



Overall Health Status in the North West of Adelaide

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Introduction

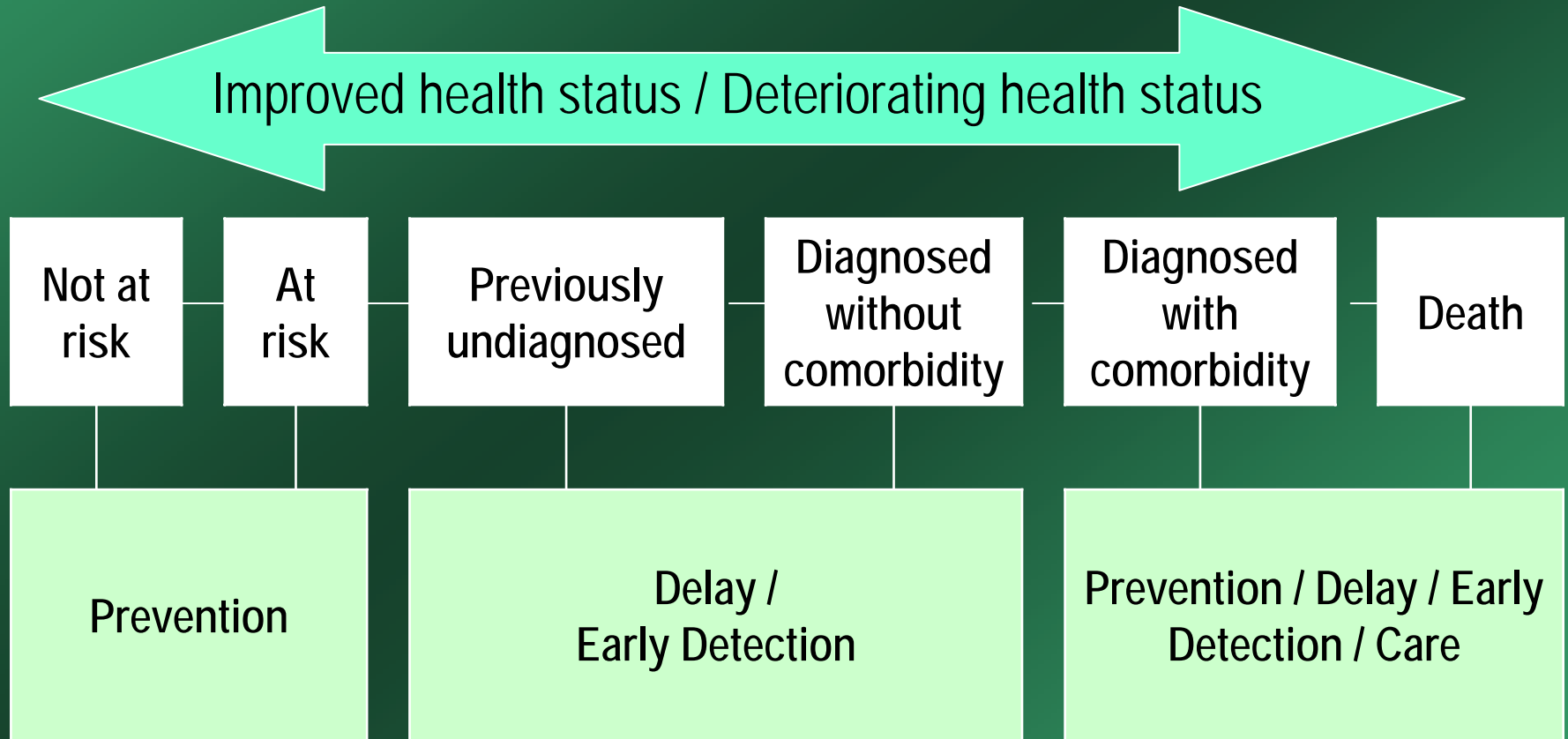
- Aim: Examine the overall health status of NWAHS participants
- Profile of chronic conditions of those reporting 'fair or poor' health
- Demographic profile of those reporting 'fair or poor' health

