



300 wanted for youth study

By **ALYSSA BETTS**

RESEARCHERS want young Territorians to take part in health checks for the next four years.

A Menzies School of Health Research study is seeking 300 volunteers.

The Top End Cohort Study will examine the physical and emotional wellbeing of adolescents born in Darwin between 1987-90.

Project leader Dr Gurmeet Singh said adolescent health was understudied, but that this age group was already likely to have begun progression towards developing chronic diseases.

"Adolescent obesity has reached epidemic proportions in

NT volunteers sought by researchers

Australia and Type 2 diabetes rates are increasing, with the age of onset getting earlier," he said.

"These and other chronic conditions, including heart disease and kidney disease, can increase the risk of dying at an earlier age than expected."

The study aims to collate information on the early determinants of chronic diseases, and give a snapshot of the state of this age group's health.

Skye Jackson, 17, is a volunteer and has already undergone a health screen.

The Nightcliff teen said she signed up because she wanted a free health check.

Project officer Belinda Davison said the volunteers would be given the basic findings from their screenings straight away.

Some of the tests and analysis will be posted on a website without identifying the volunteer.

"If anything needs following up with them, we'll contact them personally," Ms Davison said.

ALL THOSE interested in taking part go to www.menzies.edu.au/topendcohort or call 8922 8701 or 8922 7972.



GOOD CAUSE: Menzies School of Health Research project officer, Belinda Davison, checks the blood pressure of Skye Jackson. Picture: CLIVE HYDE