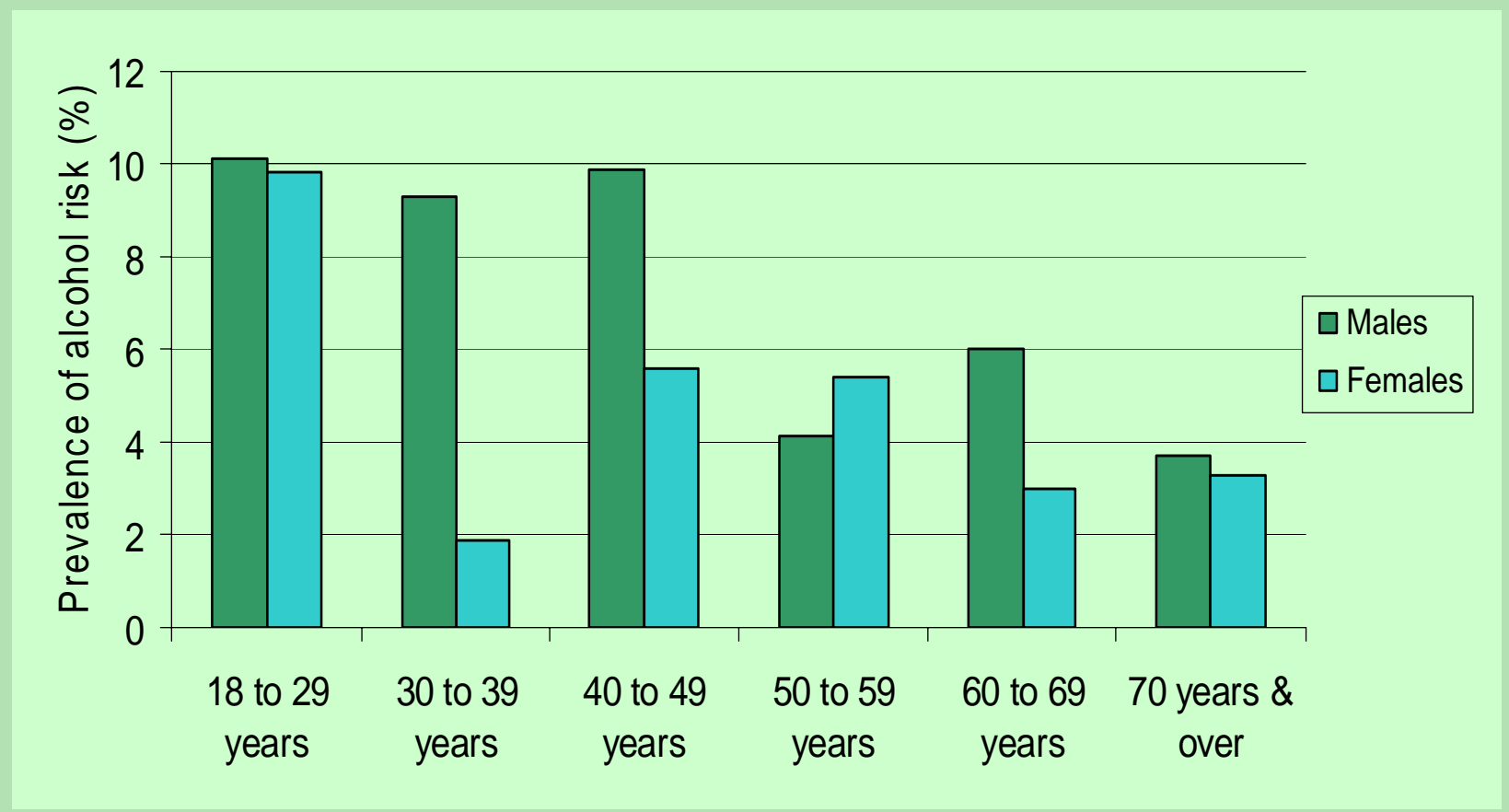
Smoking

Current (self report)

