Recent HDA Event

**HDA Thematic Evening: Child and Adolescent Mental Health Survey 2015: Perspectives from health and education services**

On 11 November, HDA held its third Thematic Evening for the year on ‘Child and Adolescent Mental Health Survey 2015: Perspectives from health and education services’ that attracted 175 registrations. The event was chaired by Ms Naomi Dwyer, Chief Executive Officer from the Women’s and Children’s Health Network. The presenters included Professor Michael Sawyer (Women’s and Children’s Health Network/University of Adelaide) on Young Minds Matter: The second Australian child and adolescent survey of mental health and wellbeing; Dr Prue McEvoy (Child and Adolescent Mental Health Service/Women’s and Children’s Health Network) on Making strides in mental health from infancy to adolescence; and Mr David Engelhardt (Department for Education and Child Development).

The talks can be viewed at [www.adelaide.edu.au/hda/news](http://www.adelaide.edu.au/hda/news)

PhD top-up Scholarships

The call is now open for the HDA and Channel 7 Children’s Research Foundation PhD (top-up) Scholarships 2016. This is for students commencing their PhDs in 2016.

For the full funding eligibility and criteria go to the HDA website at [http://www.adelaide.edu.au/hda/students/](http://www.adelaide.edu.au/hda/students/)

Applications will close at 5.00pm Friday 29 January 2016. Submissions to anne.jurisevic@adelaide.edu.au

## Upcoming Events...

- **1 - 4 December**
  Nutrition Society of Australia and New Zealand Annual Scientific Meeting - Wellington, New Zealand
- **16 - 19 March**
  Society for Reproductive Investigation Annual Scientific Meeting - Montreal, Canada
- **1 - 4 April**
  Endocrine Society Annual Scientific Meeting - Boston, USA
- **22 - 25 May**
  Perinatal Society of Australia and New Zealand 20th Annual Congress - Townsville, QLD, Australia
- **22 - 26 May**
  International Society of Nutrigenetics and Nutrigenomics 10th Annual Congress - Tel Aviv, Israel
**Vol 11, Issue 5**

**NHMRC Funding Success - HDA Members**

**Centres of Research Excellence, $2.5 million**

**EMPOWER: Health Systems, Adversity and Child Well Being**

*Prof John Lynch* (CIA) and colleagues, *Prof Michael Sawyer*, 
*Prof Ben Mol*, *Prof Claire Roberts* and *Gus Dekker* and *A/Prof Naomi Dwyer*

**Project Grants**

*A/Prof David Parsons*, University of Adelaide, $814,272

Identifying the role of airway stem cells in maintaining lentiviral mediated gene expression for cystic fibrosis lung disease

*E/Prof Alastair MacLennan*

Robinson Research Institute, University of Adelaide, $1.3 million

Genetic pathways to cerebral palsy

*Prof Sarah Robertson*

Robinson Research Institute, University of Adelaide, $920,972

Priming the maternal immune response to resist inflammatory disorders of pregnancy

*Prof David Kennaway*, Robinson Research Institute, University of Adelaide, $796,979

Impact of disrupted sleep and rhythms during pregnancy on the mother and her offspring

**A/Prof Cheryl Shoubridge**, University of Adelaide, $683,622

Improving the phenotypic severity of intellectual disability and seizures caused by expanded polyalanine tract mutations in the ARX homeobox transcription factor

**Research Fellowships**

*A/Prof Darryl Russell*, 2016-2020, Robinson Research Institute, University of Adelaide, $622,655

Molecular control of female fertility and cancer

*A/Prof Lisa Jamieson*, University of Adelaide, 2016-2020, $687,975

Advancing Aboriginal Australian oral health through intervention studies, longitudinal studies, modelling and surveillance

*Prof Raymond Rodgers*, Robinson Research Institute, University of Adelaide, 2016, $165,660

**ARC Dementia Research Development Fellowship**

*Dr Ashleigh Smith*, UniSA, 2016-2019, $594,123

Optimising exercise prescription for brain health in older adults at risk of dementia,

**Early Career Fellowships (Australia)**

*Dr Ashleigh Smith*, UniSA, $314,644

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**Channel 7 Children’s Research Foundation Funding Success - HDA Members**

*Dr Dani-Louise Dixon*, Flinders University, $75,000, 1 year

Neutrophil polarisation in the airways of infants hospitalised with bronchiolitis

*A/Prof Anthea Magarey*, Flinders University, $75,000, 2 Years

On-line and in control: PEACHTM (Parenting, Eating and Activity for Child Health) Lifestyle

*Dr Prabha Andraweera*, Robinson Research Institute, University of Adelaide, $35,000, 2 Years

Genetic and early life determinants of childhood obesity

*Prof Michael Sawyer*, University of Adelaide, $75,000, 2 Years

A randomised controlled trial evaluating the effectiveness of a nurse-moderated group-based internet support program for mothers with comorbid mild to moderate depression and parenting problems

*A/Prof Cheryl Shoubridge*, University of Adelaide, $65,000, 1 year

Investigating how mutations in IQSEC2 cause intellectual disability and severe early onset seizures in children using a mouse modelling the knockout of Iqsec2.

*Prof Shudong Wang*, UniSA, $75,000, 1 year

New treatment for childhood leukaemia

*Prof Cory Xian*, UniSA, $75,000, 1 year

Preventing childhood methotrexate chemotherapy-induced bone loss by blocking the aggravated pro-osteoclastogenic cytokine - NF-kB signalling
Dr Margarita Tsiros is a Lecturer in Physiotherapy (Paediatrics) and a researcher with the Alliance for Research in Exercise, Nutrition and Activity at the University of South Australia. She has more than a decade of clinical experience in the field of paediatrics, particularly working with children with special needs. She has a particular interest in child health, development and well-being which sparked her pathway into research.

Margarita is particularly well-known for her research examining how obesity influences aspects of physical function and well-being in children, providing insight into possible intervention targets. Her research has examined different components of physical function including, health-related quality of life, cardiopulmonary fitness, pain, lower limb strength, balance, mobility, physical activity and other functional tasks. Her past research has also examined treatment approaches for adolescent obesity management (e.g. cognitive behavioural therapy).

Margarita’s current research interests relate to:
• early identification of children with motor skill delay
• postural control and motor skill development in girls with obesity
• relationships between adiposity and sedentary behaviour in youth
• factors influencing health-related quality of life in children with obesity
• intervention approaches for children with obesity, and
• children’s preferences for play

Margarita is a committee member for National Paediatric Group of the Australian Physiotherapy Association and also the Australian Child and Adolescent Obesity Research Network. She works extensively with schools and preschools in metropolitan Adelaide on an ongoing basis to coordinate gross motor skills programs for children.

Margarita also partners with schools and community groups to promote healthy lifestyle behaviours in children. She regularly engages with the media and policy-makers both at a state and federal level around issues relevant to tackling childhood obesity. She is particularly passionate about promoting the role of physiotherapists in obesity prevention and management.

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 8302 2853

Dr Lucinda Bell, Discipline of Nutrition and Dietetics, Flinders University

In September, I attended the 9th International Conference on Diet and Activity Methods (ICDAM) in Brisbane, Australia. ICDAM is an important forum to discuss the measurement of usual dietary intake and physical activity. Measuring these behaviours is very challenging, yet accurate measurement is essential for understanding how these behaviours impact on health. This year’s theme was “eat well, be active – how do you measure up?”, highlighting research conducted to improve methods that are critical to monitoring changing food consumption and physical activity patterns. As our understanding of the relationship between dietary intake and health is reliant on accurate dietary assessment, this conference aligned with HDA’s vision of improving our understanding of healthy development.

At this conference I presented a poster titled ‘Dietary risk at 1-5 years of age is related to child neophobia and breastfeeding duration but not age of introduction to solids’. This study utilised data collected with the Toddler Dietary Questionnaire, a short novel dietary assessment tool that I developed as part of my PhD studies. My PhD thesis was titled ‘Characterising whole-of-diet patterns of Australian toddlers to inform the development of a short dietary risk assessment tool’ and this conference provided a platform to further my knowledge and skills in this niche area of dietary assessment methodology.

