Benchmark Analysis

In the next three years, the WACHPR aims to establish itself as the preeminent health promotion research centre in the Asia Pacific region, and will seek World Health Organization (WHO) collaborating status. A preliminary benchmark analysis was undertaken to progress towards these goals and to compare the Centre’s activity and outputs to those of similar national and international research groups. This included research centres with a strong emphasis on health promotion intervention research.

Schools of Public Health which included health promotion research as one of several research areas, other health related research centres (e.g. international health and medical research), research centres focusing on a single research area only (e.g. child health), and health promotion institutes or centres whose activities predominantly centred around program implementation and lobbying rather than on research were excluded.

Fourteen eligible research centres were identified during this process. Staff members of these centres were identified in order to review and compare their output achievements over the last five years. This was accomplished by viewing staff lists and consequently retrieving each staff member’s publications and associated citations between January 2005 and August 2010 via the SCOPUS online database. As not all of the centres provided a detailed list of their staff on their websites the eligible centres were narrowed down to 11 of the 14 initially located centres.

Consideration was given to collecting impact factors associated with each publication but time and logistical issues precluded this. Attempts were made to gather data on Higher Degree by Research (HDR) students and research grants but this was also not possible via the web-based review for the majority of the centres.

To identify staff members in the database, the subject area, most recent affiliation, city, and country indicated by SCOPUS were compared to the information available on the centres’ websites.

All publications were restricted to those obtained via SCOPUS to ensure a standardised process of data retrieval and to allow comparison between the research centres.

A total of 11 eligible health promotion focused research centres were included in this analysis. Four of these centres were Australian, three were Canadian, two American, and one centre was African. Between 2005 and 2010, a total of 259 publications and 893 citations of publications by the WACHPR staff were identified through SCOPUS. These results place the WACHPR in a leading position in its field compared to similar national and international research centres. Table 1 presents an overview of each research centre’s total number of staff, publications and associated citations where this information was available.

It is important to acknowledge the limitations of this analysis. Firstly, besides the inability to compare the numbers of HDR students and amount of research funding and type, staff who were no longer associated with a centre may have been missed. Secondly, matching staff members’ names with authors listed in SCOPUS proved difficult at times owing to ambiguity of names. Thirdly, staff for whom a matching name could not confidently be determined were therefore excluded as it was not possible to allocate associated publications. Lastly, while it was evident that some staff had more peer-reviewed publications than were listed in the SCOPUS database (e.g. additional publications were listed on centre’s websites) these were not included in the results. Despite these limitations, the findings provide an indication of the WACHPR’s current standing compared to its national and international competitors.
## Summary of Benchmark Analysis Results

<table>
<thead>
<tr>
<th>Research Centre</th>
<th>Staff (n) 2010</th>
<th>Publications (n) 2005-2010</th>
<th>Citations (n) 2005-2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curtin University – WACHPR</td>
<td>19</td>
<td>259</td>
<td>893</td>
</tr>
<tr>
<td>African Population and Health Research Center</td>
<td>35</td>
<td>125</td>
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<tr>
<td>Dalhousie University – Atlantic Health Promotion Research Center</td>
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<td>18</td>
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<tr>
<td>Deakin University – Deakin Social Health Group</td>
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<tr>
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<td>Flinders University – The Social Research Centre</td>
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<td>46</td>
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<tr>
<td>University of Alberta – Centre for Health Promotion Studies</td>
<td>12</td>
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<td>191</td>
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<tr>
<td>University of Calgary – Population Health Intervention Research Centre</td>
<td>29</td>
<td>137</td>
<td>589</td>
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<td>University of Canberra – Healthpact Research Centre for Health Promotion and Wellbeing</td>
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<td>University of Texas – Center for Health Promotion &amp; Prevention Research</td>
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<tr>
<td>University of Washington – Health Promotion Research Center</td>
<td>22</td>
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<td>Director’s Report</td>
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<td>About the WACHPR</td>
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<td>WACHPR Staff</td>
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<td>Higher Degree Program</td>
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<tr>
<td>Partnerships</td>
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<td>Memberships</td>
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<td>Research Overview</td>
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<tr>
<td>Publications &amp; Presentations</td>
<td>31</td>
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</table>
This is an important annual review for the Western Australian Centre for Health Promotion Research (WACHPR) as it has been 25 years since the establishment of the Centre. Twenty five years ago, the WACHPR’s research focus was upon alcohol and drug education, campus health promotion, physical activity and the justification of a health promotion approach. Considerable effort was spent in defining terms, explaining why we needed a comprehensive approach to health promotion, not just a health education approach and presenting and arguing the case for the prevention perspective. While there were numerous conference presentations, only five peer reviewed papers were published which contrasts markedly to WACHPR’s current output:


Over the last 25 years, many staff have contributed to the development and continuance of the WACHPR. I would particularly like to thank Professor Peter Howat who, as foundation Head of Department of Health Promotion, had the vision to start a research centre dedicated to researching what works in health promotion. It was Professor Howat who nurtured the development of a research centre and Department of Health Promotion, staffed by academics with substantial industry experience. Through his and their efforts they were successful in ensuring the research they conducted had direct practical application to improving the health of Australians, and to training the best health promotion graduates in Australia.

I would also like to thank Professor Colin Binns who, as the foundation Head of School, established the core values upon which the School of Public Health was based. His dual focus upon compassion and science ensured that research conducted by the School was grounded in excellent science, pragmatically focussed and sensitively applied. We are fortunate that both of these Professors continue to provide support for the Centre. Professor Donna Cross, Dr Greg Hamilton, Steve Jones, the late Dr Debra Blaze-Temple, Professor Alexandra McManus and Dr Graham Brown all held leadership roles in the WACHPR and substantially contributed to the Centre’s development.

I further wish to acknowledge the efforts of three staff who while they did not hold Directors roles substantially contributed to the development of the WACHPR and the values the research centre seeks to uphold. The late Carol Bailey helped shape the direction of WACHPR, by linking the Curtin Healthy Lifestyle program to the research centre, thus providing us an avenue to link undergraduate students to research and a pathway to engage University staff and students. She helped establish a health promoting university long before the term was found in the scientific literature.

Jenny Collins was initially employed to provide administrative support, however her talent at creating longer term international relationships resulted in the development of several groundbreaking AusAID funded training programs that were Nationally acknowledged for their excellence and contributed to improving the health of people in the Asia Pacific region. Professor Alexandra McManus provided staff support and consultancy and research leadership to the Centre for many years and continues to co-supervise doctoral students with WACHPR staff.
During 2010, there have been some wonderful highlights that are a testament to the quality of the staff engaged with the WACHPR including the following.

Professor Colin Binns was:
• awarded the ‘Lifetime Achievement Award’ by Research Australia
• awarded a Fellowship of the Nutrition Society of Australia
• a recipient of a Life Fellowship at the Royal Australian College of General Practitioners
• granted the title of ‘John Curtin Distinguished Professor’ by Curtin University.