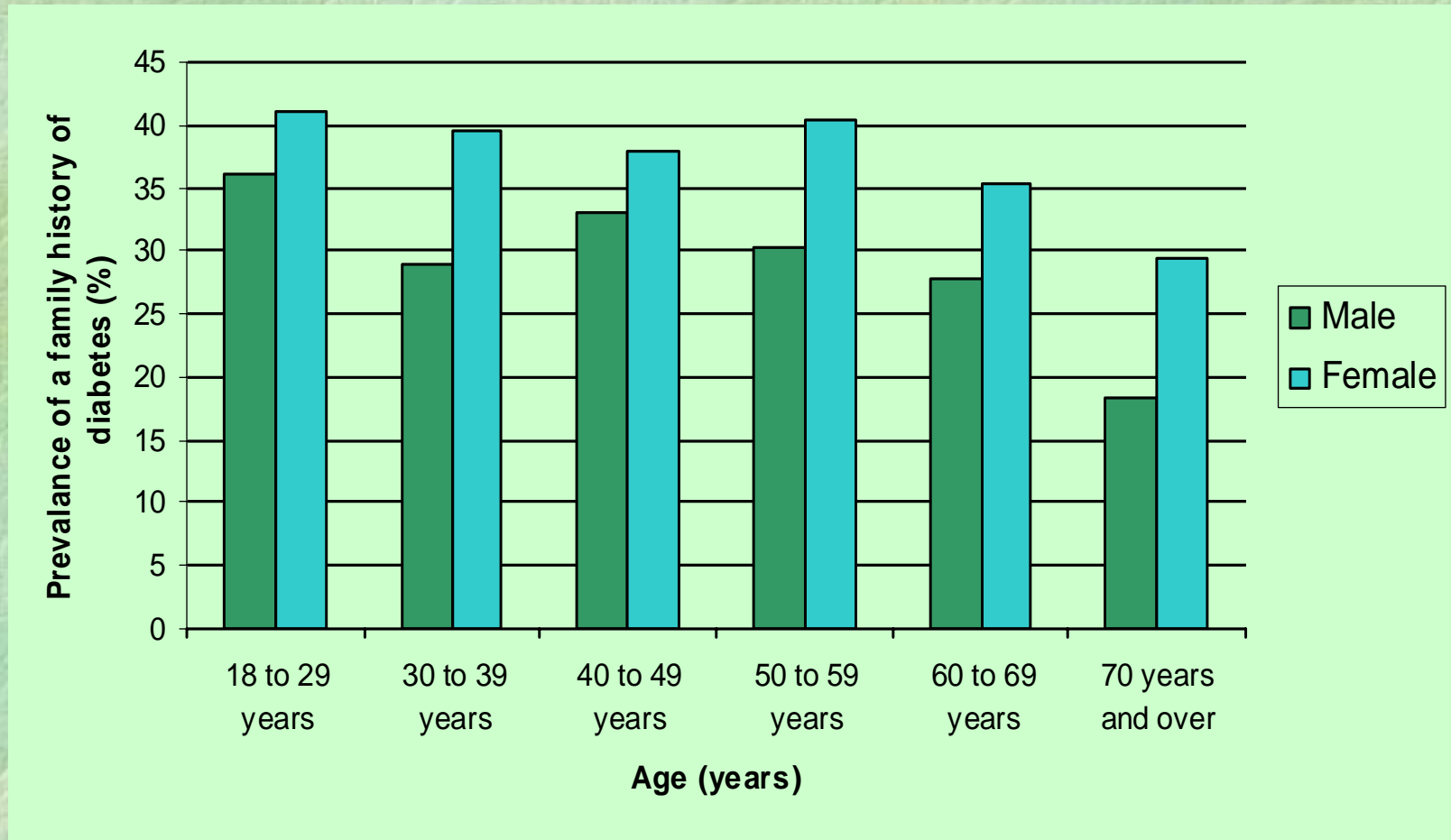


Alcohol