Over the course of the three-day conference we heard from several experts in the field of dietary assessment, which was invaluable for my growth as a nutrition researcher. These included Barbara Livingstone who spoke on ‘historical perspectives in dietary reporting’ giving a fantastic account of how dietary assessment has changed from decade to decade over the past century and giving her insights into the future of innovative technologies in dietary reporting. Clare Collins, Janet Cade, Amy Subar, Katherine Livingstone, Carol Boushey, and Deborah Kerr also presented on ‘new technologies for improving dietary intake measurement’, for which we heard about national (Australian Eating Survey and Healthy Eating Quiz) and international (MyFood24, ASA24) work in this space. This theme on technology was highlighted several times throughout the conference, inspiring me to consider ways of using technology in my future work. Dietary pattern research also featured in the program, which is another key area of my work to date. Of particular note was a symposium on ‘advancing dietary patterns research: levels, layers, levels and life course’ presented by Sarah McNaughton and Susan Krebs-Smith.

During my stay in Brisbane, I also visited colleagues at Queensland University of Technology who had recently relocated to the new Centre for Children’s Health Research at the Lady Cilento Hospital. I was fortunate enough to receive a tour of the new research facilities and to discuss my research with fellow junior and senior researchers.

Overall, attendance at this conference was key to my career development as it provided an opportunity to present my work, develop strong networks with other researchers working in this space, and to hear from dietary assessment experts, particularly regarding new advancements and innovation in dietary assessment methodology. I am extremely grateful for the support provided by HDA to attend this conference, which has greatly enhanced my professional skills and knowledge.
Lucy Farrell, Discipline of Public Health, University of Adelaide

With the support of a Healthy Development Adelaide Travel Grant, I attended the 47th Annual British Sociology Association Medical Sociology Conference in York, England from 9-11 September. The program encompassed a broad range of topics, including approaches to improve smoking cessation amongst pregnant women through better communication of risk; how children with a chronic health condition understand their health and negotiate a ‘healthy’ identity; and the changing landscape of policies to address health inequalities since the 1980s. Although the conference had a predominantly British focus, there were delegates from all over the world including Canada, USA, Netherlands, France, Japan, South Africa, New Zealand, and a number of others from Australia.

I gave an oral presentation on my work examining socio-economic differences in public attitudes about regulations to address childhood obesity. In this study we found that advantaged and disadvantaged social groups express very different views about what causes obesity and what they believe is the most effective approach to address the problem. Interestingly, current obesity prevention efforts in Australia tend to reflect advantaged social groups’ views about obesity, despite obesity being more prevalent in disadvantaged areas and disadvantaged groups being an identified key target population for obesity policies. My presentation was well received and generated a lot of discussion.

One of the most interesting presentations I saw examined obesity prevention initiatives aiming to reduce health disparities between advantaged and disadvantaged social groups in the UK. The study found that policies aimed at addressing structural inequalities tended over time to adopt education-based approaches, largely because of the political funding cycles the initiatives were tied to. This meant that barriers to behaviour change identified by disadvantaged groups were not addressed, which ultimately meant the initiatives did not achieve health benefits. The presentation helped me to identify some new theoretical approaches to apply in my own work.

Aside from the interesting presentations, the conference was also a great opportunity to meet people working in similar research areas and to discuss our research ideas. I also had the opportunity to learn traditional ceilidh dancing at the conference dinner! Thank you to HDA for the opportunity to travel to the Medical Sociology Conference. It was a great experience, and I really enjoyed being able to share my research with an international audience. The conference was an incredibly valuable in enabling me to establish international networks as I come towards the end of my candidature, and has helped me to identify new approaches for my future research.
Speakers back in schools

Media Release - 7 September, Flinders University

Former UN Youth Ambassador for Australia, Daniel Ryan, is among hundreds of community-minded professionals and business people who are supporting the revamped Speakers in Schools program in South Australia. Sponsored by Flinders University’s Student Access Unit, the program will involve up to 600 speakers available to speak to upper primary and secondary students about career and study pathways in a wide range of industries.

“The first-hand experiences, and practical input, is relevant and meaningful to students and teachers, particularly for curriculum-based topics,” says Adelaide businessman Phil Ransome, chairman of not-for-profit group Schools in Business which leads the program.

“Led by industry and corporate leaders, we find our Speakers in Schools program enables direct and tangible partnerships between the education sectors and SA businesses,” he said.

South Australian marketing graduate Dan Ryan, who is now MBA recruitment manager at Oxford University’s Said Business School in England, returns to the program from his base in England where he can talk about his experiences via Skype or when visiting Adelaide from time to time.

He said his previous experience in high school presentations improved his public speaking skills. Like his sister, Flinders Health and International Development student Tabitha Ryan, he wants to share his passion for social impact and careers that “make a difference” in the world.

“I like to inspire South Australian students to have a vision of making a difference through career choices,” Dan says.

“I tell stories of my own personal experiences, and my travels in developing countries, to show that perseverance and confidence can help make a difference in your life and for others.”

In almost 10 years to 2013, the volunteer Speakers in Schools program involved more than 34,000 students across metropolitan and regional South Australia.

Supported by the Department for Education and Child Development, the program’s relaunch will be marked at a special event at Flinders University at Tonsley.

Antidepressant was misrepresented as safe for adolescents

Media Release - 17 September, University of Adelaide

A University of Adelaide led study has found that a psychiatric drug claimed to be a safe and effective treatment for depression in adolescents is actually ineffective and associated with serious side effects.

Professor Jon Jureidini, from the University of Adelaide’s newly created Critical and Ethical Mental Health Research Group (CEMH) at the Robinson Research Institute, led a team of international researchers who re-examined Study 329, a randomised controlled trial which evaluated the efficacy and safety of paroxetine (Aropax, Paxil, Seroxat) compared with a placebo for adolescents diagnosed with major depression.

Study 329, which was funded by SmithKline Beecham (now GlaxoSmithKline), was reported in 2001 as having found that paroxetine was effective and safe for depression in adolescents. However, Professor Jureidini’s reanalysis showed no advantages associated with taking paroxetine and demonstrated worrying adverse effects.

“Although concerns had already been raised about Study 329, and the way it was reported, the data was not previously made available so researchers and clinicians weren’t able to identify all of the errors in the published report,” says Professor Jureidini.

“It wasn’t until the data was made available for re-examination that it became apparent that paroxetine was linked to serious adverse reactions, with 11 of the patients taking paroxetine engaging in suicidal or self-harming behaviours compared to only one person in the group of patients who took the placebo,” he says. “Our study also revealed that paroxetine was no more effective at relieving the symptoms of depression than a placebo.”

“This is highly concerning because prescribing this drug may have put young patients at unnecessary risk from a treatment that was supposed to help them,” he says.

Professor Jureidini says it is important that research data and protocols are accessible so they can be reviewed and scrutinised.

“In 2013, an international researcher consortium called for undisclosed outcomes of trials to be published and for misleading publications to be corrected. This initiative was called restoring invisible and abandoned trials (RIAT),” says Professor Jureidini.

“Study 329 was one of the trials identified as in need of restoration, and because the original funder was not interested in revisiting the trial, our research group took on the task.

“Our reanalysis of Study 329 came to very different conclusions to those in the original paper,” he says. “We also learnt a lot about incorrect reporting and the considerable fall out that can be associated with distorted data.”

“Regulatory research authorities should mandate that all data and protocols are accessible,” he says. “Although concerns about patient confidentiality and ‘commercial in confidence’ issues are important, the reanalysis of Study 329 illustrates the necessity of making primary trial data available to increase the rigour of evidence-based research,” he says.

Professor Jureidini’s study was published in the leading medical journal BMJ today. View the video abstract.

CEMH is committed to undertaking and promoting critical and ethical appraisal of evidence, to help improve decision-making in mental health policy and practice.
Hey dad, your health matters in fertility too

A University of Adelaide review found that compared to men of a healthy weight, obese men were more likely to be infertile, unsuccessful with assisted reproduction and have poor quality DNA in their sperm.

Dr Jared Campbell, from the University of Adelaide’s Jo-anna Briggs Institute, led a review involving 30 research papers about obesity and male fertility, and more than 115,000 participants. The review, published in the journal Reproductive BioMedicine Online, found that like with women, obesity has serious implications for fertility in men.

“Our study found that compared to men of a healthy weight, obese men were two thirds more likely to be infertile and almost three times as likely to have a non-viable pregnancy after undergoing assisted reproduction. ‘Health and wellbeing is often considered to only be an issue for women when it comes to starting a family but this review has found strong evidence that obesity in men negatively affects reproductive potential,” says Dr Campbell.

“Men often get let off the hook when it comes to infertility, with women feeling at fault, but this review clearly demonstrates the importance of men’s health in reproduction and pregnancy,” says Dr Lane.

“I’d encourage both men and women to aim for a healthy weight and diet before trying to conceive a child,” she says.

It looks like DNA fragmentation and low metabolic activity in the sperm could be responsible,” he says.

