

# ARDAC Kidney Health Study



## Screening Report

Ballina

2013



# 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.

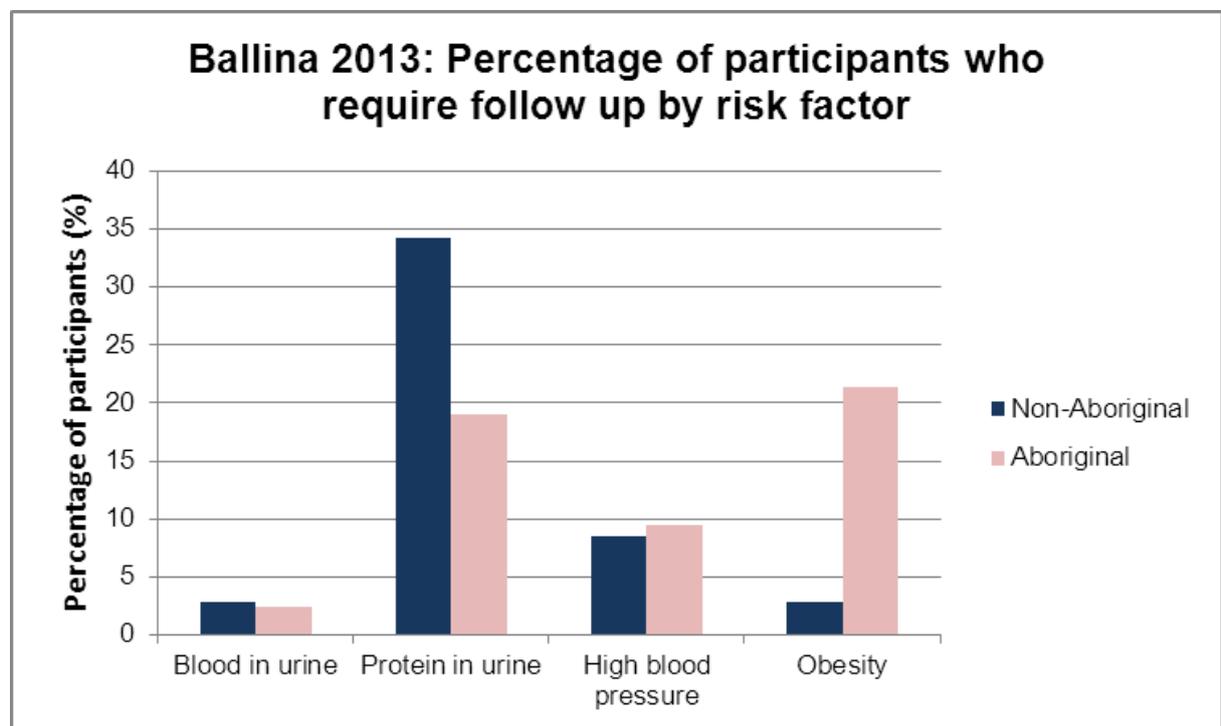
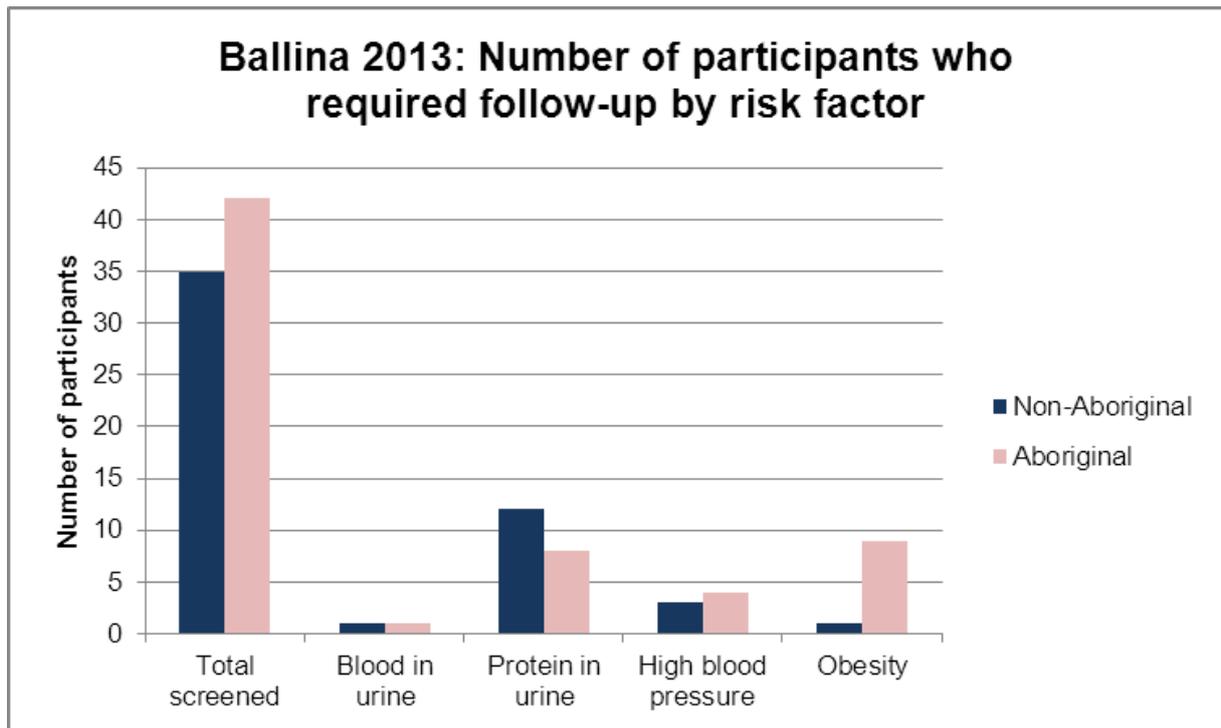
In 2013 we screened 77 participants from the Ballina area. These are the results of screening in the Ballina area in 2013.

Screening locations:

<b>School</b>	<b>Participants</b>
Ballina High School	31
Casino High School	5
Kadina High School	1
Kingscliff High School	1
Lismore High School	5
Macleay High School	14
Pacific Valley Christian School	1
Southern Cross School	1
St Columba Anglican School	1
Trinity Catholic College	1
Wollumbin High School	1
Clinic Visits	9
Home Visits	6
Total	77

# ARDAC Phase 2 Screening Report

Ballina 2013



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: 77**

**Ethnicity:** 45% non-Aboriginal (35) and 55% Aboriginal (42)

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

There were 2 out of 77 participants (2.6%) who had blood in their urine, 1 non-Aboriginal and 1 Aboriginal

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

There were 20 out of 77 participants (26%) with protein in their urine, 12 non-Aboriginal and 8 Aboriginal

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

There were 7 out of 77 participants (9%) with systolic hypertension, 3 non-Aboriginal and 4 Aboriginal

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

There were 10 out of 77 participants (13%) with a BMI SDS  $\geq$ 2, 1 non-Aboriginal and 9 Aboriginal

### Referral

Participants are referred to their local doctor, Royal Flying Doctor Service or Aboriginal Medical Service 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

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