Dr Graham Brown was approached by the Australian Research Centre in Sex Health and Society at La Trobe University to accept a joint appointment to commence in 2011 as a Senior Research Fellow. This will provide Dr Brown increased opportunity to initiate national research and continue his national HIV policy and program activities.

During 2010, WACHPR staff supervised 16 PhD students, two of which were scholarship funded project officers and six were research staff funded from nationally competitive grants.

The WACHPR currently has five international doctoral students from China (n = 3), Malaysia (n = 1), and Indonesia (1) who commenced their studies in 2009.

WACHPR staff completed the ‘My-Peer: Good practice standards for peer-based marginalised youth health programs’ action research project, a collaborative approach aimed at developing good practice standards and tools for developing, implementing and evaluating peer based youth health programs. The outcomes of the project included the development of the ‘My-Peer Toolkit’, a web based resource for practitioners working in this field, which was successfully launched at the Office of the Commissioner for Children and Young People earlier in 2010 (See picture on the previous page). The first of a series of publications reporting on this is:


In 2009, the Australian Breastfeeding Association published the ‘Alcohol and Breastfeeding: A Guide for Mothers, Alcohol Education Rehabilitation Foundation’, authored by Dr Roslyn Giglia.

WACHPR staff were instrumental in Curtin University’s participation in the successful European Union – Australia Government Collaboration on Public Health Education (AUSEUphe) project (DEEWR $500,000, four European and four Australian Universities 2009-13). In 2010, seven students were provided with scholarships of $10,000 each to spend a semester at one of the EU partner universities, and two staff visited several of the EU universities. In addition, WACHPR staff participated in developing modules for use in curricula at the four EU universities and we have also incorporated some of this curriculum into Curtin’s current Health Promotion courses.

Staff continue to produce high quality journal and other publications. In 2010, three books, four book chapters, 44 journal publications, eight reports and one major on-line health promotion resource were published. Of the 44 publications, 10 articles were published in ‘A’ or ‘A*’ rated journals (as identified by the Australian Government’s Excellence in Research for Australia [ERA] Initiative), 11 were published in ‘B’ rated journals and 17 in ‘C’ rated journals. This is an improvement from 2009 (n = 36) both in ERA performance and total number of journal publications.

Along with its current three National Health & Medical Research Council (NHMRC) grants, the WACHPR has continued to pursue research funding; in 2010, staff were successful co-investigators with two Healthway applications:

• Kerr, D., C. Pollard, P. Howat, S. Dhaliwal, and C. Boushey. Effectiveness of a mobile phone intervention to promote dietary change. $349,479 (2010-2012) (18932)

Finally, I would like to thank all the WACHPR academic and administrative staff, project managers, project staff, scholarship recipients, doctoral and masters students and volunteers for continuing the excellent research and contributing to improving the health of people in the region.

Professor Bruce Maycock
WACHPR Director
ABOUT THE WACHPR

Establishment of the WACHPR
The WACHPR is a multi-disciplinary research centre within the School of Public Health and the Curtin Health Innovation Research Institute (CHIRI). The WACHPR was established in 1986 and was the first research centre in health promotion to be established by an Australian university.

Functions
The WACHPR views health promotion as a combination of educational, organisational, economic, social and political actions designed with meaningful participation, to enable individuals, groups and whole communities to increase control over, and to improve their health through attitudinal, behavioural, social and environmental changes. This comprehensive social justice perspective of health promotion is reflected in the WACHPR’s research foci and programs.

The WACHPR is committed to building evidence and capacity in health promotion theory, practice and evaluation through applied and participatory research. Grounded in an understanding of social determinants of health and a commitment to social justice and ethical practice, the WACHPR conducts research with vulnerable or most at risk communities and populations and works in partnership with relevant community, government, research and private organisations to improve the health of regional populations.

Areas of Expertise
The WACHPR has built and demonstrated high level expertise and research strength in:

- The design, planning, implementation, evaluation and dissemination of quality integrated health promotion programs
- Building sustained partnerships and collaborations with vulnerable and most at risk communities and relevant community, government and private sector organisations
- Health promotion approaches using community and settings-based interventions, peer and social influence, social marketing, advocacy, community mobilisation and sector capacity building
- Health promotion intervention research that improves outcomes in nutrition, physical activity, mental health, sexual health, drug use and injury prevention
- Promotion and dissemination of evidence-based practice and building practice-based evidence
- Provision of research training and capacity building techniques to undergraduate and postgraduate students, allied health promotion professionals and community workers.

Research Focus

The WACHPR has developed key areas of research strength and ongoing community partnerships. These have been developed through a large number of research project grants and national and international partnerships.

Core research: alcohol and other drugs; mental health, early childhood health, nutrition, physical activity, maternal health, seniors’ health, and sexual health.

Other research: mental health promotion, good practice standards and policy development, peer-based research, and workplace health.

Other foci: health promotion education and training; policy and advocacy, theory and evidence based health promotion methodologies.

In 2010, WACHPR staff were active on over 30 research projects across a range of key health issues and in varying settings. These included:

- Community based interventions - e.g. mental health in rural and regional communities, young families and nutrition/physical activity, fatherhood and breastfeeding support, food security in lower socio-economic areas, ageing populations and wellbeing

- Organisational setting interventions - e.g. projects with the police service, mining companies, tertiary institutions, government departments and others

- Interventions targeting marginalised or at risk young people - e.g. peer-based and other health promotion interventions with Indigenous, gender diverse, rural or lower socio-economic young people targeting mental health, sexual health, alcohol and other drug use and other risk behaviour.

In addition to these core functions, the WACHPR conducts health promotion - continuing education and capacity building courses for the health promotion sector, as well as tailored courses for the HIV sector and allied health staff. Further activities include consultancy and evaluation services, training and development, workplace health, implementation and evaluation of community based interventions and assistance and advice with public health policy activities.
The WACHPR research team has expertise in the development, implementation and evaluation of formative and longitudinal intervention research in key areas such as: early childhood health and nutrition; physical activity and nutrition; alcohol and other drug use; seniors’ health; mental health; and HIV and sexual health. The WACHPR is a unique research centre in that all core staff hold front research and teaching positions in the School of Public Health. The combined expertise of the WACHPR staff, together with the establishment of collaborative networks, aims to foster the practice of health promotion by encompassing the nexus between research and practice.
Research Staff

Linda Burke
Project Manager
PhD Candidate Curtin

Jude Comfort
Lecturer
PhD Candidate Curtin

Gemma Crawford
Lecturer
PhD Candidate Curtin

Rita Freijah
Project Manager

Dr Roslyn Giglia
Research Fellow
PhD Curtin

Jonathan Hallett
Lecturer
PhD Candidate Curtin

Dr Jonine Jancey
Senior Research Fellow, Lecturer
PhD Curtin

Carlie Jones
Project Manager,
PhD Candidate Curtin

Roanna Lobo
Project Manager, Lecturer
PhD Candidate Curtin

Justine Leavy
Lecturer
PhD Candidate UWA

Dr Gareth Merriman
Senior Lecturer
PhD Curtin

Ginny Monteiro
Project Manager
PhD Candidate Curtin

Linda Portsmouth
Lecturer
PhD Candidate Curtin

P.J. Matt Tilley
Lecturer
MClInPsych Curtin

Jenny Tohotoa
Project Manager
PhD Candidate Curtin
WACHPR STAFF

Research Assistants (2010)
Janina Hildebrand
Nicole Joubert
Zaminah Khadaroo
Poonam Pannu
Tina Price