Uni of Adelaide to conduct National Oral Health Survey

The dental hygiene habits, oral health and overall wellbeing of Australians will be captured in the second decennial National Adult Oral Health Survey, and the University of Adelaide’s Australian Research Centre for Population Oral Health (ARCPOH) has again been appointed the facilitator of the study.

The draft National Oral Health Plan 2015-2024 calls for an adult and child oral health survey to be conducted every ten years to assess the condition of Australians’ oral health, and inform dental policy makers, professional bodies and the public.

As a result of a collaboration between ARCPOH, Commonwealth Department of Health, State and Territory Health Departments, and with support from the Australian Dental Association and Colgate, ARCPOH will coordinate the 2016-2018 National Survey of Adult Oral Health, which marks 10 years since the first national survey of adult oral health (NSAOH 2004–06), also conducted by ARCPOH.

“The national survey will essentially be a cross-sectional survey of a representative sample of people aged over 15 years across each State and Territory,” says Professor Marco Peres, Director of ARCPOH.

“The survey will comprise of two main components: telephone interviews and dental examinations.

“For the telephone interview component, approximately 15,000 people will be interviewed in order to gather information on socioeconomic status, dental and health service use, oral health behaviours, and other determinants of oral health,” he says. “And eligible interviewees (those with natural teeth) will also be asked to participate in a dental examination.”

Professor Peres says oral health is directly linked to general health and wellbeing, and his team is eager to commence this importance national survey.

“ARCPOH is proud to be appointed the provider of the 2016-2018 National Survey of Adult Oral Health,” says Professor Peres. “Our team has the experience and resources to conduct a thorough survey of Australians.”

“Gum disease can lead to cardiovascular disease and is linked to diabetes. And infections in the mouth can spread throughout the body.

“The National Oral Health Plan 2015-2024 is a welcomed initiative and will facilitate vital improvements to the oral health of Australians,” he says.

ARCPOH staff will coordinate all aspects of the study including overall supervision of the survey components, sampling, training of examiners, data management, preparation and quality control, data analysis and reporting.

State and Territory teams will conduct the dental examinations. Interviews are expected to commence mid-2016 and finish by the end of 2018.
Media Release - 17 September, Flinders University

The services of Flinders’ acclaimed early intervention program for autistic children will expand with the new Inclusive Directions Flinders Therapy House at St Marys. The house, which has its official opening this week, will see SA children living with autism and their families gain much needed and improved access to one of the State’s few evidence-based early intervention programs. With autism diagnoses rates climbing, families and service providers are struggling to access the best support and therapy programs.

The South Australian-based not-for-profit group Inclusive Directions has taken over the management of Flinders University’s world-leading Autism Early Intervention Program, which has previously only been made available to a limited number of children as part of the University’s ongoing research. The program is based on pioneering research by respected researcher Associate Professor Robyn Young, who will be clinical director of the Inclusive Directions Flinders Therapy House. Inclusive Directions will be supported by further research by Flinders School of Psychology PhD Anna Moffat and Associate Professor Young who will refine existing programs and develop new programs for the house.

Flinders University first established the Autism Early Intervention Program in 2003 and has assisted an average of 25 children a year, but Inclusive Directions aims to double this number by making it more accessible. To achieve this aim, Inclusive Directions has relocated the program from the University into the community and secured approval for families to access the program via the National Disability Insurance Scheme. Inclusive Directions Chief Executive Officer Jocelyn Graham said the house opening marked a new era of support for South Australian children living with autism and their families.

“The Flinders University-developed early intervention program is the only Applied Behavioural Analysis program of its kind in the world,” said Ms Graham. “Current early intervention programs available elsewhere in Adelaide are simply not accessible to most families because they’re often too expensive, with costs ranging from $40,000-$60,000. Inclusive Directions Flinders Early Intervention Program costs $16,000 and may be fully funded by the government under National Disability Insurance Scheme.”

Within days of arriving at Inclusive Direction’s therapy centre and early intervention program, family of Port Pirie toddler Jace Kirby witnessed significant improvements in his communication and behaviour. Three-year-old Jace, together with his parents Rebecca and Karl and his brothers Aiden and Leo, became the first South Australian family to use the new Inclusive Directions facility. “It was extremely emotional for us,” his mother Ms Blight said. “Within a few days of attending we could see improvements and he was saying new words and has been responding to tasks.”

Jace was diagnosed with autism last year. His communication skills are limited, his speech incoherent and he has limited ability to make eye contact or recognise the presence of others. Since his diagnosis, Jace has been receiving speech and occupational therapy in his home town of Port Pirie but his parents believed their son needed more intensive support. They were recommended to the Flinders Autism Early Intervention Program by another parent whose son had undertaken the program. The Kirby family’s two-week intensive Inclusive Directions Flinders Early Intervention Program was fully funded by the NDIS.

“We’re realistic and know it’s a long road ahead but attending the program is giving us hope that Jace will be able to better engage, socialise and communicate as he gets older and makes the transition into kindy and school. The benefit of Inclusive Directions Flinders Early Intervention Program is that the families are empowered by being trained as therapists to maintain program when they return home and given ongoing support for a further 18 weeks.”

Inclusive Directions Flinders Therapy House is already receiving a strong level of interest from families as word of accessibility and affordability of the program spreads within the community in SA.

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Media Release - 23 September, University of Adelaide

The University of Adelaide’s Professor Ben Mol was awarded the Highest Ranked Practitioner Fellowship in the annual National Health and Medical Research Council (NHMRC) Research Excellence Awards. The Awards, which were presented last night in Canberra, recognise the Australians behind new research to combat serious diseases and improve the health of the community.

Professor Mol, from the University’s Robinson Research Institute, is a leading obstetrics and gynaecology researcher, and his work focuses on translating research findings into high-quality care for women and children.

“It is a great honour to receive this Fellowship from the NHMRC,” says Professor Mol. “Translating clinical trial findings into guidelines and everyday care for women and children is a privilege. I believe that all medical interventions must have a strong rationale. We must know the balance between the benefits and harms of an intervention before we apply them. My goal is to build a collaborative approach to research worldwide. By collaborating, research questions are answered sooner, interventions are appropriately evaluated, and ultimately the healthcare we provide women and their children will be improved,” he says. “I am very grateful to the excellent people I work with in Adelaide as well as Australia, New Zealand and Asia.”

Professor Julie Owens, University of Adelaide Pro Vice-Chancellor (Research Strategy), says Professor Mol is making great contributions in the area of reproductive health, nationally and globally, and this Fellowship is a testament to his endeavours.

“Professor Mol is passionate about helping to ensure we can provide women with the highest quality care throughout their reproductive journey,” says Professor Owens. “NHMRC Research Excellence Awards are highly coveted and Professor Mol is a worthy recipient of this Fellowship,” she says.

Professor Mol has co-authored more than 700 peer-reviewed publications, published with 1500 co-authors from some 30 countries and six continents, and supervised more than 80 doctorates. He has made significant contributions to the effectiveness and safety of fertility treatment, management of pregnancy and gynaecologic interventions.
Role of cancer-suppressing gene uncovered

Media Release - 22 September, University of Adelaide

University of Adelaide researchers have uncovered the role played by a gene which suppresses the development of cancer.

The findings, published in the journal PLOS One, open new opportunities for scientists to find treatments for cancer. The findings shed light on the activity of the gene WWOX.

"We’ve known for some time that in certain types of cancer, people with low levels of WWOX protein are more likely to develop cancer. We also know that cancers with low levels of WWOX tend to be more aggressive and less responsive to treatment," says Professor Rob Richards, Head of Genetics and Evolution in the University’s School of Biological Sciences.

"So a higher level of WWOX activity is definitely a good thing to have but, until now, the role that WWOX plays in cancer suppression has been a mystery."

Professor Richards and his team of researchers, Dr Louise O’Keefe and PhD students Amanda Choo and Cheng Shou Lee, studied the impact of lower levels of WWOX on cells using a genetic model — the small laboratory fly, Drosophila.

“Our research has shown that cancer cells with lower levels of WWOX had a competitive advantage over those cells with normal WWOX levels, and could outgrow them," says Professor Richards. “This could lead to a more aggressive cancer and worse outcomes for cancer patients — poorer survival rates.”

Further research showed that the WWOX gene plays a role in the altered metabolism of cancer cells which are known to use glucose differently to normal cells. Cancer cells tend to use glucose to make more cell ‘building blocks’ than energy, and this is thought to help them to divide and grow.

“Another set of Drosophila experiments revealed that the WWOX gene helps keep the balance of glucose use in favour of producing energy rather than helping cancer cells multiply,” says Professor Richards.

