WA CENTRE FOR HEALTH PROMOTION RESEARCH
ANNUAL REPORT 2012
Centre Overview

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

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.
# Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director’s Report</td>
<td>1</td>
</tr>
<tr>
<td>Staff</td>
<td>3</td>
</tr>
<tr>
<td>Higher Degree Research Program</td>
<td>6</td>
</tr>
<tr>
<td>Research Program</td>
<td>9</td>
</tr>
<tr>
<td>Short Courses</td>
<td>21</td>
</tr>
<tr>
<td>Professional Participation</td>
<td>23</td>
</tr>
<tr>
<td>Partnerships</td>
<td>27</td>
</tr>
<tr>
<td>Publications</td>
<td>31</td>
</tr>
<tr>
<td>Presentations</td>
<td>36</td>
</tr>
<tr>
<td>Research Output 2010 and 2011</td>
<td>40</td>
</tr>
</tbody>
</table>
In August 2011, I commenced as Director of the WACHPR when my predecessor, Professor Bruce Maycock took up the position as the Head of the School of Public Health. During this transition phase, the WACHPR staff maintained excellent research outputs.

In 2011, the WACHPR was active in more than 30 research projects across a range of key health issues in a variety of settings. The research comprised three National Health and Medical Research Council (NHMRC) grants, two Healthway funded research projects and several projects funded by government departments.

The research areas included the following.
- Community-based interventions: mental health in rural and regional communities, nutrition for infants, young families, fatherhood and breastfeeding support, food security in lower socio-economic areas, ageing populations and wellbeing, and physical activity across the lifespan.
- Organisational setting interventions: projects with tertiary institutions, government departments, non-government organisations, voluntary organisations and other worksites.
- Interventions targeting marginalised or at risk young people: peer-based and other health promotion interventions with Indigenous, same sex attracted, rural or lower socio-economic young people targeting mental health, sexual health, alcohol and other drug use and other risk behaviour.

In 2011, there were 37 higher degree by research students. Staff and students published a total of 59 publications, including two book chapters, 44 national and international journal articles, 12 reports, articles and conference publications.

Staff and students showcased their work through 44 presentations, including 14 State, 13 national and 17 international presentations. Members of the WACHPR staff were also invited to present at national and international meetings.

In addition to these core research functions, the WACHPR conducted short courses in health promotion – continuing education/capacity building courses for the health promotion sector generally, as well as tailored courses for those from the broader health sector and beyond.

There have been some wonderful highlights that are a testament to the quality of the staff engaged in the WACHPR.

Awards
- Professor Colin Binns was made a John Curtin Distinguished Professor, recognising sustained contributions to the University. It is one of the highest honours the University can award its academic staff;
- Dr Jonine Jancey was awarded the Early Career Health Science Researcher of the year;
- Dr Roslyn Giglia was awarded the highly regarded Advanced Accredited Practitioner Award (AdvAPD);
- Ms Ginny Monteiro (PhD scholar) was awarded a three month Centre for Disease Control (CDC) International Internship based in Atlanta, Georgia. Whilst there she attended the International Physical Activity and Public Health Practitioners on community intervention at South Carolina University; and
- Mr Matt Tilley and Ms Linda Portsmouth (PhD Scholar) were awarded with Excellence in Innovation and Teaching Awards.
Looking Towards 2012

In late 2011, a research planning day was convened for the WACHPR staff to consider the Centre’s current areas of research and its future direction. The day was a catalyst that stimulated the centre’s research capacity and focus, with the WACHPR staff developing and submitting a record number of grant applications in late 2011.

Eight grants were submitted by the WACHPR staff in the latter part of 2011. These included two applications to the Australian National Preventative Health Agency (ANPHA); two applications to the Department of Health WA (DoHWA) Targeted Research Funding; one to Bupa, Cancer Council WA, Royalties for Regions WA and the Foundation for Alcohol Research and Education. This output demonstrates the commitment of the WACHPR staff, many of whom are primarily academics with less than 0.2 FTE research allocation.

Background planning and development of grants also commenced in preparation for the February to March 2012 research grant round, laying the foundations for four NHMRC grants and three Healthway grants. In addition, negotiations with the DoHWA commenced for research in the area of sexual health. Tender activity significantly increased in late 2011 and it is expected that the foundations for this work will come to fruition in 2012.

Also, in response to the introduction of Curtin’s 2012 smoke free initiative, the WACHPR commenced discussions with the ‘Smoke-Free Initiative Consultative Committee’, establishing a research protocol to capture baseline data on the implementation around this initiative.

In December 2011, the centre was awarded two funded research grants commencing in 2012:
- Ms Krysten Blackford, Dr Jonine Jancey, Professor Peter Howat and Ms Melissa Ledger (Cancer Council) secured an Australian Health Promotion Association (WA Branch) and Healthway 2012 Graduate Scholarship. This project will investigate workplace health promotion.
- Professor Bruce Maycock, Professor Peter Howat, Associate Professor Sharyn Burns and Mr Jonathan Hallett secured a Healthway research grant for alcohol norms and associated harms amongst adolescents.

The dedication and support of the centre’s staff and students has been invaluable in progressing its research output, as has the funding of the centre’s Research Assistant by the Office of Research and Development (ORD). I would like to thank the WACHPR Co-Directors, staff and scholarship recipients, doctoral and masters students and volunteers for continuing to support the centre through their excellent research. I look forward to working with all members of the WACHPR team in 2012.

Yours sincerely,

Dr Jonine Jancey
Director, WA Centre for Health Promotion Research
The WACHPR staff members bring a breadth of knowledge and experience to the research centre. Staff hold frontline research, as well as teaching positions in the School of Public Health. Staff members are well positioned and immersed in the health promotion community, increasing opportunities for collaboration and innovative research ideas. This multidisciplinary team has expertise in education, nutrition, physical activity, injury, ageing, women’s health, sexual health, health policy, alcohol and other drugs and advocacy.

