



ARDAC Kidney Health Study Newsletter 2015



Hi and welcome to the mid-year edition of the ARDAC Kidney Health Study Newsletter.

The first half of the year has been great fun. The ARDAC Study team went to Orange in March and as you can see from the picture above we had a great "Health Breakfast" event at Orange AMS on March 11th World Kidney Day. We have also been meeting with community health and government organizations and committees in west and south west Sydney and the Mid North Coast to help establish working relationships to continue raising awareness of kidney health and to find the best way to find and re-screen ARDAC Study participants.

Screening update

So far this year we have only screened 30 participants as we have been working to secure working relationships with a variety of local agencies. But in the second half of the year our aim is to re-screen at least 300 of our current study champions - that means you. One thing that is holding us back is finding you as 95% of all the study's participants have now left school.

So please let us know your new contact details by giving us a call on the freecall number: 1800 005 846 or email to ARDAC.SCHN@health.nsw.gov.au so we can up date our records. Home visits are currently the main way we are catching up with people but we hope later this year and for next year many of the health agencies such as the local AMS or the community health centre will be options to come and be re-screened.

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 communities and schools 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 **or Free-call:** 1800 005 846 (leave a message)

Email: ardac.SCHN@health.nsw.gov.au **Web site:** www.ardac.org.au



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 2016

Orange
Taree/ Kempsey/ Port Macquarie
Western Sydney
Nowra
Liverpool
Newcastle
Broken Hill, Wilcannia

Community Consultation Update

ARDAC Community Consultation

In 2016 the team is visiting both metropolitan and regional NSW to introduce the new team and to build and renew community support for the ARDAC Study. We hope to establish Local Reference Groups (LRG) across wider community networks around NSW. We are visiting Local Health District - Community Health Centres, Primary Health Networks and a range of Aboriginal Community Controlled Health Services and Organizations providing information sessions focusing on the ARDAC study aims, an update on the study and the support we need to continue over the next two years. It is important we work closely with community groups so we can inform families and health care agencies of the ARDAC study and seek their support and guidance. It is equally essential we raise awareness of the importance of kidney health and get people to look at opportunities for kidney health promotion.

If you know of any community networks that we should visit while in your area, please call us on: **(02) 9845 1469**

The ARDAC team pays their respects to the Elders past, present and future and also acknowledges the Traditional Owners of all Nations where we work and live and respect the spiritual connections to their lands.

Get to know the ARDAC team: Noella Sheerin otherwise know as Dr Noe - ARDAC Research Officer

Why do you want to work in Aboriginal health? I want to see the imbalance in health outcomes between Aboriginal & non-Aboriginal Australians disappear. All should have an equal opportunity to experience good health life long

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

There are several:

1. To raise awareness about the importance of kidney health especially in Aboriginal communities and families
2. Travelling with Tracey & getting to meet such inspirational study participants, their families and the health workers involved in health care.
3. Collecting the study data so there is evidence to support greater resourcing for improved kidney health

Favourite colour: BLUE—our Australian skies have such a beautiful hue

Favourite food: Thai food and Italian pastries.

Favourite movie: Chariots of Fire

Favourite book: Any good cook book!

Favourite TV show: In-Touch Ministry

If you could have any superpower what would you choose?

To fly

What is your favourite ice cream flavour? Coconut and Lychee

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

By the sea - somewhere like Hat Head.

Hidden talent? Not sure I have one!

What do you do in your free time?

Exercise my 2 German Shorthair Pointers (GSPs) who happen to be my personal trainers or cook for friends



Tips for good kidney health

Keep fit and active



Do NOT
smoke

Drink enough
water every day

Kidneys like
water a LOT!

Did you know

Adults have around 7-8 liters of blood, and this is constantly filtered by the kidneys, as much as 400 times per day!

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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Web site: www.ardac.org.au

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



Remember to
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[@ardackidney](https://twitter.com/ardackidney)

