

# ARDAC Kidney Health Study



## Screening Report

## Ballina Area

25<sup>th</sup> July – 5<sup>th</sup> August 2011

**ckr**

CENTRE FOR  
KIDNEY RESEARCH  
The Children's Hospital  
at Westmead



# The ARDAC Study

The ARDAC Study (**A**ntecedents of **R**enal **D**isease in **A**boriginal **C**hildren) is based at The Centre for Kidney Research at The Children's Hospital at Westmead and is investigating the early signs of kidney and cardiovascular disease in both Aboriginal and non-Aboriginal children in NSW. The first phase of the study was conducted over 6 years between 2002 and 2007 and followed the health of more than 2000 primary school children from areas across NSW. Initially participants were recruited from primary schools, however they are now screened in high schools, at home and in the community as the participants are older and some have left school. Screening in Phase 2 of the study includes measurement of height, weight, blood pressure, waist circumference and a urine test.

The results of the first phase showed no difference in presence of markers for kidney and cardiovascular disease between Aboriginal and non-Aboriginal participants. Screening for Phase 2 started in 2008. The success of the ARDAC study has been the result of the support and commitment from Aboriginal Health Workers (AHW's), Aboriginal Education Officers (AEO's), teachers, staff from the Aboriginal Medical Services, the Division of General Practice and a large number of participating schools and communities.

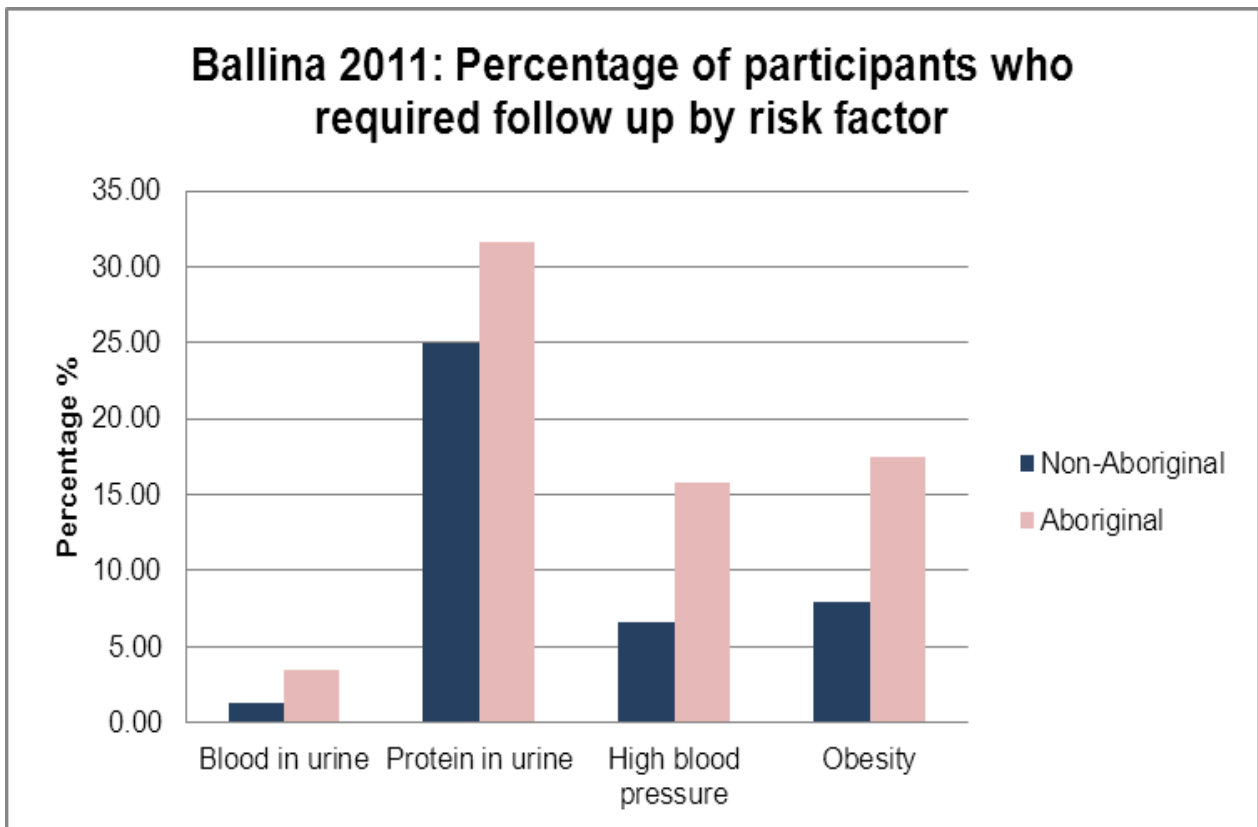
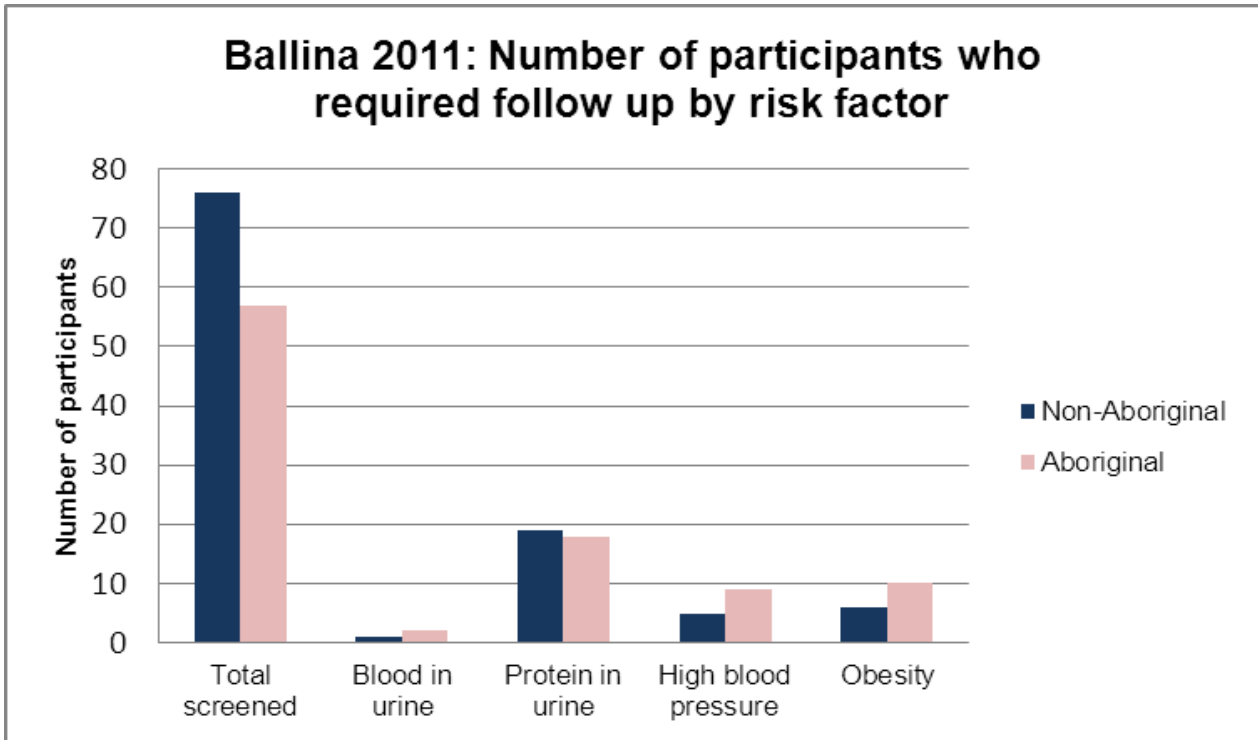
In 2011 we screened 133 participants from the Ballina Area. These are the results of screening in the Ballina Area for 2011.