“This difference in metabolism is a key part of how cancer cells have a competitive advantage over normal cells. Low WWOX levels will allow more glucose to be used for these cancer cell ‘building blocks’."

The good news is that WWOX belongs to a family of proteins that have enzyme activity – this means WWOX activity can be altered by targeting the enzyme. “We now have a good idea of what WWOX does in cancer cells and how it acts to help suppress cancer. And we have a potential target to be able to influence that activity to change the properties of cancer cells,” says Professor Richards.

The research has been supported by the National Health and Medical Research Council and The Cancer Council of Australia.

Men at work: study probing fathers’ work-life balance

Media Release - 29 September, University of Adelaide

The work-life balance of Adelaide fathers, and the culture of companies in which they work, is at the centre of new University of Adelaide research.

Ashlee Borgkvist, PhD student from the University of Adelaide’s School of Public Health, wants to know about fathers’ experiences using flexible work arrangements.

“The Australian work culture often depicts the ideal worker as someone who has no outside commitments but the reality is that everyone, particularly parents, has a life outside of work,” says Ms Borgkvist.

“In my research I want to hear from fathers from a broad range of organisations, varying levels of responsibility, and even business owners, about how they balance work and family-life.

“I want to know more about the various flexible work arrangements currently offered and what fathers’ experiences are with those arrangements,” she says.

“And I hope fathers will also share with me their view of the workplace culture and how that influences their use, or otherwise, of flexible arrangements.”*

Ms Borgkvist says she wants to understand the potential barriers to a good work-life balance and explore ways for employers to better support fathers.

“Studies suggest that when men take advantage of flexible work arrangements they are healthier and happier,” says Ms Borgkvist.

“It has also been shown that when a father takes time off work after a child is born, they are more engaged in the child’s development, which has a positive impact on both the father and the child,” she says.

“When fathers have a constructive work-life balance, their partners can also feel more supported to return to work.”

Following the completion of her study, Ms Borgkvist will aim to make recommendations about initiatives that organisations can implement to improve work-life balance for fathers.

Study participants needed

Working men over the age of 18, who have at least one child between the ages of one and 12, are invited to participate. For more information, email ashlee.borgkvist@adelaide.edu.au or call 0401 844 702.

*The research will not identify individual participants or employers.
Mind the gap - significant inequality faced by a third of Australian kids

Media Release - 29 September, Flinders University

A Flinders University led survey of 5,400 students in 180 primary and secondary schools across Australia has found that young people from marginalised groups face stark inequality in areas including living conditions, physical health, material wellbeing and their family relationships.

The research, as part of the Australian Child Wellbeing Project, was conducted across every state and territory in Australia and also asked young people about their schooling experiences, whether they had experienced bullying and about their subjective wellbeing.

Associate Professor Redmond, who is based at Flinders, will make his presentation at the Australian Social Policy Conference, being held in the John Niland Scientia Building, UNSW's Kensington campus.

He said it was the first national survey of the wellbeing of young people in their middle years to be carried out in Australia. Its findings showed that Indigenous young people, young people with a disability, those who are carers, and those who are materially disadvantaged all reported lower life satisfaction, rated their health as worse, were less satisfied at school and had lower levels of family cohesion.

Associate Professor Redmond hopes the research will drive state and federal government agencies to address the plight of Australia's marginalised young people – which he said now comprised around a quarter of all Australian children.

“Our aim is to provide policymakers with evidence of the systematic nature of disadvantage that young people in these marginalised groups experience,” says Associate Professor Redmond.

“Teachers and other front-line workers who deal with young people on a daily basis will not be surprised by any of these findings, but we believe it will provide the important information necessary for policymakers to work towards greater equality between all Australian young people.”

Associate Professor Redmond’s team, which was funded by the Australian Research Council and a consortium of Australian Government agencies, collated information from a questionnaire sent to schools across every state and territory in Australia.

“These groups comprise a much larger proportion of all young people than most of us would expect, and this should give policymakers an extra impetus to reduce the disadvantage that they experience, and to improve their lives, not only in the present but also as they approach adulthood,” Associate Professor Redmond says.

In addition to the survey, researchers also conducted in-depth, face-to-face interviews with almost 100 marginalised young people.

“The stories they shared with us corroborated the survey findings, and they it was clear that these young people are under quite extreme stress because of the challenges they face,” Associate Prof Redmond says.

“One young person who was materially disadvantaged told the researchers about how she worried about her parents getting sick, being involved in accidents, not having work, and even about not having enough money to buy clothes.

“One young person with disability told me he would rather just stay at home because he felt so unhappy about how other children acted towards him.”

Key points: Three in ten young people in school years 4, 6 and 8 identify as being in one or more of the following groups:

- Young people who are materially disadvantaged (identified through having fewer material possessions than other young people – 10% of the sample)
- Young people who are materially disadvantaged (identified in the survey) – 9% of the sample
- Indigenous young people (self-identified in the survey) – 5% of the sample
- Young people with a disability (self-identified in the survey) – 11% of the sample
- Young carers who care for a family member with a disability, mental illness or chronic illness (self-identified in the survey) – 9% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 74% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 69% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 72% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 70% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 68% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 66% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 64% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 62% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 60% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 58% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 56% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 54% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 52% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 50% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 48% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 46% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 44% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 42% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 40% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 38% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 36% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 34% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 32% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 30% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 28% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 26% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 24% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 22% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 20% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 18% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 16% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 14% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 12% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 10% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 8% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 6% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 4% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 2% of the sample
- Young people who are materially disadvantaged (identified in the survey) – 0% of the sample

Breakdown of marginalised groups:

- Young people with disability (self-identified in the survey) – 11% of the sample
- Young carers who care for a family member with a disability, mental illness or chronic illness (self-identified in the survey) – 9% of the sample
- Young people who are materially disadvantaged (identified through having fewer material possessions than other young people) – 10% of the sample
- Indigenous young people (self-identified in the survey) – 5% of the sample

Young people in these four groups are highly disadvantaged when compared with non-marginalised young people. Findings for young people in Year 8 show that:

- In terms of their life satisfaction (their subjective wellbeing): young people who are not marginalised score an average 85/100, but young people in the marginalised groups score between 64 and 70
- In terms of subjective health (experience of headaches, stomach aches, feeling nervous, feeling dizzy, etc.; and how they feel about their health overall): average non-marginalised score = 90/100; average score among the four marginalised groups ranges from 72 to 81
- In terms of Year 8’s satisfaction at school (enjoying school; relationships with teachers; absence from school); average non-marginalised score = 86/100; average score among the four marginalised groups ranges from 72 to 74

The researchers also found that around a quarter of young people have a family member who has a disability or chronic illness, depression or mental illness, or a drug/alcohol addiction.

These young people experienced significantly more health complaints (headaches, stomach aches, backaches, feeling low, feeling nervous, sleeplessness and feeling dizzy) than other young people.

These sorts of health complaints are often seen as a sign of stress in young people.
Shedding light on the developmental origins of schizophrenia and autism

Media Release - 6 October, UniSA

The Australian Society of Medical Research has named University of South Australia’s Dr Quenten Schwarz as the winner of the 2015 South Australian Leading Light Award for his achievements in developmental biology including research into the origins of schizophrenia and autism.

The prestigious award is given to an early career researcher who is within 10 years of completing their PhD and has carried out exceptional research in their field. Head of the Neurovascular Research Laboratory at UniSA’s Centre for Cancer Biology, Dr Schwarz, says he is very appreciative of the award, but that it reflects the work of his hard working laboratory as a whole.

“It is one of those things that I am obviously very proud of as an individual, but I think it really reflects the efforts of my team over the past 10 years,” Dr Schwarz says.

“We are hitting a sweet spot in our research program where we are starting to get a number of publications that provide significant insight toward disease processes and that has been a key contributor to winning the award. I am very fortunate to have a great team and an encouraging environment around me.”

Dr Schwarz and his neurovascular research team have spent years working in many areas of biology including the origin and development of highly prevalent birth defects, and possible solutions to correct those anomalies.

“We focus on three main areas of developmental biology: understanding how neurons form, how neural crest cells form, and how the cardiovascular system forms,” Dr Schwarz says.

“Understanding how some of those diseases or conditions occur and how normal developmental processes happen, can give us information about the origin of diseases as well as potential therapies.”

One of the research team’s major findings concerns the origins of two very common mental disorders: schizophrenia and autism. The team discovered a common gene, that when mutated, can lead to those disorders. Not only have they mapped the function of the gene, but they have been able to get some indication of sorts of therapies that might help. And the discoveries of Dr Schwarz’s team have had an impact beyond developmental biology.