Co-Directors

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

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

Associate Professor Sharyn Burns
Director, Health Promotion and Sexology
PhD, MPH, PGDipHP Curtin
Bed, Dip T ECU

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

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

Director

Dr Jonine Jancey
Director, WA Centre for Health Promotion Research
PhD Curtin, BSc HP (Hons)
Staff

Research Staff

Krysten Blackford
Research Assistant

Andrew Bowman
Project Manager

Linda Burke
Project Manager
PhD Candidate Curtin

Associate Professor
Rosemary Coates
Lecturer/Researcher

Jude Comfort
Lecturer/Research Fellow
PhD Candidate Curtin

Gemma Crawford
Lecturer/Research Fellow
PhD Candidate Curtin

Associate Professor
Maryanne Doherty
Lecturer/Researcher

Rita Freijah
Project Manager
MPH Candidate Curtin

Dr Roslyn Giglia
Research Fellow

Jonathan Hallett
Lecturer/Research Fellow
PhD Candidate Curtin

Janina Hildebrand
Project Manager

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
PhD Candidate Curtin

Associate Professor
Satvinder Dhaliwal
Director, Biostatistics & Epidemiology

Matt Tilley
Lecturer/Research Fellow
MClinPsych Curtin

Jennifer Tohotoa
Project Manager
PhD Candidate Curtin

Additional Research Staff

Nicole Bowser*
Kylie Connell*
Lisa Cooper
Kylee Cox*
Dr Marika Guggisberg
Zoe Hyde
Maria Pasalich*
Jenna Smedley*

Professional Practice Students and Volunteers

Nina Pruzjl
Matthew Snelson
Danielle Steel

*Staff studying at the School of Public Health during the period of employment
The WACHPR higher degree research program had a productive year in 2011. There were 37 higher degree students comprising four Honours and 30 PhD students undertaking their studies at Curtin and an additional three PhD students studying at another university being co-supervised by WACHR staff members. There were a total of 12 WACHPR staff members completing their PhD. Two staff members, Roanna Lobo and Jude Comfort, submitted their PhD thesis for approval at the end of 2011.

Eight WACHPR staff members supervised higher degree students in 2011 - Professor Colin Binns, Doctor Graham Brown, Associate Professor Sharyn Burns, Associate Professor Rosemary Coates, Doctor Roslyn Giglia, Professor Peter Howat, Doctor Jonine Jancey and Professor Bruce Maycock. It is important to thank these individuals and recognise their ongoing support to higher degree students. The following list comprises individuals supervised by WACHPR staff/s and WACHPR staff members completing higher degree research.

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

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

Linda Burke (PhD)
*PANS – Physical Activity and Nutrition for Seniors’ (2009-2011)*
Supervisors: P Howat, A Lee, J Jancey, D Kerr

Simonetta Cavilli (PhD)
*Beyond survivor: Women’s identity after domestic violence (2009-2011)*
Supervisors: R Coates, G Merriman, 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

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

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 (2008-2012)*
Supervisors: K Sauer, R Coates, F Wood, M Doherty

Kylene 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 (2010-2013)*
Supervisors: G Brown, B Maycock

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

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
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 (2008-2012)*
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

**Carlie Jones** (PhD)
*Development and implementation of a physical activity and nutrition program for mothers with young children (2008-2012)*
Supervisors: P Howat, J Jancey, S Dhaliwal, A McManus

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

**Justine Leavy** (PhD) (UWA)
*Evaluation of Find Thirty every day® - a state-wide physical activity mass media campaign (2009-2012)*
Supervisors: F Bull, A Bauman, M Rosenberg

Marie Little (PhD)
*Health impact assessment of climate change adaptation in the Blackwood Stirling (2009-2011)*
Supervisors: J Spickett, B Maycock, D Katscherian

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

Raglan Maddox (MPH)
*Indigenous Australian smoke-free workplace policy (2011-2012)*
Supervisors: J Comfort

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

Judi McGlynn (BSc Hons)
*Urban Aboriginal women’s attitudes and beliefs about sexual violence (2011)*
Supervisors: S Burns, M Doherty

**Ginny Monteiro** (PhD)
*A randomised control trial to improve nutrition and physical activity behaviours in mothers with young children (2009-2011)*
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

Maria Pasalich (BSc Hons)
Sustainability of a physical activity and nutrition programs for seniors’ (2011)
Supervisors: J Jancey, A Lee

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 (2004-2012)
Supervisors: R Donovan, S Dhaliwal

Christine Stewart Priestley (PhD)
Supervisors: D Kerr, S Dhaliwal, R Prince, T Ackland

Jenna Smedley (BSc Hons)
Antenatal, physical activity and nutrition (2011)
Supervisors: J Jancey, P Howat

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, P Howat

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

Jennifer Tohotoa (PhD)
FIFI - Fathers Infant Feeding Initiative (2008-2011)
Supervisors: B Maycock, P Howat, Y Hauck

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

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

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

Aza Sherin Mohamad Yussuf (PhD)
Breastfeeding and postnatal depression in Sabah Malaysia (2009-2011)
Supervisors: C Binns, B Maycock
During 2011, WACHPR researchers were involved in more than 30 projects across a broad range of key health issues in varying settings.

