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1.0 BACKGROUND

The Western Australian Centre for Health Promotion Research (WACHPR) is a multi-disciplinary research centre within the Division of Health Sciences at Curtin University of Technology. It operates within the School of Public Health with a strong affiliation to the Department of Health Promotion.

The WACHPR was the first research centre in health promotion to be established by an Australian university. Since its inception in 1986, the WACHPR has attracted over $6 million to fund both research and consultancies. As part of a major restructure of the WACHPR in 2004, a long-term plan was developed for current and proposed research that has the potential to continue to significantly influence health promotion interventions and evaluation, public policy and public health.

The WACHPR’s expertise is directed towards epidemiological research and health promotion intervention research. Our main research foci include: injury prevention; mental health promotion; alcohol and other drugs; sexual health; physical activity and obesity; school health promotion; seniors’ health; theory and evidence based health promotion methodologies (planning, interventions and evaluation); health promotion education and training; and policy and advocacy.

In addition to these core functions, the WACHPR conducts health promotion continuing education/capacity building courses and community HIV/AIDS education courses both locally and internationally, consultancy and evaluation services, and provides assistance and advice with public health policy activity. Further potential exists within the group to expand the capacity to conduct continuing education courses and workshops in other areas of health promotion.
The WACHPR’s work is predicated upon the following definition:

Health promotion can be regarded as a combination of educational, organisational, economic and political actions designed with consumer participation, to enable individuals, groups and whole communities to increase control over, and to improve their health through knowledge, attitudinal, behavioural, social and environmental changes (Howat et al, 2003).

### 2.0 VISION STATEMENT

Our vision is that within the next five years, the Western Australian Centre for Health Promotion Research be recognised nationally and internationally as a premier centre of excellence for research and training in health promotion.

The WACHPR is committed to ethical practice and social justice and is responsive to changing community needs and responsibilities.

We aim to achieve our vision through the:

- Conduct of high quality applied research. The WACHPR is currently conducting several formative and intervention research projects addressing the priority areas of alcohol and other drug use, mental health, physical activity, injury prevention, sexual health, seniors health and peer-based strategies targeting at-risk youth;

- Provision of high-level expertise in the design, planning, dissemination, implementation and evaluation of quality health promotion programs and services; and

- Provision of research training and capacity building techniques to undergraduate and postgraduate students. The WACHPR has developed a Research Competency Program (RCP) for students and volunteers. The RCP aims to provide practical application of health promotion skills in a professional research environment and to complement and supplement knowledge acquired through the study of health promotion. The RCP also aims to develop key competencies relevant for health promotion practice and research, and thus improve students’ employability. To date the WACHPR has supported over 500 students by providing practical training in health promotion research.
3.0 RESEARCH AND DEVELOPMENT ACTIVITIES in 2004

In 2004, the WACHPR staff had 33 peer-reviewed articles published, with a further 19 articles under review and 17 in preparation. Staff presented 27 national and international conference papers, completed 12 consultancies totalling $72,500 and continue to work on 12 current research projects funded totalling $834,000. Research proposals of $1.4 million are currently under review and a further 10 research projects have been submitted for 2005. A significant highlight of 2004 was the organisation and hosting of the National Rigour and Vigour Conference: Directions in HIV Prevention, a joint initiative between the WACHPR, the WA AIDS Council and the Australian Federation of AIDS Organisations.

3.1 Mental Health Projects and Research Activities

Mental health has been identified as a national health priority area for Australia. The WACHPR conducted a number of mental health-related research projects in 2004 to address the need for ongoing research and intervention in this area. A variety of issues and target groups were investigated including bullying in primary school aged children and factors influencing the mental health and well-being of same sex attracted youth.

3.1.1 Analysing the factors that influence primary school children to bully others

**Investigators:** Burns S, Maycock B, Brown G, Waters S.

**Funding:** Healthway (2004)

This Healthway funded research project aimed to develop a theoretical understanding of the factors that are likely to influence students who bully others to positively change their bullying behaviours. The study included a quantitative analysis of a cohort of Year 6/7 students who self-reported to bully others. This sample was drawn from schools involved in the Friendly Schools, Friendly Families (FSFF) Project. Data is currently being analysed to determine the effect of the comprehensive two year whole school bullying prevention intervention on students who bully others. From this sample 46 students who bully others and five students who reported no bullying behaviour, participated in a one-on-one in-depth semi-structured interview. The children’s perception of bullying, perceived reasons that some children bully others and factors that may influence a child to change behaviour were investigated using Symbolic Interaction methodology and analysis. To date there is little evidence of qualitative research to explore issues associated with bullying prevention among children. This study provided a
unique opportunity to access higher risk students involved in a universal whole-school-based bullying prevention program.