Research Support Staff
(2010)
Lucia Agnello
Rosie Baccarini
Leesa Bartlett*
Krysten Blackford*
Dennis Bonsato
Antonia Bordoni*
Nic Bovell
Laura Bowden*
Lauren Bryce-Moore*
Paul Byrne
Emily Carroll*
Rod Caton
Angela Cole
Lisa Critchley*
Ashlee Cross
Shane Cucow
Aingeal de Roiste
Marianna Donline*
Gareth Durrant
John Farnhill
Larry Fife
Emma-Lee Finch*
Louise Francis*
Pår-Johan Goody-Rohdin
Michelle Gorman
Sarah Graham
Emma Green
Madelaine Griffith

Alicia Gunner
Cherise Hawkins
Emma Hawkins*
Nicky Hentrich
Katie Hewitt
Sarah Hill
Natalie Hobson*
Meredith Irving
Kim Jarvie
Vino Lunchana Kariyakarawana
Chantel Kent*
Nicole Klaski
Olivia Knowles
Sokunthea Kruy*
Michelle Liddicoat*
Angel Lim*
Qiu Yan Lin*
Ceri Lloyd
Carly Martin
Tilleke McGibbon
Michelle McIntosh
Sally Meacock
Sonia Monteiro
Daniel Moore*
David Moss
Rachel Murray*
Claire Nicholson
Renuka Pantula
Shashi Pantula
Carole Parker
Maria Pasalich
Charlotte Pickering*
Sarah Potts*
Stacey-Mae Prokopyszyn*
Warren Raymond
Michael Schmidt
Trevor Schmidt
Matthew Snelson*
Jessica Storey*
Don Strahan
Asha Styles
Charlyn Tan
Kevin Tay
Katherine Thomas
James Turner
Wendy Vivian
Sandra Voessenek
Tracy Wells
Ruth Wernham
Rhiannon West
Briony Williams
Dani Wright

Professional Practice Students (2010)
Rozane Abuoz
Lucy Butcher
Asha Gopal
Tamsyn Hammond
Nusrat Naseem

*Staff studying at the School of Public Health at Curtin University during the period of employment
During 2010, WACHPR staff supervised 16 PhD students and one Master of Philosophy (Public Health) student, seven of which were scholarship funded project officers and six were research staff funded from nationally competitive grants. This is an increase from six PhD students since 2008.

**Higher Degree Program**

**Linda Burke (PhD)**  
*PANS - Physical Activity and Nutrition for Seniors (2009-2011)*  
Supervisors: Peter Howat, Jonine Jancey, Andy Lee, Deborah Kerr

**Simonetta Cavilli (PhD)**  
*Beyond survivor: Women’s identity after domestic violence (2010-2012)*  
Supervisors: Rosemary Coates, Gareth Merriman, Bruce Maycock

**Shu Chen (PhD)**  
*A cohort study of health beliefs, behaviour and information sources of Chinese mothers and their children living in Perth (2010-2013)*  
Supervisors: Colin Binns, Sharyn Burns, Bruce Maycock

**Jude Comfort (PhD)**  
*Tobacco and marginalised populations - Why do lesbians smoke? (2008-2011)*  
Supervisors: Jan Lewis, Gareth Merriman

**Kylee Cox (PhD)**  
*The prevalence and determinants of breastfeeding and complementary feeding practices in infants in rural Western Australia (2010-2015)*  
Supervisors: Colin Binns, Roslyn Giglia

**Gemma Crawford (PhD)**  
*Investigating Australian male expatriate and long term traveller social networks in Thailand to determine their potential to influence HIV and other STI risk behaviour (2010-2013)*  
Supervisors: Graham Brown, Bruce Maycock

**Robyn Doney (PhD)**  
*Prenatal alcohol exposure and CNS function among Aboriginal children (2010-2013)*  
Supervisors: Peter Howat, Kay Sauer, Elizabeth Elliot

**Jonathan Hallett (PhD)**  
*Reducing Alcohol Consumption Among Undergraduate Students via an Internet Intervention (2008-2010)*  
Supervisors: Peter Howat, Bruce Maycock, Alexandra McManus, Kyp Kypri

**Carlie Jones (PhD)**  
*A pilot study to improve the diet and physical activity behaviours in mothers of young children (2008-2011)*  
Supervisors: Peter Howat, Jonine Jancey, Sharyn Burns, Satvinder Dhaliwal, Alexandra McManus

**Roanna Lobo (PhD)**  
*Evaluation framework for peer-based programs in high risk youth populations (2008 - 2011)*  
Supervisors: Graham Brown, Bruce Maycock, Alexandra McManus

**Ginny Monteiro (PhD)**  
*A randomised control trial to improving nutrition and physical activity behaviours in mothers with young children (2009 - 2011)*  
Supervisors: Rosemary Coates, Gareth Merriman, Bruce Maycock, Yun Zhao

**Peng Tao (PhD)**  
*Infertility and marital well-being among infertile, Chinese couples from Hei Longjiang Province in China (2009 – 2011)*  
Supervisors: Rosemary Coates, Gareth Merriman, Bruce Maycock, Yun Zhao

**Jennifer Tohotoa (PhD)**  
*FIFI - Fathers Infant Feeding Initiative (2008 - 2011)*  
Supervisors: Bruce Maycock, Sharyn Burns, Peter Howat, Yvonne L. Hauck, Satvinder Dhaliwal

**Nerissa Wood (MPhil)**  
*Prevalence of suicide and suicide ideation in Western Australia using linked data sources (2009 - 2011)*  
Supervisors: Sharyn Burns

**Sherin Mohamad Yusuff (PhD)**  
*Breastfeeding and postnatal depression in Sabah Malaysia (2009 - 2011)*  
Supervisors: Colin Binns, Bruce Maycock, Andy Lee

**Mateus Sakundarno Adi (PhD)**  
*Risk factors of Leptospirosis and the impact of an intervention to reduce exposures (2010-2012)*  
Supervisors: Bruce Maycock, Satvinder Dhaliwal
Much of the WACHPR’s research is conducted in partnership and collaboration with other organisations. This year saw a substantial increase in the development of new relationships and was important for maintaining existing relationships. Partnerships in 2010 included regional, national and international collaborations with a variety of activities conducted.