“Although we work in developmental biology we have had results that have implications and applications in different fields including understanding more about some birth defects,” Dr Schwarz said.

Nestle Nutrition Institute Young Researcher Award 2016

The Nestle Nutrition Institute (NNI) South East Asia and Pacific Rim (SEA&PR) Advisory Board will be launching a Young Researcher Award in 2016. The award will be based on a published or unpublished manuscript that is within the theme of “The first 1000 days of life”, with the first day of the first 1000 days being the day before conception. Thus the manuscript could relate to pre-pregnancy, pregnancy, infancy or toddlers.

Each member country of the SEA&PR NNI will submit its local winner to the SEA&PR NNI Advisory Board for judging.

ELIGIBILITY:
• You must be an NNI member. [Visit www.nestlenutrition-institute.org to join]
• You must be less than 45 years of age on the deadline of submission to the Australia/New Zealand judging panel
• Your manuscript should have a nutrition focus.
• Published manuscripts must have been published after August 1st 2014.
• Unpublished manuscripts must be formatted in the appropriate style for a named peer review journal.
• The applicant must be the first author of the manuscript.
• No meta analysis, systematic review, or narrative review are permitted.

PRIZE:
The local winner in Australia/New Zealand will receive a prize of AUD$1000 as well as a certificate and a trip to Singapore in early August 2016 to present to the board as part of the overall selection process for the regional NNI SEA&PR award which will then be announced. The overall NNI SEA&PR winner will receive another cash prize of SGD$1000 and funding support in the following 12 months to attend a related international meeting/congress.

APPLICATIONS:
For further information about the application process please email Professor Peter Davies at ps.davies@uq.edu.au

For application cover sheet and submissions, please email Nestle Nutrition Institute Australia at australia.nni@au.nestle.com

Closing date: Friday 18 December 2015.
Uni of Adelaide researchers inducted into national health academy

Media Release - 7 October, University of Adelaide

Eight outstanding University of Adelaide researchers were inducted into the Australian Academy of Health and Medical Sciences at the inaugural Scientific Meeting, held in Canberra last night.

The eight new Fellows from the University were among 77 inducted at the meeting, adding to the existing Fellowship of 131.

New Fellows were drawn from all states and territories of Australia and from all aspects of health and medical science across clinical practice and allied health care, with representation from basic translational and clinical research, health education, public health and industry.

Induction into the Academy is only awarded to those who have made a highly significant contribution to health and medical research in Australia.

The new University of Adelaide Fellows are:
- Professor Alastair Burt, Executive Dean, Faculty of Health Sciences
- Professor Alison Kitson, Dean and Head of School, School of Nursing
- Professor Gary Wittert, School of Medicine
- Professor Hamish Scott, School of Biological Sciences
- Professor John Lynch, School of Public Health
- Professor Jozef Gecz, Robinson Research Institute
- Professor Sarah Robertson, Director, Robinson Research Institute

Professor Burt says: “It is an absolute honour to be inducted into the Academy, along with many of my esteemed colleagues.”

“This state and the University of Adelaide are well represented in the Australian Academy of Health and Medical Sciences, which is a reflection of the high quality of health and medical sciences research undertaken in South Australia.

“It’s an exciting time for medical research and education in Adelaide. Particularly with the new University of Adelaide Health and Medical Sciences building well underway, which will support medicine, nursing and dentistry students and our research from 2017,” he says.

The Academy was established in 2013 to provide an impartial and authoritative voice for healthcare, informed by the best available evidence and expert advice from the best and brightest in health and medical research.

More information about the Australian Academy of Health and Medical Sciences: http://www.aahms.org/

Medical research leaders top league

Media Release - 7 October, Flinders University

Four research leaders from the Flinders University’s Faculty of Medicine, Nursing and Health Sciences have been honoured by their peers with fellowships from the Australian Academy of Health and Medical Sciences.

The Dean of Flinders’ School of Medicine Professor Paul Worley, palliative care expert Professor David Currow, international ophthalmology researcher Professor Justine Smith and Flinders Professorial Fellow, Professor Christopher Baggoley AO, received their honours in Canberra last night.

Professor Baggoley was the first Flinders student to graduate with a Bachelor of Medicine, Bachelor of Surgery (BMBS), and has gone on to become Australia’s Chief Medical Officer. He plays a key, strategic role in developing and administering major health reforms for all Australians.

In addition, Emeritus Professor Nicholas Saunders AO, past executive dean of the Flinders University Faculty of Medicine, Nursing and Health Sciences, and past dean of Flinders’ School of Medicine, was made an honorary fellow of the Academy.

Flinders University Acting Vice-Chancellor Professor Andrew Parkin congratulated the new fellows, who join more than 130 experts in their fields with AAHMS fellowships.

“We are very proud of their achievements and of their record of outstanding leadership,” Professor Parkin says.

“Our students and staff gain inspiration from the achievements of such respected colleagues as Justine, David, Paul and Chris.”

Along with Emeritus Professor Saunders, he said this recognition highlights their “distinguished and continuing professional contributions to health and medical science”.

The fellowships highlight the importance of health and medical research in building Australia as a world leading, efficient and effective health-care system.

The academy promotes the development of quality health care through research leadership, mentoring of future researchers, and provision of expert opinion to the public and government.

The new fellows were drawn from all aspects of health and medical science across clinical practice and allied health care, with strong representation from the new South Australian Health and Medical Research Institute – including the academy’s first overseas fellow, Professor Charles Mullighan.

Academy president Professor Ian Frazer said the latest list of fellowships “reflects the international standing of their contribution to health and medical science through research, through leadership, and through service”.

“Their future contribution to the field will contribute to ensuring that users of the health-care system in Australia are offered the best quality of care using the latest advances in health research,” Professor Frazer said.
Six key interventions to aid infant health and survival

**Media Release - 19 October, University of Adelaide**

Skin-to-skin contact, early commencement of breastfeeding and hygienic umbilical cord care are among the six key interventions which give an infant the best start to life, according to new research by the University of Adelaide.

A PhD student from the University of Adelaide's Robinson Research Institute, Zohra Lassi, led a review of more than 60 reproductive, maternal, newborn and child interventions. The review, published in *EBioMedicine*, found that the administration of antenatal corticosteroids for women at risk of preterm birth; early initiation of breastfeeding; and kangaroo mother care (skin-to-skin contact) for preterm infants, were effective interventions for reducing neonatal, infant and child deaths. And in low and middle income countries, hygienic umbilical cord care; provision and promotion of the use of insecticide treated bed nets for children; and vitamin A supplementation for children from six months of age, also vastly improve a child’s chance of survival.

“While there have been many great successes in reducing neonatal mortality, the current rate of infant deaths remains too high – 2.9 million newborns around the world do not live beyond their first month of life,” says Ms Lassi.

“There has long been a need for evidence-based interventions and strategies to improve infant and child survival in countries with high incidences of deaths. And this thorough review identified six key interventions, many of which are achievable for mothers living in low and middle income countries.

“Most of the interventions identified are very effective for preterm infants, as deaths from complications from being born too soon are the leading cause of neonatal deaths.

“Encouraging kangaroo mother care not only ensures skin-to-skin contact between the mother and child, but promotes breastfeeding and early recognition of danger signs and illnesses in newborns,” she says. “And breastfeeding soon after birth increases a child’s chance of survival by 44%, in low income countries,” she says.

Associate Professor Philippa Middleton, from the University of Adelaide’s Robinson Research Institute and the Women’s and Children’s Health Research Institute, says while this research focused on countries with high incidences of newborn deaths, the findings are relevant for all parents.

“These interventions are of global significance. Even in Australia, where survival of newborns is amongst the highest in the world, ensuring relevant strategies are put into practice can make a considerable impact on the health and wellbeing of a child,” says Associate Professor Middleton, co-author on the research.

“Use of antenatal corticosteroids is already widespread, but there is room to increase skin-to-skin contact between mother and child, and improve rates of breastfeeding,” she says.
Adding cultural values to mental health care

Media Release - 8 October, Flinders University

In a national first, Flinders University is pioneering an innovative teaching and learning approach to combat mental health and culture stereotypes. Teaching and learning resources have been developed for undergraduate students focusing on Indigenous, migrant and Chinese cultural groups to help them better understand the negative impacts stereotyping has on people with mental health issues. Flinders is marking Mental Health Week with the official launch of the new free online program for cultural awareness in mental health training.