Specifically the study aimed to identify:
- friendship patterns and behaviours with friends and how the influence on bullying behaviour;
- factors that influence the initiation, maintenance and cessation of bullying behaviours; and
- school factors such as individual feelings of happiness at school, liking school and feelings a safety at school.

3.1.2 Collaborative Evaluation of the Same Sky Project

Investigators: Brown G, Edwards J.
Funding: WA AIDS Council (2004)

This project was a collaboration between the WACHPR and the WA AIDS Council (in consultation with Parents and Friends of Lesbians and Gays, Gay and Lesbian Community Services and the Freedom Centre).

The aim of this consultancy was to collaboratively evaluate the Same Sky Project, which aimed to build, develop and sustain local community support initiatives for same sex attracted youth (SSAY) and their families in Albany, Bunbury, Geraldton and Kalgoorlie areas, in collaboration with regional and metropolitan services.

Young people grappling with same sex attractions face high levels of isolation, stigma and marginalisation. Studies have indicated that SSAY have significantly higher rates of contributing psychosocial problems including alcoholism, illicit drug use, homelessness, opportunistic sex work, elevated levels of verbal and physical violence from both family and peers, school difficulties, conflict with the law, and unsafe sexual practices. The development of a same sex attracted identity may also leave some young people feeling isolated from peers, family, and/or previous support structures. Thus, identifying as a SSAY may negate the protective factors of family and social structure available to most young people. Programs targeting SSAY have generally comprised of peer based education and support to build resiliency and connectedness, alongside mental health services for youth demonstrating risk and self harming behaviour. However, such services are limited or non-existent in regional areas. This project conducted a range of professional training, partnership building and community advocacy strategies to increase the local support structures in regional areas. This included adapting metropolitan models of support as well as creating new regional models.
3.1.3 Collaborative Evaluation of the Celebrate Diversity Project

Investigators: Brown G, Norman S.
Funding: WA AIDS Council (2004)

This project was a collaboration between the WACHPR and the WA AIDS Council (in consultation with Parents and Friends of Lesbians and Gays, Gay and Lesbian Community Services and the Freedom Centre).

The aim of this consultancy was to collaboratively evaluate the Celebrate Diversity Project which aimed to build, develop and sustain local community based capacity to meet the increased needs of the gay and lesbian community, including their families and service providers. The increasing complexity of family life in Western Australia and the legal and education issues of major gay and lesbian law reform have driven the need for such initiatives.

This project included: volunteer recruitment, induction and training programs; ongoing inservice training; professional development for a wide range of agencies and services; and development of educational resources on gay and lesbian law reform and related issues.

3.1.4 Loneliness and social isolation in later life

Investigators: Iredell H, Boldy D, Grenade L, Dhaliwal S, Howat P.
Funding: WA Health Promotion Foundation (Healthway) (2004-2006)

This study aims to measure the extent of loneliness and social isolation among older people, examine the relationships between loneliness, social isolation and living alone and to investigate factors contributing to, or protective of, experiences of loneliness and/or isolation. This includes identifying potential interventions, polices and strategies to protect those ‘at risk’.

This information will be collected via: a cross-sectional survey of older people (65 years and over); a survey of stakeholders involved in health and/or community related organisations that have an interest in older people; compilation and review of existing interventions, resources and policies; in-depth interviews of older people; and the development of a framework for future intervention research. The study will provide estimates of: the prevalence of loneliness and isolation amongst older Australians; review current efforts and their effectiveness in the alleviation of loneliness and isolation; facilitate the engagement of health professionals in understanding loneliness and isolation in later life; and provide a model for future intervention efforts.
3.1.5 Friendly Schools Friendly Families Project

Investigators: Cross D, Roberts C, Hall M, Beatty S.
Funding: Healthway (2002-2004)

The aim of the Friendly Schools Friendly Families (FSFF) Bullying Intervention Project was to reduce and effectively manage bullying in primary schools. This was achieved through the development, implementation and evaluation of a whole-school bullying intervention aimed at: increasing understanding and awareness of bullying; increasing communication about bullying; promoting adaptive responses to bullying and promoting peer and adult support for students who are bullied and peer and adult discouragement of bullying behaviour. Moreover, the FSFF intervention aimed to enhance the impact of parenting and whole-school factors that support and protect children from the effects of bullying.

The outcomes of this project included the:
- development of an intervention that fits within primary school organisational teaching and non-teaching structure, can be easily integrated into the classroom curriculum and whole-school environments, and meets Education Department of WA Student Outcome Statements for the Health and Physical Education Learning Area;
- development of strategies for schools to effectively engage parents in the reduction and management of bullying which can be utilised by any Health Promotion intervention;
- development of user friendly materials as well as accessible and effective professional development for the prevention and reduction of bullying in school settings; and
- provision of a means of empowering teachers, parents and students to play an active role in the prevention and reduction of bullying

3.2 Physical Activity and Nutrition Projects and Research Activities

With current trends in overweight and obesity showing significant increases in recent years, physical activity and nutrition have been identified as priority areas to reduce associated chronic disease. The WACHPR completed the intervention phase of a longitudinal physical activity research project in 2004 and several physical activity and nutrition-related consultancy projects.
3.2.1 Perth Active Living Seniors (PALS)

Funding: Healthway (2002-2005)

Physical inactivity among the Australian population is widespread. There has been a significant decline in the proportion of Australians participating in regular physical activity, with the lowest levels reported by older population groups, especially after 60 years of age.

This study aimed to increase participation rates among 65 to 74 year olds who were insufficiently active, by engaging them in a suburb based walking program over a 6-month period. Thirty trained walking leaders led the groups twice per week and provided educational opportunities to enhance physical fitness and cardiovascular health. Emphasis was also placed on social support and connectedness to enhance mental health and program sustainability.

Three hundred participants were recruited into the study from 30 suburbs in the Perth metropolitan area. A range of psychosocial measures (e.g. self-efficacy, well being) and self-report behavioural measures (e.g. fall-related injury risk, safe road crossing behaviour, exercise participation) were collected prior to, midway through and at the end of the intervention. A comparison group of 300 insufficiently active people from 30 different suburbs, matched on demographic and ethnic characteristics, also completed baseline, mid and post intervention surveys at similar intervals as the walking sample.

Statistical analyses of data were used to identify social, psychological, and cultural variables that directly influence participation and maintenance of physical activities, as well as mediating variables related to exercise participation.

3.2.2 Evaluation of the 2004 Bike to Work Breakfast

Investigators: McManus A, Smith J, McManus J, MacDonald E.
Funding: Department for Planning and Infrastructure (2004)

The Department for Planning and Infrastructure's Bike to Work Breakfast is an annual event that aims to increase awareness of, and promote cycling as an alternative mode of transport to and from work by encouraging all Western Australians to consider the transport, health, environmental, social and economic benefits of cycling.
In addition to the many health benefits, active transport, such as cycling provides reductions in private vehicle use, road congestion and environmental pollution. It also reduces demands on public transport systems and inner city parking. Uptake of active transport has the potential to reduce current trends of physical inactivity in our community.

The Bike to Work Breakfast is an initiative that provides information on the determinants and domains influencing the behaviours and intentions surrounding active transport in Perth, Western Australia. In 2004, the WA Centre for Health Promotion Research was employed to conduct an evaluation of the event. A total of 1657 questionnaires were completed and analysed.

### 3.2.3 City of Mandurah Food Security Project

**Investigators:** McManus A, Smith J.  
**Funding:** City of Mandurah (2004-2005)

The aim of the study is to assess the food availability among food outlets (excluding major supermarkets) in selected regions in the City of Mandurah. Data collection instruments were developed and trialled in 2004 and will be implemented in early 2005. This scoping exercise aims to assess the availability, accessibility, quality and variety of healthy food options through an audit process within selected areas of Mandurah. It is envisaged this formative exploration will create an opportunity for the development of a comprehensive plan addressing the social determinants of health within the City of Mandurah.

### 3.2.4 Technip Subsea7 Enfield Joint Venture Wellness Initiative

**Investigators:** McManus A, Smith J.  
**Funding:** Technip Oceania Subsea 7 Enfield Joint Venture (2004-2005)

The WACHPR was employed to design and conduct the evaluation of a workplace-based healthy lifestyle program. This pilot program aims to facilitate and maintain positive health-related behaviour change among employees through the provision of a 12-month multi-strategic program addressing factors such as physical activity and nutrition-related knowledge and behaviours. The WACHPR will compare baseline self-reported data with data collected six and 12 months after the implementation of the program.
3.2.5 Curtin Healthy Lifestyle Program

**Investigators:** Woolmer J.

In 2004 several articles and photographs were featured in local community newspapers promoting Curtin's Healthy Lifestyle Program and encouraging regular physical activity, including walking and healthy weight loss. Four hundred and fifty people participated in the Curtin City to Surf Team. The West Australian Saturday Magazine mentioned Curtin University Healthy Lifestyle Program in an article encouraging people to try new fitness classes for fun. A study to evaluate current staff activity levels compared to other Western Australians found that Curtin staff were less active than most sedentary workers. As a consequence, a brief intervention to increase physical activity was successfully conducted with a group of Curtin staff. Physical activity will be the focus for the Curtin Healthy Lifestyle Program in 2005, based on a "10,000 steps" program.

