

Heart Health Follow Up Study

What?

An investigation of the clinical predictors of heart attack and stroke for Aboriginal populations in central Australia.

How?

Ten-year medical records follow-up of a cohort of approximately 800 people who participated in a well person's health check in 1995. One of the participating health services requested that we also investigate the social determinants of health in their community.

Why?

There is a high prevalence of risk factors related to insulin resistance and the metabolic syndrome in Aboriginal populations, and they may be major contributors to the high risk of cardiovascular disease. We were looking for early markers of cardiovascular risk that may be useful in clinical screening programs, and assessing the accuracy of current clinical guidelines in this setting.

Community involvement

Aboriginal health services in three communities participated in the baseline surveys and the follow up study.

Start and completion dates

2011 to 2014.

Benefits to community

Potential benefits are more precise screening tools for identifying persons at high risk of heart attack, stroke and kidney disease. Documentation of health outcomes and their social determinants at Utopia has been used for advocacy work by their health service and council.

Funders

NH&MRC, Lowitja Institute.

Researchers

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Partners

Alex Brown (South Australian Health & Medical Research Institute), Kerin O'Dea, James Best, Ian Anderson (The University of Melbourne), Mark Daniel, Robyn McDermott (University of South Australia).

So far

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