The WACHPR has been successful in receiving four NHMRC grants in the previous five years. These are:

1. Mothers of Young Children (MYC) - improving nutrition and physical activity behaviours in mothers with young children (2009-2011)
2. Physical Activity and Nutrition for Seniors’ (PANS) - improving the nutrition and physical activity behaviours of older adults (2009-2012)
3. CONNECT Study: Social norms regarding HIV/STI risk and risk reduction behaviours among men who have sex with men in Australia (2010-2012)
4. Epidemiology and community consequences of asbestos exposure in WA (2006-2010)

A brief overview of WACHPR projects undertaken throughout 2011 are described on the subsequent pages.
Early Childhood Health and Nutrition

Antenatal, physical activity and nutrition (2011) Funded by: NHMRC
Research Team: J Jancey, P Howat, G Monteiro, J Smedley (Hons Candidate)
Project Partners: Centre for Behavioural Research in Cancer Control (CBRCC)
Evidence suggests that pre-pregnancy body mass index and gestational weight gain influence post-partum weight loss and weight retention. Additionally, it seems that life in the intrauterine environment plays a significant role in increasing susceptibility to overweight and obesity outcomes in childhood and beyond. This highlights that both the short and long term health status of women and their children are being influenced by maternal behaviours. This study aimed to determine women’s knowledge, attitudes and behaviours around physical activity, healthy eating and weight management before and during pregnancy and to identify sources of health information.

The research found that a significant number of women in this survey (n=100) reported a reduction in their level of physical activity during pregnancy; a significant increase in consumption of fruit, vegetables and fibre; and a decrease in fast food consumption. Medical practitioners were the preferred source of health information but seemed to provide insufficient information about health behaviours during the antenatal period. The outcomes of this research indicated that there is a need for improved provision of health information on physical activity, diet and weight management in the antenatal period.

Breastfeeding and postnatal depression in Sabah Malaysia (2009-2011) Unfunded
Research Team: C Binns, B Maycock, Aza Sherin Mohamad 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. Data collection was completed in 2011 and a portion of the results were presented in a Poster Presentation at the 42nd Asia-Pacific Academic Consortium for Public Health Conference in November 2010 in Indonesia. Data analysis was completed at the end of 2011. The research identified factors that influence breastfeeding practices and risk factors associated with postnatal depression.

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, Shu 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 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 analysis will be conducted.
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 project aims to determine the prevalence and determinants of breastfeeding and complementary feeding practices in infants in rural Western Australia. Women have been recruited from four regional areas of WA. All women complete an online survey at seven time points over a twelve month period providing information on psychosocial and biomedical factors which may affect their breastfeeding practices. It is expected this project will provide longitudinal data on the infant feeding practices of women living in regional WA.

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

Research Team: Dr R Giglia, Prof 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). Women are recruited to the study while in hospital and are randomly assigned to the intervention group, who receive the internet intervention, or the control group, who receive the general services available in the region. This research will determine the effectiveness and usefulness of providing individualised feedback and information for women on their breastfeeding concerns via the internet.

Promoting healthy computer use among middle school students: A pilot school-based health promotion program (2011-2013) Unfunded

Research Team: M Ciccarelli, L Portsmouth, C Harris, K Jacobs
Project Partners: College of Health and Rehabilitation Sciences: Sargent College Boston University, School of Occupational Therapy and Social Work Curtin University, Tranby College

Introduction of notebook computers in many schools has become integral to learning. This has increased students’ screen-based exposure and the potential risks to physical and visual health. Unhealthy computing behaviours include frequent and long durations of exposure; awkward postures due to inappropriate furniture and workstation layout; and ignoring computer-related discomfort.

The objective of the research is to describe the framework for a planned school-based health promotion program to encourage healthy computing behaviours among middle school students. This planned program uses a community-based participatory research approach. Students completing Year 7 in 2011 at a co-educational middle school, their parents, and teachers have been recruited. Baseline data was collected on students’ knowledge of computer ergonomics; current notebook exposure; attitudes towards healthy computing behaviours; teachers’ and self-perceived competence to promote healthy notebook use among students; and what education they wanted. The health promotion program is being developed by an inter-professional team in collaboration with students, teachers and parents to embed concepts of ergonomics education in relevant school activities and school culture. End of year changes in reported and observed student computing behaviours will be used to determine the effectiveness of the program. This project will build a body of evidence regarding physical health benefits to students from this school-based ergonomics program can guide policy development on the healthy use of computers within children’s educational environments.
Nutrition and Physical Activity

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.

REFRESH - Reminder on Exercise, Food, Relaxation and Enlisting Support to Maintain a Healthy Lifestyle (2009-2011) 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, Cancer Council WA, 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.
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 behavioral 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.

**Sustainability of a physical activity and nutrition programs for seniors’ (PANS) (2011) Funded by: NHMRC**

*Research Team: J Jancey, P Howat, A Lee, L Burke, M Pasalich (Hons Candidate)*

*Project Partners: CBRCC*

Older adults, a growing segment of the population, are not participating in sufficient amounts of physical activity, nor are they meeting the recommended daily intake of fruit and vegetables. Regular physical activity and a nutritionally balanced diet can play a major role in preventing many chronic health conditions such as coronary heart disease and type 2 diabetes. There is insufficient evidence regarding the sustainability of physical activity and nutrition interventions for older adults. Therefore the aim of this study was to determine the long-term impact of a low cost, home-based physical activity and nutrition intervention for insufficiently active 60 to 70 year olds, living in low and medium socioeconomic status suburbs in the Perth metropolitan area.