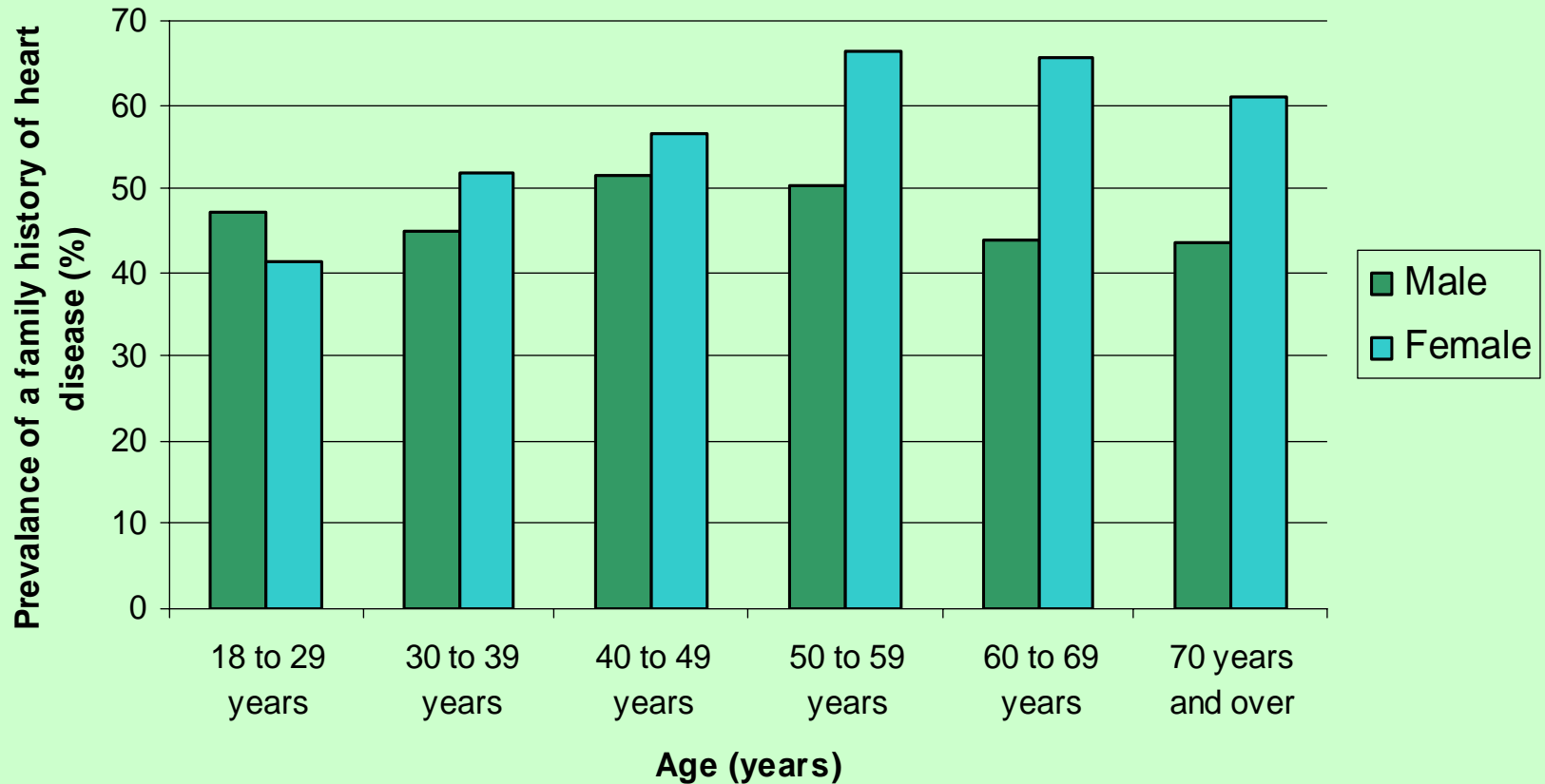
Intermediate to very high risk (self report)



