

2006 Public Health Awards for Excellence and Innovation:

Public Health Research Award for Excellence

AusDiab Study

International Diabetes Institute

The Australian Diabetes, Obesity and Lifestyle (AusDiab) study is the largest population-based national study of the current diabetes, pre-diabetes, obesity, heart and kidney disease epidemics underway in Australia. AusDiab, co-ordinated by the International Diabetes Institute, is the first national study to look at the course of these diseases and their risk factors over time.

The 1999-2000 baseline study provided benchmark national data on the prevalence (or number of people) with diabetes, obesity, elevated blood pressure and kidney disease in Australia. The second phase of AusDiab, completed in December 2005, was a five year follow-up of the people who participated in the baseline survey. The results of the follow-up provide a unique picture of the incidence (or number of new cases) of these conditions over five years.

AusDiab involved researchers visiting 42 randomly selected testing sites around Australia to test the 11,247 individuals who participated in 1999-2000, and the 6,537 of these participants who came back to attend the follow-up survey in 2004-2005.

AusDiab involved extensive collaboration with researchers throughout Australia, together with State and Federal Governments, and sponsors from the pharmaceutical industry. Numerous publications in international journals have resulted from the study, which continues to provide important public health messages on the burden of disease in Australia and ways that the current diabetes and non-communicable disease epidemic can be prevented or slowed.

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