The study ... in a nutshell

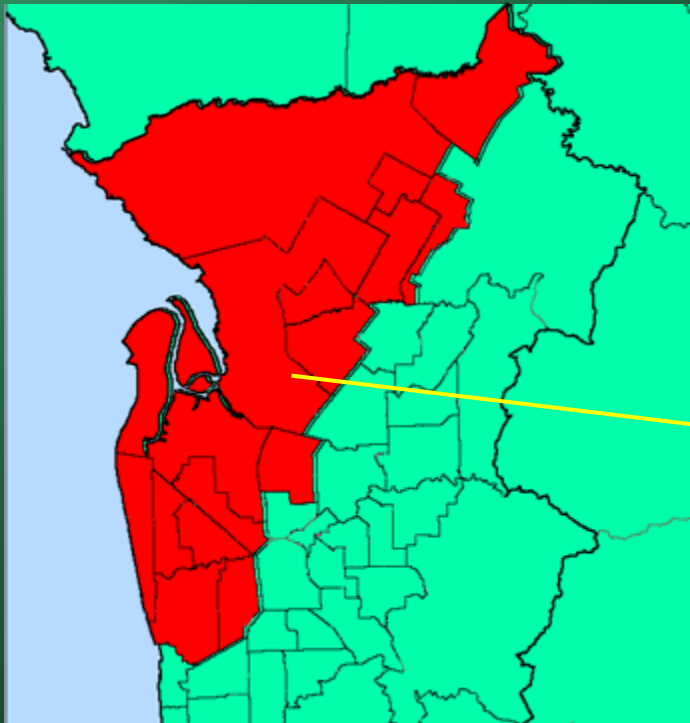


- A representative population cohort study
- Segment population according to stage of disease
- Track cohort over time
- Collaboration between many organisations
- Purpose: to provide quality, evidence-based, timely, accurate data
- Assess prevalence of health problems (diabetes, asthma, COPD) risk factors and their demographic distributions.

Chronic Disease Continuum



North West Adelaide region South Australia





Phases of the study

Timeline

Nov 1999 –
Dec 2000

Mar 2002

Sept 2002 –
July 2003

May 2004 –
Feb 2006

Eligible random, representative EWP sample, NW Adelaide

CATI recruitment interview, ages 18+

Attended clinic
n=2523

Follow-up interview (of n=2523)
n=2231

Additional attending the clinic
n=1537

Follow-up assessment of cohort – Information from n=3564
(Telephone interview 88.1%; Self report questionnaire 81.2%;
Clinic 81.0%)

STAGE 1
STAGE 2

Response and participation rates



	Stage 1* (recruitment/baseline)	Stage 2 (1 st follow up)
Participation rate	71.2	90.1
Response rate	49.4	81.0

**Grant J et al (2006) The North West Adelaide Health Study: detailed methods and baseline segmentation of a cohort for selected chronic diseases, Epid Perspectives & Innovations, 3:4*

Methodology



- Interview – using CATI (Computer Assisted Telephone Interview)
- Self-administered questionnaire
- Clinic



Telephone Interview

Methods

- Computer Assisted Telephone Interview (CATI)
- Chronic conditions
- Mental health conditions
- Risk factors
- Health service utilisation
- Demographics

Self-administered Questionnaire

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

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, feather and cockroach)
- Lung function tests (spirometry followed by ventolin inhalation and retesting)

Definition of chronic conditions

- **Diabetes, Asthma, COPD**
 - **Diagnosed:** Previous doctor diagnosis
 - **Undiagnosed:** Condition diagnosed at NWAHS clinic AND no previous doctor diagnosis

- **CVD, Arthritis, Mental health**
 - Self-report of previous doctor diagnosis

Definition of Overall Health Status: Short Form 1 (SF-1)

- Assessment of general health status by individuals according to their own values
- Single item question allows simple interpretation and scoring of responses
- In general, would you say your health is:
 - Excellent?
 - Very good?
 - Good?
 - Fair?
 - Poor?