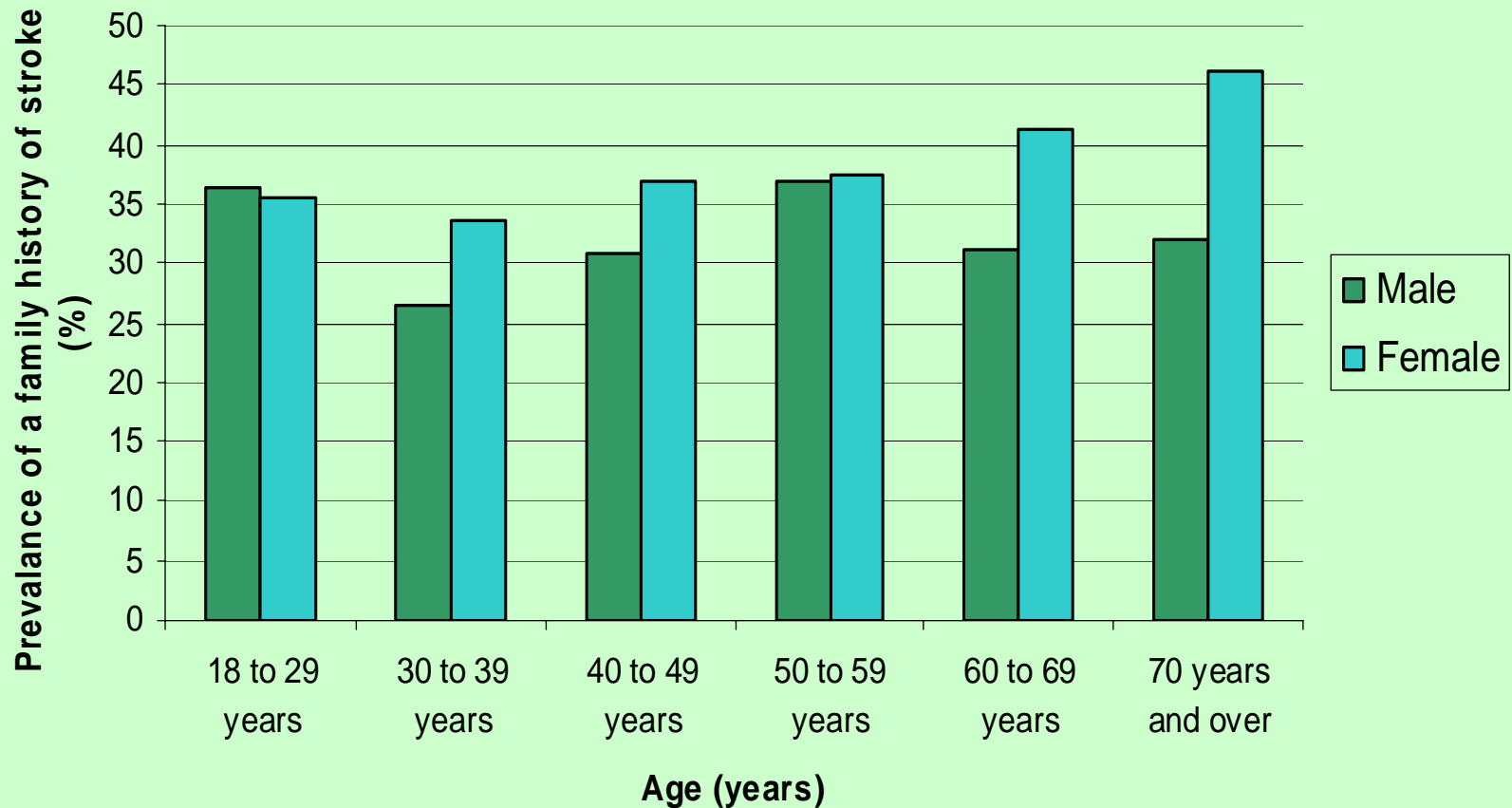
Family history of diabetes



Family history of heart disease

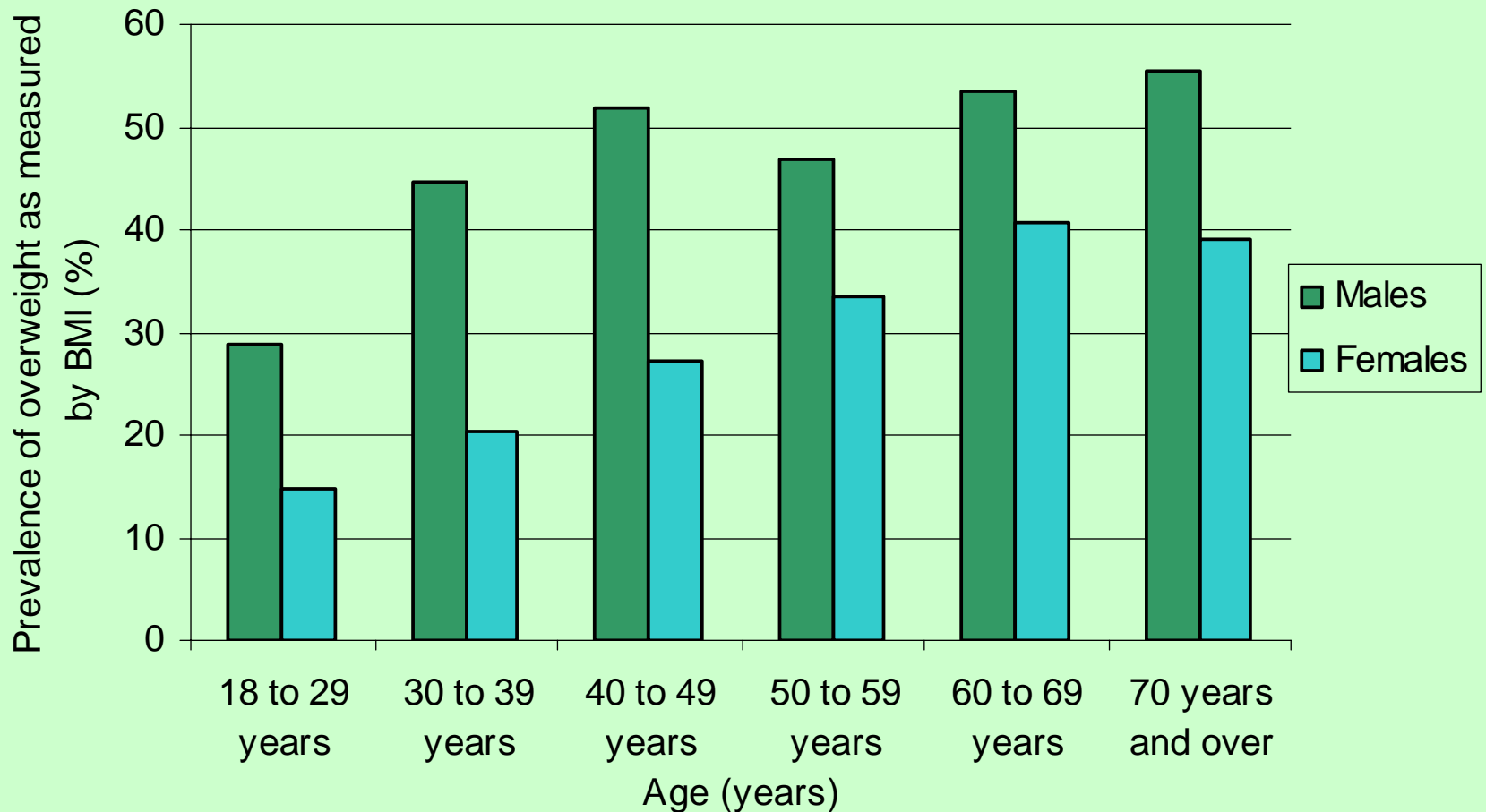


Family history of stroke



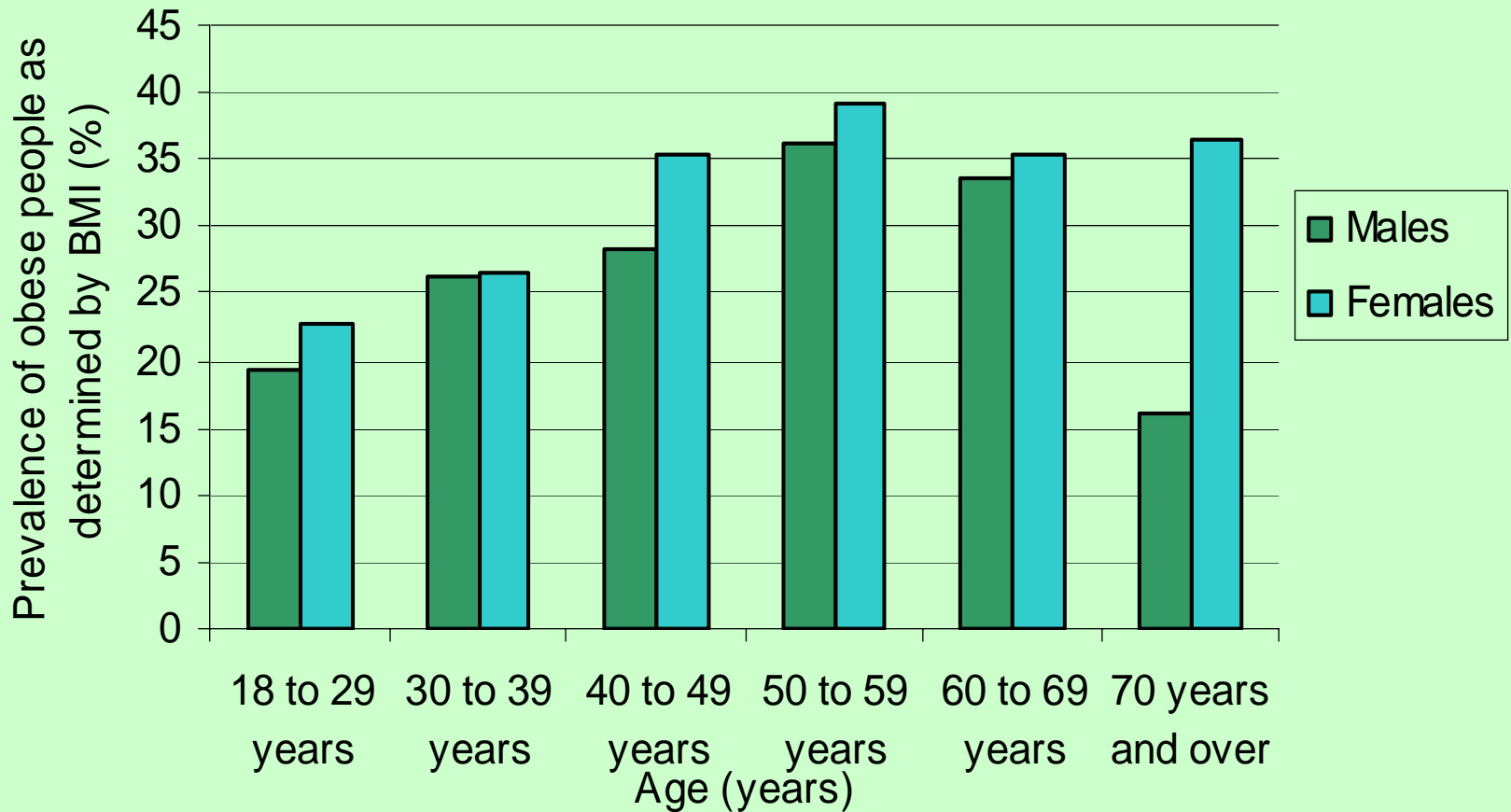
Body mass index

Overweight (clinical measurement)