A follow-up survey was conducted 6 months after the program’s completion via computer-assisted telephone interviewing (CATI). The *International Physical Activity Questionnaire* (IPAQ) and the *Fat and Fibre Barometer* (FFB) were used to measure physical activity and dietary behaviours. Self-reported height, weight, waist and hip circumferences were obtained to assess changes in BMI and waist-to-hip ratio (WHR). Sustained improvements were observed for the intervention group in strength exercises, fibre intake, fat intake, fat avoidance, BMI and WHR. Mean walking time decreased below baseline levels for both for both groups. At post-program, the intervention group had increased time spent participating in moderate, vigorous and total physical activity, which declined at follow-up. This low-cost physical activity and nutrition intervention resulted in sustained improvements in dietary outcomes and overall short-term gains in physical activity.
Alcohol and Other Drugs

**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, J Hildebrand (Project Manager)*

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 pre-post mixed methods research project to measure changes in smoking prevalence, knowledge, attitudes, compliance and awareness. Baseline data have been collected from students and staff via an electronic questionnaire, focus groups and key informant interviews during 2011. Results expected from the project include staff and student smoking prevalence, knowledge, attitudes and compliance with the smoke free initiative will be described using results from the baseline data obtained. Post evaluation data will be collected via the same methods six months following the policy implementation and results will be compared to the baseline data to measure any changes in staff and student smoking prevalence, knowledge, attitudes and policy compliance and awareness.

**Raising Awareness of Drug and Alcohol Risk (RADAR) project (2011-2012) Funded by: Healthway**

*Research Team: P Howat, L Fielder, K Hug, B Davis, K Blackford (Project Manager)*

*Project Partners: LDAG Inc., The Canning Times, Willetton & Districts Local Drug Action Group, CBRCC*

RADAR is a community project developed by the Willetton & Districts Local Drug Action Group together with the Canning Times and Healthway. The project aims to counter Australia's cultural acceptance of heavy drinking which normalises risky drinking behaviour. It plans to raise awareness of parents about their children’s alcohol use, and what they can do. Monthly articles have been published in the Canning Times since July 2011 and will continue to August 2012. Topics have included alcohol and parents; leavers and parties; alcohol and youth; Christmas and parties; alcohol and drowning; and alcohol advertising and sponsorship.
Research Program

Mental Health

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.

Research Team: G Brown, B Maycock, A McManus, R Lobo (PhD Candidate)
Project Partners: Youth Affairs Council WA, Department of WA Sexual Health and Blood Borne Virus Program
This project aimed to develop a practice- and theory-based evaluation framework and evaluation tools for peer-based youth programs such as drop-in centres, online discussion forums, youth camps and peer education programs. The project used a participatory action research design and involved the collaboration of eight youth service providers, 12 peer-based youth programs and three Curtin research centres. The study identified barriers and enablers associated with evaluating peer-based youth programs, specified relevant evaluation parameters which could be used to measure program effectiveness. Twelve theories and models were identified which could be used to explain how and why peer-based programs were effective.
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 Manager)
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 end of 2011 the project had almost reached its Perth target of 200 connected respondents (which was achieved in January 2012). The research is expected to contribute to understanding how men communicate norms and shape each other’s beliefs and behaviours.

Infertility and marital well-being among infertile, Chinese couples from Hei Longjiang Province, China (2009-2011) 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. 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)
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, the next phase of the project involves conducting interviews in Australia and the Northern Territory, a literature review and investigating the potential of online networks and forums that can be accessed from Australia.
YEP (Youth Educating Peers) - A youth sector peer education mobilisation project (2009-2011) Funded by: DoHWA
Research Team: R Lobo, R Walker (Project Manager)
Project Partners: Youth Affairs Council WA, Department of WA Sexual Health and Blood Borne Virus Program

Youth Educating Peers (YEP) is a two-year Participatory Action Research (PAR) project delivered by the Youth Affairs Council of Western Australia (YACWA) that collaborated with six WA youth sector agencies, including 13 youth workers and over 50 young people, to trial the development of sexual health and blood-borne virus (SHBBV) peer education programs. The aim is to investigate the value of, and processes involved in, implementing peer based strategies in informal and out-of-school youth sector settings for promoting positive SHBBV outcomes with young people.

The project delivered a number of key findings and recommendations for implementing SHBBV youth peer based programs in youth sector settings. Overall, peer based programs are highly effective in supporting and educating young people in relation to SHBBVs due to a range of factors unique to the sector. These include the provision of safe, non-judgemental spaces for peer learning; close relationships between youth workers and young people; and the flexible, youth-led, personalised approach of the programs. Limited agency and staff capacity emerged as a key challenge, for when working with marginalised young people programs required ongoing investment and support for youth workers to sustain young people’s engagement and support them to take on formal peer educator roles.

Environmental Health

Health impact assessment of climate change adaptation in the Blackwood Stirling (2009-2011) 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. It is anticipated a final survey will be released in early 2012 and following this, journal articles will be drafted for submission throughout the year.

Healthy active workplace initiative (2011) Funded by: Department of Sport and Recreation

Research Team: J Jancey, M Tye, N Bowser

Project Partners: Department of Sports and Recreation WA, Centre for Sport and Recreation Research

The increased sedentary nature of paid work, long hours, work related stress, along with a reduction in active transport have all contributed to the decline in levels of physical activity and healthy eating. The worksite is an ideal setting to reach a large number of people from a variety of backgrounds to encourage and support the adoption of health enhancing behaviours around physical activity, diet, tobacco, alcohol and mental health.

This research aimed to evaluate the appropriateness and usefulness of workplace health and well-being programs and resources. The projects were conducted in conjunction with Centre for Sport and Recreation. Recommendations to support positive health behaviours in the workplace have stemmed from this research.

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 behavior and the KAP-1 survey. Phase two, the pilot intervention will be 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.
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 school 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 intervention 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. Throughout 2011 case study schools were recruited, baseline data have been collected from students and staff. Interviews conducted with school leadership teams. Case study schools have been supported through stage 1 of the implementation process.


*Research Team: M Doherty, J Gahagan, A McKay, J Otis, G Smith*

*Project Partners: Public Health Agency of Canada, University of Alberta, Options for Sexual Health, Dalhousie University, University of Quebec and Montreal*

The aim of this project was to develop, pilot test and validate a survey with which to collect comprehensive data on the sexual health of young Canadians. The **Canadian Sexual Health Indicators Survey** was developed based on interviews and discussions with experts. A four staged method for pilot-testing and validating the survey was used which included: 1) a review of the draft survey by experts; 2) focus groups with the target population to ensure comprehension and interpretation of the survey questions; 3) pilot-testing of the instrument with the target population; and 4) final revision and checking of the instrument.

The findings indicated that the survey demonstrated good validity and reliability for measuring various aspects of sexual health of youth in Canada. The survey has the potential to provide valuable data to policy-makers and decision-makers upon which to base policies and decisions. Educators and academic researchers at universities and colleges may be able to use this tool to improve their understanding of trends in sexual health and issues facing youth.
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: Heart Foundation (WA Division)
In 2007, a new iteration of the Find Thirty, Western Australian state-wide physical activity campaign was proposed 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 cross sectional and cohort evaluation design ensured a robust approach to evaluating the mass media component. In 2011, data analyses continued with a number of peer reviewed publications prepared and submitted. The research indicates that by defining and then examining awareness profiles and sub group analyses by demographics and physical activity levels, has implications and considerations for future campaign planners interested in establishing and maintaining campaign awareness with adult populations and in turn, potentially increase physical activity.
Short Courses

Curtin University and the WACHPR have been conducting short courses in health promotion for over a decade. The courses aim to enable participants to understand the role and importance of health promotion and the broader concept of health at a community, state and national level. The courses are set within a social determinants of health approach. They are ideal for people already working in the health sector, those wanting to move into this area and those wanting to incorporate health promotion principles into their work roles.

Combinations of online and face-to-face courses were offered throughout 2011 with 97 registered participants. There were three variations of the course which included;

1. Health Promotion Short Course (online)
   In this course, participants learn about health promotion concepts, frameworks and core skills necessary to plan, implement and evaluate health promotion programs. The course offers a range of online learning strategies including quizzes, video clips, web links and podcasts, as well as ongoing support from an excellent academic team. Participants have 12 weeks to work their way through eight modules. This online course was developed through funding from the following grant: Comfort, J, Burns, S (2010). External delivery of a short course in health promotion, Centre for e-learning strategic grants, Curtin University.

2. Introduction to Health Promotion Short Course (face-to-face)
   This course provides an introduction to health promotion comprising three days of face-to-face training. This is ideal for those wishing to build health promotion skills and knowledge quickly in a stimulating environment. At the end of the course participants will have gained the skills to plan, implement and evaluate health promotion programs. Participants are led through an engaging program using discussion, lectures and group work.

3. Evaluation of Health Promotion Interventions Short Course (face-to-face)
   This course provides participants with an introduction to the theory and practice of evaluating health promotion interventions. It demonstrates a range of evaluation strategies to provide participants with the skills to demonstrate program effectiveness.

Table 1 provides a summary of the courses conducted in 2011.

<table>
<thead>
<tr>
<th>Course</th>
<th>Timing</th>
<th>Duration</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Health Promotion Short Course:</td>
<td>February</td>
<td>3 days</td>
<td>20</td>
</tr>
<tr>
<td>Australian Federation of AIDS Organisation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evaluation of Health Promotion Interventions Short</td>
<td>February</td>
<td>2 days</td>
<td>20</td>
</tr>
<tr>
<td>Course: Australian Federation of AIDS Organisation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health Promotion Short Course (online)</td>
<td>April</td>
<td>12 weeks</td>
<td>16</td>
</tr>
<tr>
<td>Introduction to Health Promotion Short Course:</td>
<td>May</td>
<td>3 days</td>
<td>23</td>
</tr>
<tr>
<td>North Metropolitan Area Health Service</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Introduction to Health Promotion Short Course: WA</td>
<td>June</td>
<td>3 days</td>
<td>8</td>
</tr>
<tr>
<td>AIDS Council</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health Promotion Short Course (online)</td>
<td>September</td>
<td>12 weeks</td>
<td>10</td>
</tr>
</tbody>
</table>
The evaluation of the course has been positive. Participants have indicated high levels of satisfaction and have found the course to be very useful. Qualitative feedback highlighted how participants valued and enjoyed the educational and informative courses.

“Thanks, a really good course. I am in a new role, this course was fantastic for me”
Introduction to Health Promotion Short Course: North Metropolitan Area Health Service

“Excellent work - clear informative and interesting, well done!!”
Introduction to Health Promotion Short Course: WA AIDS Council

“I have better knowledge and got tips on how to deliver and evaluate the program”
Introduction to Health Promotion Short Course: North Metropolitan Area Health Service

During 2012, 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 2012. These will include courses designed for those practitioners working in the areas of sexual health and Aboriginal health.
In 2011, 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**
- Australian Federation of AIDS Organisation – Graham Brown (President)
- Australian Health Promotion Association (WA Branch) – Gemma Crawford (Co-President)
- City of South Perth Council – Peter Howat (Councillor)
- Curriculum Council of Western Australia, Post Compulsory Health Studies Reference Group – Sharyn Burns (Member)
- Gay Retirement Association Inc. – Jude Comfort (Chair)
- Injury Control Council of WA – Peter Howat (Member)
- National Heart Foundation, Cardiovascular Health Committee – Peter Howat (Member)
- Public Health Association of Australia (WA Branch) – Jonine Jancey (Vice President), Peter Howat (Committee Member)
- Sexual Health and Blood Borne Virus Research and Evaluation Network (SiREN) – Gemma Crawford (Member), P. J. Matt Tilley (Member)
- Western Australian AIDS Council – Jonathan Hallett (Vice Chairperson)
- Western Australian Cancer and Palliative Care Network: Primary Care, Cancer Prevention and Screening Collaborative – Peter Howat (Executive Committee Member)

**Western Australian Lactation Consultants Association** – Roslyn Giglia (Member)

**Western Australian Sexology Society** – P. J. Matt Tilley (President)

**WA Alcohol and Youth Action Coalition** – WACHPR (Centre Membership)

**Willetton and Districts Local Drug Action Group** – Peter Howat (Committee Member)

**National**
- Australian Breastfeeding Association – Roslyn Giglia (Member)
- Australian Collaborative Education Network – Gemma Crawford (Member)
- AIDS Council of NSW – Jude Comfort (Lesbian Health Advisory Committee)
- Australian Council on Smoking and Health – Peter Howat (Member)
- Australian Gerontological Society – Jonine Jancey (Member)
- Australian Health Promotion Association – Gemma Crawford (Board Member), Linda Burke (Member), Sharyn Burns (Member), Jude Comfort (Member), Lisa Cooper (Member), Jonathan Hallett (Member), Peter Howat (Member), Jonine Jancey (Member), Justine Leavy (Member), Linda Portsmouth (Member)
- Australian Society of Sex Educators Researchers and Therapists National – P. J. Matt Tilley (Council Member)
Professional Participation

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

Canadian Sex Researcher – Maryanne Doherty (Member)

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

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

Dietitians Association Australia – Roslyn Giglia (Director)

International Association for Public Participation – Jonathan Hallett (Member)

Making Links Conference Organising Committee – Jonathan Hallett (Member)

International Society for Behavioural Nutrition and Physical Activity – Peter Howat (Member), Jonine Jancey (Member), Justine Leavy (Member)

National HIV Monitoring Surveillance Plan Working Group – Graham Brown (Co-Chair)

International Union against Cancer – Peter Howat (Member)

National LGBTI Health Alliance – Jude Comfort (Member)

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

Public Health Association of Australia – Peter Howat (Board Member), Linda Burke (Member), Gemma Crawford (Member), Jonathan Hallett (Member), Jonine Jancey (Member), Ginny Monteiro (Member)

International Union for Health Promotion and Education – Peter Howat (Member)

Public Health Association of Australia, Health Promotion Special Interest Group – Peter Howat (National Convenor), Jonine Jancey (National Convenor)

New Zealand Health Research Council – Peter Howat (Program Assessment Committee)

Sustainable Population Australia – Peter Howat (Member)

Royal Society of Medicine – Rosemary Coates (Life Fellow)

International

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

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

American Academy of Health Behavior – Peter Howat (Member)

World Association for Sexual Health – Rosemary Coates (President), Maryanne Doherty (Chair Scientific Committee), P. J. Matt Tilley (Advisory Committee Member)

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

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

Membership on Editorial Boards
Australasian Medical Journal – Satvinder Dhaliwal (Biostatistics Editor)

Global Health Promotion – Peter Howat (Member)

Health Education and Research – Sharyn Burns (Member)

Health Promotion Journal of Australia – Sharyn Burns (Reviewer), Peter Howat (Editorial Board Member)

International Journal of Sexual Health – Maryanne Doherty (Reviewer)

Journal of Clinical Densitometry – Satvinder Dhaliwal (Member)

Social Development – Sharyn Burns (Member)

The American Journal of Health Behavior – Peter Howat (Australian Editor), Bruce Maycock (Reviewer)

The Official Journal of the International Society for Clinical Densitometry, USA – Satvinder Dhaliwal (Member)

Other Professional Participation, Awards and Achievements

John Curtin Distinguished Professor, Faculty of Health Sciences, Curtin University – Colin Binns

Early Career Researcher of the Year, Faculty of Health Sciences, Curtin University – Jonine Jancey

Ms Ginny Monteiro (PhD scholar) was awarded a three month CDC International Internship based in Atlanta, Georgia.

Excellence and Innovation in Teaching Award: Teaching Excellence, Faculty of Health Science, Curtin University – Linda Portsmouth

Excellence and Innovation in Teaching Award: Teaching Excellence, Faculty of Health Science, Curtin University – P. J. Matt Tilley
Scholarship Summary

Ginny Monteiro, PhD candidate, was supported by her supervisors (Professor Peter Howat, Dr Jonine Jancey and Associate Professor Satvinder Dhaliwal) to fulfil a three month internship scholarship at the Global Health Promotion Office, CDC and Prevention, Atlanta. Dr Michael Pratt, MD, MPH, Senior Advisor for Global Health, National Center for Chronic Disease Prevention and Health Promotion, CDC and Prevention, Atlanta, Georgia, USA (22 September to 30 November 2011) supervised Ginny during her internship at the Center.

At the CDC, Ginny learnt about projects and networks, working with senior policy makers at the Division of Nutrition, Physical Activity and Obesity and the Division of Reproductive Health. She contributed to a collaborative project between the CDC, the Health Ministry of Colombia, and School of Medicine at the Universidad de los Andes that reviewed the use of behaviour change theories or lack of, in physical activity and diet interventions in Latin America. Ginny coordinated a systematic review and discussion with internationally recognised behaviour change and physical activity researchers. She was invited to present the findings and the application of behaviour change in the context of Latin America at a Think Tank on ‘Changing Physical Activity and Dietary Behaviours in the Context of Latin America’ Bogota, Colombia 5-7 December, 2011.

Ginny was the recipient of the International CDC and Prevention International Scholarship to attend the Physical Activity Practitioner Course on Community Interventions, in South Carolina, USA (13 September to 21 September 2011). Ginny was one of 25 candidates selected based on professional credentials, experience, current professional position, and potential to enhance public health research and practice. This six-day course provided opportunities to interact closely with internationally known public health practitioners and researchers. It reviewed community-based physical activity initiatives; identified models for physical activity promotion; reviewed epidemiology/needs assessment; "best practice" intervention strategies, policy and environmental supports for physical activity; program evaluation; partnership development; and current international physical activity research.

