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# Newsletter

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Dear CDAH Participants,

The second CDAH follow-up study (CDAH2) has progressed well during 2009-2010, with over 4,000 questionnaires now sent out to participants who took part in the first follow-up study during 2002-2006. We are pleased to report that lots of questionnaires have been flowing back in but do encourage anyone who may have some sitting there to please complete them and send them back as soon as possible. We have had some feedback from a few people regarding the time taken to fill in the questionnaires, and understand that it is difficult to find a couple of free hours in already busy lives! The questions that we have included in the questionnaires are all necessary in order to answer our research questions, so we ask for your patience even if it seems like you have answered some of these questions previously!

Thank you for sticking with us this far in our CDAH journey. We wish you and your families a very happy festive season and hope to meet many of you again in the coming years!

Marita Dalton, CDAH Project Manager

## Key New Findings

### Breakfast really IS that important

Analysis of CDAH data on participants' dietary and eating patterns both as children and as adults have shown that not only is breakfast good for weight management, but it is also good for reducing other risk factors for heart disease and diabetes such as blood insulin and cholesterol levels, irrespective of body weight. People who reported skipping breakfast both during childhood and adulthood had more risk factors for diabetes and heart disease than their peers who regularly ate breakfast at both points in their lives.

The full results of this analysis are available in the following paper:

**Skipping breakfast: longitudinal associations with cardio-metabolic risk factors in the Childhood Determinants of Adult Health (CDAH) study.** Smith KS, Gall SL, McNaughton SA, Blizard L, Dwyer T, Venn AJ. *Am J Clin Nutr* Oct 6. [Epub ahead of print]

You can access this by clicking on the appropriate link on the CDAH Publications page.

### Linking depression and diabetes risk

Depressed adults are known to be up to 40% more likely to develop type 2 diabetes than those who are not depressed, but the reasons are unclear. One suggestion is that an unhealthy lifestyle (physical inactivity, poor diet, obesity) might explain the link. Using data from CDAH, this study showed that obesity is an important part of the picture in young adults. Overweight and obesity seen as fat accumulated around the waist was more common in those who were depressed and it was associated with insulin resistance—a precursor to type 2 diabetes.

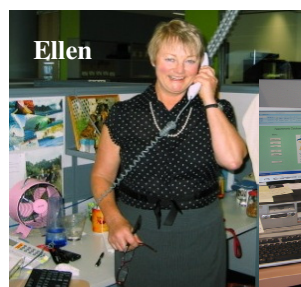
The full results of this analysis are available in the following paper:

**Depression and insulin resistance: cross-sectional associations in young adults.** Pearson S, Schmidt M, Patton G, Dwyer T, Otahal P, Venn A. *Diabetes Care* 2010; 33:1128-33

You can access this by clicking on the appropriate link on the CDAH Publications page.

### New Faces at CDAH Central

Cranking up for CDAH2 also meant bringing some new team members onboard here at Menzies Research Institute. Many of you will by now have spoken to Ellen (Administrative Officer), Hilary (Interviewer) and Maree (Interviewer). While Ellen coordinates the day-to-day operations of the study and liaises with study participants when necessary, Hilary and Maree are busy on the phones conducting mental health surveys and generally chasing up questionnaires which haven't been returned. Our long-serving volunteer, Irma, is meanwhile flat-out tracking down everyone who has moved since the last mailout (a never-ending task!) so that we can continue to keep in touch with you.





research thanks to you



## Healthy Lifestyle Score

Did you know that around 70% of heart disease and 40% of cancers can be attributed to lifestyle? The good news is that this means these diseases are largely preventable. Using information we collected from you during the last CDAH follow-up, we have been able to develop an online checklist comprising 12 items which are associated with your likelihood of developing heart disease and stroke in the future. By answering 12 questions, you can get instant personalised feedback on your 'Healthy Lifestyle' score, plus some suggestions to help you improve your score. Give it a go! It's available on the CDAH Website ([www.menzies.utas.edu.au/cdah.html](http://www.menzies.utas.edu.au/cdah.html)) and takes only a couple of minutes. You can read more about the Healthy Lifestyle Score by clicking on the link to the paper "[Healthy lifestyles and cardiovascular risk profiles in young Australian adults: the Childhood Determinants of Adult Health Study](#)" on the Publications page of our website.



## PhD Completions

Costan Magnussen was with the CDAH Study team from 2003-09. His PhD found that blood cholesterol in childhood is important for identifying individuals that may be at increased risk of cardiovascular disease later in life. From this work, five articles have been published in leading international journals. Since completing his PhD, Costan has worked as a postdoctoral research fellow at the Turku University in Finland and the Murdoch Childrens Research Institute in Melbourne. He continues to work with the CDAH Study as well as other similar studies conducted in the U.S. and Finland as part of the International Childhood Cardiovascular Cohort (i3C) Consortium, which is hoping to provide answers to unresolved questions regarding the childhood origins of cardiovascular disease.



Verity Cleland finished her PhD in 2007, which used data from the CDAH study to look at patterns in physical activity and weight in childhood and adulthood. After finishing her PhD, Verity moved to Deakin University in Melbourne to work as a postdoctoral research fellow in the Centre for Physical Activity and Nutrition Research. Verity has now returned to the Menzies Research Institute Tasmania to continue this research, using data from the CDAH study and from two large studies of women and children based in Victoria. Her aim is to gain a better understanding of how things like enjoyment of physical activity, whether people have families and friends who are supportive of physical activity, and having access to places to be active make a difference to participation in physical activity. This work provides important information for programs that aim to promote physical activity.



## And in progress.....



Kim Jose's PhD is exploring the factors that impact on physical activity participation during the transition from adolescence to adulthood. She has been able to use the CDAH study to investigate childhood factors that impact on physical activity during this transitional life-stage. Kim is also exploring young people's current engagement with physical activity and the factors that influence this through a series of focus groups and interviews.

## Knee Cartilage Study

Invitations to participate in the CDAH Knee Cartilage Study have now been sent to over 900 CDAH participants in Melbourne and Sydney. 421 people have so far taken part by completing a phone survey, with 333 also having an MRI scan of their knees at either Royal North Shore Hospital or Epworth Hospital (thanks everyone!). Liz is still trying to contact a number of people who have agreed to take part to do a telephone interview, so if that's YOU, it would be helpful if you could give her a call on 0415 279 620 or drop her an email to confirm the best phone number to contact you on ([cdah@menzies.utas.edu.au](mailto:cdah@menzies.utas.edu.au)). Also, if you have been invited to have an MRI scan and haven't organised a time as yet, Liz would love to hear from you. Oh, and a number of people haven't yet returned their pedometer, so a friendly reminder to do so please!

### KEEP IN TOUCH!

Please let us know if your contact details change:

Freecall: **1800 634 124**

Email: [cdah@menzies.utas.edu.au](mailto:cdah@menzies.utas.edu.au)