



PERCEPTION OF DIABETES RISK IN NORTH WEST ADELAIDE: A Population Biomedical Study

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The North West Adelaide Health Study collaboration

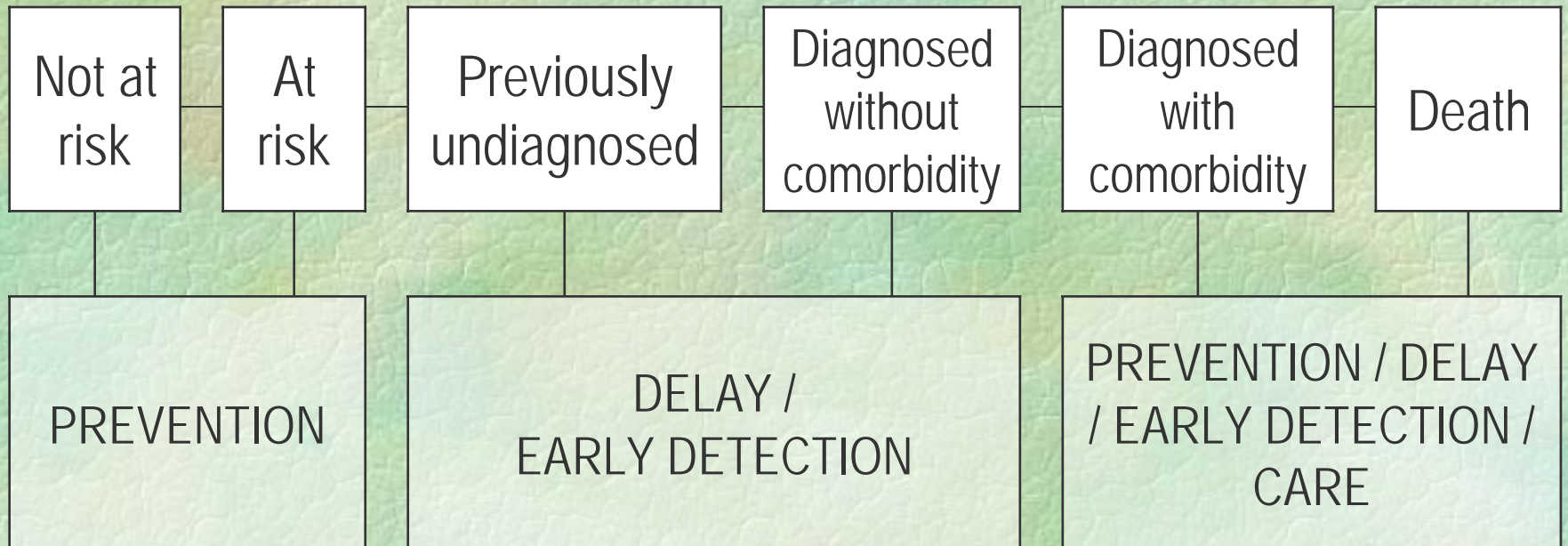
- SA Department of Human Services
(Centre for Population Studies in Epidemiology)
- The Queen Elizabeth Hospital
- Lyell McEwin Health Service
- The Health Observatory
- The University of Adelaide
- University of South Australia