Overall Health Status

Overall Health Status	%	(95% CI)
Stage 2		
Excellent, Very Good, or Good	84.8	(83.6 – 86.0)
Fair or Poor	15.2	(14.0 – 16.4)
Total	100.0	

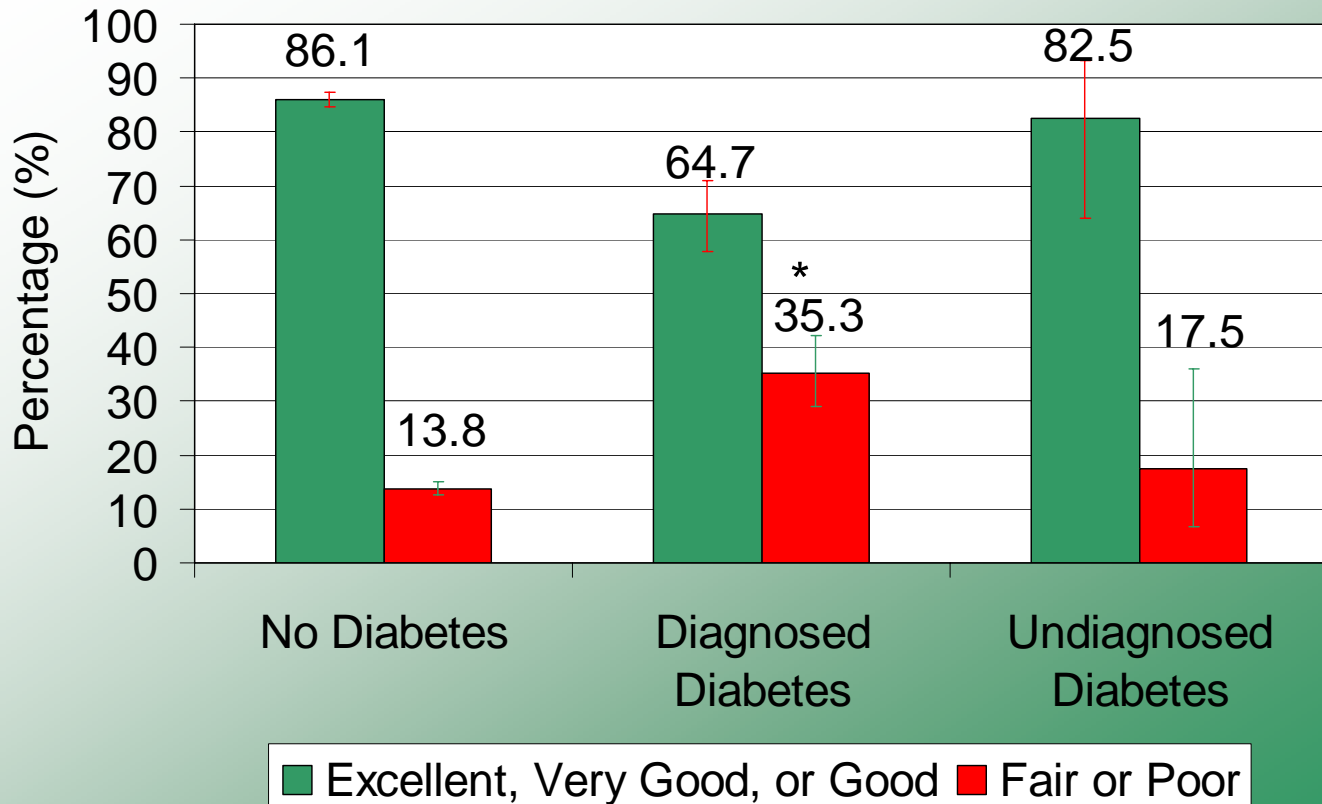
Source: North West Adelaide Health Study, 18 yrs and over

Demographic Profile

‘Fair or Poor’ Health more likely among those:

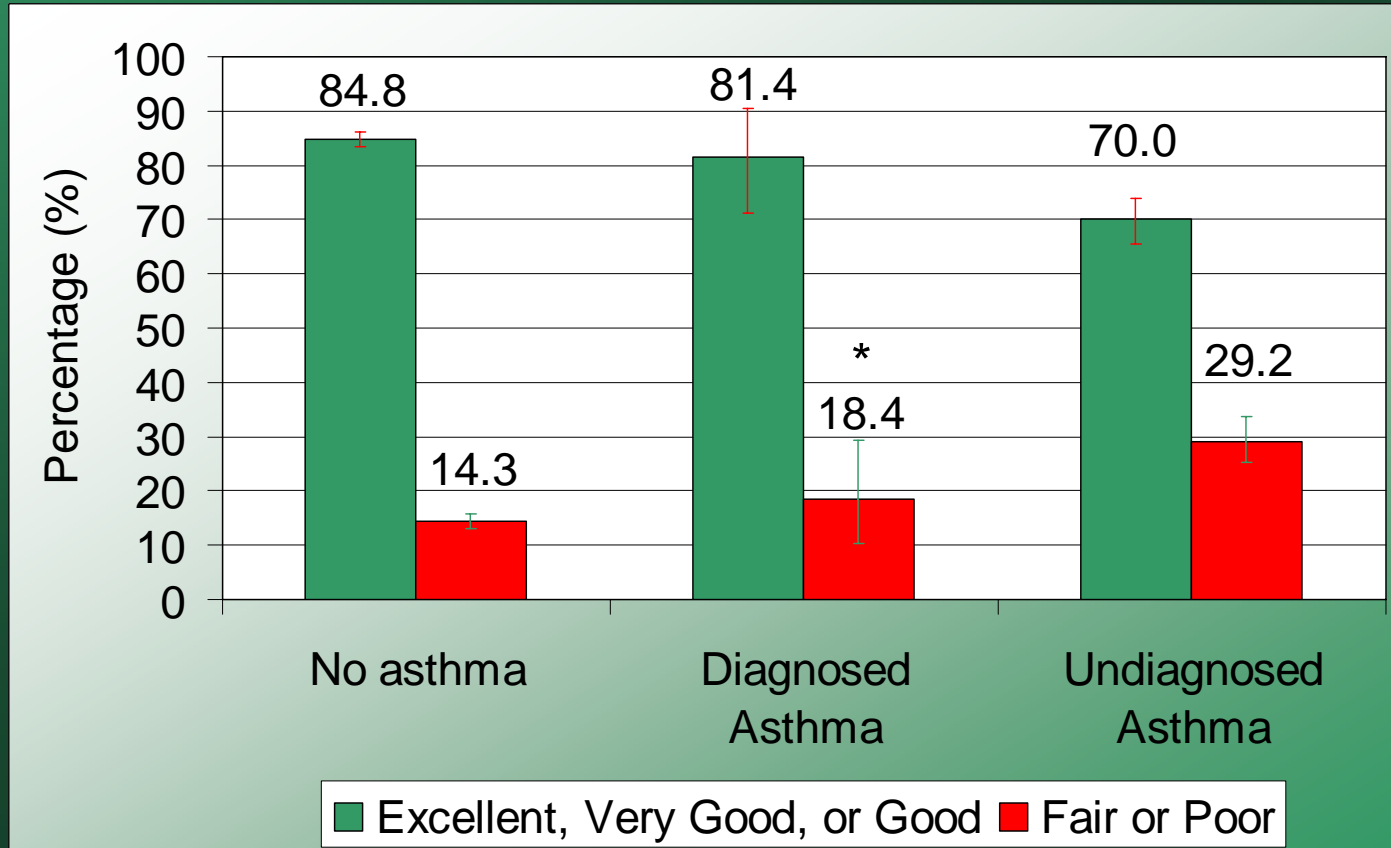
- ◆ Aged 55 years and over
- ◆ Adults not living in a traditional nuclear family
- ◆ Separated, divorced or widowed
- ◆ Unemployed, undertaking home duties, retired, or a student
- ◆ No schooling to secondary level education
- ◆ Gross annual household income less than \$20,000

