

# PANDORA

(NT Diabetes in Pregnancy Study)



## PANDORA Baseline & Wave 1 update

The PANDORA study has been observing the health and lifestyle of a group of mothers and their children from the NT at different points in time- from pregnancy until mid-childhood. Drawing together information on aspects of mother and child health, the study aims to further understand what factors might contribute to development of certain health problems, and how these can be effectively reduced in the future.

The PANDORA study has 1139 women and 1170 babies, recruited from 2012 to 2017 from all areas of the NT, with and without diabetes in pregnancy. Results from baseline (births) found that Indigenous women had much higher rates of type 2 diabetes in pregnancy than non-Indigenous women. Not having type 2 diabetes in pregnancy was a key contributor to better birth outcomes for Indigenous women. Other changeable areas that contributed to better birth outcomes included not smoking, lower mother's body mass index (BMI) and less amount of weight gain during pregnancy. These results highlight the importance of the prevention or delay of type 2 diabetes in younger women as early as possible in the life course.

We have learned lots from this baseline information collected at the time of birth, but we know that birth is just one part of the PANDORA story. That's why in Wave 1 we followed up a group of PANDORA mothers and children to learn more about how some of the factors at birth can influence the child's development. Thank you to all those who were involved in the Wave 1 assessments. We visited 415 mothers and 423 children all over the Territory, and we are currently working on reviewing the data and will keep you informed when the reports are published.

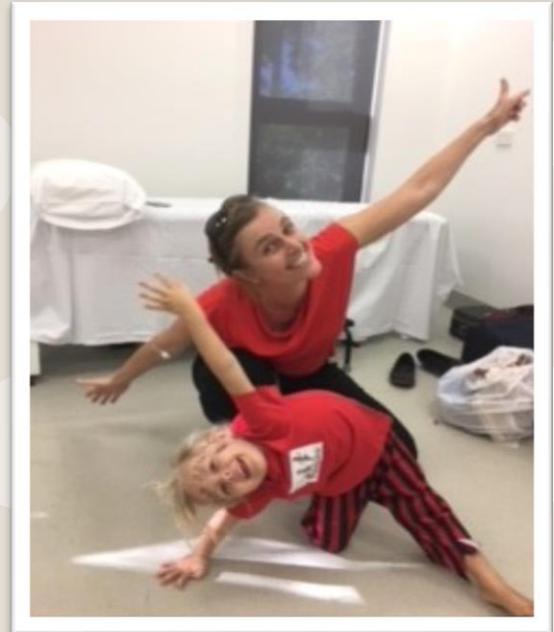
We are now starting the next part of PANDORA - Wave 2. This stage of the study will give us valuable information about why some people develop chronic conditions and other people don't. This will help improve future health programs and hope to prevent or reduce the effect of this cycle of disease that sometimes goes from one generation to the next.

PANDORA is interested in your health, the changes and growth that have happened to you and your child since birth and we hope to be contacting you at various time points for many years to come.

## Volume 4: February 2020

### PANDORA

Pregnancy and Neonatal Diabetes Outcomes in Remote Australia



*The study recruited mothers with and without diabetes in pregnancy*

## PANDORA Wave 2

For Wave 2, we hope to see ALL our PANDORA participants, both mother and child who are older than 5.5 years of age and live in (or visit) the NT. We have commenced our visits this year and will continue till end of 2022.

Wave 2 includes a physical assessment (weight, height and circumference measurements, blood pressure, body fat analysis, activity tracking, tummy ultrasound, and a pre-breakfast blood test) and lifestyle survey (questions about food you eat, activities, how you are feeling) of mum and child. We will only need to see you and your child once and the assessment takes about 1-2 hours.

Ideally, we would like to see you and your child early in the morning before you have breakfast so we can take a blood test, as this gives the best indication for diabetes.

We are looking for early markers of chronic disease, such as diabetes and heart problems that may occur later in life, and at how children are doing developmentally.

We will be in touch with you by phone, Facebook or email to ask if you would like the opportunity to be part of Wave 2. You can choose to see us in the clinic or in the community – whichever suits you and your child best. We will be running appointments throughout the year, including during school holidays and on Saturday mornings.

We will be travelling to communities in both the Top End and Central Australia and wish to thank all the staff of the health/family services who have given us tremendous support. With the dry approaching, we will be back out to these communities, so keep an eye out for us.



## Diabetes across the Lifecourse: Northern Australia Partnership

This our new name – which reflects the broader scope of our work-- to manage and prevent diabetes and related conditions across the lifecourse. PANDORA sits within this Partnership.

Our Website has been updated- all the reports and publications From PANDORA are accessible here  
<https://dipp.org.au/>



Please join our Facebook page- but its only for study participants.



### PANDORA Contact

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Please let us know if you change your contact details. We want to keep in touch. 😊