### Regional Partnerships

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Activity and/or Project</th>
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</thead>
<tbody>
<tr>
<td>Aboriginal Health Council of Western Australia</td>
<td>Indigenous health promotion research</td>
</tr>
<tr>
<td>Belmont City Council</td>
<td>Nutrition &amp; physical activity research</td>
</tr>
<tr>
<td>Cancer Council of Western Australia</td>
<td>Nutrition research, seniors’ health research</td>
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<td>Centre for Behavioural Research in Cancer Control, Curtin University</td>
<td>Nutrition research, seniors’ health research, alcohol research</td>
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<tr>
<td>Centre for Developmental Health</td>
<td>Youth mental health research</td>
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<tr>
<td>Centre for Research on Ageing</td>
<td>Seniors’ health, sexual health research</td>
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<tr>
<td>Challenger Institute TAFE</td>
<td>Youth mental health research</td>
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<td>City of Mandurah Youth Services</td>
<td>Youth mental health research</td>
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<tr>
<td>City of Rockingham Youth Services</td>
<td>Youth mental health research</td>
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<tr>
<td>Department of Health Western Australia, Sexual Health and Bloodborne Virus Program</td>
<td>HIV &amp; sexual health research</td>
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<tr>
<td>FPWA Sexual Health Services</td>
<td>HIV &amp; sexual health research</td>
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<tr>
<td>GRAI Retirement Association Inc.</td>
<td>Seniors’ health, sexual health research</td>
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<tr>
<td>National Drug Research Institute, Curtin University</td>
<td>Alcohol research, youth mental health research</td>
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<td>National Heart Foundation (WA)</td>
<td>Nutrition &amp; physical activity research</td>
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<td>Playgroup WA</td>
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<td>Research Centre in Applied Psychology, Curtin University</td>
<td>Youth mental health research</td>
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<td>Uniting Care West</td>
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<td>WA AIDS Council</td>
<td>Youth mental health research, HIV &amp; sexual health research</td>
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<td>WA Country Health Services</td>
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<td>Australian Federation of AIDS Organisations</td>
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<td>Australian Research Centre in Sex, Health and Society, La Trobe University</td>
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<td>Deakin University</td>
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<td>South Australia</td>
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<td>Griffith University</td>
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<td>Institute of Health and Biomedical Innovation, Queensland University of Technology</td>
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<td>Monash University</td>
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<td>National Centre in HIV Epidemiology and Clinical Research, University of NSW</td>
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<td>University of Adelaide</td>
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<td>University of Sydney</td>
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### PARTNERSHIPS

#### International Partnerships

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<th>Country</th>
<th>Activity and/or Project</th>
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<td>Asia Pacific Academic Consortium of Public Health</td>
<td>Asia-Pacific</td>
<td>Public health research &amp; education</td>
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<td>Centre for Public Health Nutrition, University of Dundee</td>
<td>Scotland</td>
<td>Nutrition &amp; physical activity research</td>
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<tr>
<td>HAW - Hamburg University of Applied Sciences</td>
<td>Germany</td>
<td>Australian-European public health (AUS-EUphe) staff &amp; student exchange</td>
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<tr>
<td>Harbin University</td>
<td>China</td>
<td>Public health research &amp; staff exchange</td>
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<tr>
<td>Jagiellonian University</td>
<td>Poland</td>
<td>AUS-EUphe staff &amp; student exchange</td>
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<tr>
<td>John Moores University</td>
<td>England</td>
<td>Drug and alcohol prevention research</td>
</tr>
<tr>
<td>Kagawa Nutrition University</td>
<td>Japan</td>
<td>Staff exchange, nutrition research</td>
</tr>
<tr>
<td>Kaunas University of Medicine</td>
<td>Lithuania</td>
<td>AUS-EUphe staff &amp; student exchange</td>
</tr>
<tr>
<td>Leeds Metropolitan University</td>
<td>England</td>
<td>Health promotion research</td>
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<td>Drug &amp; alcohol prevention research</td>
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<td>University of Malaya</td>
<td>Malaysia</td>
<td>Public health research &amp; training</td>
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<tr>
<td>University of Southern Denmark</td>
<td>Denmark</td>
<td>AUS-EUphe staff &amp; student exchange</td>
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WACHPR staff were and continue to be represented on various external advisory boards and management committees during 2010.

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<tr>
<th>Western Australian Memberships</th>
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<tr>
<td><strong>External Committee</strong></td>
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<tr>
<td>ACOSH - Australian Council on Smoking and Health</td>
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<td>GRAI - Gay Retirement Association Inc.</td>
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<td>WAAC - WA AIDS Council</td>
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<td>Western Australian Community Alcohol Network</td>
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<td>Western Australian Cancer and Palliative Care Network; Primary Care, Cancer Prevention &amp; Screening Collaborative</td>
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<td>Western Australian Sexology Society</td>
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# MEMBERSHIPS

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<td>Gemma Crawford</td>
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<td>Peter Howat</td>
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<td>WA Representative</td>
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<td>Dietary Guidelines Revision Committee - National Health</td>
<td>Colin Binns</td>
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<td>Deputy Chair</td>
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<td>and Medical Research Council (NHMRC)</td>
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<td>Dietitians Association of Australia</td>
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<td>Director</td>
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<td>Health Promotion Journal of Australia</td>
<td>Peter Howat</td>
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<td>Editorial Board Member</td>
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<tr>
<td>Making Links</td>
<td>Jonathan Hallett</td>
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<td>Conference Chair</td>
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<tr>
<td>National Collaborating Centre Drug Prevention United</td>
<td>Bruce Maycock</td>
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<td>National HIV Monitoring Surveillance Plan Working Group</td>
<td>Graham Brown</td>
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<td>NHMRC Core Food Groups Working Party</td>
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<td>Sexual Health</td>
<td>Gemma Crawford</td>
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<tr>
<td>Tobacco Control Coalition</td>
<td>Bruce Maycock</td>
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<tr>
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<td>Academy Fellow</td>
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<td>Asia-Pacific Journal of Public Health</td>
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<td>Commonwealth Ministerial Advisory Committee on STI and BBV</td>
<td>Graham Brown</td>
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<td>Commonwealth National HIV Strategy Writing Group</td>
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<td>Global Health Promotion</td>
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<td>Health Education Journal</td>
<td>Jonine Jancey</td>
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<td>Health Research Council of New Zealand Program Assessing Committee</td>
<td>Peter Howat</td>
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<td>International Society for Behavioural Nutrition and Physical Activity</td>
<td>Jonine Jancey</td>
<td>Reviewer</td>
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<td>International Union for Health Promotion and Education</td>
<td>Peter Howat</td>
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<td>International Union for Health Promotion and Education, South West Pacific Regional Board</td>
<td>Peter Howat</td>
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<td>World Association for Sexual Health</td>
<td>P.J. Matt Tilley</td>
<td>Advisory Committee Member</td>
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<td>World Health Organization Collaborating Centre for Environmental Health Impact Assessment</td>
<td>Bruce Maycock</td>
<td>Member</td>
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During 2010, WACHPR researchers were involved in over 30 projects across a range of key health issues in varying settings, many of which are expected to result in a direct influence on policy, practice and the community. Below is an overview of the research projects conducted throughout 2010 and their funding bodies. Projects marked with an asterisk (*) are described in more detail on the subsequent pages.