Figure 3: International and Latin American researchers, and government health officials at Think Tank in Bogota, Colombia
Partnerships

A large portion of the WACHPR’s research is conducted in partnership and collaboration with other organisations. The WACHPR staff members facilitate and maintain relationships to improve opportunities for collaboration, information sharing and the production of high quality research outputs. The following outlines current partnerships within Curtin University and at a regional, national and international level.

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)</td>
<td>Nutrition research; Seniors’ health research;</td>
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<tr>
<td></td>
<td>Alcohol research; Antenatal research</td>
</tr>
<tr>
<td>The Centre of Excellence for Science, Seafood and Health (CESSH)</td>
<td>Youth and peer education; Youth and sexual</td>
</tr>
<tr>
<td></td>
<td>health promotion; Nutrition research</td>
</tr>
<tr>
<td>Curtin Monash Accident Research Centre (CMARC)</td>
<td>Seniors’ pedestrian safety research; Injury</td>
</tr>
<tr>
<td></td>
<td>prevention</td>
</tr>
<tr>
<td>Centre for Sport &amp; Recreation Research (CSRR)</td>
<td>Worksite health promotion</td>
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<tr>
<td>National Drug Research Institute (NDRI)</td>
<td>Alcohol research</td>
</tr>
<tr>
<td>School of Occupational Therapy and Social Work</td>
<td>School-based health promotion research</td>
</tr>
</tbody>
</table>
## Partnerships

### Regional Partnerships

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Activity/Project</th>
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</thead>
<tbody>
<tr>
<td>Association of Independent Schools, WA</td>
<td>Youth and mental health research</td>
</tr>
<tr>
<td>Australian Council of Smoking and Health</td>
<td>Smoking control for LGBTI populations research</td>
</tr>
<tr>
<td>Cancer Council of WA</td>
<td>Seniors’ health research</td>
</tr>
<tr>
<td>Catholic Education Office, WA</td>
<td>Youth and mental health research</td>
</tr>
<tr>
<td>Centre for Sport and Recreation Research</td>
<td>Worksite health promotion research</td>
</tr>
<tr>
<td>Department of Education, WA</td>
<td>Youth and mental health research</td>
</tr>
<tr>
<td>Department of Health, WA</td>
<td>HIV and sexual health research; Youth and sexual health promotion</td>
</tr>
<tr>
<td>Sexual Health and Blood Borne Virus Program</td>
<td>Worksite health promotion research</td>
</tr>
<tr>
<td>Department of Sport and Recreation, WA</td>
<td>Resilience of adolescent FIFO workers; Building school capacity to reduce aggression among school students</td>
</tr>
<tr>
<td>Edith Cowan University, Child Health Promotion Research Centre</td>
<td>Sexual health research</td>
</tr>
<tr>
<td>Gay, Lesbian, Bisexual, Trans and Intersex Retirement Association Incorporated</td>
<td>Community based alcohol research</td>
</tr>
<tr>
<td>National Heart Foundation</td>
<td>Nutrition and physical activity research</td>
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<tr>
<td>Playgroup WA</td>
<td>Nutrition and physical activity research</td>
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<tr>
<td>St John of God Healthcare</td>
<td>Antenatal research</td>
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<tr>
<td>The Canning Times, Community Newspaper</td>
<td>Community based alcohol research</td>
</tr>
<tr>
<td>Tranby College</td>
<td>School-based health promotion research</td>
</tr>
<tr>
<td>WA AIDS Council</td>
<td>HIV and sexual health research</td>
</tr>
<tr>
<td>WA Country Health Services</td>
<td>Regional Infant Feeding Study</td>
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<tr>
<td>Willetton Districts Local Drug Action Group</td>
<td>Alcohol research</td>
</tr>
<tr>
<td>Youth Affairs Council of WA</td>
<td>Youth and peer education; Youth and sexual health promotion</td>
</tr>
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</table>
## Partnerships

### National Partnerships

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<tr>
<th>Organisation</th>
<th>Location</th>
<th>Activity/Project</th>
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</thead>
<tbody>
<tr>
<td>Australian Federation of AIDS Organisation</td>
<td>New South Wales</td>
<td>HIV and sexual health research</td>
</tr>
<tr>
<td>Australian Research Centre in Sex, Health and Society, La Trobe University</td>
<td>Victoria</td>
<td>HIV and sexual health research</td>
</tr>
<tr>
<td>Deakin University</td>
<td>Victoria</td>
<td>School and youth based mental health research</td>
</tr>
<tr>
<td>Flinders University</td>
<td>South Australia</td>
<td>School and youth based mental health research</td>
</tr>
<tr>
<td>Griffiths University</td>
<td>Queensland</td>
<td>School and youth based mental health research; Physical activity and nutrition research; Social inclusion and equity</td>
</tr>
<tr>
<td>Kirby Institute, University of New South Wales</td>
<td>New South Wales</td>
<td>HIV and sexual health research</td>
</tr>
<tr>
<td>Monash University</td>
<td>Victoria</td>
<td>Nutrition and physical activity research</td>
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<td>National Centre in HIV Epidemiology and Clinical Research, University of New South Wales</td>
<td>New South Wales</td>
<td>HIV and sexual health research</td>
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<tr>
<td>National Centre in HIV Social Research, University of New South Wales</td>
<td>New South Wales</td>
<td>HIV and sexual health research</td>
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<td>Northern Territory Heath</td>
<td>Northern Territory</td>
<td>HIV and sexual health research</td>
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<tr>
<td>Queensland University of Technology</td>
<td>Queensland</td>
<td>Nutrition and physical activity research</td>
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<tr>
<td>University of Queensland</td>
<td>Queensland</td>
<td>Visiting research fellow; NHMRC grant collaboration</td>
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## International Partnerships

