

Healthy Development Adelaide (HDA)

A Research & Innovation Cluster in South Australia

www.adelaide.edu.au/hda

Newsletter

Volume 7, Issue 2
April 2011

Upcoming Events...

- 10-13 April**
Perinatal Society of Australia and New Zealand meeting will be held in Hobart, Tasmania.
- 19-22 May**
American Society for Reproductive Immunology meeting will be held in Salt Lake City, USA.
- 20-23 May**
The 6th annual meeting of the International Conference on the Female Reproductive tract will be held in Germany.
- 4-7 June**
The 93rd Endocrine Society meeting will be held in Boston, USA.
- 11-15 June**
The 25th SLEEP meeting will be held in Minneapolis, USA.
- 12-18 June**
The 6th Human Placenta meeting will be held in Ontario, Canada.
- 15-18 June**
The 9th International Society for Stem Cell Research meeting will be held in Ontario, Canada.

Further information at
www.adelaide.edu.au/hda/events

UPCOMING HDA EVENTS - APRIL

UniSA Sansom Institute Research Seminar:
Co-hosted with HDA, Northern Futures, and the Nutrition Society of Australia (SA branch)

Dr Bernard Gesch, University of Oxford, UK
Antisocial behaviour in young people - does nutrition matter?

Wednesday 13 April
5.30pm - 8.00pm
Basil Hetzel Lecture Theatre,
University of South Australia
Frome Road, Adelaide

We invite you to join us to hear about links between nutrition and behaviour, and pioneering research in the UK that found significant reductions in reprimands in offenders following micronutrient and essential fatty acid supplementation compared with placebo.

We will also receive an overview of youth justice and correctional services here in South Australia from senior government executives as a local context for discussion. This seminar will be of interest to people who work with at-risk children, offenders, criminal justice, and nutrition.

RSVPs essential by Thursday 7 April to anne.jurisevic@adelaide.edu.au (email preferable) or ☎ (08) 8303 8222.

The full program can be found at
www.adelaide.edu.au/hda/events

HDA Forum:
Family Home-Visiting & Children's Centres: learning from the experience in the UK...
how can we achieve the best linkage between policies, practice and research?

Tuesday 19 April
10.30am - 4.45pm

Scott's Theatre
University of Adelaide, North Tce campus

DUE TO POPULAR DEMAND WE HAVE BOOKED A LARGER VENUE - THE SCOTT'S THEATRE!

HDA will host two international experts who are leaders in the roll-out and evaluation of early childhood services within the UK. This forum will provide a unique opportunity given the stature of our guest speakers for a policy-directed discourse around the unique services within South Australia and how we can share with and learn from the UK experience.

Professor Jacqueline Barnes is one of leading figures in UK Family Nurse Partnership Program.
Professor Edward Melhuish leads the National Evaluation of Sure Start Programs.

RSVPs essential for catering by Thursday 14 April to anne.jurisevic@adelaide.edu.au (email preferable) or ☎ (08) 8303 8222

You MUST register to the session/s you will be attending

The full program can be found at
www.adelaide.edu.au/hda/events

An initiative of University of Adelaide since 2004

HDA Partners



The Foundation of a Healthy Society

Winner in Excellence in Research Collaboration ... SA Science Excellence Awards 2009 ...



I am currently contributing to the development of a body of research concerned with how health systems can better support the health of young people through working together with other sectors (in collaboration with Prof Annette Braunack-Mayer, Prof Maree O'Keefe and A/Prof Helen Marshall at the University of Adelaide).

Our research is examining in detail how the health and education sectors work together to

deliver health programs in schools, in particular the Human Papillomavirus vaccination program. The ARC Linkage funded project (called Health Bridges) involves both quantitative and qualitative methods as well as community engagement (through citizens' juries and a stakeholder roundtable) and will ultimately produce a best practice guideline for optimising the delivery of health programs in school settings, based on our findings from the vaccination program and our wider consultation with other stakeholders delivering a variety of health programs in schools.

During the 2009 H1N1 Influenza pandemic we studied the community response including the experiences of students,

parents and teachers in schools that were closed as a pandemic mitigation measure. Again, our broad interest is in how sectors can work together, and for me particularly in how we can communicate complex health information, especially risk information, in health emergencies, so that the community can better participate in the emergency response.

New research projects which are currently under development expand on these themes and concern integrated early childhood services and how these may be experienced by the children and families who use them. We hope that our learnings about how sectors work together in the later years of schooling and under different

conditions may be applied and compared with the efforts across a large number of sectors to make early childhood services seamless for those that they serve. I am also developing a number of ideas around the ways in which our understandings of community responses to complex health information can be used to develop health messages which enable greater community participation and increased understanding. I expect that this work would be applicable to a variety of health communication contexts including communication about vaccinations for young people.

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RECENT HDA EVENT

HDA Thematic Evening - *Childhood Obesity: is it really an epidemic?....weighing in on the issues....*

On 24 March, HDA held its first Thematic Evening for the year with 150 attendees from university, government, relevant organisations and health service sectors.

Speakers included Dr Jim Dollman (UniSA) on *Using the concept of resilience to inform physical activity and diet intervention design for young people*; Dr Anthea Magarey (Flinders University) on *Translating PEACH™ to practice: why is it so hard?*; Professor Elizabeth Handsley (Flinders University) on *But Monica says....': does regulation actually limit children's exposure to food advertising?*; and Dr Richard Couper (CYWHS/University of Adelaide) on *Non alcoholic fatty liver disease in childhood*.

