Welcome to the PAMS Project

Welcome to the Place and Metabolic Syndrome (PAMS) project, an important collaborative initiative funded by the National Health & Medical Research Council and SA Health. Input from community partners is fundamental to the project. Led by the Social Epidemiology & Evaluation Research Group at the University of South Australia in collaboration with The University of Adelaide, the project aims to identify:

- Features of local communities that are related to cardiometabolic health;
- How these factors influence cardiometabolic health; and
- How to improve residential environments.

Examples of relevant local community features include transportation, fruit and vegetable stores, green space, housing quality, noise, fast-food restaurants, and crime. These features will be analysed in relation to health information for some 4,000 participants in the North West Adelaide Health Study.

The results of this project have a strong potential to provide evidence-based, policy-relevant recommendations for interventions involving healthful urban planning, social organisation, and public health action.

We look forward to working with you in this exciting research initiative.

Sincerely,

Mark Daniel
Professor and Research Chair: Social Epidemiology

What is Metabolic Syndrome?

Cardiovascular diseases are a leading cause of death globally and it is predicted that by 2030 almost 23.6 million people will die from associated diseases.

Metabolic Syndrome (MetS) is a clustering of risk factors that identifies individuals at high risk of developing cardiovascular disease and other metabolic-related disorders such as diabetes type 2. In Australia, the prevalence of MetS in adults is estimated at between 19.3% to 29.1%.

The International Diabetes Federation (IDF) defines Metabolic Syndrome as:

- **Waist Girth:**
  - ≥80 cm females or ≥94 cm males
- **Blood Pressure:**
  - Systolic ≥ 130 mmHg or Diastolic ≥ 85 mmHg
- **Raised triglycerides:**
  - ≥1.7 mmol/L or treatment for lipid abnormality
- **Reduced HDL-Cholesterol:**
  - ≤1.03 mmol/L females or ≤1.29 mmol/L males
- **Fasting Plasma Glucose:**
  - ≥ 5.6 mmol/L or diagnosed Diabetes

An active and healthy lifestyle will reduce an individual’s risk of developing MetS.
The north-west study population

The Place and Metabolic Syndrome (PAMS) Project utilises the North West Adelaide Health Study (NWABS) a longitudinal biomedical cohort of 4,056 participants. Information has been collected on socio-demographics and health and wellbeing over the last ten years. The location of the study participants can be seen in Figure 1. The study area includes the Local Government Areas of: Gawler, Playford, Salisbury, Port Adelaide Enfield, Charles Sturt and West Torrens.

Figure 1: Place and Metabolic Syndrome (PAMS) Project Study Area, including North West Adelaide Study (NWABS) participants

“Place is to space as history is to time and home is to house.”
Tunstall et al., 2004

Previous team research investigating ‘Place and Health’

Upcoming Presentation:

Previous Research Papers:


Further PAMS Project Information:
http://www.unisa.edu.au/sansominstitute/pams

Contact Details:
Social Epidemiology and Evaluation Research Group
Sansom Institute
City East Campus, Playford Building Level 4, Room No. 18
Executive Officer: Miss Kristy Scherer
E. Kristy.Scherer@unisa.edu.au
T. +61 8 8302 2629
F: +61 8 8302 2603

Professor Mark Daniel
E. Mark.Daniel@unisa.edu.au
T. +61 8 8302 2518

Dr Margaret Cargo
E. Margaret.Cargo@unisa.edu.au
T. +61 8 8302 1512

Dr Catherine Paquet
E. Catherine.Paquet@unisa.edu.au
T. +61 8 8302 2776

Mr Neil Coffee
E. Neil.Coffee@unisa.edu.au
T. +61 8 8302 2615

Ms Natasha Howard
E. Natasha.Howard@unisa.edu.au
T. +61 8 8302 2776

The University of South Australia (UniSA) is a modern and innovative institution known for its strong and engaged research and experientially-based teaching and learning conducted in partnership with industry and the professions. UniSA is the largest university in South Australia having 36,156 students and 2,396 staff across five campuses, with annual revenue in excess of $457 million. UniSA fosters an intellectually rich, rigorous research environment. It hosts six Research Institutes and 14 Research Centres.

The Sansom Institute for Health Research (SIHR), based in the Division of Health Sciences, is UniSA’s premier health and biomedical research concentration, bringing together leading clinical and population health scientists. In 2004, the SIHR united UniSA’s internationally-recognised strengths in quality use of medicines and pharmacy practice, molecular medicine, pharmaceutical science, vaccine development, cancer treatment, gene technology to medicines policy, early origins of adult health, and complementary therapies. In 2007 the SIHR underwent a strategic expansion to integrate a Population Health cluster with expertise in life course epidemiology, health economics, Aboriginal health, nutrition and social epidemiology. The SIHR is based in the centre of Adelaide’s premier medical research precinct and has strong links with South Australia’s major medical research organisations and hospitals and leading interstate and overseas universities and research bodies. Strong engagement with the broader scientific community, government, and state-of-the-art laboratory, computing and research facilities, provide a dynamic environment where graduate students and early career researchers learn alongside internationally-renowned health scientists across the spectrum from biomedical, clinical, population health, and health policy research.

The Social Epidemiology and Evaluation Research Group conducts local and international research in social and chronic disease epidemiology, disease prevention and health promotion with disadvantaged populations, and ‘health and place’ research on social, physical and built environments and population health risks, diseases and disease outcomes.

Research foci include health and the contextual features of local communities, work and home environments to which people are exposed daily. Examples include the social (crime, disorder, poverty, culture and social networks), physical (heat, noise, air and water) as well as built attributes (residential density, transport networks, public transit systems, health and medical care, food sources, and opportunities for recreation, physical activity and culture) of environments.

The biological mechanisms underlying relationships between environments, socioeconomic factors and health are also targeted, including chronic stress and psychosocial and behavioural mediators of disease. Understanding such relationships is necessary for policy interventions which support changing residential and community environments to enable people, individually and collectively, to live healthfully and with quality of life.

Access to Supermarkets and Fresh Fruit and Vegetables

Design of local communities

Our website provides further information on the Research Team: