Establishment of the WACHPR

The Western Australian Centre for Health Promotion Research (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 with a focus on health promotion to be established in 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 ethical practice, the WACHPR conducts much of its research with vulnerable or at risk communities and populations. The WACHPR works in partnership with relevant community, government, research and private organisations to improve the health of individuals.

Other activities include conducting short courses in health promotion, 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.

Areas of Expertise

The WACHPR staff are directly involved in health promotion practice and research. The staff are involved in a teaching and research nexus strengthening the centre’s capacity to up-skill current and new staff members, develop interventions with new and innovative ideas and share real life experiences and knowledge with students.

Additionally, 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;
- 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;
- Promotion and dissemination of evidence-based practice and building practice-based evidence; and
- Provision of research training and capacity building techniques to undergraduate and postgraduate students, allied health promotion professionals and community workers.
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This year, the WA Centre for Health Promotion Research (WACHPR) staff and I have experienced changes and challenges, as well as many wonderful opportunities.

Over the course of 2012, along with my position as Director of the WACHPR, I have filled the role as the Director of the Healthy Environment and Behaviours program of research within the Faculty of Health Science. The Healthy Environment and Behaviours program of research is one of ten programs of research within the Centre for Health Innovation Research Institute (CHIRI). The program encourages research across disciplines and Schools within the Faculty of Health Sciences. The work of the WACHPR is framed by this program of research and the Centre supported a number of CHIRI initiatives. One of these research initiatives is a study aimed at better understanding the health of undergraduate Curtin University students, a collaborative project that has great potential.

In July, the Centre’s Co-Directors, Professor Colin Binns, Professor Peter Howat and I took on the Editorship of the Health Promotion Journal of Australia. This role will further support the Centre’s profile and health promotion in Australia, as the Journal aims to facilitate communication between researchers, practitioners and policymakers involved in health promotion activities. We look forward to working on the Journal for a period of four years.

In 2012, staff were actively involved in 36 research projects. The research comprised three National Health and Medical Research Council projects, several Healthway projects, research projects funded by government departments, as well as evaluation research conducted for non-government organisations (NGOs) and local government. We also continued our research into Curtin University’s smoke free policy, and commenced the Tertiary Alcohol Project on campus, demonstrating our firm commitment to the health of students.

Many of our research projects are conducted for higher degree by research (HDR) awards, showing the strength of the nexus between teaching and research within the Centre. In 2012, the WACHPR staff supervised 37 PhD students. We congratulate three of our staff members for achieving PhD completion this year - Dr Jenny Tohotoa, Dr Roanna Lobo and Dr Jude Comfort.

This year our publications increased by 85%, far exceeding the university target of an 8% increase. The WACHPR staff and students published 81 national and international peer reviewed publications, four book chapters and eight reports. Staff showcased their work at conference presentations and at national and international meetings. This research output is exceptional, as many of the WACHPR staff are primarily teaching academics with a 0.2 FTE research allocation.

In addition to our core research functions, staff were active in the community, representing the WACHPR on numerous state and national committees, boards, advisory panels and other decision making bodies. As a demonstration of community capacity building, the WACHPR conducted eight health promotion short courses for those interested in, or working in roles with a health promotion focus. Almost one-hundred people participated in these courses. The courses were conducted in the Perth metropolitan area, Port Hedland and Darwin, as well as being available online.
A crucial component of the WACHPR is its strong links with community groups and its recognition as a leader in the field of health promotion. This recognition is tribute to the WACHPR staff who have expertise in the areas of sexual health, injury, mental and physical health and nutrition, which have application to different groups and settings.

In late 2012, the WACHPR was awarded three competitive research grants to commence in 2013

- Associate Professor Sharyn Burns, Gemma Crawford, Jonathan Hallett, Dr Jonine Jancey, Linda Portsmouth, Bree Shields and Nicole Bowser secured the Healthway funded Tertiary Youth Alcohol Project

- Dr Jonine Jancey, Ms Gemma Crawford, Associate Professor Sharyn Burns and Professor Peter Howat obtained funding for the 2013 Healthway Visiting Fellow, Professor Margaret Barry

- Dr Zoe Hyde, Associate Professor Maryanne Doherty, Mr P. J. Matt Tilley and Dr Jonine Jancey received funding for Study of Mental Health & Factors in Transgender and Transsexual People from Beyond Blue

On a more sober note, this year we farewelled Dr Graham Brown who has taken up a research position at La Trobe University (Melbourne) – we wish Graham well. We welcomed Associate Professor Maryanne Doherty from the University of Alberta, in Edmonton, Canada. Maryanne brings a wealth of experience to the centre in the area of sexual health and has taken on a Co-Directors position within the WACHPR.

The WACHPR staff are currently collaborating and planning grant submissions for 2013, ever looking forward. The commitment of all who work at the
The WACHPR staff members bring a breadth of knowledge and experience to the Centre. Staff hold frontline research and teaching positions in the School of Public Health and are well connected to the health promotion community, increasing opportunities for collaboration and the development of innovative research.

Co-Directors

Professor Colin Binns
PhD (Hon) FAFPHM FAFOM
FRACGP MPH (Harvard) MBBS (UWA)

Dr Graham Brown
PhD (Curtin) PGDipHP
BBus (Mktg) (Hons)

Associate Professor Sharyn Burns
Director, Health Promotion and Sexology
PhD (Curtin) MPH PGDipHP BEd DipTch (ECU)

Professor Peter Howat
Director, Centre for Behavioural Research in Cancer Control
PhD (Illinois) MSc FAAHB FPBAA

Professor Bruce Maycock
Head of School of Public Health
PhD (Curtin) MEd (UWA) PGDipBus (ECU) BPE (UWA)

Associate Professor Maryanne Doherty
Discipline Leader Sexology
PhD (Alberta) MSc BEd
Staff

Research Staff

Krysten Blackford  
Health Promotion Officer  
Hons Student Curtin

Nicole Bowser  
Health Promotion Officer

Linda Burke  
Project Manager  
PhD Candidate Curtin

Associate Professor  
Rosemary Coates  
Lecturer/Research Fellow

Jude Comfort  
Lecturer/Research Fellow  
PhD Candidate Curtin

Kylie Connell  
Lecturer/Research Fellow  
PhD Candidate Curtin

Gemma Crawford  
Lecturer/Research Fellow  
PhD Candidate Curtin

Professor Satvinder  
Dhaliwal  
Director, Biostatistics & Epidemiology

Dr Roslyn Giglia  
Research Fellow

Jonathan Hallett  
Lecturer/Research Fellow  
PhD Candidate Curtin

Janina Hildebrand  
Project Manager  
MPhil Candidate Curtin

Carlie Jones  
Project Manager  
PhD Candidate Curtin
Staff

Justine Leavy
Lecturer/Research Fellow
PhD Candidate UWA

Roanna Lobo
Lecturer/Research Fellow
PhD Candidate Curtin

Ginny Monteiro
Project Manager
PhD Candidate Curtin

Linda Portsmouth
Lecturer/Research Fellow
PhD Candidate Curtin

Bree Shields
Lecturer/Research Fellow

P. J. Matt Tilley
Lecturer/Research Fellow

Rochelle Tobin
Short Course Coordinator
Research Assistant

Jennifer Tohotoa
Project Manager
PhD Candidate Curtin

Additional Research Staff

Sharyn Batt
María Chanmuggam
Lisa Cooper
Kylee Cox*
Dr Beatriz Cuesta-Briand

Kathryn Delroy*
Chenae Doust*
Annie Holt
Kristen Hunt*
Dr Zoe Hyde

Kahlia McCausland*
Jake Mion
Dan O’Connor*
Alexa Wilkins

*Staff studying at the School of Public Health during the period of employment

Professional Practice Students

Kathryn Delroy
Emily Du Boulay
Sabeeqa Khan
Robert Thompson
Staff

Volunteers

Lisbeth Da Luz Comissao  Natalie Paull  Shani Sieczka
Fiona Lewis  Andrew Ring  Lucinda Watts
Livia Lespoir  Nicole Toia  Jake Mion

Acknowledgements

We would like to acknowledge the survey recruiters who worked on the *Gay Community Periodic Survey* and the *Women’s Western Australian Sexual Health Survey*.

Benito Chan  Emma Hills  Don Strahan
Ozzie Coghlan  Anny Huang  Moira Thomas
Lisbeth Comissao  Kristen Hunt  Meaghan Threlfo
Suzie Day  Sokunthea Kruy  James Turner
Luciana De Andrade  Livia Lespoir  Rochelle Tobin
Kathryn Delroy  Portia Odell  Brianna Went
Kate Dixon  Stacey-Mae Prokopyszyn  Ruth Wernham
Chenae Doust  Mark Ridgeway  Bill Wernham
Samantha Jo Fisher  Boaz Shearer  Savannah Zwickl
Pippa Hill  Wayn Song

Additionally, we would like to acknowledge the staff who were facilitators and/or tutors for the WACHPR Health Promotion Short Courses.

Nicole Bowser  Maryanne Doherty  Ginny Monteiro
Sharyn Burns  Roslyn Giglia  Linda Portsmouth
Jude Comfort  Jonathan Hallett  Jenny Tohotoa
Lisa Cooper  Jodie Hurd  Tenille Wightman
Gemma Crawford  Roanna Lobo
During 2012, WACHPR staff members supervised 50 research students comprising one Honours student, 10 Master of Public Health students, 1 Master of Sexology students, one Master of Philosophy student and 37 PhD students. There were a total of 12 WACHPR staff members completing higher degree research. This included three WACHPR staff members who submitted their PhD theses for approval, Roanna Lobo, Jude Comfort and Jenny Tohotoa. Lorel Mayberry also submitted a thesis for approval.

Twelve WACHPR staff members supervised these research students in 2012 - Professor Colin Binns, Doctor Graham Brown, Associate Professor Sharyn Burns, Associate Professor Rosemary Coates, Doctor Roslyn Giglia, Professor Peter Howat, Doctor Jonine Jancey, Professor Bruce Maycock, Professor Satvinder Dhaliwal, Associate Professor Maryanne Doherty, Linda Portsmouth and P. J. Matt Tilley. It is important to thank these individuals and recognise their ongoing support to research students. The following list comprises of individuals who were supervised by WACHPR staff members in 2012.

Mateus Sakundarno Adi (PhD)  
*Risk factors of leptospirosis and the impact of an intervention to reduce exposures (2010-2012)*  
Supervisors: D Bertolatti, **B Maycock**, **S Dhaliwal**, J Spickett

Joan Stella Afiiye (MPH)  
*Factors that contribute to risk of HIV transmission during breast feeding in Sub-Saharan Africa (2012)*  
Supervisor: **S Burns**

Tagreed Alfuraih (MPH)  
*Recommendations for the regulation of food and beverage advertisements that target children and adolescents in Saudi Arabia (2012-2013)*  
Supervisor: **S Burns**

Mariyam Athifa (PhD)  
Supervisors: **M Doherty**, J Lewis

Katherine Bathgate (PhD)  
*Factors influencing the body composition of adolescents and young adults with Downs Syndrome (2009-2017)*  
Supervisors: J Sherriff, D Kerr, **S Dhaliwal**, H Leonard

Krysten Blackford (Bachelor of Health Promotion Hons)  
*Office-based Physical Activity & Nutrition (OPAN) Intervention: Barriers, enablers, and preferred strategies for workplace obesity prevention (2012)*  
Supervisors: **J Jancey**, **P Howat**, M Ledger

Linda Burke (PhD)  
*PANS – Physical Activity and Nutrition for Seniors’ (2009-2012)*  
Supervisors: **P Howat**, A Lee, **J Jancey**, D Kerr

Simonetta Cavilli (PhD)  
*Beyond survivor: Women’s identity after domestic violence (2009-2012)*  
Supervisors: K Sauer, **R Coates**, **B Maycock**, **M Doherty**

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: **C Binns**, **B Maycock**, **R Giglia**

Kylie Connell (PhD)  
*Quality of life following trauma: An exploratory study of scarring on sexuality and body image of females who have sustained a burn injury (2008-2013)*  
Supervisors: K Sauer, **R Coates**, F Wood, **M Doherty**
Research Students

Kylee Cox (PhD)
A cohort study of factors influencing breastfeeding in regional Western Australia (2010-2013)
Supervisors: R Giglia, C Binns

Gemma Crawford (PhD)
Investigating Australian male expatriate and long term traveler social networks in Thailand to determine their potential to influence HIV and other STI risk behaviour (2010-2014)
Supervisors: B Maycock, G Brown

Luciana Claudia Vieira de Andrade (MPH)
Health promotion interventions with Aboriginal communities: How important is the 2002 Sydney Consensus Statement? (2012)
Supervisors: L Portsmouth

Renae Desai (PhD) (Murdoch University)
Asbestos website development (2010-2012)
Supervisors: G Phillips, P Howat

Robyn Doney (PhD)
Prenatal alcohol exposure and central nervous system function amongst Aboriginal children in the Fitzroy Valley (2011-2012)
Supervisors: P Howat, K Sauer

Ester Elisaria (PhD)
A cohort study of feeding patterns and health outcomes of infants in the Rufiji district of Tanzania (2012-2015)
Supervisors: R Giglia, C Binns

Menuka Madhavi Somapala Pallebage Gamarallage (PhD)
Effect of dietary lipids, cholesterol analogues, lipid modulating and anti-inflammatory agents on blood-brain barrier integrity (2008-2012)
Supervisors: J Mamo, S Dhaliwal

Corey Giles (PhD)
Dietary fats, brain ceramides and cerebrovascular integrity (2011-2015)
Supervisors: J Mamo, R Takechi, S Dhaliwal

Jonathan Hallett (PhD)
Reducing alcohol consumption among undergraduate students via an internet intervention (2008-2013)
Supervisors: P Howat, B Maycock, A McManus, K Kypri

Toni Hannelly (PhD)
Supervisors: K Rumchev, D Bertolatti, S Dhaliwal

Jacqueline Hendricks (PhD)
Are attitudes and intentions toward sex associated with risky sexual behaviours in Australian adolescents? (2008-2012)
Supervisors: K Sauer, S Fyfe, M Doherty, I Styles, S Skinner

Janina Hildebrand (MPhil)
Development of an instrument to measure alcohol-related social influences and associated harms amongst adolescents (2012-2014)
Supervisors: B Maycock, Y Zhao, S Burns

Annie-Marie Holt (PhD)
Retirement Village Physical Activity and Nutrition for Seniors project (RVPANS) (2012-2014)
Supervisors: J Jancey, P Howat, A Lee, D Kerr

Carlie Jones (PhD)
Development and implementation of a physical activity and nutrition program for mothers with young children (2008-2013)
Supervisors: P Howat, J Jancey, S Dhaliwal, A McManus

Marjan Khajehei (PhD)
Sexual function of women 6-12 months after childbirth: Effect of parity (giving birth after the 20th week of pregnancy), depression and relationship satisfaction (2012-2013)
Supervisors: K Sauer, M Doherty, P J M Tilley
Research Students

Virginie Lam (PhD)
The effects of hypercalcemia on cerebrovascular integrity (2009-2013)
Supervisors: J Mamo, S Dhaliwal

Marie Little (PhD)
Health impact assessment of climate change adaptation in the Blackwood Stirling (2009-2013)
Supervisors: B Maycock, J Spickett

Raglan Maddox (MPH)
Indigenous Australian smoke-free workplace policy (2009-2012)
Supervisors: J Comfort

Lorel Mayberry (PhD)
A qualitative study of undergraduate students’ learning experiences in sexology (2007-2012)
Supervisors: E Stringer, R Coates, M Doherty

Alison McClusky (PhD)
The Community Health Nurse’s role in the assessment and management of student mental health problems in high school setting (2012-2015)
Supervisors: G Kendall, S Burns

Judi McGlynn (MPH)
Urban Aboriginal women’s beliefs and attitudes about sexual violence (2012-2013)
Supervisor: M Doherty, R Coates

Ginny Monteiro (PhD)
A randomised control trial to improve nutrition and physical activity behaviours in mothers with young children (2009-2013)
Supervisors: P Howat, J Jancey, S Dhaliwal, S Burns

Catherine O’Mullan (PhD)
Are exploration of patient attitudes towards and experiences of seeking professional help for selective serotonin reuptake inhibitor (SSRI) induced sexual dysfunction (2011-2015)
Supervisors: M Doherty, R Coates, P J M Tilley

Linda Portsmouth (PhD)
Television advertising of fruit to children: Promoting anticipation of great taste and constructing memories of great taste to increase consumption and purchase requests (2004-2013)
Supervisors: R Donovan, S Dhaliwal

Ristin Respatiningshi (MPH)
A review of literature on tobacco advertisements and the need for appropriate mass media anti-smoking campaigns in Indonesia (2012)
Supervisor: S Burns

Komany Auy Kartika Sari (MPH)
Recommendations for behaviour change communication methods to increase female condom use among female sex workers in Bali, Indonesia (2012)
Supervisor: S Burns

Polina Starovoitova (MSexol)
Psychosocial and psychosexual impact of a genital herpes diagnosis.
Supervisor: P.J.M. Tilley

Cecily Strange (PhD) (UWA)
Enabling families with children 0-5 years to build social capital and feel connected and supported within communities: Services and community groups in new residential areas (2011-2012)
Supervisors: L Wood, C Fisher, P Howat

Benny Sullivan (PhD)
Supervisors: S Pal, M Doherty, P J M Tilley

Chu Khac Tan (MPH)
Recommendations for interventions to reduce HIV risk among people who inject drugs in the Greater Mekong Subregion (2012)
Supervisors: G Crawford
Research Students

Peng Tao (PhD)
Infertility and marital well-being among infertile, Chinese couples from Hei Longjiang Province in China (2009-2012)
Supervisors: R Coates, B Maycock, Y Zhao, M Doherty

Jennifer Tohotoa (PhD)
FIFI - Fathers Infant Feeding Initiative (2008-2012)
Supervisors: B Maycock, P Howat, Y Hauck

Asrath Usman (PhD)
A case study of women’s health in Malé, Republic of Maldives (2012-2015)
Supervisors: M Doherty, S Robinson, K Sauer

Sally Vinedzis (PhD)
Dietary aspects of relative and actual hypoglycemia in glucose dysmetabolism and diabetes (2010-2018)
Supervisors: J Sherriff, S Dhaliwal, K Stanton

Kencho Wangdi (MPH)
A review of literature on tobacco prevalence among adolescents aged 13-15 years in Bhutan (2012)
Supervisor: S Burns

Jacinth Watson (PhD) (ECU)
Identifying factors and processes that impacts adolescent resilience in adolescents that live with a parent that works a fly in fly out schedule (2009-2012)
Supervisors: S Burns, J Dooley, S Waters

Michelle Whitbread (MPH)
Mobilising Tasmanian communities to improve health outcomes and reduce health inequities, using a place-based approach (2012)
Supervisor: S Burns

Nerissa Wood (PhD)
Prevalence of suicide and suicide ideation in Western Australia using linked data sources (2009-2013)
Supervisors: S Burns

Caroline Yates (PhD)
Professional adaptation of British migrant nurses and midwives in Western Australia: A grounded theory (2012-2015)
Supervisors: K Sauer, M Doherty, D Stanley

Aza Sherin Mohamad Yussuf (PhD)
Breastfeeding and postnatal depression in Sabah Malaysia (2009-2013)
Supervisors: C Binns, B Maycock
In 2012, the WACHPR was involved in 36 research projects. These included three Category 1, National Health and Medical Research Council project grants and ten Category 2, Healthway project grants. The WACHPR aims to build evidence and capacity in health promotion theory, practice and evaluation through applied and participatory research. The WACHPR is an innovative and active contributor to the national and international health promotion research. Research activities revolved around eight key areas. A brief overview of WACHPR’s research throughout 2012 is presented on the subsequent pages.

**Nutrition and physical activity**

**REFRESH - Reminder on Exercise, Food, Relaxation and Enlisting Support to Maintain a Healthy Lifestyle (2009-2013) Funded by: NHMRC**

*Research Team: P Howat, J Jancey, S Burns, A McManus, S Dhaliwal, A Anderson, A Hills, G Monteiro (PhD Candidate)*

*Project Partners: CBRCC, CCWA, Playgroup Inc. WA, University of Dundee, QLD University of Technology, Monash University, The National Heart Foundation*

The study was a 12-month randomised controlled trial which aimed to improve nutrition and physical activity behaviours in mothers with young children in playgroup settings. 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 intervention group received six face-to-face workshops over six months and home based resources on nutrition and physical activity. Results suggest that the six month intervention significantly improved mother’s fibre intake, reduced fat consumption and improved moderate and vigorous physical activity levels in the intervention group when compared to the control group. In 2012 the baseline, post-test and six month follow-up data was being analysed and publications were drafted.

**The impact of workplace design on sedentary behaviour (2012-2013) Funded by Healthway**

*Research Team: M Tye, J Jancey, S McGann, P Howat*

*Project Partners: Centre for Sport and Recreation Research, Department of Architecture and Design*

There is a dearth of information and focus on the design of the physical work environment and its impact on physical activity behaviour and sedentariness of office based workers. This unique research brings together the disciplines of architecture and health promotion to study the impact of office design on physical activity behaviours. The study aims to establish and evaluate processes for capturing the structure, characteristics and movement paths of the current office environment; and the impact of the building design on the physical activity behaviours of the employees. The building layout will be analysed using three modes of analysis: movement path diagraming, architectural plan analysis, and photographic documentation. Along with the employees’ physical activity behaviours and sedentariness measured via objective (accelerometer) and online self-report measures. These architectural findings provide insight into the implications of building design on health and physical activity behaviour.


*Research Team: K Blackford, J Jancey, P Howat, A Lee, M Ledger*

*Project Partners: Centre for Behavioural Research in Cancer Control (CBRCC), Cancer Council WA (CCWA)*

In 2012 the WACHPR, with research partners the CBRCC and CCWA, undertook a project aimed at assessing workplace health promotion (WHP) programs to prevent obesity. As the basis for
planning a program to reduce the prevalence of overweight and obesity in office-based employees, mixed method of formative research were used to determine specific needs and characteristics of the target population. The overall conclusion of this project was that the findings increase current understanding of the barriers, enablers and preferred intervention strategies for a physical activity and nutrition WHP to prevent overweight and obesity in office-based employees. Recommendations have been made to the CCWA to enable planning of future WHP programs.

**Evaluation of outdoor exercise equipment use (2012) Funded by: City of Belmont**

_Research Team: N Bowser, G Crawford, J Jancey, J Leavy_

_Project Partners: City of Belmont_

Physical activity contributes to an individual’s physical and mental wellbeing and is an important part of a healthy lifestyle. The built environment including the availability of recreational facilities, location of parks and urban design, can either facilitate or discourage physical activity. Outdoor exercise equipment was installed in the City of Belmont in November 2010. The equipment was installed in two locations, Tomato Lake Park, Oats Street, Kewdale, and Adachi Park, Great Eastern Highway, Ascot. Four pieces of equipment were installed at each location; shoulder press, ab-hip swinger, butterfly press and leg press. Observation and intercept interviews were conducted in both parks during summer and winter. Results indicated both parks were well used spaces. However, observational data indicated that the outdoor exercise equipment is only used by a small percentage of park users (6.6%). Notwithstanding this, 40% of the overall comments received were positive towards the park and/or the exercise equipment, which is encouraging. A report was prepared for the City of Belmont and a draft manuscript is being prepared for submission in 2013.

**“I’m NOT on Track” Get on Track Challenge Evaluation (2012) Funded by: Diabetes WA**

_Research Team: G Crawford, N Bowser, J Jancey_

_Project Partners: Diabetes WA_

The Get on Track Challenge program, launched in August 2009, is an initiative of Diabetes WA, the Heart Foundation (WA) and the Cancer Council (WA) and funded by the Department of Health, WA. The program is an online, team based, physical activity and healthy eating program freely available to all WA adults. It aims to provide a tool to empower adults to take control of their health by adopting and/or maintaining health enhancing behaviours. The program encourages participants to undertake thirty minutes of moderate intensity physical activity and consume two serves of fruit and five serves of vegetables on each day of the challenge. Between June 13 and December 16, 2011, 1116 participants completed a registration questionnaire at baseline. The evaluation highlights that the greatest levels of change in relation to health behaviour were reported levels of physical activity with a mean increase of 26.86 minutes was recorded between baseline and the last seven days of the program. Overall the evaluation demonstrates a need for an online, personalised program that tracks progress of health-related behaviours of participants.

**Living with diabetes: Evaluation (2012) Funded by: Diabetes WA**

_Research Team: G Crawford, N Bowser, J Jancey_

_Project Partners: Diabetes WA_

Living with Diabetes is a self-management program designed to empower individuals who are either newly diagnosed or have little or no previous diabetes education to actively participate in the management of their type 2 diabetes. In 2011, 99 participants completed the program. Data collected at two time points showed statistically significant changes in ten items relating to diabetes management behaviours indicating the program ability to positively influence
Research Programs

participant’s behaviour. Overall the evaluation demonstrates the supportive nature of this program and the benefits of the chronic disease self-management model to support positive health outcomes for people living with type 2 diabetes.

“Quick and Easy” My Healthy Balance Evaluation (2012) Funded by: Diabetes WA

Research Team: G Crawford, N Bowser, J Jancey
Project Partners: Diabetes WA

My Healthy Balance is an online self-help program targeting adults, developed and delivered by Diabetes WA. The program is designed to support and facilitate the adoption of healthy lifestyle behaviours amongst participants. The program comprises seven modules containing information on healthy eating, physical activity, healthy weight management and other relevant healthy lifestyle topics. Each module takes approximately 10-20 minutes to complete, and can be completed in a minimum of seven weeks (one week per module). Between July 1 and December 31 2011, 641 participants completed the pre-program questionnaire. Statistically significant changes were reported for a range of health-related behaviours including consuming two serves of fruit and five serves of vegetable per day and undertaking 30 of physical activity or more per day. Qualitative feedback highlighted how participants valued the educational nature and ongoing motivation and support provided by the program. Overall the evaluation demonstrates the supportive nature of this online strategy and the benefits of a self-paced approach to maintaining or improving positive health outcomes of participants.

Seniors’ health

PANS - Physical Activity and Nutrition for Seniors’ (2009-2012) Funded by: NHMRC

Research Team: P Howat, A Lee, J Jancey, D Kerr, T Shilton, A Hills, A Anderson, L Burke (PhD Candidate)
Project Partners: CBRCC, The National Heart Foundation, QLD University of Technology, University of Dundee

This randomised controlled trial aimed 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 who provided phone and email contact with the option of attending suburban based small-group meetings. Six hundred participants were recruited and data was collected via a self-administered questionnaire over three time points; pre-intervention, immediately post-intervention and six months post-study.

The data collected highlights there was 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 a reduction in 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 in seniors’ physical activity. These results were presented at the International Congress on Physical Activity and Public Health and the Population Health Congress in 2012. Investigation to improve the health of seniors dwelling in retirement villages has stemmed from this research. Journal articles are in print, or currently undergoing review with publishers.
Retirement Village Physical Activity and Nutrition for Seniors’ project (RVPANS) (2012-2014) Funded by: Healthway
Research Team: P Howat, J Jancey, A Lee, D Kerr, A Holt (PhD Candidate)
Project Partners: CBRCC
Physical activity levels of Australia’s ageing population are declining, while their rates of overweight and obesity are increasing. The retirement village provides a unique setting to access and engage with this older target group, to test the effectiveness of strategies to increase levels of physical activity, improve nutrition and maintain a healthy weight. This large scale RCT will evaluate a physical activity, nutrition and healthy weight management intervention for adults aged 60-75 years residing in retirement villages that will ultimately reduce chronic disease. In 2012, an audit was completed to gain preliminary data regarding retirement villages in Perth. Basic data was collected including – number of independent living units (ILU), number of residents, number of residents in target group and facilities offered in terms of health and wellbeing (e.g. swimming pool, keep fit classes, tai chi, BBQ area). Three RVs were visited by the RVPANS Project Manager to gain an insight into retirement village operation and residents lifestyles. The data obtained was used to select five retirement villages suitable for conducting focus groups. Initially, three focus groups (n=24) were conducted to clarify enablers and barriers to being physically active and maintaining a healthy diet in residents of retirement villages, and to review potential intervention strategies. The information collected was used to modify the strategies and resources previously used in the PANS project. Secondly, two additional focus groups (n=16) reviewed the modified resources to ensure they were relevant and appropriate to the target group and intervention, and enabled fine tuning of the proposed intervention approach. This formative and feasibility evaluation has allowed for the refinement of the educational resources for participants, has provided valuable information regarding recruitment strategies/methods for the retirement villages participating and developed relationships with key stakeholders: retirement village owners/operators, village management/administration to support the intervention.

Research Team: J Jancey, G Crawford, D O’Connor, M Petrich, L Portsmouth, B Shields, Project Partners: ICCWA
The ICCWA delivers the Stay On Your Feet WA® (SOYFWA) falls prevention program. This collaborative state-wide program aims to reduce the incidence and severity of fall-related injuries among adults aged 60+ years. WACHPR worked with ICCWA to evaluate the SOYFWA® program strategies through a suite of evaluation methods including: 1) A comprehensive desktop review including literature review and expert review of resources; 2) a computer assisted telephone interview with WA residents aged 60+; 3) an online survey with health professionals; 4) telephone interviews with health professionals; and 5) focus groups with WA residents aged 60+ and health professionals. Initial findings from the evaluation affirm the use of most of the current strategies used by SOYFWA® with suggestions made to redesign some printed material and address distribution methods. Professional development for health professionals was seen as a gap in services along with services for Aboriginal and Torres Strait Islander people and regional and rural communities.
Early childhood health

**Evaluation of the use of an internet intervention to sustain breastfeeding duration in regional Western Australia (2009-2013) Funded by: Healthway**

*Research Team: R Giglia, C Binns, K Cox*

*Project Partners: WA Country Health Services, Jenny Doncon (Independent Lactation Consultant)*

This project investigates the breastfeeding outcomes of regional women in WA receiving an internet intervention. The project is a nested intervention within a larger cohort study (see ‘A cohort study of factors influencing breastfeeding in regional Western Australia’). Recruitment for the project was completed in December 2011. There were a total of 433 enrolled in the Internet intervention. That is, 212 in Control Group (Group 1), 221 in Test Group (Group 2). The approximate number of women from each of the regional centres is as follows; 348 from the Midwest, 102 women from the Southwest, 18 women from the Goldfields, and 18 women from the Wheatbelt. As this project is a nested intervention within a larger cohort study it was necessary to wait until December 2012 until all of the final data collection points were finalised before analysis could commence. Analysis diagnosing obesity: A review of studies of children in China’ has been accepted by the peer-reviewed journal, the Asia-Pacific Journal of Public Health. In 2012 further analyses were conducted and results are expected to be published in 2013.