The new teaching materials were developed by Flinders University and the University of Newcastle, Edith Cowan University and Central Queensland University in a two-year federally funded project funded by the Office for Learning and Teaching. Project leader – Professor Eimear Muir-Cochrane, Chair of Nursing (Mental Health) at Flinders University’s School of Nursing and Midwifery – said connecting mental health with cultural issues for the first time will vastly improve health services.

“For the first time ever, undergraduate curriculums have access to these resources, which help to create a context between stereotyping and misperceptions when dealing with mental health and cultural issues,” said Professor Muir-Cochrane.

“We specifically focus on the issues facing people from Indigenous, migrant and Chinese cultural groups.”

Coinciding with Mental Health Week (4-10 October), the “culturally appropriate and highly relevant” materials was launched by the Minister for Employment, Higher Education and Skills, Gail Gago, at the South Australian Health and Medical Research Institute this week (Wednesday 7 October).

Minister Gago emphasised the importance of understanding mental health issues, congratulating the initiative of Flinders’ School of Nursing and Midwifery.

“Flinders University has a strong reputation for its excellence in teaching and research and these materials will guide and enhance undergraduate health students’ education as they learn about the impacts of mental health and cultural issues,” she said. “Mental health is just as important an issue as physical health and deserves the same quality of support and educational resources and the Government is committed to providing better mental health support and education to the wider community.”

Reshaping curricula: integrating culturally diverse/mental health online content to prepare work ready health professionals materials includes four online learning ‘journeys’ from the perspective of an Indigenous Australian and both non-English speaking and refugee viewpoints. Specific focus areas include depression, puerperal (postpartum) psychosis and dementia. The curriculum examine issues such as cultural safety, communication and mental health assessment.

The Poche Centre for Indigenous Health and Wellbeing at Flinders University, the Migrant Resource Centre, SA Health and Chinese Welfare Services SA were among the organisations involved in compiling the resources.

“It is important that students continue to develop their understanding of the effects of culture on a patient’s mental health or illness without any stigma or preconceptions,” “We used positive and negative examples of health professionals communicating with people from different cultural groups about mental health issues and our evaluations demonstrate that these are effective in reducing students’ stigma as well as increasing their skill set for professional practice.”

Professor Muir-Cochrane said mental health and cultural issues were taught separately in the past due to their respective complexities, “However, we identified a definite need to provide tangible teaching resources to address both issues together,” she said.

“Our online resources will equip students with the skills to address the negative impacts stereotyping and stigma have on people with mental health issues.”

Mental Health Week is an annual national event that aims to improve community awareness and knowledge about mental health illness and reduce the stigma and discrimination associated with mental health problems.

2015 Winnovation SA Award Winners - HDA Member

Media Release - 11 Nov, Women in Innovation SA

Eight innovative and groundbreaking South Australian women have been named winners in the second annual Women in Innovation (WINN) Winnovation Awards.

The awards recognise women ‘changing the game’ in science, technology, business, the arts and more, with inspiring and innovative approaches to problems, some with the potential to make a global impact.

WINN President Lisa Kennewell said the winners were to be congratulated for identifying solutions to problems and overcoming hurdles and challenges, to finally achieve their innovative moment.

“These awards are all about supporting and elevating South Australia’s innovative women,” Ms Kennewell said.

“We were incredibly inspired by the range of stories the entrants and finalists shared. These women have turned businesses around, developed new computer vision technologies, devised new approaches to indigenous women’s health, engaged maths students and more. They are changing lives and giving back to the community in incredible ways.”

Regional Rural Remote: Nayana Parange

Nayana devised an education and training model to help upskill midwives and GPs caring for Aboriginal women in remote locations. This enables them to provide life-saving ultrasound services to patients who would otherwise not have access to, or would have had to travel long distances to obtain.

For further information on these awards and the other winners visit http://www.winnovation.com.au/
Young Investigator Award for innovative fertility researcher

Media Release - 21 October, University of Adelaide

The University of Adelaide researcher behind an exciting world-first fertility treatment has won the 2015 Young Investigator Award, announced last night.

Dr Hannah Brown, from the University’s Robinson Research Institute, led a study which discovered a key component missing in poor-quality eggs is haemoglobin. She and her team, supported by Associate Professor Jeremy Thompson, also revealed that adding haemoglobin to a damaged or poor-quality egg can improve the efficiency of the egg, increasing the chances of conception for some women struggling with infertility.

This finding has been instrumental in the development of a new technique for fertility clinics called In vitro maturation (IVM). With IVM, scientists can finish growing or repair a poor-quality egg in the laboratory.

“I am thrilled to be part of a team whose work is contributing to changing the way in which we provide fertility care and options to women for which treatments do not currently exist,” says Dr Brown.

“I am also honoured to have been part of a competition which supports science communication, education and outreach,” she says. “And I hope to establish new collaborator relationships as a result of the funds from this award, which will be used to travel to international laboratories and share our exciting research findings.”

Professor Sarah Robertson, Director of the Robinson Research Institute, applauds Dr Brown for her outstanding achievement.

“Dr Brown is highly deserving of this coveted award,” says Professor Robertson. Her work is part of the core business of the Robinson Research Institute and is supported by the cutting edge environment of the ARC Centre for Nanoscale Biophotonics. Furthermore, she is a brilliant, hard-working and innovative researcher with a promising career. And her work will help thousands of women and families,” she says.

The Young Investigator Award is aimed at recognising and promoting the outstanding research performed by young scientists in the area of women’s and children’s health.

The Young Investigator Award is an initiative of the Women’s and Children’s Health Network in partnership with University of Adelaide, Flinders University, University of South Australia, South Australian Health & Medical Research Institute and Women’s and Children’s Health Research Institute.

How children can help shape the cities they will live in

Media Release - 20 October, UniSA

With 70 per cent of the world’s population expected to live in cities within the next 30 years, putting children’s rights at the centre of the urban agenda and engaging their views and participation in designing the cities they will live in, has never been more important.

This is the message that Dr Norman Gillespie, Chief Executive of UNICEF Australia, will be presenting at this year’s de Lissa Oration, being held at the University of South Australia, in respect of children’s rights, UNICEF’s international Child Friendly Cities program and the Child Friendly SA (CFSA) initiative.

The Child Friendly SA (CFSA) initiative has been piloted by three council areas in South Australia and the oration will celebrate the formal recognition of those councils: Campbelltown, Gawler and CFSA Onkaparinga as the first UNICEF Australia Child Friendly Cities in Australia.

Dr Gillespie says the Child Friendly City Initiative supports and recognises local councils which work toward strengthening and promoting the rights of children. “The major trend towards rapid urbanisation requires that we build safe, sustainable cities but it’s important that urban planners and policy makers know how to listen to children and engage their views in the design of these cities, they can add value to their environment,” Dr Gillespie says.

Having visited several new cities in China, Dr Gillespie witnessed a trend which finds many children adorning plastic flowers and plastic vegetables on their heads. Media speculation suggest this is one way young people are making a quiet statement about the heavily smog-filled environment in cities including Beijing, by showing, in an unusual way, their appreciation of and want for nature.


“The pilot projects in South Australia provide a thoroughly methodical approach in how children’s views are canvassed and how they are engaged; community involvement, especially among children who are from refugee backgrounds, can also draw parents into these discussions. By encouraging children to draw, design and make models of what they want from urban environments, from the places they want to live in, it is clear they like an element of risk and adventure in those surroundings, which adults may not consider.”

Safety, education, health, belonging, active participation and play and leisure are among the community goals outlined by the pilot projects in respect of improving opportunities, experiences and outcomes for children. The pilot projects’ approach for canvassing children’s views was rigorously informed by the research of the Children’s Voices Project, led by UniSA’s Professor Pauline Harris in the de Lissa Chair partnership with the Department of Education and Child Development (DECD).

This research informed the professional development workshops that Prof Harris provided for the pilot projects, along with the resource “Children’s voices: A principled framework for children and young people’s participation as valued and active citizens”, written by Prof Harris and DECD colleague Harry Manatakis.

The de Lissa Oration was held on October 22 at the Amy Wheaton building, at UniSA’s Magill campus.
Better support needed for mums with gestational diabetes

**Media Release - 13 November, University of Adelaide**

Improvements are needed in gestational diabetes education and healthcare services to help prevent women with the condition from developing type 2 diabetes later in life, according to a new University of Adelaide study.

Recent University of Adelaide Robinson Research Institute PhD graduate, Dr Emer Van Ryswyk, conducted a review of more than 40 studies from Australia, the United States, Canada, Europe, Brazil and Asia, which examined what influenced women when it comes to taking up healthcare relating to their gestational diabetes.

Speaking in the lead up to World Diabetes Day (Saturday 14 November), Dr Van Ryswyk says the study found that women would benefit from improved education as well as more positive and proactive healthcare services from diagnosis until well after the birth of their baby. The study, co-authored by Professor Caroline Crowther, Dr Philippa Middleton and Professor Bill Hague, was published in the journal, *Diabetes Research and Clinical Practice*.

"5-8% of women develop gestational diabetes when they are pregnant, and for these women, the risk of developing type 2 diabetes within 10 years of pregnancy is 20-50%," says Dr Van Ryswyk.

"Previous studies have found that there is a low uptake of post-birth healthcare by women who have experienced gestational diabetes. In particular, studies have found that women often do not have a vital type 2 diabetes screening test after they give birth," she says.

Dr Van Ryswyk says that the care provided to a woman from when she is first diagnosed with gestational diabetes may influence the likelihood of her seeking and participating in care after giving birth.

"It is important to recognise that a diagnosis of gestational diabetes can be highly emotional for a mother. It can be associated with the loss of a ‘normal’ or ‘perfect’ pregnancy experience, so adequate information and counselling should be made available," says Dr Van Ryswyk.

"Women valued positive interactions with clinical staff, and responded well to constructive advice. Criticisms and assumptions relating to dietary and lifestyle choices were viewed as counter-productive, and they discouraged women from seeking advice in the future. Furthermore, this review identified a need for proactive services. After giving birth, women settle into life as a new mother, or with an extra child, and this can contribute to women neglecting their own health for the sake of their children. Women expressed the view that they would benefit from being directly approached about diabetes screening tests and being proactively offered advice and follow-up appointments to support them in prevention of type 2 diabetes," she says.

Dr Van Ryswyk says she hopes these findings will lead to improved services for women. "The aim of putting the findings of the studies together into a systematic review was to find out what could be improved, from the perspective of women who have had gestational diabetes," says Dr Van Ryswyk. "Now that we have done this, we can communicate the findings to healthcare providers to promote more acceptable, and therefore more effective, services for women," she says.

Children and the Australian media getting it right on rights

**Media Release - 12 November, Flinders University**

The majority of parents wouldn’t physically allow a stranger unsupervised access to their kids, yet most Australian children are exposed to the influence of strangers every day through mass media – the greater part of which is unregulated.

That’s the challenge being addressed by Flinders University’s Professor Elizabeth Handsley at a conference on the ‘Rights of the Child Consumer’ next week in Sydney (Friday 20 Nov).

The event, which is co-sponsored by Flinders Law School, the Australian Council on Children and the Media and the Australian Human Rights Commission, will examine the impact that consumption is having on children and what can be done to ensure children are protected from inappropriate products and business practices.

Professor Handsley will focus on the role that international standards could play in shaping law and practice within Australia’s media sector, which at present is responsible for setting many of its own standards.

That leads to an obvious conflict of interest, according to Professor Handsley, who will draw on examples from a range of areas including food advertising and children’s access to violent media, including video games.

“Australian law already offers some protection to consumers but the UN Convention of the Rights of the Child, the Guiding Principles on Human Rights and Business and the Children’s Rights and Business Principles suggest there is a need to do more to respond to the needs of children,” says Professor Handsley.

“For example when the industry code allows a biscuit company to use a self-approved ‘canteen’ logo because it is on the packet and not in separate advertising, that is arguably a breach of the Principle that says, ‘Product labelling and information should be clear, accurate and complete, and empower parents and children to make informed decisions’.

“The company in question has undertaken to remove the message from the packets by mid-2016, but under a children’s rights approach it never would have happened in the first place.”

For more information, or to register to attend the event, go to http://childrenandmedia.org.au/events/accm-conference
On yer bikes! Aussie kids can do better in active transport

Media Release - 11 November, UniSA

Australian children have received a middle-of-the-road C grade when it comes to active transport to and from school in the 2015 Active Healthy Kids Australia (AKHA) progress report card. The report card, titled ‘The Road Less Travelled’, focuses on active transport by school students and found only half of Australia’s children and young people walk, ride, scoot or skateboard their way to or from school at least once a week.

AHKA Research Fellow Dr Natasha Schranz says just below half of primary school students and just above half of secondary school students use active transport to or from school once a week or more.

“We set the bar quite low in this report card, but still only managed a C,” Dr Schranz says. “Walking or cycling to school once a week is not asking a lot. Maybe as a nation we are lowering our expectations. We need to find the right balance between wanting our children and young people to be physically active as much as possible every day, and what is practical and achievable for Australian families.”

Parents of children aged 5-6 years and 9-10 years reported that 45 per cent and 47 per cent respectively used active travel to or from school at least once per week. The results were slightly better for high school students, but not by much: 59 per cent reported using active travel to or from school at least once per week.

“Our report card shows that travelling to school – and potentially other destinations like a friend’s house, the shops or playground – via foot or self-propelled wheel has indeed become ‘the road less travelled’,” Dr Schranz says. “Kids today move from the capsule of their homes, into the capsule of their cars, to the capsule of their school rooms. It’s changed a lot from when our parents were kids as we have seen a 42 per cent decline in a generation. It’s certainly a very different world today compared to decades past when it was expected that children would walk one to two hours per day in their journey to school and back.”

Dr Schranz says reasons why this has happened include:
- Safety – stranger danger and road traffic safety concerns.
- The distance kids are willing or allowed to go – the distance children can or will navigate on their own has dramatically declined compared to that of past generations.
- Family and home life – families are smaller, meaning there are fewer siblings to ride or walk to school with; more families now have two working parents; and more families own at least two cars, with time being a large factor in the school drop off before work for working families.

• Location – schools are further away from homes these days, as more children go to private schools and small schools have been amalgamated into super schools.

“While there are many external factors that play a role in how active children are when getting to and from different places, we need to remember that we are also living in a society where many of our daily tasks have become sedentary and it is likely that the world will continue to adopt more labour-saving and sedentary practices,” Dr Schranz says.

“Children who use active transport to get to or from school are not only more physically active than those who do not, but also accumulate more daily minutes of health enhancing activity, take more steps, expend more energy over the day and generally have better physical fitness. The time to act is now. We need to be looking for every opportunity to help kids be more active, and given active transport is inclusive for all, we need to encourage the children of today for whom active transport is the ‘road less travelled’ to engage in more than what is currently being done.”

Dr Schranz says in order to improve the C grade and increase the number of Australian children and young people using active transport to and from school, a combined effort is needed from parents, the education sector, community groups, urban planning and transport sectors and government at all levels.

She suggests things that can be done now, in order to make a meaningful difference in the future, include:
- Encouraging schools to have active transport policies.
- Parents implementing ‘park and ride’ strategies where older children are dropped off and picked up at a distance away from school grounds, or use public transport for part of their journey.
- Ensuring that surrounding school neighbourhoods have high street connectivity and optimal density levels to support and encourage active commuting to and from school and reduce the distance needed to travel by students.
- Communities advocating to councils for changes being made to the physical environment that make it easier for children to negotiate traffic, such as adequate crossing infrastructure and measures to slow traffic, so children can travel on safe walking and riding paths.

AHKA is a collaboration among Australian physical activity and health researchers. The report cards aim to encourage all Australians to make changes in their lives to promote positive lifestyle behaviours of increased physical activity participation and reduced sedentary behaviours among the children and young people of today and tomorrow.

New Chief Scientist of Australia

Prime Minister Malcom Turnbull has announced the appointment of Dr Alan Finkel AO as Australia’s next Chief Scientist.

Dr Finkel, who succeeds Professor Ian Chubb AC, will commence in the role in January next year.

Dr Finkel is a prominent engineer, respected neuroscientist, successful entrepreneur and philanthropist with a longstanding commitment to innovation and commercialisation. He is currently the Chancellor of Monash University and is President of the Australian Academy of Technological Sciences and Engineering.
The Sport, Health and Physical Education (SHAPE) Research Centre Symposium 'Girls and Women in Sport and Physical Activity' is focused on providing contemporary research related to females in sport and physical activity.

The day comprises of two components, a breakfast and a symposium. The breakfast will include a key speaker presentation and a panel of females involved in a variety of sports to discuss their experiences as a female in sport. The panel will include Prof. Dawn Penney, a leading expert in Physical Education.

The symposium component of the day will include a range of presentations on topics significant to female sporting engagement and disengagement in contemporary times such as the impact of social media on exercise behaviours and the relationship between body image and exercise presented by Professor Susan Paxton (LaTrobe University). The afternoon will focus on future research areas and contemporary research methods.

