



# ARDAC Kidney Health Study

## Newsletter 2015

### Community Consultation Update



Hi and welcome to the Christmas edition of the ARDAC Kidney Health Study newsletter.

We have had a change of staff and would like to welcome Tracey Shillingsworth to the team as the Aboriginal Medical Service Liaison Officer and Noella Sheerin as a Research Officer.

There has been a delay in getting out to the communities as we had planned however, we will continue to screen across the state in 2016.

### Screening update

In 2015 we continued to follow-up all previous participants and recruited new participants aged 16 to 20 years. So far we have screened 254 participants in 2015.

We visited and screened participants in the local Sydney area, as well as Armidale, Tingha, Tamworth, Walgett, Brewarrina, Bourke, Dubbo, Gulargambone and Coonamble.

Thank you to all the participants who have been screened and all the schools and community members who have helped us with the screening.

We will continue to work in partnership with schools and communities to make sure we can locate and screen as many original participants as possible and find new participants who would like to join the study.

If you have any questions about screening or the schedule please contact us :

**Phone:** (02) 9845 1469

**Free-call:** 1800 005 846 (leave a message)

**Email:** [ardac.SCHN@health.nsw.gov.au](mailto:ardac.SCHN@health.nsw.gov.au)

**Web site:** [www.ardac.org.au](http://www.ardac.org.au)



### The ARDAC Study

The ARDAC Study is the first large population-based study comparing the early markers of chronic disease in Aboriginal and non-Aboriginal children.

The study aims to see if early signs of chronic disease are more common in Aboriginal children and young people compared with non-Aboriginal children and young people.

### Screening Areas

Mt Druitt

Condobolin &  
Lake Cargelligo

Kempsey

Nowra

Goulburn & Queanbeyan

Wagga Wagga

Batemans Bay

Liverpool

Newcastle

Taree

Dubbo & Gilgandra

Ballina

Broken Hill, Wilcannia &  
Menindee

# Get to know the ARDAC team: Tracey Shillingsworth

## Aboriginal Medical Service Liaison Officer

**Why do you want to work in Aboriginal health?** I want to help our Mob overcome health issues in our families so we can keep them around longer.

### What is your favourite thing about working on the ARDAC study?

I don't have just one so here they are:  
1. To work towards finding a cure for kidney disease.  
2. To make sure that our community members are well informed about the ARDAC study.  
3. I would like to see our loved ones live a long and happy life watching their children and grandchildren fulfill their lives.

**Favourite colour:** BLUE but Gold goes with blue right....yes I am a Parramatta fan :)

**Favourite food:** Tough question but I really love SEAFOOD.

**Favourite movie:** Father of the Bride.

**Favourite book:** I have many so cant decide but I do love a good romance novel.

**Favourite TV show:** The Big Bang Theory - love the humour.

### If you could have any superpower what would you choose?

Well maybe this is my hidden talent :)

**What is your favourite ice cream flavour?** Old English toffee

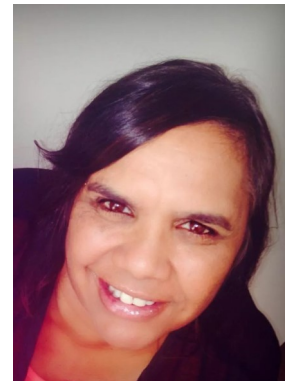
### If you could live anywhere in the world where would it be?

Australia, with my favourite person in the whole world - Richard with all our family close by.

**Hidden talent?** Now if I tell you my hidden talent then I would have to leave this job and become famous :)

### What do you do in your free time?

Absolutely nothing and that's why I love free time.



## Fruit Christmas Tree

### Ingredients:

- 1 pineapple
- 1 pear
- 2 cups strawberries, stems removed
- 170g fresh raspberries
- 170g fresh blackberries
- 2 kiwi, peeled and chopped
- 2 mandarin oranges, peeled and sectioned
- 1 cup red seedless grapes
- 1/2 cup chopped watermelon
- 1 large star-shaped cookie cutter
- 1 small heart-shaped cookie cutter (optional)
- at least 35 wooden toothpicks



### Instructions:

- \* Begin by cutting the top and bottom off of your pineapple.
- \* Save a 2cm thick slice of your pineapple to cut the star from.
- \* Cut all of the skin off of the pineapple so that only the edible portion remains.
- \* Slice the top of your pineapple as well to give it a slightly pointed shape at the top.
- \* Cut the bottom off of your pear and remove the stem. Use a toothpick to place the pear on top of the prepared pineapple.
- \* Use a large star-shaped cookie cutter to cut out a star for the top of the tree from the reserved slice of pineapple.
- \* Stick the prepared fruit onto the toothpicks all over the tree.

*A beautiful, delicious and healthy Christmas tree!*

The ARDAC team look forward to visiting you throughout the year.

If you would like any information about the study please contact us!

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If you've moved since the last time we've screened you, please contact us.



Remember to follow us on twitter: @ardackidney