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<th>Location</th>
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<tbody>
<tr>
<td>College of Health and Rehabilitation Sciences: Sargent College, Boston University</td>
<td>Boston, USA</td>
<td>School-based health promotion research</td>
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<tr>
<td>Dalhousie University</td>
<td>Canada</td>
<td>Sexual health research</td>
</tr>
<tr>
<td>Dionegoro University</td>
<td>Indonesia</td>
<td>Climate change and public health research</td>
</tr>
<tr>
<td>Harbin Medical University</td>
<td>China</td>
<td>Antenatal research; Mental health research</td>
</tr>
<tr>
<td>Jagielloninan University</td>
<td>Poland</td>
<td>Social inclusion and equity</td>
</tr>
<tr>
<td>Kaunas University of Medicine</td>
<td>Lithuania</td>
<td>Social inclusion and equity</td>
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<tr>
<td>National Centers for Injury Prevention and Control, Centers for Disease Control and Prevention</td>
<td>Atlanta, USA</td>
<td>Internship; Nutrition, physical activity and obesity research</td>
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<td>National University of Ireland</td>
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<td>Cochrane protocol</td>
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<td>Options for Sexual Health</td>
<td>Canada</td>
<td>Sexual health research</td>
</tr>
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<td>Public Health Agency Canada</td>
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<td>Sexual health research</td>
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<tr>
<td>San Diego State University</td>
<td>San Diego, USA</td>
<td>Seniors’ pedestrian safety research; NHMRC grant collaboration</td>
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<td>Germany</td>
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<td>University of Dundee</td>
<td>Scotland</td>
<td>Nutrition and physical activity research</td>
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<tr>
<td>University of Malaysia Sabah</td>
<td>Malaysia</td>
<td>Breastfeeding and postnatal depression research</td>
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<td>University of Quebec and Montreal</td>
<td>Canada</td>
<td>Sexual health research</td>
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<tr>
<td>University of Southern Denmark</td>
<td>Denmark</td>
<td>Social inclusion and equity</td>
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</table>
In 2011, the WACHPR staff and students were responsible for a total of 59 publications, which included 2 book chapters, 44 national and international journal articles, 7 reports, 2 articles and 3 conference publications.

**Book Chapters**


**Journal Articles**


Publications


Reports

Blackford, K., P. Howat, L. Fielder, B. Davis, & R. Davis (2011). *Raising Awareness of Drug and Alcohol Risk (RADAR) - Promoting community level alcohol awareness via local community newspapers.* Western Australian Centre for Health Promotion Research, Centre for Behavioural Research in Cancer Control, Curtin Health Innovation Research Institute, Curtin University; and the Willetton and Districts Local Drug Action Group, Perth WA.


Sauer, K.H., K.D. Suharya, P. Howat, G. Jalleh, & K. O’Hare (2011). *Attitudes of Western Australian high school students, teachers and principals towards skin cancer and skin cancer prevention.* Western Australian Centre for Health Promotion Research, Centre for Behavioural Research in Cancer Control, Curtin Health Innovation Research Institute, Curtin University, Perth WA.

Articles


Conference Publications


In 2011, WACHPR staff and students showcased their work in 44 presentations, including 14 state, 13 national and 17 international presentations.

**State Presentations**


Kerr, D., Pollard, C., **Howat, P.,** Wright, J., **Dhaliwal, S.,** Kerr, K., Pratt, S., & Boushey, C. *Tonal execution of nutrition messages needs to be considered in developing dietary change text messaging interventions in young adults*, Curtin Health Innovation Research Institute Annual Conference for 2011, Curtin University Perth, 24 November 2011.


**Howat P.** *Panel: So if health promotion is everybody’s business: What are we all doing here?* Symposium, Australian Health Promotion Association (WA), Perth, 19 September 2011. (Invited)


Sauer, K., Suharya, D., **Howat, P.,** O’Hare, K., Jalleh, G., & **Dhaliwal, S.** *Sun protection policies in high schools*, Seventh State Cancer Control Conference, Perth, 24 March 2011.


Presentations

**National Presentations**


**Gigilia, R.** Using an internet intervention to support breastfeeding mothers, and dieticians to conduct research in regional Western Australian (WA), Oral Presentation, Dieticians Association of Australia 29th National Conference, Adelaide, 26-28 May 2011.


**Leavy, J., Bull, F., Rosenburg, M. & Bauman, A.** Effects of Find Thirty every day: Cross sectional findings from a Western Australian population wide mass media campaign 2008-2010, Australian Conference of Science and Medicine in Sport, Fremantle, 19-22 October 2011.


**Prestage, G., Down, I., Brown, G., & Hurley, M.** Acting on desire: The role of erectile dysfunction medication, 23 Annual Conference of the Australasian Society for HIV Medicine, Canberra, 26-28 September 2011.


Presentations

International Presentations

Howat, P., Tohotoa, J., Maycock, B., Hauck, Y., Dhaliwal, S., Burns, S. & Binns, C. A program to harness support of fathers to increase breastfeeding duration: Intervention research challenges, Research Seminar, University of Dundee School of Medicine, Dundee, 10 May 2011. (Invited)


Presentations


Tilley, P. J. M. *The Curtin ALLY program fosters a university culture which is inclusive of sexual and gender diversity*, World Association for Sexual Health (WAS) Biennial Congress, Glasgow, Scotland, 2011.
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.

Table 2: Research output 2010 and 2011

<table>
<thead>
<tr>
<th>Comparison of Publications and Presentations in 2010 and 2011</th>
<th>2010</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Publications</strong></td>
<td></td>
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</tr>
<tr>
<td>Books</td>
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<td>Other (Reports, online resources, conference publications)</td>
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<tr>
<td><strong>Presentations</strong></td>
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<td></td>
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<td>State</td>
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