Tickets: Full Day - $80 (Breakfast and Symposium); $35 (Breakfast only); $60 (Symposium only); $40 (Full day - Student; ID no. required)

The breakfast panel will include the following prominent female sports professionals:
- Prof. Dawn Penney – Monash University
- Peta Scholz – Australian netballer
- Narelle Smith – Football coach
- Bec Short – Plan B fitness
- Gillian Rolton – Olympic Gold Medallist
- Jane Woodlands-Thompson - Thunderbirds coach

Tuesday 8 December, 7:30 - 9:00am
Flinders at Tonsley, 1284 South Road, Conference Space, Room 5.29, Clovelly Park

To register go to https://www.flinders.edu.au/finance/ipay/
For further info contact Nadia at nadia.bevan@flinders.edu.au, 8201 3648.

Rights of the Child Consumer Conference

权利的儿童消费者大会

Presented by the Australian Human Rights Commission, Australian Council on Children and the Media and Flinders University Law School

Friday 20 November, 9.00am - 4.30pm
Telstra Customer Insight Centre, 400 George St, Sydney

This conference aims to start a national conversation on issues related to children as consumers:
• What are the rights issues for children when they interact with businesses?
• How can we help ensure that children are informed and empowered as consumers?
• What are some examples of business good practice in addressing children’s rights and needs?

Principal Speakers:
Megan Mitchell, National Children’s Commissioner
Elizabeth Handsley, Professor of Law Flinders University and President, Australian Council on Children and the Media
Sarah Court, Commissioner, Australian Competition and Consumer Commission

Online registration: www.trybooking.com/IOVJ
For more information go to childrenandmedia.org.au/events/accm-conference, email events@childrenandmedia.org.au, ph 08 8376 2111

ASMR National Scientific Conference

ASMR 国家科学大会

Bugs, Bowels & Beyond

15-18 November, Stamford Plaza, Adelaide

Theme of this year's conference is Bugs, Bowels and Beyond: Innovations in Digestive Health and Disease Research. The exciting program brings together leading international and Australian scientists, clinicians and health professionals with a wide-ranging focus on diseases affecting the digestive tract. Themes include: Gastrointestinal Microbiome, Gastrointestinal Cancers, Pancreatic and Liver Diseases, Gut Motility and Endocrinology, Inflammation and Immunity, Neurogastroenterology, Food and Nutrition

ASMR will be offering the 39th Campion Ma Playoust Award. This prestigious award was initiated in 1976 and is given for the best presentation of any type by an ASMR member under the age of thirty (30) or a full time student of any age.

Registration and further info visit http://www.asmr-nsc.org.au
4th Indigenous Health Conference
1 - 3 December
Shangri-La Hotel Cairns Queensland Australia

Indigenous Conference Service launches its 4th Indigenous Health Conference. The conference embraces the philosophy of Indigenous community control and mainstream service providers through promoting an informative forum of research, health education and training of staff for the betterment of Indigenous health.

Again, this deadly conference has attracted high quality international First Nations' speakers from Canada and New Zealand as well as we've received abstract submissions both from every states and territories in Australia.

To register go to www.indigenousconferences.com or email admin@indigenoushealth.net

Science in the Pub Adelaide

The goal of Science in the Pub is to promote understanding of and enthusiasm for science, technology, education, and mathematics (STEM) in the general public. The monthly gatherings begin in September and held on the first Friday of each month.

The truth about vaccines
Friday 13 November, 6.00-7.30pm, arrive early for free nibbles and to get a seat
The Avenues Café and Bar, 106 Payneham Road, Stepney
FREE, but please RSVP at www.scienceinthepubadelaide.org.au

"An alternative speaker to Prof Frazer will be announced shortly"

Associate Professor Helen Marshall, Senior Medical Practitioner and Director, Vaccinology and Immunology Research Trials Unit, Women's and Children's Hospital. NHMRC Senior Research Fellow and Associate Professor in Vaccinology, School of Medicine. Deputy Director and Research Leader, Robinson Research Institute, The University of Adelaide.

Dr Peter Speck, Senior lecturer in virology and microbiology at the School of Biological Sciences, Flinders University

Trajectory analyses of mental health from adolescence until mid-age

This seminar will be presented by Professor Anne Hammarström from Umeå, University in Sweden.

This presentation will demonstrate how longitudinal trajectory methods such as latent class growth analysis (LCGA) can be used to study the longitudinal development of mental health in individuals from their teens to adulthood.

Professor Anne Hammarström did her PhD in Public Health at the Karolinska Institute on Youth Unemployment and Ill-health (1986) and spent a year at this University in Psychology and Social Inquiry and Women’s Studies (1999). She is currently a Professor of Public Health, and holder of a large grant for 2012-2018 studying “Mental health in adolescence and the paths ahead. An ecological life course approach to mental health development into adulthood”.

When: Monday 30 November, 1.00-2.00pm
Where: Room 526, Level 5 Hughes Building, University of Adelaide, North Terrace campus
No RSVP required

Advanced Search Techniques for Systematic Reviews, Health Technology Assessment and Guidelines: An Advanced Bibliographic Database Searching Workshop

The Australian Library and Information Association, Health Libraries Australia will host a full day workshop presented by Julie Glanville from the University of York, UK.

Monday 23 November
Flinders University, Bedford Park, Adelaide
Julie Glanville, Associate Director, York Health Economics Consortium (YHEC), University of York, UK

COST: $200 ALIA Member; $250 Non-member (inc. GST)

This full day session will provide opportunities to learn new techniques, to discuss best approaches, to share insights and to assess variations in current best practice. The workshop will be interactive and participative. You are encouraged to bring your own device for searching. The workshop will be of interest to those who are involved in producing systematic reviews, health technology assessments and evidence based practice guidelines.
Global Village

Global Village is a project that invites communities from different cultures and backgrounds to come together and celebrate their diverse culture and traditions. This event aims to raise awareness, highlight cultural harmony and showcase the various cultures and cuisines.

The Global Village event is set to take place in January 2016. Free marquees will be available and any profits made will be for the individual organisation.

If your organisation would like to participate in the Global Village event, contact the Lebanese Community Advisory Centre for more details and to secure spot at Lebanese.sa@hotmail.com

Global Village

Celebrating 10 Years of the AusSMC

Peter Yates AM, Chair of the Australian Science Media Centre Inc. invites you to join us in Celebrating 10 Years of the AusSMC.

We are honoured to welcome the Hon Jay Weatherill, Premier of South Australia, Baroness Professor Susan Greenfield and National Living Treasure, Robyn Williams to help mark this special occasion.

The event will include a live-streamed panel discussion featuring key media, government and science identities.

Friday 27 November, 4.30 pm to 6.30 pm
The Science Exchange, 55 Exchange Place, Adelaide
RSVP is essential as places are limited to rsvp@smc.org.au

Participation & Trauma: Child protection amidst political violence

Participation and Trauma: Child protection amidst political violence
Thursday 26 November, 1.00 – 2.00pm
Room 526, Level 5 Hughes Building, University of Adelaide, North Terrace Campus
No RSVP required.

Dr Jason Hart is Senior Lecturer in the Anthropology of International Development at the University of Bath, a research associate at the Refugee Studies Centre, University of Oxford and a visiting professor at the Norwegian Technical University, Trondheim. His research has explored the experiences of young people in settings of armed conflict and displacement, and the nature of institutional responses to these young people. He has a particular interest in the political-economy of children’s rights.

Jason has worked in South Asia (Sri Lanka, Nepal, India and Bhutan) and, to a limited extent, East Africa. However, his principal area of interest is the Middle East, particularly Israel/occupied Palestinian territories and Jordan.

Think Outcomes 2016

Think Outcomes 2016
12–13 April 2016, Melbourne

In partnership with Centre for Social Impact (CSI) and Social Impact Measurement Network Australia (SIMNA), we are proud to present a two-day conference focused on the measurement, analysis, evaluation and communication of social outcomes.

Following the success of Think Outcomes in 2014, we are going deeper into our understanding of how, why, for who and where we are making a difference. We need to ask: what do we want to achieve; where do we invest resources; and, are we making a difference? To be able to answer these questions, we need to focus on outcomes and impact.

It’s time to Think Outcomes.

You will develop practical tools and skills to use back in your workplace, including:

- A deeper understanding of quality outcomes measurement.
- Participation in practical, interactive sessions that explore real case studies and best practices in Australia and internationally.
- A set of tools to identify both pitfalls and opportunities to your organisation.
- How to navigate a clear pathway to translate your intentions into actions.

For further information visit http://thinkoutcomes.net.au