**Early Childhood Health and Nutrition**

- FIFI - Fathers Infant Feeding Initiative (2008-2010) - funded by Healthway*
- Evaluation of the Use of an Internet Intervention to Sustain Breastfeeding Duration in Regional Western Australia (2009-2013) - funded by Healthway*
- A Pilot Study of Website to Support Breastfeeding Women in Rural Western Australia (2009-2010) - funded by Healthway*
- The Prevalence and Determinants of Breastfeeding and Complementary Feeding Practices in Infants in Rural Western Australia (2010-2015) - Australian Postgraduate Award Scholarship*
- A Cohort Study of Health Beliefs, Behaviour and Information Sources of Chinese Mothers and Their Children Living in Perth (2010-2013) - China Scholarship Council-Curtin Scholarship
- Breastfeeding and Postnatal Depression in Sabah Malaysia (2009-2011) - unfunded

**Nutrition and Physical Activity**

- MYC - Reducing Overweight and Obesity in Mothers of Young Children (2008-2010) - funded by Healthway
- REFRESH - Reminder on Exercise, Food, Relaxation and Enlisting Support to Maintain a Healthy Lifestyle (2009-2011) - funded by the National Health and Medical Research Council (NHMRC)*

**Seniors’ Health**

- Retirement Accommodation and Aged Care Issues for Non-Heterosexual Populations – Social Research Project (2009-2010) - funded by Lotterywest
- PANS - Physical Activity and Nutrition for Seniors (2009-2011) - funded by NHMRC*

**Alcohol and Other Drugs**

- THRIVE - Tertiary Health Research Intervention via Email (2008-2010) - funded by Healthway*
- Tobacco and Marginalised Populations - Lesbian and Bisexual Women study (2008-2010) - unfunded
- Drug Use among Drug Dependent Adolescents and Youths in Yunnan, China (2009-2011) - unfunded
- Adaptation and Feasibility of Community Delivered Individualised Cannabis and Alcohol Interventions in Young People aged 18-25 (2010-2012) - funded by the Medical Research Council
Mental Health

- My-Peer: Good Practice Standards for Peer-based Marginalised Youth Health Programs (2008-2010) - funded by Lotterywest*
- Evaluation Framework and Approaches for Peer-based Programs in High Risk Youth Populations (2008 – 2011) - funded by Healthway
- Beyond Survivor: Women’s Identity after Domestic Violence (2010-2012) - unfunded
- Prevalence of Suicide and Suicide Ideation in WA Using Linked Data Sources (2009-2011) - unfunded

HIV and Sexual Health

- CONNECT Study: Social Norms Regarding HIV/STI Risk and Risk Reduction Behaviours among Men Who Have Sex with Men in Australia (2010-2012) - funded by NHMRC*
- Social Research into Overseas-Acquired HIV among Male Western Australian Residents (2008-2010) - funded by the Department of Health Western Australia (DoHWA)*
- Perth Gay Community Periodic Survey (1998-2010) - funded by DoHWA*
- The Women’s WA Sexual Health Survey (2010) - part-funded by DoHWA*
- WA AIDS Council Health Promotion and Positive Services Review (2007-2010) - funded by the WA AIDS Council (WAAC)
- National HIV Health Promotion Training Course (2008-2010) - funded by Australian Federation of AIDS Organisation (AFAO)*
- YEP (Youth Empowering Peers) - A Youth Sector Peer Education Mobilisation Project (2009-2011) - funded by DoHWA
- Expatriate and Long Term Traveller Networks Study (2009-2011) - funded by DoHWA
- ACON and Positive Life (NSW) HIV Positive Peer Support Review (2009-2010) - funded by ACON and Positive Life NSW
- Pleasure and Sexual Health Project (National quantitative and qualitative study of perceptions of sexual health and HIV among gay men) (2009 – 2010) - funded by Health Departments of New South Wales, Victoria, Queensland, Western Australia and South Australia
- Travel Safe/Sex in Other Cities Campaign Cross-sectional Evaluation Research (2008-2010) - funded by DoHWA and WAAC
- Safe Sex No Regrets Social Marketing Campaign Cross-sectional Evaluation (2008-2010) - funded by DoHWA and WAAC
- Investigating Australian Expatriate Social Networks to Support Peer Education and Social Influence Interventions for Sexual Health (2010-2013) – funded by NT Health, DoHWA, WAAC
- Infertility and Marital Well-being among Infertile, Chinese Couples from Hei Longjiang Province, China (2009-2011) - funded by Curtin Strategic International Research Scholarship

Environmental Health

- Health Impact Assessment of Climate Change Adaptation in the Blackwood Stirling (2009-2011) - funded by APA/CUPSA Scholarship
- Risk Factors of Leptospirosis and the Impact of an Intervention to Reduce Exposures (2010-2012) - funded by Curtin University PhD Program Funding and Directorate General of Higher Education, Indonesian Ministry of National Education
**RESEARCH OVERVIEW**

**EARLY CHILDHOOD HEALTH AND NUTRITION**

**Evaluating the Use of an Internet Intervention to Sustain Breastfeeding Duration in Regional Western Australia**

**Chief Investigators:** Dr Roslyn Giglia, Prof Colin Binns  
**Project Managers:** Dr Roslyn Giglia, Kylee Cox (PhD Candidate)  
**Project Partners:** WA Country Health Services, Jenny Doncon, Independent Lactation Consultant  
**Funding:** Healthway, Western Australian Internet Association

Prolonged exclusive breastfeeding duration of at least six months will yield the greatest gains in optimum infant development. Despite this knowledge, breastfeeding rates in Australia plummet postpartum with approximately 20% of babies no longer being exclusively breastfed after one week and less than this experiencing full breastfeeding at six months. Breastfeeding duration at four and six months is currently one of the Commonwealth’s category two indicators for the progress of chronic disease.

Providing social, professional and lay support for women to breastfeed is important and the availability of social support is a predictive factor in sustaining breastfeeding. Regional women requiring breastfeeding assistance are often challenged by the limited availability of support services and lack of family and social support networks. The opportunities for the sharing of breastfeeding knowledge are diminished with the tyranny of distance and this intervention will help to build a virtual breastfeeding community with the provision of informed support for mothers.

This project investigates the breastfeeding outcomes of regional women in WA receiving an Internet intervention, and their perceptions of the website. In addition, contemporary longitudinal data on breastfeeding practices will be collected from the regional breastfeeding women contributing to this project and the Regional Infant Feeding Survey. Women are recruited to the study while in hospital and are randomised to receive the Internet intervention or normal services already available in the region.

All women complete an online survey at seven time points over a twelve month period providing information on psychosocial and biomedical factors which may affect their breastfeeding practices.

The Midwest health region (Geraldton Regional Hospital and St John of God Hospital Geraldton) was the first regional area to become involved. This has subsequently been progressed to the Goldfields (Kalgoorlie Regional Hospital), the South West (Bunbury, Busselton, Margaret River, The Warren, Collie and Bridgetown Hospitals), the Eastern Wheatbelt and the Gascoyne health regions. Currently, there are approximately 300 women enrolled in the study overall.