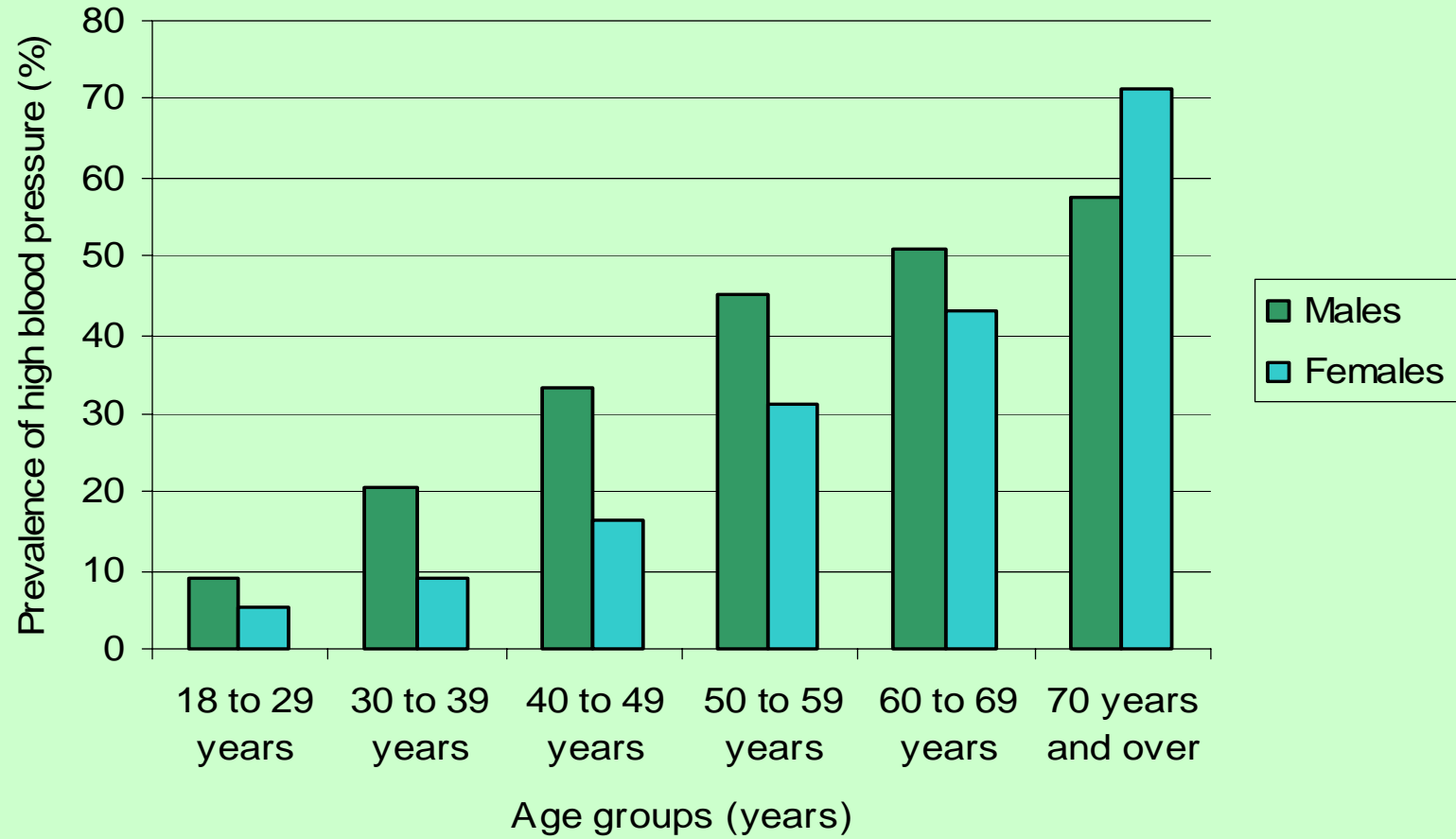


Body mass index

Obesity (clinical measurement)