Overall study aims

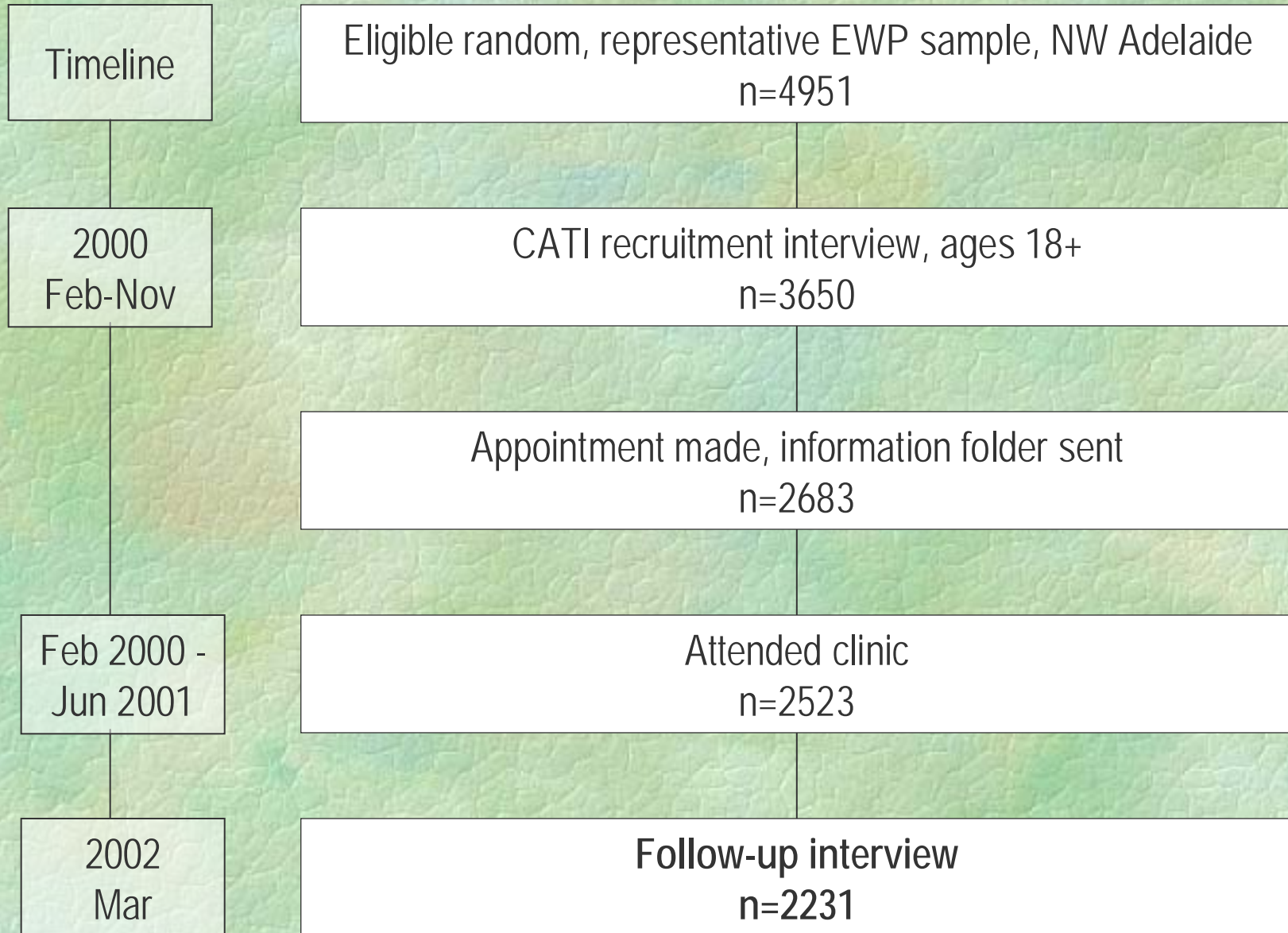
- Assess prevalence of priority health problems (diabetes, asthma and COPD), risk factors and their demographic distributions.
- Segment each chronic condition into subgroups along a continuum
 - More precise targeting.
 - More effective interventions and policy.
- Track cohort over time.

Chronic disease continuum

Deteriorating health status /
Increasing severity of disease



Methodology overview



Methodology:

Self-report questionnaire (n=2523)

- 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
- SF-36
- Demographics

Methodology:

Clinic assessment (n=2523)

- 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)

Methodology:

Follow-up interview (n=2231)

