

ARDAC Kidney Health Study



Screening Report Goulburn & Queanbeyan

March - April 2011



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.

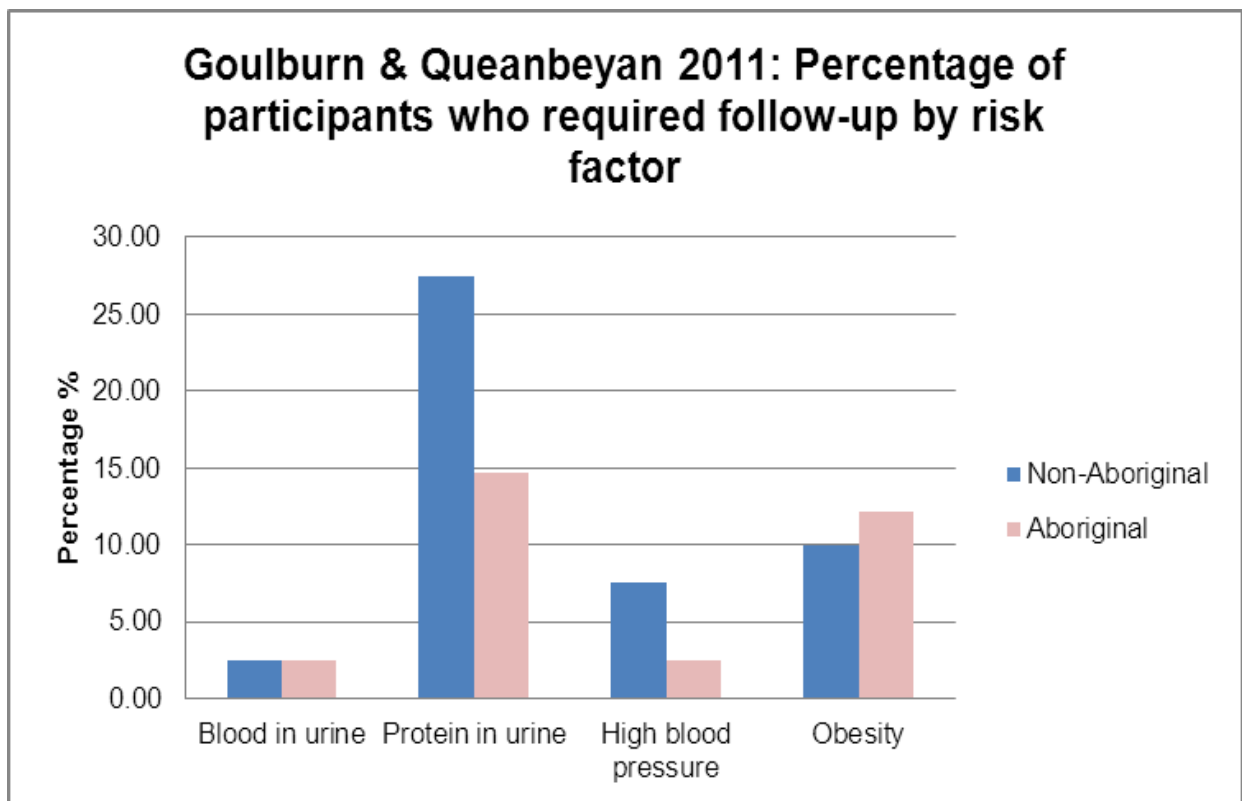
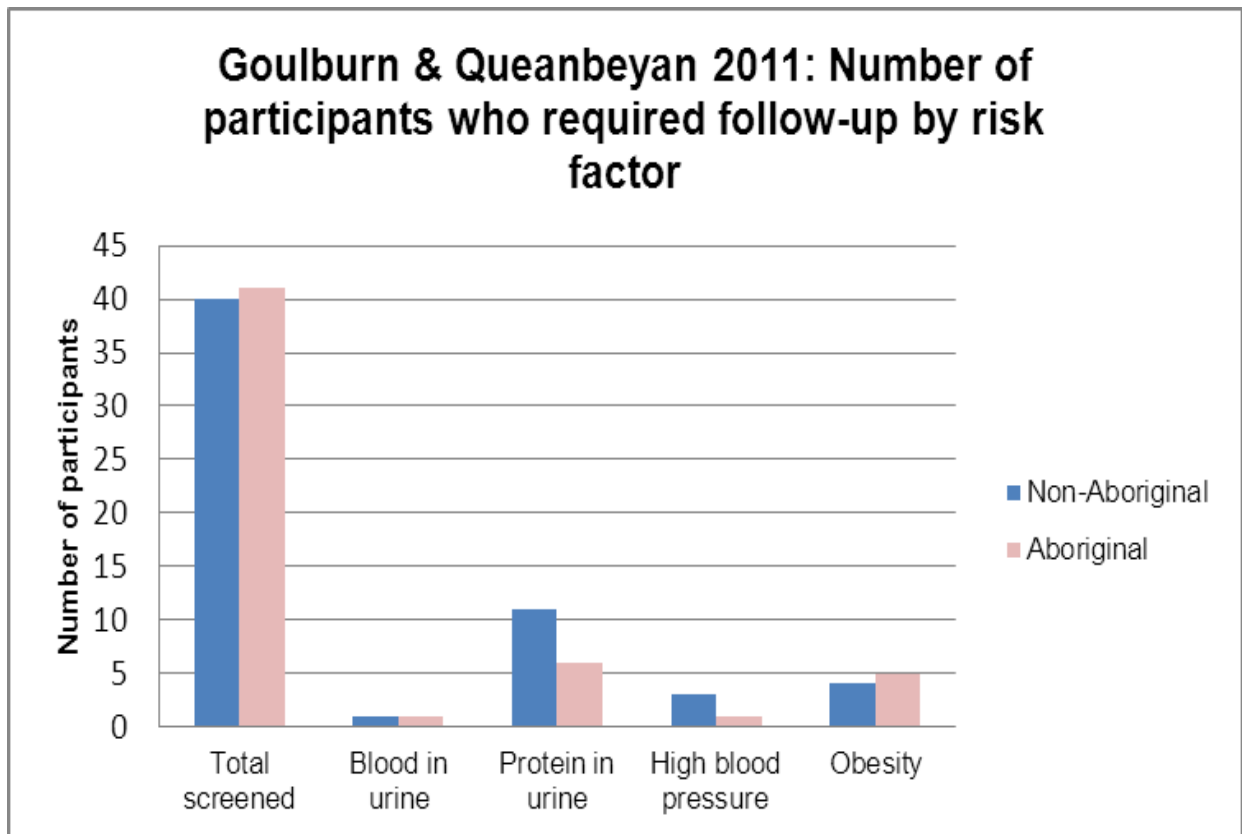
In 2011 we screened 81 participants from Goulburn and Queanbeyan. These are the results of screening in Goulburn and Queanbeyan for 2011.

Schools screened in the Goulburn and Queanbeyan:

School	Participants
Goulburn High School	7
Karabar High School	15
Mulwaree High School	25
Queanbeyan High School	21
Trinity Catholic College	1
Home Visits	12
Total	81

ARDAC Phase 2 Screening Report

Goulburn & Queanbeyan



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: 81

Ethnicity: 49% non-Aboriginal (40) and 51% Aboriginal (41)

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

There were 2 out of 81 participants (2.5%) who had blood in their urine, 1 non-Aboriginal and 1 Aboriginal

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

There were 17 out of 81 participants (21%) with protein in their urine, 11 non-Aboriginal and 6 Aboriginal

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

There were 4 out of 81 participants (5%) with systolic hypertension, 3 non- Aboriginal and 1 Aboriginal

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

There were 9 out of 81 participants (11%) with a BMI SDS \geq 2, 4 non-Aboriginal and 5 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

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