Schools screened in the Ballina Area 2011:

<b>School</b>	<b>Participants</b>
Ballina High School	58
Ballina Public School	1
Casino High School	10
Kingscliff High School	2
Lismore High School	12
Macleay High School	33
Southern Cross School	6
St Columba Anglican School	1
St Joseph's College	1
Xavier Catholic College	1
Home Visits	8
Total	133

# ARDAC Phase 2 Screening Report

Ballina Area 2011



The first graph shows the number of Aboriginal and non-Aboriginal participants who were referred for each risk factor. The second graph shows the percentage of Aboriginal and non-Aboriginal participants who were referred for each risk factor.

**Number of participants tested:** 133

**Ethnicity:** 57% non-Aboriginal (76) and 43% Aboriginal (57)

▪ **Blood in urine  $\geq$  1+ (25 cells/uL) excluding menstruation:**

There were 3 out of 133 participants (2%) who had blood in their urine, 1 non-Aboriginal and 2 Aboriginal

▪ **Protein in urine  $\geq$  1+ (30mg/dL):**

There were 37 out of 133 participants (28%) with protein in their urine, 19 non-Aboriginal and 18 Aboriginal

▪ **High blood pressure (systolic blood pressure > 95% for age ):**

There were 14 out of 133 participants (10.5%) with systolic hypertension, 5 non-Aboriginal and 9 Aboriginal

▪ **Obesity (Body Mass Index SDS  $\geq$ 2):**

There were 16 out of 133 participants (12%) with a BMI SDS  $\geq$ 2, 6 non-Aboriginal and 10 Aboriginal

### Referral

Participants are referred to their local doctor, Aboriginal Medical Service or Community Health Centre for further investigation if one or more of the following are found during screening;

- **High blood pressure**
- **Obesity**
- **Blood, protein or albumin in their urine**

Participants who require follow-up receive instructions with their screening results.

### Contact Us

If you have any questions about screening or results please contact us on:

**Free call:** 1800 005 846

**Phone:** 9845 1469

**Fax:** 9845 1491

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