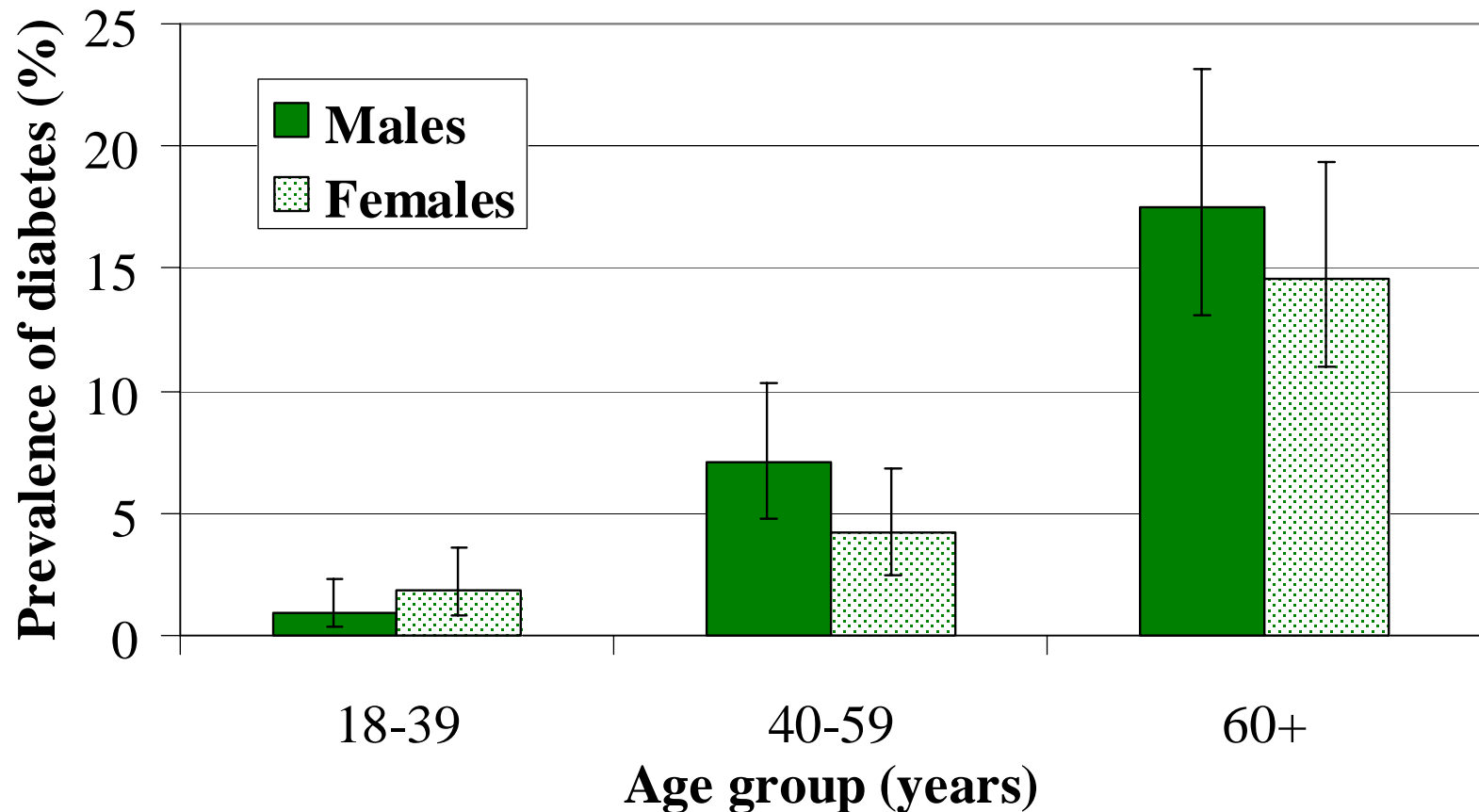
- Further investigation of asthma, COPD and diabetes, including:
 - ◆ Perception of risk of getting diabetes or cardiovascular disease in future
 - ◆ Diabetes-related complications
 - ◆ Asthma severity
 - ◆ Health service use

Clinic results:

Prevalence of diabetes

	% of Total	% of diabetes	Ratio
Diagnosed	5.4	81.7	4.4
Undiagnosed	1.2	18.3	1.0
No diabetes	93.3		
Total	100.0	100.0	

Telephone follow up results: Prevalence of previously diagnosed diabetes, by sex and age group (n=2231)