**Breastfeeding and postnatal depression in Sabah Malaysia (2009-2013) Unfunded**

*Research Team: C Binns, B Maycock, A Yussuf (PhD Candidate)*

*Project Partners: University of Malaysia Sabah*

This research project aimed to identify risk factors for postnatal depression and whether there is an association between breastfeeding and postnatal depression in Sabah, Malaysia. The study engaged 2,076 female participants when they were at 36 weeks of gestation. The participants were followed up at three time points; one month, three months and six months. The research identified factors that influence breastfeeding practices and risk factors associated with postnatal depression. In 2012, the primary researcher, Aza Yussuf, was on a leave of absence and therefore results from the project will be collated in 2013.

Alcohol and other drugs

**Youth Alcohol Norms Study (2012-2014) Funded by: Healthway**

*Research Team: B Maycock, S Dhaliwal, P Howat, S Allsop, S Burns, J Hallett, J Comfort, R Lobo, J Hildebrand*

*Project Partners: National Drug Research Institute (NDRI), CBRCC*

The Alcohol Norms and Associated Harms Study commenced in May 2012. The overall aim of the study is to investigate the social norms contributing to alcohol consumption among adolescents aged 14-17 years in Perth, Western Australia. The research will determine the norms and beliefs that contribute to alcohol consumption amongst adolescents, and the characteristics of the social networks that contribute to the transmission of pro-alcohol norms. The first stage of study, conducted in 2012, consisted of the development and pilot testing of an online survey instrument. The instrument was designed based on an in-depth literature review, expert panel reviews and focus groups with the target group. Secondary students were purposively selected to review the draft instrument for face validity and an expert panel was used to test for content validity. The survey was tested for reliability using a test-retest which was administered with a purposive sample of secondary students (n=481) recruited at six secondary schools across Perth on two occasions. In 2013, the
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instrument’s psychometric properties will be analysed, including content and face validity, exploratory factor analyses, discriminant validity, internal consistency and test-retest reliability.

Raising Awareness of Drug and Alcohol Risk (RADAR) project (2011-2012) Funded by: Healthway, Community Newspaper Group
Research Team: P Howat, L Fielder, K Hug, B Davis, R Davis, K Blackford
Project Partners: Local Drug Action Group Inc. (LDAG), The Canning Times, Willetton & Districts Local Drug Action Group, CBRCC
RADAR is a community project developed by the Willetton & Districts Local Drug Action Group (WDLDAG) together with the Canning Times and Healthway. The project planned to counter Australia’s cultural acceptance of heavy drinking which normalises risky drinking behaviour. It aimed to raise awareness of parents about their children’s alcohol use, and what they can do. Monthly articles were published in the Canning Times between July 2011 and December 2012. Topics included: alcohol and parents; leavers and parties; alcohol and youth; Christmas and parties; alcohol and drowning; alcohol advertising and sponsorship; alcohol and health; alcohol, driving and injury; of the utilisation and usefulness of the internet intervention will commence in 2013.

A cohort study of factors influencing breastfeeding in regional Western Australia (2010-2015) Funded by: Australian Postgraduate Award Scholarship (APA)/Curtin University Postgraduate Scholarship (CUPS)
Research Team: R Giglia, C Binns, K Cox (PhD Candidate)
Project Partners: WA Country Health Services, St John of God Healthcare
This study aims to evaluate the current infant feeding practices of women in regional WA as well as determine barriers and enablers to initiating and maintaining breastfeeding in regional WA. A cohort of 400 women and their infants were recruited from regional WA hospitals with maternity facilities. Mothers were contacted in hospital following the birth of their baby, and asked to complete a series of questionnaires, based on the Perth Infant Feeding Study Mark 2. Data from the baseline survey indicated that initiation of breastfeeding among this cohort was 97%, and at discharge 83% were breastfeeding exclusively. By four weeks, 18% of mothers had introduced formula, with over half citing low breast milk supply as the reason. Although these results reflect the near-universal initiation rates achieved in other settings, the cessation of exclusive breastfeeding before four weeks by almost a quarter of mothers may suggest that women in regional WA either do not seek, or cannot access, support for breastfeeding difficulties early in their breastfeeding journey, and are unlikely to achieve the targets set in the Australian Infant Feeding Guidelines. Results from the project continued to be collated in 2012 and articles are expected to be published in 2013.

A cohort study of health beliefs, behaviour and information sources of Chinese mothers and their children living in Perth (2010-2013) Funded by: China Scholarship Council-Curtin Scholarship
Research Team: C Binns, B Maycock, S Chen (PhD Candidate)
This study aims to identify what influences Chinese mothers beliefs and attitudes towards infant and child nutrition, physical activity, obesity and other health behaviours. The researchers are specifically interested in the way these beliefs and attitudes influence the health services used and health promoting activities of their children. In 2011, a survey was completed by 238 Chinese mothers living in Perth Western Australia, 1,903 Chinese mothers living in Chengdu, China and 750 Chinese mothers living in Wuhan, China. A review paper, ‘The importance of definition in alcohol and obesity; alcohol and cancer; and alcohol and brain development. RADAR was a pilot project showing good promise. The evaluation results demonstrate that the strategies used in this
project are effective in raising awareness and changing behaviour of parents around youth alcohol use. As a result, WDLDAG have provided step-by-step instructions for other Local Drug Action Group’s to set up and implement their own RADAR project.

**Youth Alcohol Drinking Project (YADP) (2012-2014) Funded by: Healthway**

*Research Team: S Burns, G Crawford, J Hallett, J Jancey, L Portsmouth, N Bowser, L Rooke, C Shoneye, B Shields*

*Project Partners: South Metropolitan Public Health Unit*

One in five Australians binge drink at high risk levels at least once a month with teenagers and young adults reporting the highest levels of alcohol consumption in Australia. Young people aged 15 to 25 years are at the greatest risk of experiencing a range of alcohol-related harms including road trauma, violence, sexual coercion, falls, drowning and suicide. Research suggests a strong culture of harmful alcohol consumption by Australian university students. The Tertiary Health Research Intervention Via Email (THRIVE) study (Curtin University) reported 90% of students consumed alcohol in the last 12 months, with the mean volume for a typical drinking session being 5.09 standard drinks for women and 8.68 for men.

The project aims to reduce the proportion of 17 to 24 year olds from the Curtin community who drink at hazardous and harmful levels and create a culture within the university that supports responsible levels of alcohol consumption in accordance with the NHMRC Australian Alcohol Guidelines. The project will adopt a comprehensive approach to ameliorate the experienced and witnessed harm of alcohol in young people aged 17 to 24 years from the Curtin community. The project will work with young people, businesses and key services from within the Curtin community and surrounding areas to begin to address harms by working towards changing the culture of alcohol consumption among young people in this environment. The project is scheduled to commence in January 2013.

**Supporting hospitals in the practical implementation of a smoke free WA health system policy (2012) Funded by: Tobacco Compliance Branch, Environmental Health Directorate, Public Health and Clinical Services Division of WA Health**

*Research Team: J Hallett, M Chanmugam, J Comfort, S Burns, J Jancey*

WACHPR was approached by the Tobacco Compliance Branch of WA Health to conduct a review of the implementation of the Smoke Free WA Health Policy to provide recommendations for improvement. WA Health introduced a 100% smoke-free policy in January 2008. While the initial introduction of the policy was considered successful, hospitals have since reported challenges in sustaining the implementation and an increase in non-compliance.

A range of methods were employed in this evaluation including a comprehensive literature review and an audit of relevant WA Health policies, guidelines, reports and resources. A sample of WA Health settings (two metropolitan, two regional and two remote/rural hospitals) were accessed to provide staff interviews and an online self-audit monitoring of implementation. The research findings outline a number of areas of strength within WA Health; however, significant challenges were reported in the implementation of the policy. These challenges were consistent with the broader literature and recommendations were provided using best practice strategies.

**Curtin University 2012 Smoke Free initiative (2011-2012) Unfunded**

*Research Team: J Jancey, S Burns, J Comfort, G Crawford, R Lobo, J Hallett, J Leavy, L Portsmouth, N Bowser*

The Curtin University 2012 Smoke Free Initiative measures the impact of Curtin University’s smoke free policy, implemented in January 2012, on staff and students. This project adopts a two year...
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pre-post mixed methods research project to measure changes in smoking prevalence, knowledge, attitudes, compliance and awareness. Baseline data were collected from students and staff via an electronic questionnaire, focus groups and key informant interviews during 2011. Baseline results have found most student supported a smoke free environment however were less supportive of a complete campus ban. Post evaluation data was collected using the same survey in October 2012 and analysis of these results will be completed in 2013.

Mental health

A mixed-methods study of the mental health and associated factors in transgender and transsexual (trans) people (2012-2014) Funded by: Beyond Blue
Research Team: Z Hyde, M Doherty, P. J. M Tilley, R Rooney, J Jancey, K McCaul
Project Partners: University of Western Australia
This will be an internet-based survey of transgender and transsexual (trans) people aged 18 years and older living in Australia. Participants will be recruited using several non-probability sampling techniques, (including purposive sampling and snowball sampling), because random sampling is not possible with this population. Medical, social, support, and advocacy networks used by trans people will be used to promote the study. A mixed quantitative and qualitative methodology will be used. Validated quantitative instruments will be used to obtain measures of health and well-being, which will be compared against population norms. Qualitative items will complement these measures, providing rich experiential data. Preliminary planning was undertaken throughout 2012 and the project will commence in 2013.

Beyond survivor: Women’s identity after domestic violence (2010-2012) Unfunded
Research Team: R Coates, G Merriman, B Maycock, M Doherty, S Cavilli (PhD Candidate)
For women in Australia, sexual assault and domestic and family violence are some of the most pervasive human rights violations. Research on intimate partner violence has seldom ventured beyond the point of physical separation and little is known about the experience of women who have permanently left their abusive partners. The aim of this research is to establish theory that predicts the construction of a woman’s self-identity, personal strength and agency after the permanent physical separation from an abusive relationship.
In 2011, in-depth interviews were conducted with 28 women and emergent themes that were catalytic to their regain of equilibrium were: self-determination, autonomy, personal development and social inclusion. These results were presented at the World Sexual Health Association Congress in Glasgow, 2011. In 2012 the in depth interviews were analysed.

Sexual health and sexuality

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
Research Team: B Maycock, G Brown, R Freijah, A Bowman
Project Partners: National Centre in HIV Social Research, National Centre in HIV Epidemiology and Clinical Research, Australian Federation of AIDS Organisation
The CONNECT study is a respondent driven sampling survey looking at the behaviour, influences and decision making of men who have sex with men. In 2011, participants for the study were recruited at social venues, Fair Day and through referrals from other participants. At the beginning of 2012 the project had reached its Perth target of 200 connected respondents.
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The research is expected to contribute to understanding how men communicate norms and shape each other’s beliefs and behaviours. In addition, the study will provide information about how to better target HIV prevention and promote safe sex among men who have sex with other men.

**Gay Community Periodic Survey (2012) Funded by: The Department of Health (DoHWA)**
Research Team: J Comfort, N Bowser
Project Partners: National Centre in HIV Social Research, WA AIDS Council, National Centre in HIV Epidemiological and Clinical Research
The Gay Community Periodic Survey is coordinated by the National Centre in HIV Social Research in collaboration with the National Centre in HIV Epidemiology and Clinical Research. The surveys assess gay men’s sex and drug practices, and patterns of testing for HIV and STIs. The first periodic survey was conducted in Sydney in February 1996, but surveys are now conducted regularly in the metropolitan areas of Adelaide, Canberra, Melbourne, Perth, Queensland (Brisbane, Cairns and the Gold Coast) and Sydney. The surveys therefore form a key component of Australia's behavioural surveillance system for HIV.
In 2012, 825 men were recruited across various venues in Perth. The data is currently being collated and results are expected to be released in 2013.

**Women’s Western Australian Sexual Health Survey (WWASHS) (2012) Funded by: DoHWA**
Research Team: J Comfort, N Bowser, J Mooney-Somers
Project Partners: DoHWA, Centre for Values, Ethics and the Law in Medicine (Sydney University)
The WWASHS is a short survey regarding health issues for women, with a focus on sexual and drug-using practices and several lifestyle measures. The survey assists to identify and understand changes in sexual behaviour of women who identify as lesbian, bisexual or same sex attracted, attached to the Perth gay community. The first large Lesbian and Bisexual Women’s Health and Well Being Survey in Perth was conducted in 2006 and once again in 2010 and 2012. This information will be used to help inform health promotion initiatives aimed at this target group. In 2012, 870 women completed the survey. The results are currently being collated and it is expected that the final report will be completed in 2013.

**Infertility and marital well-being among infertile, Chinese couples from Hei Longjiang Province, China (2009-2012) Funded by: Curtin Strategic International Research Scholarship**
Research Team: R Coates, G Merriman, B Maycock, Y Zhao, M Doherty, P Tao (PhD Candidate)
Project Partners: Harbin Medical University
Infertility is medically defined as the inability to conceive after a year or more of regular unprotected sexual intercourse. For many couples, infertility can be stressful and accompanied by disruption in personal life, difficulties in the relationship and mental health problems. The project explored the relationship between infertility and marital well-being among infertile Chinese couples from Hei Longjiang Province, China.
In 2011 data collection was completed and in 2012 data analyses were conducted. The measurement instruments were proved and confirmed in the research methodology. The study will guide future management of infertile couples and potentially provide more cost effective and quality services.
Investigating Australian expatriate social networks to support peer education and social influence interventions for sexual health (2009-2013) Funded by: DoHWA and NT Health
Research Team: B Maycock, G Brown, G Crawford (PhD Candidate), N Bowser
Project Partners: WA AIDS Council, NT Health, DoHWA
Overseas acquired HIV accounts for a large proportion of recent HIV acquisitions in Australia, particularly in WA. People who travel to and from countries with high HIV prevalence are a priority population in the current National HIV Strategy. A paucity of information exists regarding relationships formed by travellers within South East Asia; the information shared in relationships between members of social networks and the effects that these relationships have on their sexual intentions and behaviour. Examination of these factors may identify influential change agents to guide interventions, predominantly at the peer, network and social influence level that have been the dominant approach in HIV and have proved successful, particularly within Australia. To date the interview schedule, consent form and information sheet have been developed. Initial interviews have been undertaken in WA and Thailand and initial scoping of the visit to Thailand has been completed. Throughout 2012 interviews were conducted in Australia and several journal articles drafted.

Sexual Health and Blood-borne Virus Research and Evaluation Network (SiREN) (2012-2014) Funded by: DoHWA
Research Team: R Lobo, M Doherty, G Crawford, J Hallett, J Comfort, J Jancey, P J. M Tilley
Project Partners: Sexual Health and Blood Borne Virus Program DoHWA
SiREN is the WA Sexual Health and Blood-borne Virus Research and Evaluation Network. The project is coordinated by WACHPR and funded by the WA Department of Health. The overall aim of SiREN is to facilitate research and evaluation activities within the sexual health and blood-borne virus sector through establishing effective partnerships between researchers and practitioners, knowledge dissemination and the development of training and resources to address skills gaps.
The SiREN project began in May 2012. Project activities included an online survey to identify skills gaps, development of a new website www.siren.org.au to improve knowledge dissemination and sector collaboration, stakeholder meetings to identify research priorities and support for stakeholders in planning research and evaluation projects. A Project Steering Group and reference groups to inform project activities were also established with members representing the diverse organisations within the SHBBBV sector.

Environmental health and injury prevention

Health impact assessment of climate change adaptation in the Blackwood Stirling (2009-2013) Unfunded
Research Team: J Spickett, B Maycock, D Katscherian, M Little (PhD Candidate)
This research aimed to identify the health impacts of climate change in the Blackwood Stirling, an agricultural region in southern Western Australia. The region has declining water availability, energy challenges and an ageing population. Future climate change scenarios projected to 2030 were used as a basis to determine possible positive and negative health impacts to the community. An objective of the research was to identify vulnerable groups in the community and develop recommendations to improve health outcomes for local communities and potentially inform local and state government initiatives. In 2011 a research survey was sent to over 600 participants in the region. Additional data collection included travelling to several communities to conduct focus groups and semi structured interviews
with stakeholders. The Delphi method was also used to complete a risk analysis by a panel of experts. Data analysis and collection formed the majority of work undertaken in 2011 and 2012. A journal article will be drafted for submission throughout 2013.

**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 Team: B Maycock, S Dhaliwal, Mateus Sakundarno Adi (PhD Candidate)
Project Partners: Dionegoro University Indonesia

This study aims to identify local risk factors for leptospirosis, and design, implement and evaluate an intervention to reduce exposure to risk factors. The study has two main phases, a leptospirosis risk factors study and an intervention study. In 2011, completed activities include a literature review on leptospirosis risk factors, in-depth interviews with key-informants, field observations on environment and behaviour and the KAP-1 survey. Phase two, the pilot intervention was conducted in 2012 and evaluated. Results of this study will help to determine risk factors for leptospirosis and intervention strategies to reduce exposure to these risk factors.

**Recommendations for a Drowning Prevention Evaluation Framework (2012)** Funded by: Royal Life Saving Society Western Australia

Research Team: S Burns, G Crawford, R Giglia, J Jancey, J Leavy, R Lobo, M Petrich, L Portsmouth, S Batt
Project Partners: Royal Life Saving Society WA

The aim of this project was to develop recommendations for a best practice evaluation framework for Royal Life Saving Society of Western Australia’s (RLSSWA) Don’t Drink and Drown and Keep Watch drowning prevention programs. Stage one of the project incorporated a review of the literature and stakeholder interviews, to understand and contextualise current policy and practice (international, national and state) within which the RLSSWA operates. Stage two consisted of the development of a proposal for an evaluation framework to guide work around the two programs outlined above, ensuring that rigorous evaluation is conducted which can demonstrate impact on the aims and objectives of the programs, and in turn the relevance of these programs to reducing drowning and near drowning in Western Australia. Further research opportunities have been identified and a systematic review of drowning interventions for adults in high income countries is being completed in 2013. This will be followed by a review of interventions for children.

**Community engagement**

**Visiting Fellow, Professor Margaret Barry (2012-2013)** Funded by: Healthway

Research Team: J Jancey, G Crawford, S Burns, P Howat
Project Partners: Curtin University (CBRCC), Mentally Healthy WA, YACWA, PHAA (WA) and AHPA (WA)

The Healthway 2013 Visiting Fellow, Margaret Barry is Professor of Health Promotion and Public Health and Head of the World health Organization Collaborating Center for Health Promotion Research at the School of Health Sciences, National University of Ireland Galway. Margaret’s visit will explore research around mental health promotion and the development of health promotion competencies.
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Aboriginal Maternity Services Support Unit (AMSSU) (2012-2013) Funded by: DoHWA
Research Team: R Lobo, B Cuesta-Briand, N Bowser
Project Partners: AMSSU
The AMSSU has been funded by the Council of Australian Governments’ (COAG) Indigenous Early Childhood Development National Partnership Agreement. The AMSSU is a support unit that provides evidence-based clinical advice, research, resources, information, linkage, and professional development for Aboriginal maternal and child care health services across all regions in Western Australia. The AMSSU requested the WACHPR to develop a health promotion action plan recognising the importance of health promotion in achieving improved Aboriginal maternal health outcomes. The health promotion action plan was developed in close collaboration with AMSSU and provides a framework for supporting the maternal and child health sector in WA to deliver effective and sustainable health promotion programs. Building health promotion skills and knowledge within the sector and integrating evaluation into program planning are critical success factors reflected in the action plan. Implementation of the action plan with assistance from WACHPR was approved following the project and is now in progress.

Health and wellbeing of first year university students: Pilot study (2012-2013) Unfunded
Research Team: J Jancey, S Burns, J Chih, G Crawford, M Doherty, J Hallett, R Lobo, P J M Tilley, S Pal, K Sauer, D O’Connor
Universities provide an environment in which individuals live, work and study, and provide an ideal setting to access young people at a time in their lives when health behaviours may become established. Stressors for students and young people are increasing and risky behaviour associated with alcohol use, drug use, unsafe sex, tobacco use and road safety can lead to serious adverse events. This study will measure health related attitudes and behaviours of first year students at Curtin University. Curtin students are an accessible and convenient population proving access to a number of sub-groups (e.g. low socio-economic status; Indigenous Australia, international students). The project will identify current and emerging health issues to better understand the target group including factors related to physical activity, nutrition, mental health, sexual health, alcohol and other drug use and driving behaviours. In 2012, this study was in the preliminary planning stages and is expected to be implemented in 2013. This study is expected to contribute to the development and implementation of interventions to improve the health and wellbeing of student populations across Australia.

Additional research projects that centre staff were involved in:

Building school capacity to reduce social aggression among students (2011-2014) Funded by: Healthway (Edith Cowan University)
Research Team: D Cross, J Haselby, H Johnston, S Burns, R Nairn, J Dooley, L Hearn, N Pearce
Project Partners: Department of Education WA, Catholic Education Office WA, Association of Independent Schools WA
This five year study aims to translate empirical evidence to develop, implement, evaluate and disseminate a capacity building framework and intervention for WA secondary schools to support their implementation of the newly revised National Safe Schools Framework (NSSF). The revised NSSF was released in June 2010 and although this emerging policy represents a significant step to address student covert social aggression and cyber bullying, unless schools and wider support systems have the capacity to translate this policy into practice, the impact is likely to be limited. Whilst research provides evidence to guide interventions in this area, it is only one part of the effectiveness equation. This project aims to address the infrastructure and implementation supports necessary for schools to effectively reduce student social aggression through a capacity
building approach. Case study schools have been recruited and baseline and post data collected from staff and students. Case study schools are being supported through the implementation process.

**Effectiveness of a mobile, phone intervention to promote dietary change (2010-2013)**
**Funded by: Healthway**

*Research Team: D Kerr, C Pollard, P Howat, C Boushey, E Delp, S Dhaliwal, S Pickering*

Studies have linked poor diet quality and lack of variety with increased incidence of chronic diseases such as heart disease and some cancers. Increasing fruit and vegetable intake, decreasing total dietary fat and modifying the types of fats (less saturated fat) are dietary priorities to prevent chronic disease. Teenagers and young adults have the lowest fruit intake (when juice is excluded), while for vegetables (when potatoes are excluded) about half of all adults eat less than is recommended. In addition, young adults consume 36 percent of their energy intake from “junk food”. Therefore improving diet quality is a high priority. The issue however is how best to measure food intake as young adults in particular are the least likely to participate in traditional methods of assessing diets such as with a food record. A mobile phone food record may appeal to technology savvy young adults but requires the development of software and a web interface to ensure rapid analysis and feedback. Mobiles can also be used to send messages to support dietary behaviours.

This 3-year project will involve modification and development of the mobile phone food record, evaluation of tailored dietary feedback and implementation of an intervention to test the mobile phone tool and tailored messages in two subpopulations. This project will therefore create the content of the messages and develop the web interface for delivery to the participant. There will be three phases to the study:

- **Phase 1** - Modification and development of the mobile phone food record and testing of the tailored feedback.
- **Phase 2** - Develop and test the nutrition messages.
- **Phase 3** - Conduct a six month intervention using a mobile phone using tailored messages based on set feedback.

We believe that a mobile phone with an in-built digital camera has potential as a way to collect food group intake, provide feedback and promote behaviour change but as yet has not been tested for this use.

**Evaluation of Find Thirty everyday®: A WA mass media campaign to promote physical activity (2009-2011)**
**Funded by: DoHWA and Heart Foundation (WA) (University of Western Australia)**

*Research Team: F Bull, A Bauman, B Giles Corti, T Shilton, C Maitland, J Leavy (PhD Candidate)  
Project Partners: The National Heart Foundation (WA Division)*

Find Thirty every day® was a Western Australian state-wide physical activity campaign that extended the original campaign with a new focus, objectives and execution. The Find Thirty every day® 2008-2010 campaign aimed to promote physical, mental and social health benefits of regular physical activity. A combined evaluation approach using a cross sectional and cohort literature was used to assess campaign effects. This has not previously been completed in the adult physical activity literature. In 2012, data analyses continued with three peer reviewed publications prepared and submitted. Two have been accepted for publication and one is still under review. The PhD thesis has been submitted to the Coordinating Supervisor (Professor Fiona Bull) for final editorial feedback and will be submitted in early 2013 for examination.
The Health Promotion Short Courses provide participants with an understanding of the role and importance of health promotion and the broader concept of health within a community and national setting. The courses are designed to equip participants with the skills to plan, implement and evaluate health promotion programs. The short courses are designed for those already working in the health sector, those wanting to move into the area, and those wanting to incorporate health promotion principles into their work roles.

Online and face-to-face courses were offered throughout 2012 with 94 registered participants. There were three variations of the course described below.

1. Introduction to Health Promotion Short Course (online)
   This flexible online course provided participants with the core skills to plan, implement and evaluate a health promotion program. A range of learning strategies were employed including an online networking forum, web links, video clips as well as ongoing support from an excellent academic team.

2. Introduction to Health Promotion Short Course (face-to-face)
   This course provided an introduction to health promotion comprising four days of face-to-face training. The style of course delivery was highly interactive and involved small groups working on a health promotion intervention plan of their choice, group discussions, brainstorming, individual and group activities. At the end of the course participants gained the skills to plan, implement and evaluate health promotion programs.

3. Health Promotion and Sexual Health (face-to-face)
   This four day course was designed to increase the capacity of health professionals and educators working in sexual health. This course covered important health theories and frameworks that underpin successful programs. It provided participants with the skills to plan, implement and evaluate effective sexual health promotion interventions.

Table 1: Short Courses 2012

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Location</th>
<th>Duration</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Health Promotion Short Course</td>
<td>February</td>
<td>Perth WA</td>
<td>4 days</td>
<td>13</td>
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<tr>
<td>Introduction to Health Promotion Short Course</td>
<td>March</td>
<td>Online</td>
<td>12 weeks</td>
<td>11</td>
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<tr>
<td>Introduction to Health Promotion Short Course (Aboriginal Maternity Services Support Unit)</td>
<td>May</td>
<td>Perth WA</td>
<td>4 days</td>
<td>16</td>
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<tr>
<td>Introduction to Health Promotion Short Course (Health Promotion Strategy Unit, Northern Territory Department of Health)</td>
<td>May/June</td>
<td>Darwin NT</td>
<td>4 days</td>
<td>16</td>
</tr>
<tr>
<td>Introduction to Health Promotion Short Course</td>
<td>August</td>
<td>Online</td>
<td>12 weeks</td>
<td>9</td>
</tr>
<tr>
<td>Introduction to Health Promotion Short Course (Pilbara Population Health)</td>
<td>November</td>
<td>Port Hedland WA</td>
<td>4 days</td>
<td>13</td>
</tr>
<tr>
<td>Health Promotion and Sexual Health</td>
<td>November</td>
<td>Perth WA</td>
<td>4 days</td>
<td>9</td>
</tr>
<tr>
<td>Introduction to Health Promotion Short Course (Aboriginal Health Council of WA)</td>
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<td>Perth WA</td>
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</tbody>
</table>
Course evaluations have been overwhelmingly positive. Participants have indicated the courses met their expectations, were satisfied with the course content, materials and facilitators and reported increases in knowledge and confidence in their health promotion skills. Qualitative feedback highlighted how participants valued and enjoyed the courses.

“Excellent course and all presenters very approachable and knowledgeable”
Introduction to Health Promotion Short Course: Aboriginal Maternity Services Support Unit

“The course has helped me to learn how to do it, given me the confidence to give it a go. I want to learn more. I feel I can really make a difference in community health”
Health Promotion and Sexual Health: WACHPR

“More confidence to plan a valid HP/education and have a good targeted evaluation”
Introduction to Health Promotion Short Course: Pilbara Population Health

“Content well researched and delivered with emphasis on diverse learning styles”
Introduction to Health Promotion Short Course: Pilbara Population Health

During 2013, the WACHPR intends to continue its commitment to providing health promotion education for health professionals and the wider community. It is anticipated eight courses will be conducted throughout 2013. These will include courses designed for those practitioners working in the areas of rural health and Aboriginal health.
Professional Participation

In 2012, staff represented the WACHPR on numerous state and national committees, boards, advisory panels and other decision making bodies particularly in the fields of public health, sexual health and health promotion. Additionally, the WACHPR staff have shown their commitment to community and sector engagement through their involvement with research councils, institutes, associations and organising committees.

Memberships

State

Alcohol Advertising Review Board – G Crawford (Member), J Hallett (Member), L Portsmouth (Member)

Schools Curriculum and Standards Authority, Post Compulsory Health Studies Reference Group – S Burns (Member)

Gay Retirement Association Inc. – J Comfort (Chair)

Injury Control Council of WA – P Howat (Member)

National Heart Foundation, Cardiovascular Health Committee – P Howat (Member)

WA AIDS Council – J Hallett (Vice Chairperson)

WA Alcohol and Youth Action Coalition – WACHPR (Centre Membership), P Howat (Organisational Member)

WA Cancer and Palliative Care Network: Primary Care, Cancer Prevention and Screening Collaborative – P Howat (Committee Member)

WA Lactation Consultants Association – R Giglia (Associate Member)

Occupational Therapy Australia – K Connell (Member)

Willetton and Districts Local Drug Action Group – K Blackford (Committee Member), P Howat (Committee Member)

Youth Affairs Council of Western Australia – R Lobo (Member)

National

AIDS Council of NSW – J Comfort (Lesbian Health Advisory Committee)

Australian Association of Social Marketing – L Portsmouth (Member)

Australian Breastfeeding Association – R Giglia (Member)

Australian Collaborative Education Network – G Crawford (Member), J Comfort (Member),

Australian Council on Health, Physical Education and Recreation – P Howat (Member)

Australian Council on Smoking and Health – P Howat (Member)

Australian Gerontological Society – J Jancey (Member)