Piloting of the website is now finalised, however the website continues to develop and evolve. An interactive virtual website tour using Elluminate software has been trialled on the website. To date benefits from the research include the collection of very useful data from the Midwest region. This data will be used to advocate for increased staff hours to provide breastfeeding support on the maternity ward at Geraldton Regional Hospital.

*Grant targets breastfeeding mums*  
"Thanks to the initiative, a website has been developed to support local breastfeeding mothers. The website includes a virtual breastfeeding support week, starting with a 24-hour breastfeeding support help line. This is one of the ways the community is encouraged to participate in the initiative.  

The website is designed to encourage community organisations to engage with the Internet. This year’s grant will also provide funding for a two-day workshop for community organisations interested in developing a website."

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*Newspaper article in 'The West' reporting on regional infant feeding study*
Evidence regarding effective strategies to assist fathers in their supportive role with their breastfeeding partner is inconclusive and there are no published examples within an Australian context. Effective strategies to assist breastfeeding are required as breastfeeding rates in Australia and in many other countries are well below WHO recommendations. Breastfeeding impacts on the health of the infant and mother, therefore it is important to understand the factors that influence initiation and particularly duration, which includes the acknowledged influence of fathers. This formed the basis for this study.

The Fathers Infant Feeding Initiative (FIFI) aimed to impact upon several National Health Priorities, including early childhood nutrition, obesity, cancer prevention and mental health. A randomised controlled trial was conducted between 2008 and 2010 to investigate the role that fathers can play in enhancing the initiation and duration of breastfeeding. The study involved eight metropolitan hospitals and 1,574 participants.

The intervention contained two interconnected elements designed to complement each other. The first element consisted of a one hour hospital-based antenatal education class developed for the ‘intervention fathers’ and focussed on three primary areas: (1) The role of the father, (2) the benefits and importance of breastfeeding to both mother and baby, and (3) and how to problem solve in the first four weeks at home with a newborn.

The second element involved a time specific series of social support and educational materials sent directly to the fathers in weeks 1-6 post-birth. These materials complemented and built upon the antenatal education received in the first element and aimed to increase the duration of breastfeeding and delay the introduction of solids and formula.

The antenatal package and support package was welcomed by the men who attended and 90% of the participants recommended it continue and become an integral part of the hospital antenatal program. Women in both groups struggled with attachment difficulties, engorgement and perceived insufficient milk supply and those in the intervention group were more able to seek help and receive support to continue. This is reflected in the six week breastfeeding outcomes with 80% (average) of intervention mothers still breastfeeding compared to 65.4% (average) in the control group. The final results are currently being analysed.

Based upon this study, the Department of Health WA has developed several training modules for hospital staff and the National Breastfeeding Guidelines have adapted the definition of health promotion developed by members of the FIFI research team.
RESEARCH OVERVIEW

NUTRITION AND PHYSICAL ACTIVITY

REFRESH - Reminder on Exercise, Food, Relaxation and enlisted Support to maintain a Healthy lifestyle

Chief Investigators: Prof Peter Howat, Dr Jonine Jancey, Dr Sharyn Burns, Assoc Prof Alexandra McManus, Assoc Prof Satvinder Dhaliwal, Prof Annie Anderson, Prof Andrew Hills
Project Manager: Ginny Monteiro (PhD Candidate)
Project Partners: Centre for Behavioural Research in Cancer Control, Cancer Council WA, Playgroup WA, University of Dundee, QLD University of Technology, Monash University, The National Heart Foundation
Funding: National Health and Medical Research Council

Overweight and obesity are important public health issues and there is evidence that rates in women rise with age as well as with the first and subsequent pregnancies. Excessive weight gain during pregnancy and excessive postpartum weight retention are significant and identifiable predictors of long-term obesity. Lifestyle factors relating to poor nutrition and lack of physical activity have been implicated in interpregnancy weight gain and weight gain 12 months postpartum. Research to date indicates that strategies are more likely to be effective when they include both diet and exercise components.

The REFRESH study was a 12-month randomised control trial which aimed to improve nutrition and physical activity behaviours in mothers with young children in playgroup settings. The study was informed by the Healthway funded pilot project: MYC – Reducing Overweight and Obesity in Mothers with Young Children carried out between 2008 and 2010. The REFRESH study involved a more complex intervention, much larger sample and more rigorous evaluation including quantitative non-self report measures in addition to self-report measures. A total of nine hundred mothers registered in playgroups with Playgroup WA Inc. were recruited and randomly assigned to the control and intervention group. The community-based intervention was implemented over six months and included monthly educational workshops conducted by nutritionists or dietitians combined with a number of specially designed resources and activities such as booklets, SMS reminders, newsletters, handouts and activities.

Qualitative and quantitative data was collected on the mothers’ (n=174) perceptions of the strategies and resources used in the program. Mothers reported that the REFRESH magazine, SMS reminders, face to face sessions, newsletters, nutrition and physical activities, family meal and physical activity planner, shopping list and food label fridge magnet, recipe booklet, and flexibility and muscle strength exercise card were all very useful to support positive changes to their nutrition and physical activity behaviours. Participants emphasised this variety as a positive feature of the program that enhanced the likelihood of participants being engaged in some aspect of the program.

The preliminary findings of this study indicate that the use of multiple strategies and resources is likely to enhance the delivery of a health promotion program and increase the likelihood of behaviour change.

Project officer delivering REFRESH program at a playgroup
ALCOHOL AND OTHER DRUGS

THRIVE - Tertiary Health Research Intervention Via Email

**Chief Investigators:** Prof Peter Howat, Prof Bruce, Maycock, Dr Kyp Kypri

**Project Manager:** Mr Jonathan Hallett (PhD Candidate)

**Collaborative Partners:** Centre for Behavioural Research in Cancer Control

**Funding:** Healthway

Heavy drinkers who received the intervention drank 17% less alcohol than controls one month and 11% less alcohol six months following screening. Differences in overall volume consumed were largely found to relate to the frequency of drinking; however, there were also slight reductions in the amount consumed per drinking episode. In addition to the direct effects of the intervention, participant self-report after the six-month follow-up suggests that the intervention prompted students with unhealthy alcohol use to seek help to moderate their drinking.

Of those who completed the intervention, 99% found THRIVE easy to complete, 76% said it provided personally relevant information, 55% would recommend it to a friend with a drinking problem, and 30% sought additional information on support services through the site.

This study shows that a universal screening approach is feasible and that a web-based intervention developed in consultation with potential users, and with the support of administrators, is a viable means of accessing a large, high-risk population group. It is possible that the intervention could be transferred to other educational institutions and medical community settings to benefit other population groups as well.

There is a high prevalence of hazardous drinking behaviour within university student populations leading to a range of harms including violence; traffic crash injury; sexual assault; depression and suicide. Brief clinical interventions and motivational interviewing programs delivered in the context of primary healthcare have been shown to reduce hazardous drinking among university students. The accessibility and reach of the Internet provides an opportunity to engage university students about their drinking behaviour at a larger scale than programs confined to on-campus health services.

This six-month randomised control trial aimed to determine the efficacy of a web-based motivational intervention delivered after screening a population of students for hazardous drinking behaviour.