Diabetes and Overall Health Status



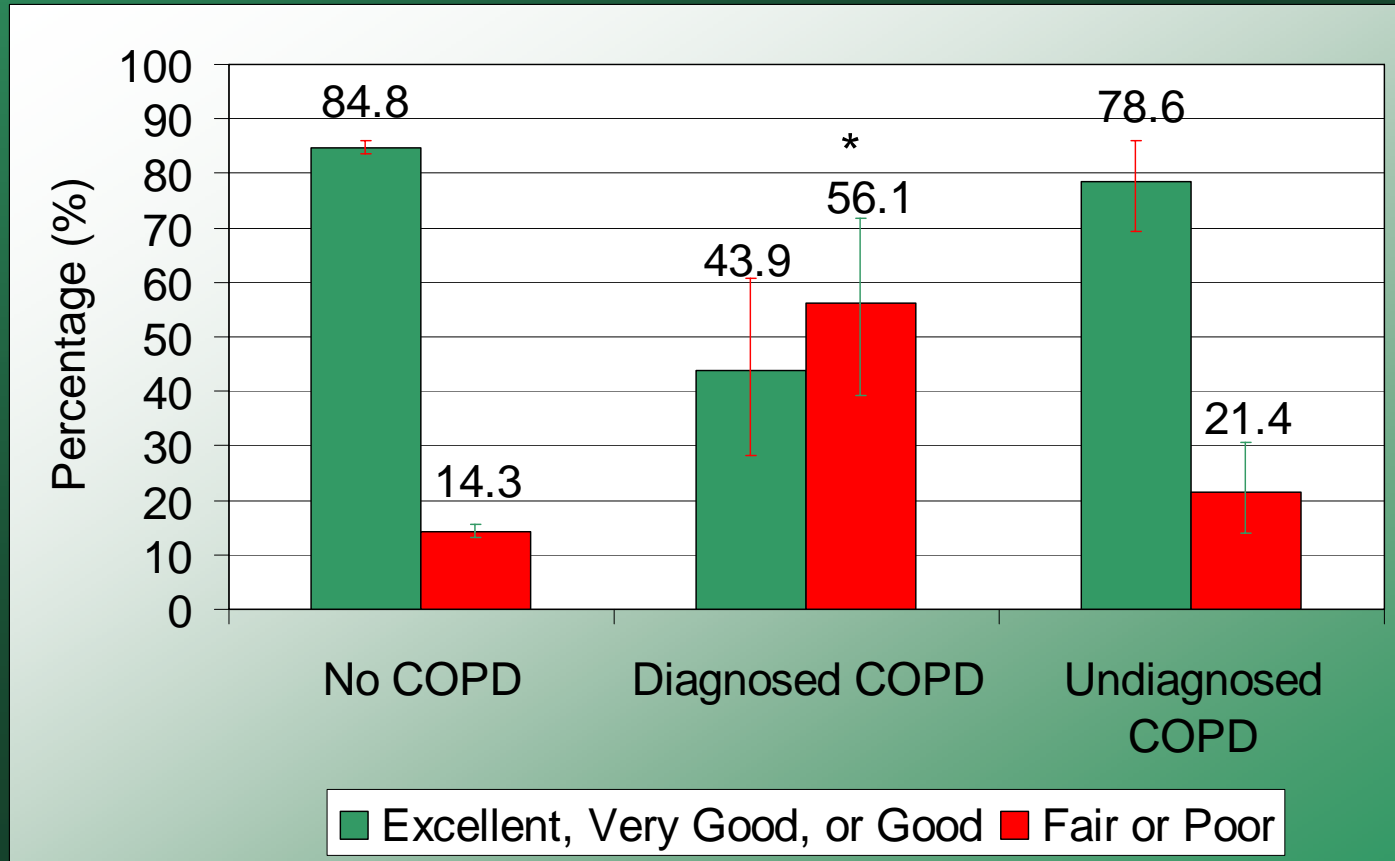
* Statistically significantly different ($p < 0.05$) than the other category
Source: North West Adelaide Health Study, 18 yrs and over