Australian Health Promotion Association – G Crawford (National Board Member, President WA Branch), B Shields (Committee Member WA Branch), K Blackford (Ex-officio Committee Member), R Tobin (Student Representative), Member: N Bowser, L Burke, S Burns, J Comfort, M Doherty, J Hallett, P Howat, S Jancey, J Leavy, R Lobo (Member), L Portsmouth, C Jones

Australian Research Alliance for Children and Youth – R Lobo (Member)

Australian Society of Sex Educators Researchers and Therapists National – P J M Tilley (Board Member)

Climate and Health Alliance – J Hallet (Member)
Professional Participation

Commonwealth Ministerial Advisory Committee on Blood Borne Viruses and Sexually Transmissible Infections – G Brown (Member)

Council of Academic Public Health Institutions Australia – B Maycock (Member)

Department of Ageing, Ministerial Appointment to National LGBTI Aged Care Strategic Planning Group – J Comfort (Member)

Department of Human Services, Ministerial Appointment to LGBTI Advisory Group – J Comfort (Member)

Dietitians Association Australia – R Giglia (Advanced Accredited Practicing Dietitian, Member), C Binns (Lifetime Honorary Member)

Health Research Council of New Zealand Program Assessing Committee – P Howat (Member)

National Health and Medical Research Council Research Translation Faculty – P Howat (Invited Member)

National Health and Medical Research Council Dietary Guidelines and Infant Feeding Guidelines Committee – C Binns (Member)

National LGBTI Health Alliance – J Comfort (Member)

Nutrition Society of Australia – B Shields, (Associate Nutritionist), C Binns, (Member), K Blackford (Member)

Public Health Association of Australia – J Jancey (President WA Branch), N Bowser (Secretary WA Branch), G Monteiro (Committee Member WA Branch), Member: K Blackford, L Burke, G Crawford, J Hallett, P Howat, L Portsmouth, B Shields, R Tobin

Public Health Association of Australia, Health Promotion Special Interest Group – P Howat (National Co Convenor), J Jancey (National Co Convenor)

Society of Australian Sexologists Ltd. – P J M Tilley (President WA Branch)

Sports Medicine Australia – J Leavy (Member)

Sustainable Population Australia – P Howat (Member)

International

Alberta Society for the Promotion of Sexual Health – M Doherty (Member)

American Academy of Health Behavior – P Howat (Member)

American Educational Research Association – M Doherty (Member)

American Society of Law and Medicine – R Coates (Member)

Asia-Pacific Academic Consortium for Public Health – B Maycock (Member of General Assembly)

Canadian Sex Researchers Forum – M Doherty (Member)

Gender Advisory Group, World Health Organization – R Coates (Co-Chair)

International Advisory Group, Alberta Policy Coalition for Cancer Prevention – P Howat (Member)

International Association for Public Participation – J Hallett (Member)

International Society for Behavioural Nutrition and Physical Activity – P Howat (Member), J Jancey (Member), J Leavy (Member)
Professional Participation

International Union against Cancer, Global Cancer Community – P Howat (Member)

International Union for Health Promotion and Education, South West Regional Committee – P Howat (Member)

Royal Society of Medicine – R Coates (Life Fellow)

Sexual Health Working Group for the Revision of International Classification of Diseases, World Health Organization – R Coates (Member)

Society for the Scientific Study of Sexuality – M Doherty (Member)

World Association for Sexual Health – R Coates (President), M Doherty (Chair Scientific Committee), P J M Tilley (Advisory Committee Member)

Editorial Boards

American Journal of Health Behavior – P Howat (Australian Editor)

Asia Pacific Journal of Public Health – C Binns (Deputy Editor in Chief)

Breastfeeding Review – C Binns (Editorial Board), R Giglia (Editorial Board)

Global Health Promotion – P Howat (Editorial Board)

International Breastfeeding Journal – C Binns (Editorial Board)

Health Promotion Journal of Australia – J Jancey (Editor in Chief), C Binns (Associate Editor), P Howat (Associate Editor)

International Journal of Sexual Health – R Coates (Editorial Board Member)

Journal of Experimental and Clinical Medicine – C Binns (Editorial Board)

Journal of Preventative Medicine and Public Health – C Binns (Editorial Board)

Korean Journal of Health Promotion and Education – C Binns (Editorial Board)

Nutrition and Medicine – C Binns (Editor)

Journal Reviewers

Addictive Behaviors – J Hallett (Reviewer)

AIDS Care – J Hallett (Reviewer)

American Journal of Health Promotion – P Howat (Reviewer)

American Journal of Lifestyle Medicine – P Howat (Reviewer)

American Journal of Public Health – P Howat (Reviewer)

Asia Pacific Journal of Public Health – C Binns (Deputy Editor in Chief), P Howat (Reviewer), P. J. M Tilley (Reviewer)

Australian Council on Health, Physical Education and Recreation – P Howat (Reviewer), R Giglia (Reviewer)

Australian and New Zealand Journal of Public Health – J Comfort (Reviewer), P Howat (Reviewer), J Hallett (Reviewer)

Australasian Journal on Ageing – P Howat (Reviewer)

Australasian Medical Journal – P. J. M Tilley (Reviewer)

BMC Public Health – J Leavy (Reviewer)

British Medical Journal – P Howat (Reviewer)

Drug and Alcohol Review – J Hallett (Reviewer)
Professional Participation

Health Education and Research: Theory and Practice – S Burns (Reviewer), P Howat (Reviewer)

Health Education and Behavior: J Leavy (Reviewer)

Health Promotion International – P Howat (Reviewer)

Health Promotion Journal of Australia – S Burns (Reviewer), J Comfort (Reviewer), J Leavy (Reviewer), J Hallett (Reviewer), G Crawford (Reviewer)

International Journal of Sexual Health – M Doherty (Reviewer), R Coates (Reviewer)

Journal of Health Organization and Management – S Burns (Reviewer)

Journal of Public Health and Nutrition – P Howat (Reviewer)

Journal of Science and Medicine in Sport – P Howat (Reviewer)

Journal of Sexual Medicine – R Coates (Reviewer)

Journal of Teaching and Learning for Graduate Employability – J Comfort (Reviewer)

New Zealand Medical Journal – P Howat (Reviewer)

Nutrition and Dietetics – R Giglia (Reviewer)

Open Sports Sciences Journal – P Howat (Reviewer)

Preventing Chronic Disease – P Howat (Reviewer)

Quality Safety in Health Care – P Howat (Reviewer)

Sexual Health – G Crawford (Reviewer), P. J. M Tilley (Reviewer)

Social Development – S Burns (Reviewer)

Other Professional Participation, Awards and Achievements

C Binns – Asia Pacific Clinical Nutrition Society Award, Asia Pacific Society for Clinical Nutrition

C Jones – Sidney Myer Health Scholarship

K Blackford – Capacity Building Support Scheme Scholarship, Healthway

K Blackford – Graduate Scholarship, Australian Health Promotion Association and Healthway

K Blackford – Outstanding Project Award for RADAR, Local Drug Action Groups Inc.

N Bowser – Public Health Association of Australia, Health Promotion Special Interest Group, Population Health Congress Travel Scholarship

R Coates – Order of Australia, Australian Government

J Comfort – Outstanding Mentor in Health Promotion Award, Australian Health Promotion Association

R Giglia – Outstanding Contribution Award, Dietitians Association of Australia

J Hallett – Excellence in Teaching (Early Career) Award, Faculty of Health Sciences, Curtin University

P Howat – Presidents Award for contributions to public health, Public Health Association of Australia (WA Branch)

J Leavy – Ray James Award for the best paper in the Health Promotion Journal of Australia
L Portsmouth – Best Paper, International Social Marketing Conference, Australia Association of Social Marketing
Population Health Congress

The 2012 Population Health Congress took place on September 9-12, in Adelaide, South Australia. More than 1000 health professionals came together to debate and discuss challenging issues for population health in an ever changing world. The Congress included discussion on policy, social determinants, global health, Indigenous health, translational research, global health, social determinants, interventions targeting a range of health issues, settings and populations and much more.

The Congress was well attended by 10 WACHPR Research staff. The Congress is held every four years and is a joint initiative of the four key population health organisations in Australia; Australian Health Promotion Association, Public Health Association, Australasian Faculty of Public Health Medicine and the Australian Epidemiological Association. The Congress provided an excellent opportunity for WACHPR staff to show case their research presenting five papers and seven posters in addition to Chairing sessions, and facilitating breakfast and lunch sessions. All staff members who attended were involved in presenting papers and/or posters.

In addition to these fantastic contributions Justine Leavy was awarded the Ray James Award for best paper in the Health Promotion Journal of Australia. This award is provided in memory of Ray who was one of the co-founders of the Journal and is given to a paper that demonstrates innovation, contributes to knowledge and is measured on its quality of methods, effectiveness and transferability. Justine’s paper was titled “Tap into Good teeth - a Western Australian pilot study of children’s drinking patterns.”

Additionally, two WACHPR staff members received scholarships to attend the Congress. Nicole Bowser was the recipient of the Public Health Association of Australia, Health Promotion Special Interest Group, Population Health Congress Travel Scholarship; and Krysten Blackford was the recipient of a Health Promotion Capacity Building Support Scheme scholarship funded by Healthway.
The WACHPR has formal partnerships with a range of organisations at a state, national and international level to promote and develop high quality research outputs. The WACHPR staff members have continued to maintain ongoing relationships throughout 2012, whilst developing new relationships in emerging areas of research. The partnerships provide an excellent platform to engage with the community and inform future research.