The talks can be viewed at www.adelaide.edu.au/hda/news.



The next HDA Thematic Evening is scheduled for Wednesday 11 May.....Program details will be out this month.....

NEW HDA MEMBERS

New Members

Dr Caroline Bull. Postdoctoral Fellow, Nutritional Genomics Lab, CSIRO Food & Nutritional Sciences. Focus - nutrigenomics, DNA damage, telomeres, nutrition, psychological stress.

Dr Tina Bianco-Miotto. Cancer Council of South Australia - W Bruce Hall Cancer Research Fellow, Research Centre for Reproductive Health, The Robinson Institute, University of Adelaide. Focus - early origins of disease, epigenetic programming, cancer, fetal and placenta development.

Dr Rebecca Tooher. Project Manager - Health Bridges, Discipline of Public Health, University of Adelaide. Focus - child and youth health, community engagement, intersectoral collaboration.

Member Benefits

Based upon contributions or involvement with HDA (such as: presenting at a HDA event, attending HDA events on a regular basis, member of a HDA committee, participation in the HDA School Education Program), members can receive the following benefits:

- HDA Travel Grants & Awards
- HDA top-up PhD Scholarships

THE TROUBLE WITH SWITCHING OFF

Media release 8 March 2011 - Flinders University

It's not just Australians who stay glued to electronic devices until bedtime – the Americans are at it too, according to Flinders psychologist Dr Michael Gradisar.

Dr Gradisar recently completed a stint as guest researcher in the largest annual sleep study in the world, run by the National Sleep Foundation in the US. The 2011 National Sleep Poll had technology as its theme, and found that 97 per cent of the 1500 respondents used some type of electronic device – television, computer, video game or cell phone – within an hour of going to bed at least a few nights a week. With almost half of Americans aged between 13 and 64 complaining that they seldom get good night's sleep on weeknights, Dr Gradisar said that there's plenty of scope to investigate part played by technology in restless, disrupted or unrefreshing sleep.

Dr Gradisar has found similarities and differences between the poll results and his own survey of pre-sleep habits among 384 Adelaide teenagers. Dr Gradisar said that while TV was dominant form of technology used by

older Americans before bed, computer or laptop use is very high among younger demographic groups. Fifty-six per cent of Generation Z (30 to 45 year-olds) and only slightly less of the "millennials" (19 to 29 year-olds) surf Internet nearly every night in hour before sleep; one in five Americans plays a video game. Dr Gradisar said electronic devices continue to impinge on sleepers during the night, with one in 10 Generation Z Americans reporting that they are awakened every night or almost every night by a text message or email. The Australian teenagers also showed high use of technology, with around 75 per cent using technology in hour before bed, falling to two-thirds on weekends.

"One person's stimulant can be another's relaxant," he said. "Are the teenagers losing track of time and thus the technology use is eating into their time to sleep, or have they learned that they won't fall asleep until it's late, so they fill this void by using technology?"

"Determining how technology use before bed influences teenagers' sleep, and then how the lack of sleep affects how they function the next day is going to be an important question to answer."

Results from the National Sleep Foundation poll can be found at www.sleepfoundation.org/category/article-type/sleep-america-polls

NHMRC 10 of the Best Research Projects 2010

10 of the Best Research Projects 2010 describes ten Australian health and medical research projects chosen from among thousands of NHMRC funded medical research projects underway in Australia. This book was launched by Minister for Mental Health and Ageing, Mark Butler on 9 February.

1. Regulation of neural cell production in the normal and diseased brain
2. Posttraumatic Mental Health: Enhancing Resilience and Recovery
3. Infectious diseases research in reproductive health: Particularly of women and babies

4. Role of EphA3 in tumour growth, invasion and neo-vascularisation
5. Development of evaluation of a primary health care model to prevent dental decay in Aboriginal preschool children
6. Peter Doherty Fellowship
7. Early prevention of allergic disease using non invasive interventions in pregnancy and the early postnatal period
8. Molecular studies in hypertrophic cardiomyopathy
9. Effects of anti-smoking advertising, press coverage and tobacco control policies on smoking prevalence and consumption
10. R.D. Wright Career Development Award

A copy of the book can be found at www.nhmrc.gov.au

Channel 9 Young Achiever Awards

Media release 28 March 2011 - University of Adelaide

Suzanne Mashtoub Abimosleh RAA Driving Force Leadership Award

Suzanne, 23, is a PhD student at the University of Adelaide. She has a Bachelor of Science (Biomedical Science) majoring in Physiology and Pharmacology, and First Class Honours in Physiology from the University. Suzanne is researching the application of emu oil for the treatment of acute inflammatory bowel disease. She has made national and international presentations and her work has been published.

Suzanne organises events during National Science Week and is an executive committee member of the Young Australian Lebanese Association. She is Chairperson of the Young Druze Professionals of SA and is also on Multicultural Education Advisory Committee.

Suzanne is supervised by HDA member, Prof Gordon Howarth, Cancer Council Australia Senior Research Fellow within School of Animal and Veterinary Sciences, University of Adelaide; and the Gastroenterology Department, Women's & Children's Hospital.

For info on awards and winners go to www.awardsaustralia.com



Suzanne pictured with Malcolm Butcher, General Manager, Human Resources, RAA.