Asthma and Overall Health Status



* Statistically significantly different ($p < 0.05$) than the other category
Source: North West Adelaide Health Study, 18 yrs and over

COPD and Overall Health Status

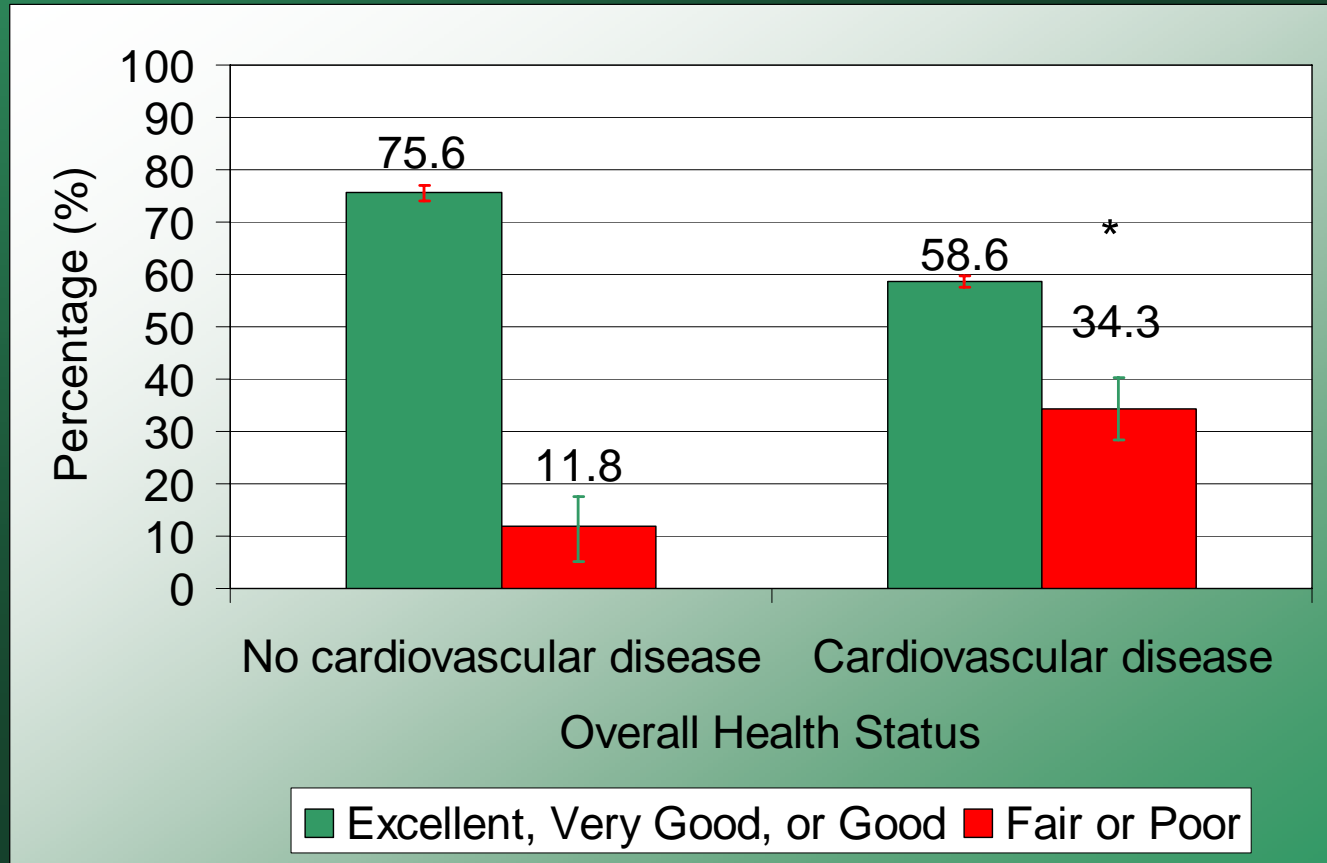


* Statistically significantly different ($p < 0.05$) than the other category
Source: North West Adelaide Health Study, 18 yrs and over