**Partnerships within Curtin**

<table>
<thead>
<tr>
<th>Faculty, School or Centre</th>
<th>Activity/Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>Centre for Behavioural Research in Cancer Control (CBRCC); Mentally Healthy WA</td>
<td>Workplace physical activity and nutrition research; Physical activity and nutrition research for mothers and seniors; Community based alcohol research; Alcohol norms and related harms research; Mental health</td>
</tr>
<tr>
<td>Curtin Monash Accident Research Centre (CMARC)</td>
<td>Seniors’ pedestrian safety research and grant collaboration</td>
</tr>
<tr>
<td>Department of Architecture and Design</td>
<td>Workplace health promotion research</td>
</tr>
<tr>
<td>National Drug Research Institute (NDRI)</td>
<td>Alcohol norms and related harms research</td>
</tr>
<tr>
<td>Public Health Advocacy Institute of WA</td>
<td>Advocacy</td>
</tr>
</tbody>
</table>
## Regional Partnerships

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Activity/Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aboriginal Maternity Services Support Unit</td>
<td>Development of a health promotion action plan</td>
</tr>
<tr>
<td>Association of Independent Schools, WA</td>
<td>Youth mental health research</td>
</tr>
<tr>
<td>Australian Health Promotion Association (WA Branch)</td>
<td>Mental health; Advocacy</td>
</tr>
<tr>
<td>Cancer Council of WA</td>
<td>Workplace physical activity and nutrition research; Physical activity and nutrition research for mothers;</td>
</tr>
<tr>
<td>Canning Times, Community Newspaper</td>
<td>Community based alcohol research</td>
</tr>
<tr>
<td>Catholic Education Office, WA</td>
<td>Youth mental health research</td>
</tr>
<tr>
<td>Centre for Sport and Recreation Research</td>
<td>Workplace health promotion research</td>
</tr>
<tr>
<td>Child Health Promotion Research Centre, Edith Cowan University</td>
<td>Youth mental health research</td>
</tr>
<tr>
<td>City of Belmont</td>
<td>Evaluation of outdoor exercise equipment use</td>
</tr>
<tr>
<td>Department of Education, WA</td>
<td>Youth mental health research</td>
</tr>
<tr>
<td>Sexual Health and Blood Borne Virus Program, Department of Health WA</td>
<td>Research and evaluation in STI and BBV prevention</td>
</tr>
<tr>
<td>Department of Sport and Recreation, WA</td>
<td>Workplace health promotion research</td>
</tr>
<tr>
<td>Diabetes WA</td>
<td>Evaluation of physical activity, nutrition and diabetes management programs</td>
</tr>
<tr>
<td>Healthway</td>
<td>Mental health; Workplace health promotion research; Capacity building;</td>
</tr>
<tr>
<td>Injury Control Council of WA</td>
<td>Evaluation of seniors falls prevention program</td>
</tr>
<tr>
<td>Local Drug Action Group Inc.</td>
<td>Community based alcohol research</td>
</tr>
<tr>
<td>National Heart Foundation (WA Division)</td>
<td>Physical activity and nutrition research for mothers and seniors; Evaluation of a physical activity mass media campaign</td>
</tr>
<tr>
<td>Playgroup Inc. WA</td>
<td>Physical activity and nutrition research for mothers</td>
</tr>
<tr>
<td>Public Health Association of Australia (WA Branch)</td>
<td>Mental health; Advocacy</td>
</tr>
<tr>
<td>Royal Life Saving Society WA</td>
<td>Drowning prevention evaluation</td>
</tr>
<tr>
<td>South Metropolitan Public Health Unit</td>
<td>Youth alcohol research</td>
</tr>
<tr>
<td>St John of God Healthcare</td>
<td>Breastfeeding and antenatal research</td>
</tr>
<tr>
<td>University of WA</td>
<td>Mental health research among transgender and transsexual people</td>
</tr>
<tr>
<td>WA AIDS Council</td>
<td>Gay men’s and women’s sexual health research; HIV and STI prevention research</td>
</tr>
<tr>
<td>WA Country Health Services</td>
<td>Breastfeeding and antenatal research; Mental health</td>
</tr>
<tr>
<td>Willetton Districts Local Drug Action Group</td>
<td>Community based alcohol research</td>
</tr>
<tr>
<td>Youth Affairs Council of WA</td>
<td>Sexual health; Mental health</td>
</tr>
</tbody>
</table>
## National Partnerships

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Location</th>
<th>Activity/Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIDS Council of NSW</td>
<td>New South Wales</td>
<td>Men’s and women’s sexual health research</td>
</tr>
<tr>
<td>Australian Federation of AIDS Organisation</td>
<td>New South Wales</td>
<td>HIV and STI risk among men who have sex with men</td>
</tr>
<tr>
<td>Australian Health Promotion Association</td>
<td>New South Wales</td>
<td>Competencies research</td>
</tr>
<tr>
<td>Australian Research Centre in Sex, Health and Society, La Trobe University</td>
<td>Victoria</td>
<td>HIV and STI prevention research</td>
</tr>
<tr>
<td>Burnet Institute</td>
<td>Victoria</td>
<td>HIV research</td>
</tr>
<tr>
<td>Kirby Institute, University of New South Wales</td>
<td>New South Wales</td>
<td>HIV and STI prevention research</td>
</tr>
<tr>
<td>Monash University</td>
<td>Victoria</td>
<td>Physical activity and nutrition research for mothers</td>
</tr>
<tr>
<td>National Centre in HIV Epidemiology and Clinical Research, University of New South Wales</td>
<td>New South Wales</td>
<td>HIV and STI risk among men who have sex with men; Gay men’s and women’s sexual health research</td>
</tr>
<tr>
<td>National Centre in HIV Social Research, University of New South Wales</td>
<td>New South Wales</td>
<td>HIV and STI risk among men who have sex with men; Gay men’s and women’s sexual health research</td>
</tr>
<tr>
<td>Northern Territory Heath</td>
<td>Northern Territory</td>
<td>HIV and STI prevention research</td>
</tr>
<tr>
<td>Queensland University of Technology</td>
<td>Queensland</td>
<td>Physical activity and nutrition research for mothers and seniors</td>
</tr>
</tbody>
</table>

## International Partnerships

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Location</th>
<th>Activity/Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dionegoro University</td>
<td>Java, Indonesia</td>
<td>Leptospirosis risk factors</td>
</tr>
<tr>
<td>Harbin Medical University</td>
<td>Heilongjiang, China</td>
<td>Antenatal research</td>
</tr>
<tr>
<td>National Center for Injury Prevention and Control, Centers for Disease Control and Prevention</td>
<td>Atlanta, USA</td>
<td>Seniors’ pedestrian safety research, NIMHRC grant collaboration</td>
</tr>
<tr>
<td>University of Dundee</td>
<td>Dundee, Scotland</td>
<td>Physical activity and nutrition research for mothers and seniors</td>
</tr>
<tr>
<td>University of Malaysia Sabah</td>
<td>Sabah, Malaysia</td>
<td>Breastfeeding and postnatal depression research</td>
</tr>
</tbody>
</table>
Publications

In 2012, the WACHPR publications increased by 85% from 2011, which greatly surpasses the university target of an annual increase of 8%. The WACHPR staff and students were responsible for a total of 93 publications, which included 4 book chapters, 81 national and international journal articles and 8 reports.

**Book Chapters**


**Journal Articles**


Publications


Prestage, G., G. Brown, I. Down, F. Jin, & M. Hurley (2012). “It’s hard to know what is a risky decision or not a risky decision”: Gay men’s beliefs about risk during sex. *AIDS and Behavior* [epub].
Publications


Reports


Crawford, G., N. Bowser, & J. Jancey (2012). Living with diabetes evaluation. A report for Diabetes WA. Western Australian Centre for Health Promotion Research Curtin University, Perth WA.

Crawford, G., N. Bowser, & J. Jancey (2012). Quick and easy: My healthy balance evaluation. A report for Diabetes WA. Western Australian Centre for Health Promotion Research Curtin University, Perth WA.
Crawford, G., N. Bowser, & J. Jancey (2012). “I’m not on track”: Get on track challenge evaluation. A report for Diabetes WA. Western Australian Centre for Health Promotion Research Curtin University, Perth WA.


Lobo, R., & B. Cuesta-Briand (2012). Developing a health promotion action plan for Aboriginal maternal and child health services in Western Australia. Western Australian Centre for Health Promotion Research Curtin University, Perth WA.

In 2012, WACHPR staff and students showcased their work in 62 presentations, including 10 state, 26 national and 26 international presentations.

**State Presentations**


**Connell, K., Coates, R., Wood, F., & Doherty, M.** *Sexuality following burn injuries: Research updates and future clinical directions.* Royal Perth Hospital Burns Unit, 8 May, 2012.

**Connell, K., Coates, R., Wood, F., & Doherty, M.** *The importance of including sexuality in disability research.* Telethon Institute for Child Health Research, Student Circle Development Program, 27 April, 2012.


**Portsmouth, L.** *Television advertising of fruit to children: Promoting anticipation of great taste & constructing memories of great taste to increase consumption and purchase requests.* Mark Liveris Seminar, Bench Top to Bed Side to Better Health: Translating Research into Policy and Practice, Curtin Health Innovation Research Institute Conference, Perth, 8-9 November, 2012.

**National Presentations**


Cox, K., Giglia, R., & Binns, C.W. Breastfeeding in regional Western Australia: Will the targets be achieved? International Congress of Dietetics, Sydney, 5-8 September, 2012.


**International Presentations**

Binns, C. W. Ghost authorship. Asia Pacific Association of Medical Editors Convention, Kuala Lumpur, 31 August-3 September, 2012.

Binns, C. W. Keeping high standards: The art of being a good reviewer. Asia Pacific Association of Medical Editors Convention, Kuala Lumpur, 31 August-3 September, 2012.


Binns, C. W., & Lee, M. K. The contribution of nutrition to achieving Millennium Development Goal Four in the Asia Pacific region. 1st Asia Pacific Clinical Epidemiology and Evidence-Based Medicine Conference, Kuala Lumpur, 6-8 July, 2012.
Presentations


Presentations


To maximise the benefits of research, findings need to be disseminated as broadly as possible to allow access by other researchers and the wider community. Table 2 summarises the skill and exceptional capacity of the WACHPR staff and their commitment to research. The following table shows peer reviewed publications have increased nearly two fold in 2012 in comparison to 2010 and 2011. Presentations have also increased at a national and international level. In 2013, WACHPR staff will continue to disseminate research findings when possible and conduct significant and timely research.

Table 2: Research output in 2010, 2011 and 2012

<table>
<thead>
<tr>
<th></th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Publications</strong></td>
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<td></td>
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</tr>
<tr>
<td>Books</td>
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</tr>
<tr>
<td>Book chapters</td>
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<td>4</td>
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<tr>
<td>Journal articles</td>
<td>44</td>
<td>44</td>
<td>81</td>
</tr>
<tr>
<td>Other (Reports, online resources, conference publications)</td>
<td>9</td>
<td>12</td>
<td>8</td>
</tr>
<tr>
<td><strong>Presentations</strong></td>
<td></td>
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<tr>
<td>State</td>
<td>21</td>
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<td>International</td>
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