The developed brief motivational intervention consisted of an online assessment that delivered immediate and personalised feedback on drinking behaviour, risks and strategies for reducing consumption, and available support services. The online assessment additionally was able to provide researchers with baseline data of the prevalence of hazardous drinking in this population. The control group completed assessments but did not receive feedback until six-month measurements were collected.

The baseline screening survey involved 7,237 university students (aged 17-24 years), of which 2,435 (34%) screened positive for unhealthy drinking. Participants were randomly assigned to the intervention (n=1,251) and control group (n=1,184).
RESEARCH OVERVIEW

SENIORS’ HEALTH

PANS - Physical Activity and Nutrition for Seniors

Chief Investigators: Prof Peter Howat, Prof Andy H. Lee, Dr Jonine Jancey, Assoc Prof Deborah Kerr, Trevor Shilton, Prof Andrew Hills, Prof Annie Anderson
Project Manager: Linda Burke (PhD candidate)
Collaborative Partners: Centre for Behavioural Research in Cancer Control, The National Heart Foundation, Queensland University of Technology, University of Dundee Scotland
Funding: National Health and Medical Research Council

Along with reduced levels of physical activity, older Australian’s mean energy consumption has increased, and now over 60% of older Australians are considered overweight or obese. This NHMRC-funded randomised control trial aims to evaluate a low cost, accessible, sustainable and replicable physical activity and nutrition program for older insufficiently active people aged 60 to 70 years.

The intervention and evaluation design were based on the PANS pilot project that produced encouraging results with respect to adherence and behaviour change. The intervention was comprised of a specially designed information booklet, exercise chart, calendar, bi-monthly newsletters, resistance bands and pedometers along with Guide phone and email contact with the option of attending suburban based small-group meetings.

Six-hundred participants were recruited from the Australian Federal Electoral Role. Data was collected via a self-administered questionnaire over three time points, pre-intervention, immediately post-intervention and six-month post-study data is currently being collected via CATI. Outcome measures included physical activity, energy intake, self efficacy, mental and physical health, social support, loneliness and demographics including age, body mass index, education marital status, employment status and co-morbidities.

Preliminary evaluation shows a significant change in the intervention group’s level of physical activity, but no change in the control group.

The intervention group results showed a reduction in sitting time and waist to hip ratio measurements and a significant increase in behavioural improvements including participation in strength activities, walking and vigorous activity.

The positive results from the PANS program demonstrate that a minimal contact, low-cost and home based physical activity program can influence changes to seniors physical activity. Longer term studies should be implemented to obtain more data on the effectiveness of such interventions. This physical activity and nutrition program offers a unique approach compared to other such programs previously conducted with older people in Australia, as the project is designed to evaluate the effect of combining both physical activity and nutrition to improve the health of seniors. The project will provide guidelines for the development, implementation and evaluation of a minimal, home-based tailored physical activity and nutrition intervention program.

PANS participants engaging in physical activity program sessions
One of the outcomes of this study was the development of best practice guidelines for the retirement and residential aged care sector in WA to facilitate the provision of GLBTI-inclusive services. Five principles were identified and included in the best practice guidelines:

- inclusive and safe environment;
- open communication;
- GLBTI sensitive practices;
- staff education and training; and
- GLBTI inclusive organisational policies and procedures.

The guidelines expand on each principle and provide an explanatory statement and a ‘how to’ section, that provides simple low cost strategies and a brief scenario for achieving the principle in an operational context.
RESEARCH OVERVIEW

HIV AND SEXUAL HEALTH RELATED RESEARCH

WACHPR Staff involved across the HIV and Sexual Health research program: Dr Graham Brown, Prof Bruce Maycock, Ms Gemma Crawford (PhD Candidate), Rita Freijah, Dr Gareth Merriman, Matt Tilley, Nicole Joubert, Janina Hildebrand

Collaborative partners include: WA AIDS Council (WAAC), National Centre in HIV Social Research (NCHSR), National Centre in HIV Epidemiology and Clinical Research (NCHECR), Australian Research Centre in Sex, Health and Society (ARCSHS), Australian Federation of AIDS Organisations (AFAO), Youth Affairs Council of Western Australia (YACWA)

Funding bodies include:
Department of Health WA, WAAC, National Health and Medical Research Council, Sexology Program, Curtin University, NT Health

HIV National Research

Over the past six years, the WACHPR has mobilised active interest in HIV social research in Western Australia (WA) and lobbied for the broadening of studies to take a national approach to benefit HIV prevention and sexual health promotion in all states and territories of Australia. This has included forming and sustaining significant ongoing partnerships with the national community sector and research organisations working in HIV and sexual health. The WACHPR is now recognised nationally as a significant contributor in the area. The WACHPR is partnering in a range of national studies with the national community sector and research organisations. These projects are part of a broader research program to build both the evidence base for HIV program policy and planning, particularly in the area of peer and social influence, as well as the capacity of the HIV sector to sustain evaluation as a core component of an effective and integrated HIV response. The WACHPR is now an investigator on five current collaborative research projects with the NCHSR, NCHECR, and ARCSHS.

HIV and International Mobility

There has been a recent, substantial increase in the number of men from WA acquiring HIV while working or travelling overseas. While the epidemiology clearly showed this increase, there was little information on why it was occurring. The Male Overseas Acquired HIV Social Research Study investigated the social, cultural, behavioural and cognitive factors which may have contributed to the overseas acquisition of HIV by male WA residents. The study used a qualitative approach to collect and analyse data from in-depth interviews with men who had acquired HIV travelling or working overseas. The study was a joint project of the WACHPR, NCHSR, NCHECR and the ARCSHS. Findings are now being disseminated and used to better inform development and implementation of government and community policy and programs which aim to prevent and control overseas acquired HIV.

The early findings of this project also helped to inform the Expatriate and Long Term Traveller Networks Study. This aims to determine whether Australian expatriate social networks can support peer education and social influence interventions to reduce the impact of HIV and other STIs. The research seeks to gain a deeper understanding of Australian expatriate culture, networks and experiences to guide further intervention and research work and make recommendations for policy and practice in sexual health (and HIV) responses at the state and national level.
Evaluation of HIV/STI Prevention Campaigns

Safe Sex No Regrets Social Marketing Campaign Cross-sectional Evaluation
The Safe Sex No Regrets Social Marketing Campaign sought to reduce the risk of HIV/STI transmission through promoting the use of condoms amongst young people. The TV, print and venue based campaign aimed to promote and normalise safe sexual practice and increase knowledge of HIV/STI prevention, early testing, detection and treatment among target audiences. The evaluation consisted of repeated cross-sectional random telephone and venue based surveys to assess reach, knowledge and attitudes during 2008 and 2009. A high level of recall was achieved in a short campaign timeframe with limited budget highlighting the significance of social marketing as a supporting strategy for health promotion initiatives in the community. Whilst unlikely to change behaviour significantly on its own, the opportunity to increase a collective community consciousness regarding sexual health and condom use is valuable. The cut through of need for STI testing was limited and consideration to further develop specific social marketing strategies focusing on condom use and testing as an adjunct to other strategies is warranted.