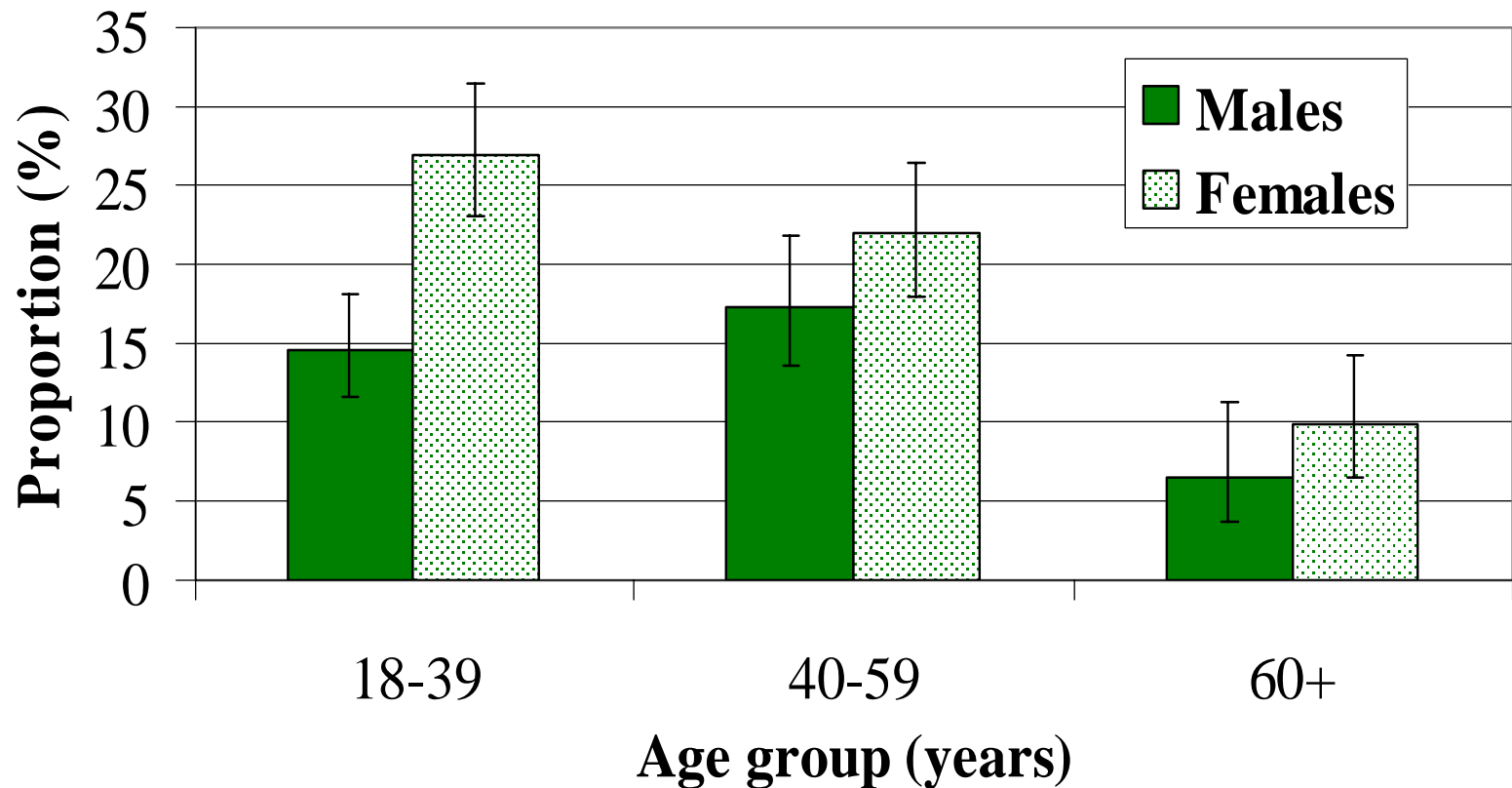
Telephone follow up results:

Do you consider yourself at high risk of getting diabetes at some stage in your life?

	n	% of Total	% of no diabetes
Yes	369	16.5	17.6
No	1538	68.9	73.6
Don't know	184	8.2	8.8
Already have diabetes	140	6.3	
Total	2231	100.0	100.0

Telephone follow up results:

Proportion who considered themselves at high risk of developing diabetes, by sex and age group (n=2091)



Participants who did not consider themselves at risk of developing diabetes...