Cardiovascular Disease and Overall Health Status

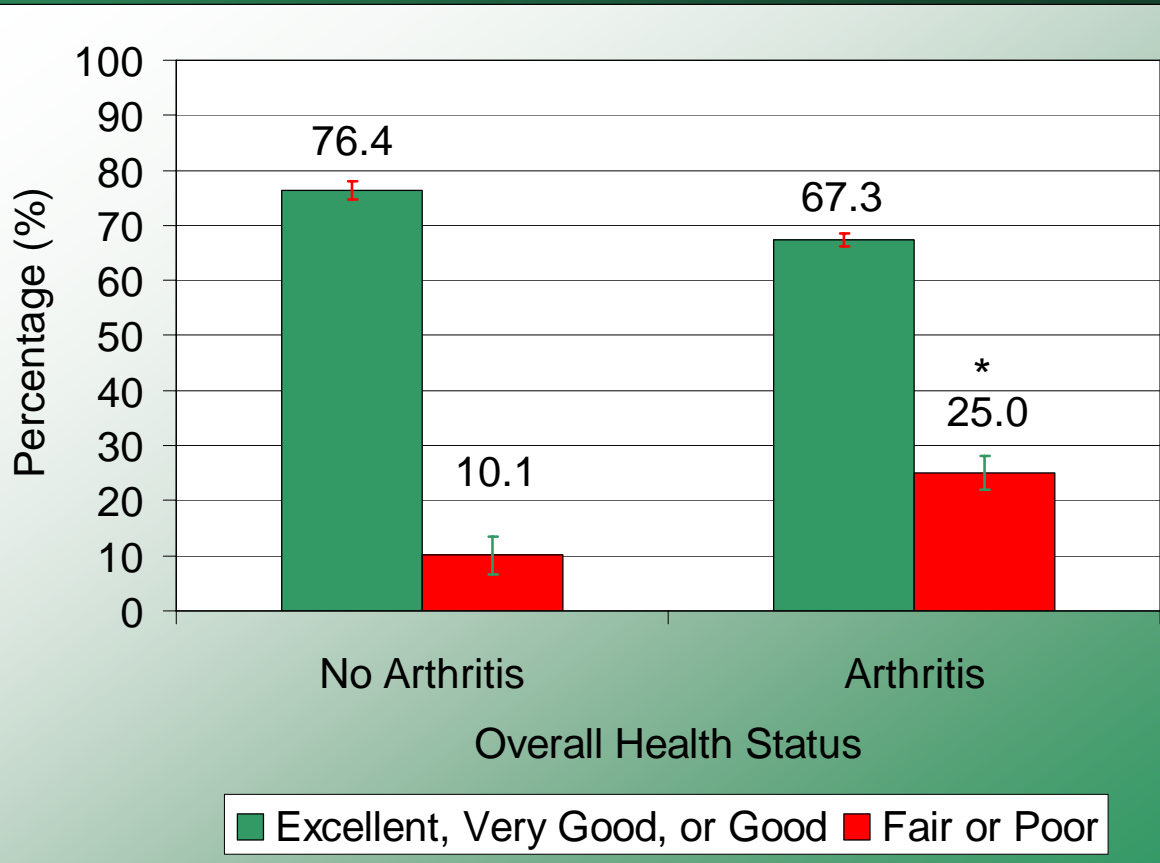


Results



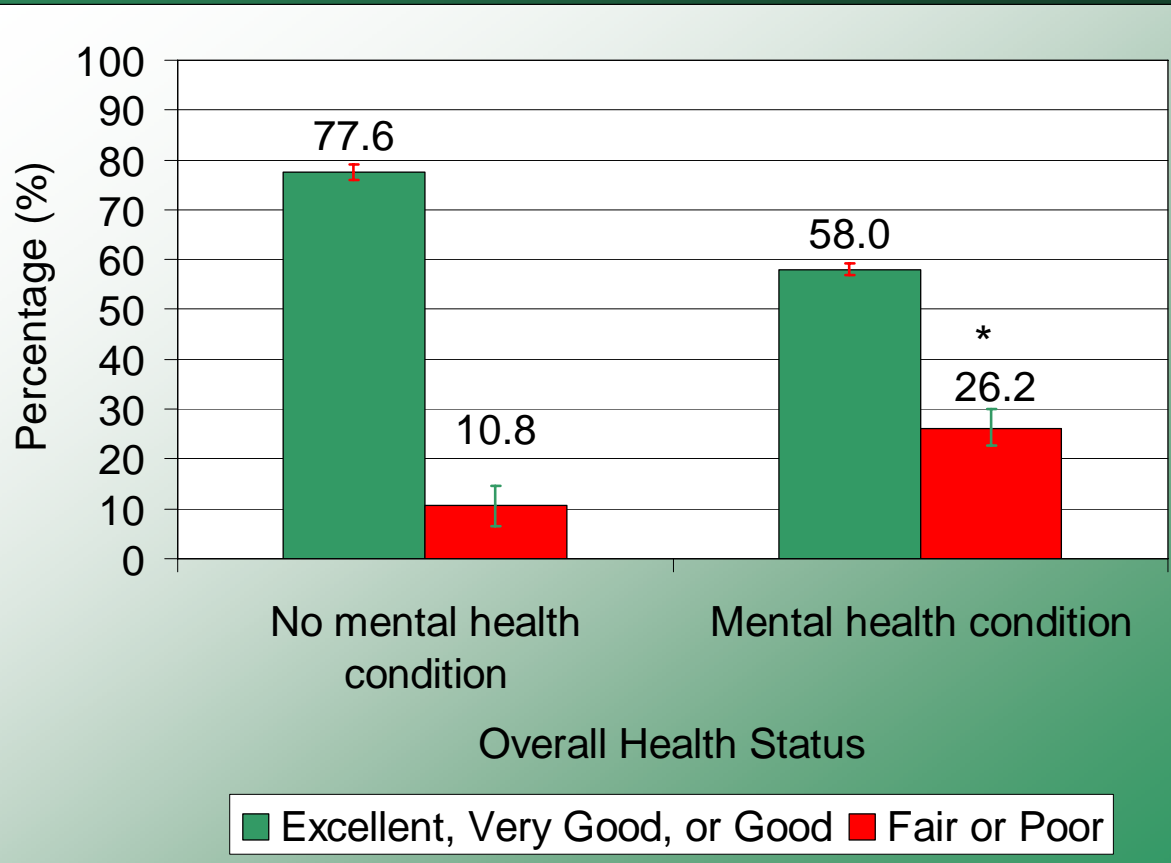
* Statistically significantly different ($p < 0.05$) than the other category
Source: North West Adelaide Health Study, 18 yrs and over

Arthritis and Overall Health Status



* Statistically significantly different ($p < 0.05$) than the other category
Source: North West Adelaide Health Study, 18 yrs and over

Mental Health and Overall Health Status



* Statistically significantly different ($p < 0.05$) than the other category
Source : North West Adelaide Health Study, 18 yrs and over



Chronic Conditions Summary

Fair or poor health more likely in:

- Diagnosed diabetes
- Undiagnosed asthma
- Diagnosed COPD
- Cardiovascular disease
- Arthritis
- Mental health conditions

Summary

- Presence of chronic conditions negatively affects self-reported overall health status
- Health promotion, prevention, and education efforts to target groups reporting higher levels of “fair or poor” health



Contact Details

- North West Adelaide Health Study website

<http://www.nwadelaidhealthstudy.org>

- Population Research & Outcome Studies Unit
(SA Department of Health)

<http://www.health.sa.gov.au/pehs/PROS.html>