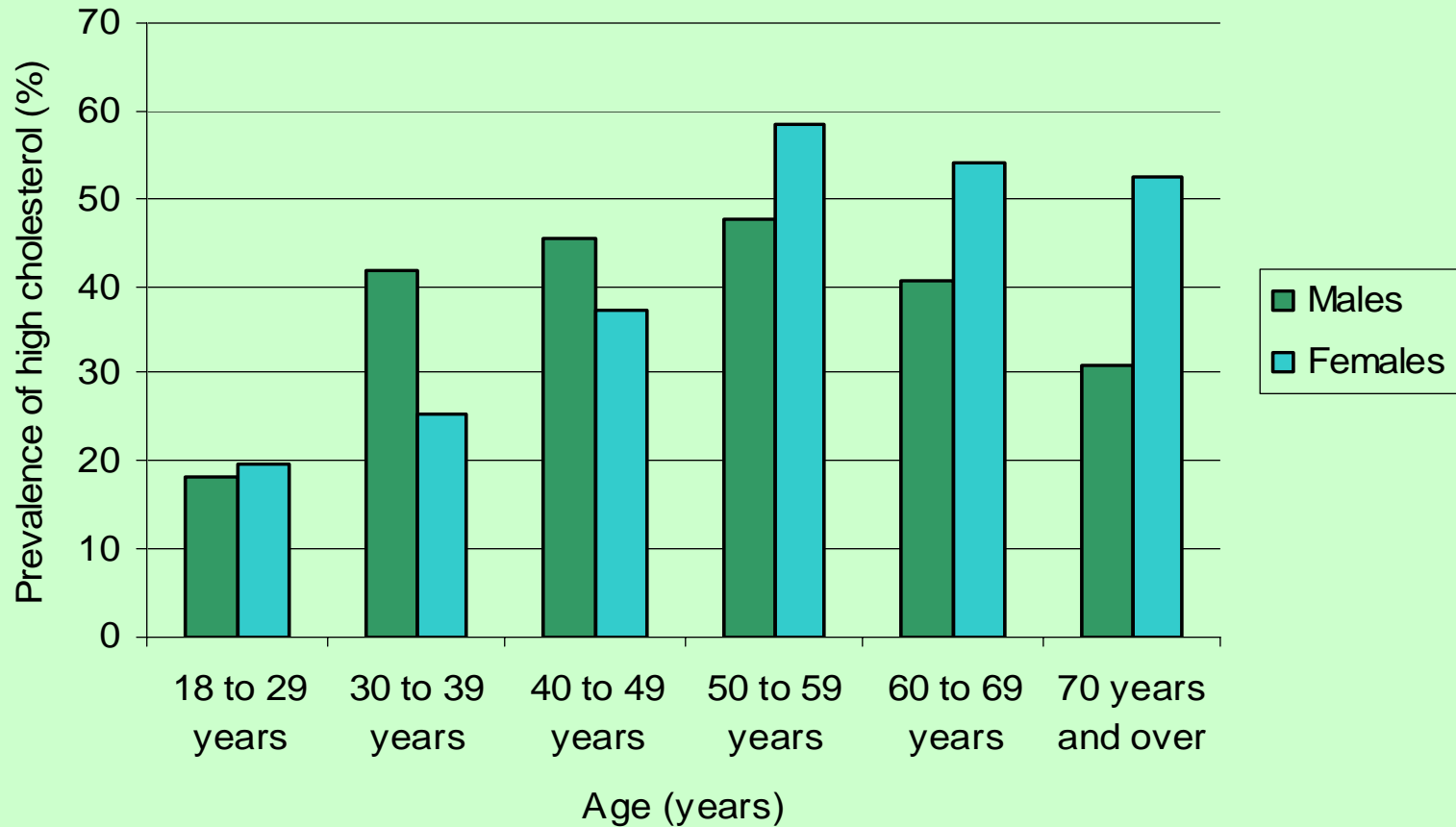


High blood pressure (clinical measurement)