...were significantly more likely to be:

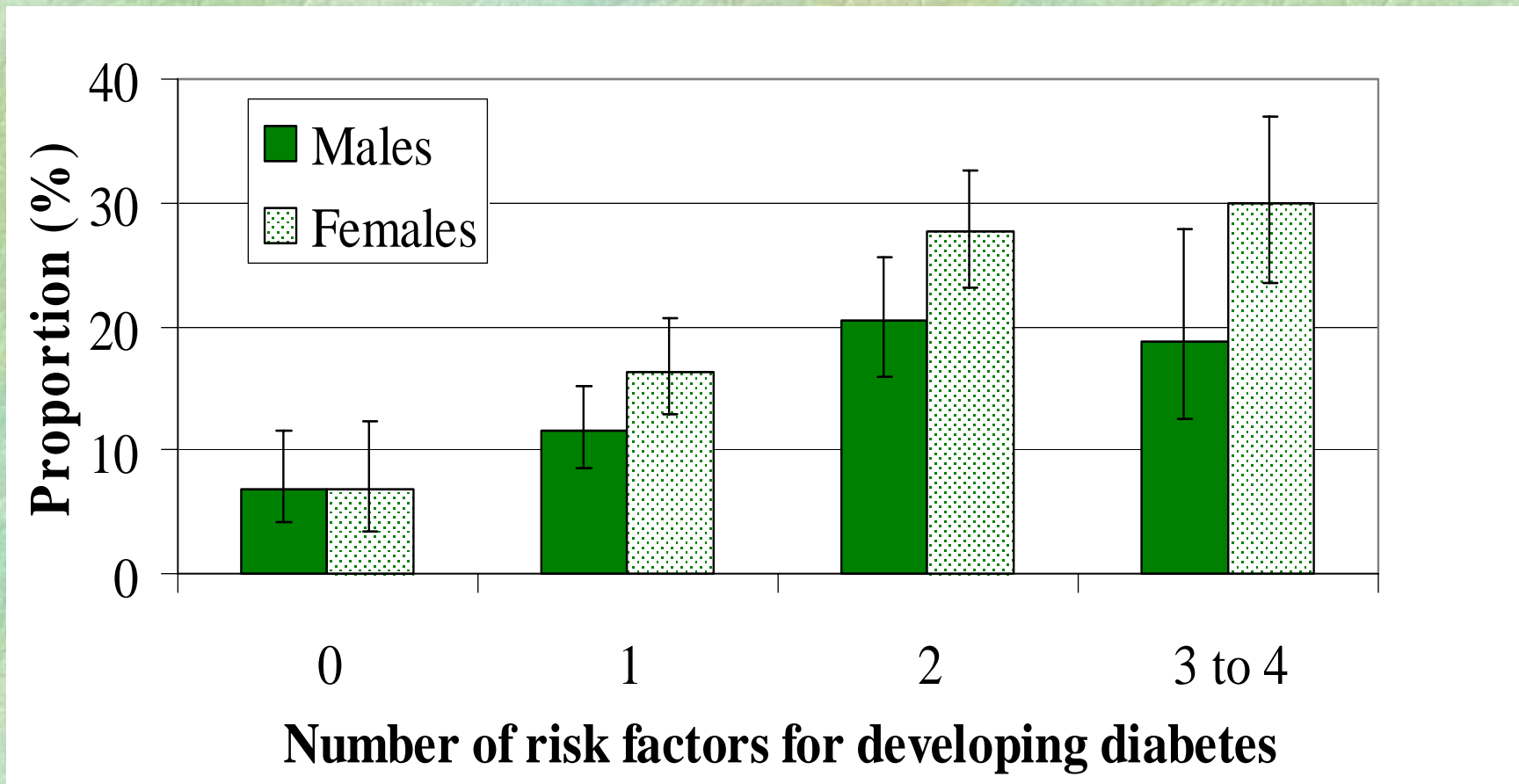
- ◆ Male
- ◆ Aged 60 years and over
- ◆ Widowed
- ◆ Sufficiently physically active

...and significantly less likely to:

- ◆ Have family history of diabetes
- ◆ Be overweight or obese

Telephone follow up results:

Proportion who considered themselves at high risk of developing diabetes, by number of risk factors (n=2091)



Conclusions

- Approximately 75% of people without diabetes do not consider themselves at high risk of developing diabetes.
- Awareness of diabetes risk needs to increase if prevention efforts to reduce the prevalence of diabetes in the population are to succeed.



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