Travel Safe/Sex in Other Cities Campaign Cross-sectional Evaluation
This study was carried out to evaluate the Department of Health’s Travel Safe Campaign and WAAC’s Sex in Other Cities Campaign. The campaigns aimed to increase awareness of maintaining safe sexual practices when travelling or working overseas. Driven by the epidemiology, the collaborative research initially focused on male travellers’ responses to the campaigns. The research consisted of recruiting men at the Perth International Airport departure lounge to participate in either a self completed questionnaire about travel related health issues and campaign recognition, or an informal interview providing feedback on current and future campaigns. Project findings are now being used to develop resources targeting travellers departing to high HIV/STI prevalence countries.

HIV/STI Health Promotion Strategy Development

ACON and Positive Life (NSW) HIV Positive Peer Support Review
ACON NSW and Positive Life NSW have a range of peer and social support programs for people living with HIV. During the past decade there have been substantial changes in the experiences of people living with HIV in NSW and a diversifying of the needs, types and role of peer support. This participatory research project aimed to review current and potential models of peer support for people with HIV, develop a clearer understanding of the program objectives, and develop monitoring and evaluation approaches that were credible, practical and useable in the reality of limited resources. The participatory research consisted of workshops with peer support staff of both organisations, a series of focus groups and online surveys of people living with HIV about peer support and health promotion programs.

Policy Advice and Advocacy
The WACHPR’s role in HIV and STI programs has resulted in staff being invited to be part of state and national policy advisory committees including:

- President of the Australian Federation of AIDS Organisations
- Member of the Commonwealth Ministerial Advisory Committee on STI and BBV
- Co-Chair of the Commonwealth National HIV Strategy Writing Group
- Co-Chair of the National HIV Monitoring and Surveillance Plan Working Group
- Founding member of the WA STI, HIV and BBV Research and Evaluation Network (SiREN)
- Keynote presentations at the National HIV Educators Conference, National HIV Prevention Symposium, and other forums.
RESEARCH OVERVIEW

MENTAL HEALTH

My-Peer - Good Practice Standards for Peer-based Marginalised Youth Health Programs

Chief Investigators: Dr Graham Brown, Prof Bruce Maycock, Assoc Prof Sharyn Burns, Assoc Prof Alexandra McManus
Project Managers: Roanna Lobo (PhD Candidate), Jonathan Hallett
Collaborative Partners: Centre for Developmental Health, Research Centre in Applied Psychology, National Drug Research Institute, Uniting Care West, City of Rockingham Youth Services, Challenger Institute of Technology, Youth Focus, City of Mandurah Billy Dower Youth Centre, WA AIDS Council, Inspire Foundation, Youth Affairs Council of Western Australia
Funding: Healthway and Lotterywest

Peer-based programs have been widely used in health promotion and risk reduction initiatives due to their capacity to engage with marginalised, at risk young people who are hard to reach by conventional support services. However, peer-based mental health programs have had limited theoretical development and apart from process evaluation, have rarely been evaluated to determine their impact and outcomes, or to fully explore their strengths and limitations. In addition, evidence-based standards that outline factors necessary for effective and safe peer-based programs have not been well identified.

The My-Peer project aimed to develop good practice standards to support the design, development and evaluation of peer-based programs for at risk youth. Using a participatory action research methodology the My-Peer project was a collaboration between four Curtin research centres, seven youth service providers, 12 peer-based youth programs and the Youth Affairs Council of Western Australia.

The project built on five years of formative research to examine the role of youth peer programs in mental health promotion for at risk adolescent populations which informed the structure of the My-Peer Toolkit [1.0] (www.mypeer.org.au). The My-Peer Toolkit [1.0] is a web-based tool which includes guidelines for the design and implementation of peer-based youth community programs, and an evaluation framework, tools and guidelines to measure the effectiveness of such programs.

By participating in this project, all involved agencies reported increased capacity to deliver their programs in a safe, effective and sustainable way. Existing approaches and tools for recruitment, training, support, and evaluation have been adapted to reflect the core competencies identified for volunteers and staff.

It is expected that community agencies considering a peer-based program for at risk young people will benefit from the availability of good practice standards for designing and implementing peer-based services. The standards may also be relevant for other types of youth programs. Further trial and validation of the standards with other agencies and in other contexts to increase usability of the Toolkit will be the focus of the planned My-Peer-2 research project.

Participants of a peer-support program for young parents presenting a painting created together with local artists as part of trialling a program evaluation strategy
In 2010, the WACHPR staff and students published over 50 publications, including three books, four book chapters and 44 national and international journal articles, eight reports and one major on-line health promotion resource. Of the 44 articles, 10 were published in ‘A’ or ‘A*’ rated journals, 11 were published in ‘B’ rated journals and 17 in ‘C’ rated journals (as identified by the Australian Government’s Excellence in Research for Australia (ERA) Initiative). This is an increase from 2009 both in ERA performance and number of journal publications (n = 36).

Books

Burke, L., J. Jancey, P. Howat et al. (2010). PANS: Physical Activity and Nutrition Program for Seniors. Perth: Western Australian Centre for Health Promotion Research & Centre for Behavioural Research in Cancer Control, Curtin Health Innovation Institute, Curtin University.


Monteiro, G., J. Jancey, P. Howat, S. Burns, A. McManus & C. Jones (2010). A Healthy Lifestyle Program for Mothers with Young Children. Perth: Western Australian Centre for Health Promotion Research & Centre for Behavioural Research in Cancer Control, Curtin Health Innovation Institute, Curtin University.

Book Chapters


Journal Articles


Jancey, J., P. Howat, A. Lee et al. The Effectiveness of a Walking Booster Program for Seniors. *American Journal of Health Promotion* (Accepted for publication).


Pannu, P.K., R. Giglia, C. Binns et al. The Effectiveness of Health Promotion Materials and Activities on Breastfeeding Outcomes. *Acta Paediatrica* (Accepted for publication).


**Reports**


Cavill, J., J. Jancey & P. Howat. (2010). *A Review of Online Physical Activity and Nutrition Programs for Baby Boomers and Older Adults*. Perth: Western Australian Centre for Health Promotion Research & Centre for Behavioural Research in Cancer Control, Curtin Health Innovation Institute, Curtin University.

**Online Resources**


**PRESENTATIONS**

In 2010, the WACHPR staff and students showcased their work in over 58 presentations including 22 State, 19 national and 17 international conferences, seminars, forums and launches.

**State-wide Presentations**


Burke, L., P. Howat, J. Jancey et al. (2010). Physical Activity and Nutrition Intervention for Older People (60-70 Years). Mark Livers Seminar, Curtin University, Perth, 8 November 2010.


PUBLICATIONS & PRESENTATIONS
National Presentations


Burke, L., P. Howat, J. Jancey et al. (2010). Developing a Physical Activity and Nutrition Program for Older People with the Target Group’s Input. Australian Health Promotion Association Conference, Melbourne, 1 June 2010.


PUBLICATIONS & PRESENTATIONS

International Presentations