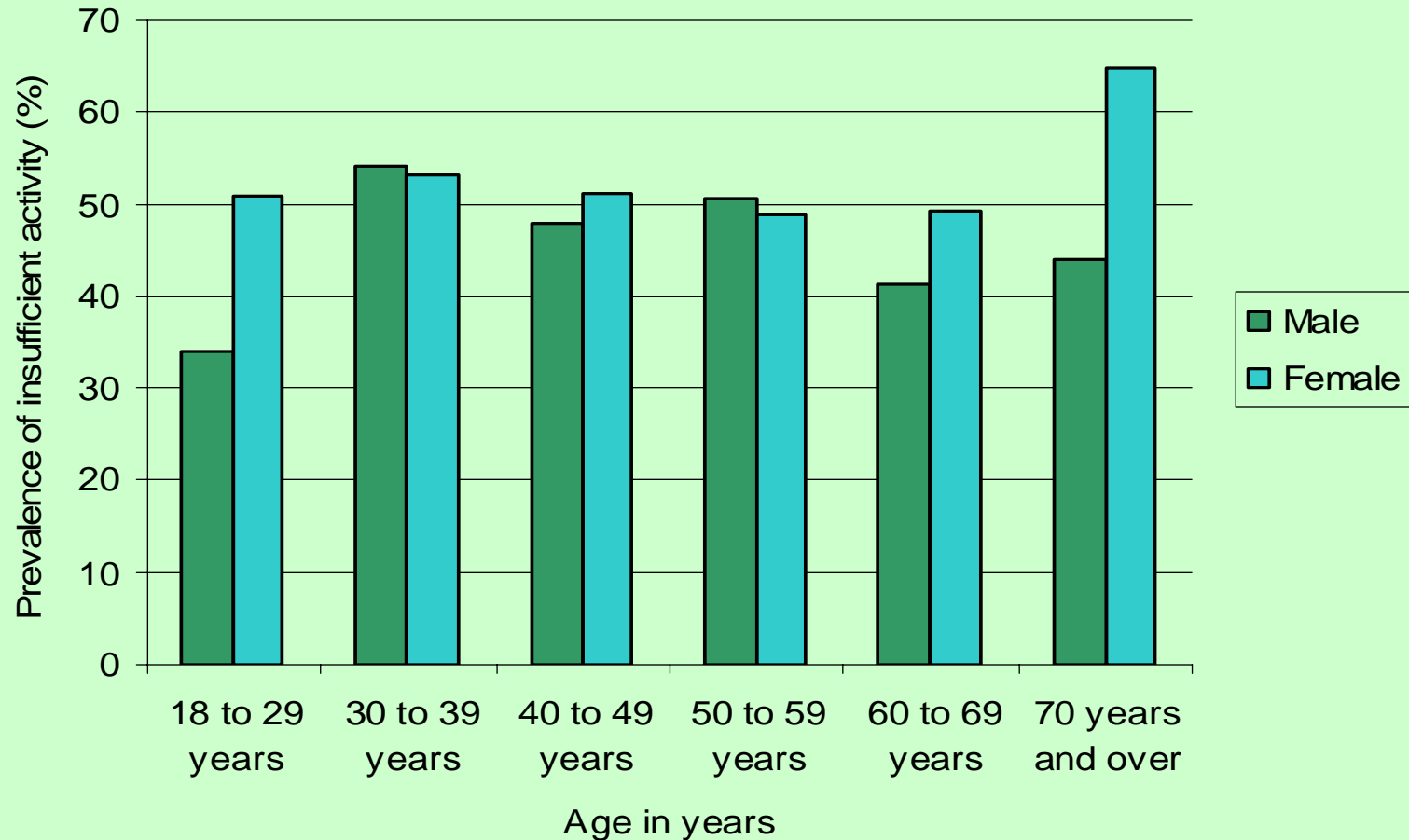
High cholesterol

(clinical measurement)



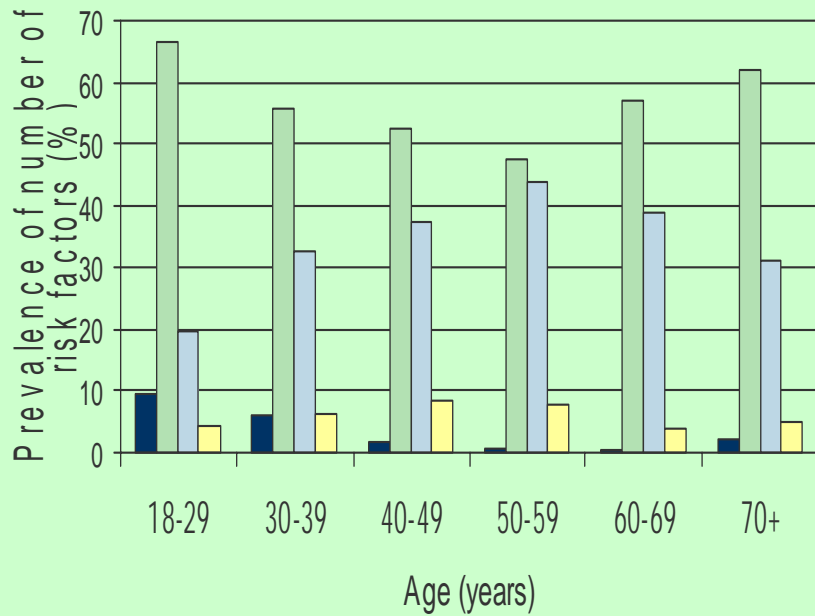
Physical activity

Inactivity (self report)



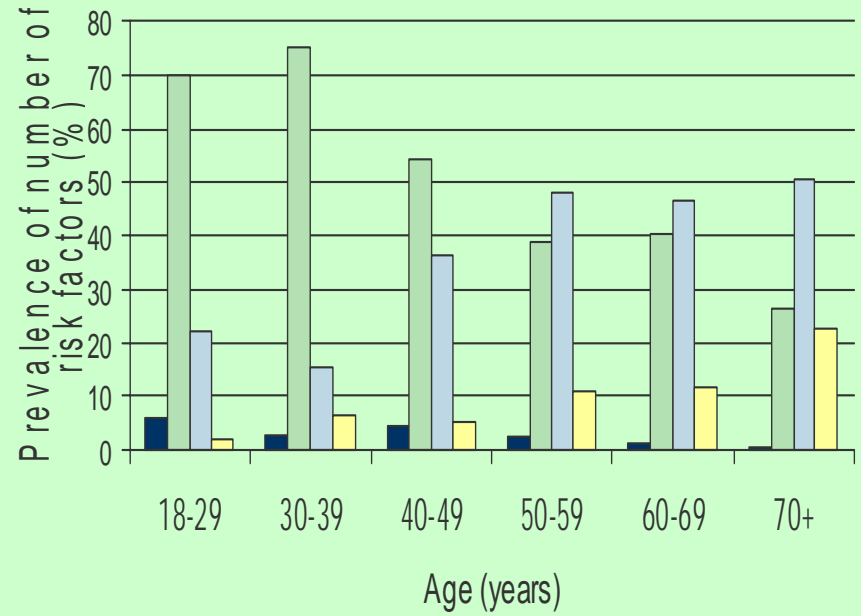
Multiple risk factors

MALES



■ None ■ 1 to 3 ■ 4 to 5 ■ 6 to 9

FEMALES



■ None ■ 1 to 3 ■ 4 to 5 ■ 6 to 9

Contact details

- North West Adelaide Health Study website:
<http://www.nwadelaidhealthstudy.org>
- Centre for Population Studies in Epidemiology:
<http://www.health.sa.gov.au/pehs/cpse.html>