3.3 Injury Prevention Projects and Research Activities

Injury-related morbidity and mortality continues to be a major contributor to public health burden in Australia. The WACHPR has been involved in several injury prevention initiatives in 2004.

3.3.1 Managing return-to-play decisions following mild traumatic brain injury in sport

**Investigators:** Stevenson M, Collins M, Lovell M, Finch C, Lee A, McManus A.

**Funding:** National Institute of Health, USA (2003-2007)

The aim of this longitudinal study is to estimate the incidence of mild traumatic brain injury (mTBI) and to develop guidelines for managing return-to-play decisions following mTBI in sport. Formative work has been completed with the intervention beginning in early 2005.

Further funding will be sought in 2005 to implement a computer-based neuropsychological test in a clinical setting. The proposed project will aim to develop Australian norms of cognition for use in assessing brain injury, particularly in sport.

The current norms used to assess brain impairment are based on the findings of over one million respondents observed in the United States of America. The project aims to assess the efficacy of continued use of those norms in the Australian population.
3.3.2 Development of a performance test for senior netball players

Investigators: McManus A, Walmsley A.
Funding: The University of Western Australia and Massey University, New Zealand (2004)

The aim of this project was to develop a valid and reliable performance test for senior netball players for use in subsequent performance enhancement projects. During 2004, a netball performance test (NPT) was developed, implemented and evaluated in both WA and NZ.

The NTP was administered with a squad of senior netball players in Perth (Australia) and Wellington (New Zealand) prior to the start of the 2004 playing season to determine its reliability. Volunteer participants completed informed consent and undertook the test three times over a seven-day period. The first trial was a familiarisation trail, and the second and third trials were used to estimate reliability. The test comprised three laps of a circuit of sport-specific movements and activities. Players were also tested throughout a playing season to assess preparedness to complete, fatigue levels and readiness to return to play following injury. Individual coefficients of variance (CV) between corresponding elements from the second and third trials indicated the NPT has a likely CV of 2%. The data used to develop the NPT were collected as part of the lead author’s doctoral research.

3.3.3 The effect of a proprietary high protein food bar on recovery between games in senior netball players (2004)

Investigators: Walmsley A, Rowlands D, McManus A.
Funding: Partnership Research Fund, Massey University, New Zealand (2004)

The Netball Performance Test (NPT) previously developed, implemented and evaluated by the investigators, was then used to assess the effect of a protein supplementation on the performance of 40 senior netball players. The study was a crossover design in which all players undertook both their normal diet and supplement conditions. Each player completed the NTP on the Wednesday between games at their usual training time for a period of four weeks. During this time, players had a two-week supplementation of high protein food bars which added 40gm per day of bio-available protein to their normal diet. All players completed diet diaries for the whole of the study period. Players were randomly assigned to the control or supplementation group. The study found that the addition of the high protein supplement did not significantly affect the performance of senior netball players.
3.3.4 Maximising Parent Involvement in the Pedestrian Safety of 4 to 6 year olds

**Investigators:** Cross D, Hamilton G, Hall M, Howat P et al.
**Funding:** Healthway (2003-2006)

This project is a collaboration between the WACHPR and the Child Health Research Unit at Edith Cowan University.

The Early Child Pedestrian Injury Prevention Project (eCIPP) is a Healthway funded three-year randomised control and intervention trial investigating the effectiveness of a pedestrian safety intervention with kindergarten children (followed from four to six years of age) and their parents. The eCIPP aims to build the capacity of parents and teachers of four to six year-old children to address behavioural and environmental factors that support and protect children in the road environment. Specifically, the family intervention provides parents with strategies to enhance parent-child communication, parent modelling, parent road safety attitudes and beliefs, normative family standards about road safety, family management techniques and parenting style. The intervention also addresses road safety related knowledge, skills and behaviours needed to teach young children how to cross roads safely. The WACHPR was responsible for the environmental review component of the project, including observing and recording safety measures implemented within school premises and surrounding roads to reduce the occurrence of child pedestrian injury.

3.4 Other projects and research activities

In 2004, the WACHPR conducted several research projects that addressed issues surrounding primary health care, alcohol and other drug use and health promotion practice.

3.4.1 Feasibility Study: Primary Health Partnerships as a mechanism for Health Promotion

**Investigators:** Maycock B, Clippingdale A.
**Funding:** National Health Development Fund (2004)

While there have been numerous reviews that have presented logically consistent reasons why general practitioners should be involved in primary health care initiatives, there are several barriers that inhibit this involvement. These include cultural, organisational, training, resource and financial barriers. The report generated from this project provided clear descriptions of best practice interventions and recommendations for the integration of health promotion into
the primary health partnerships. Recommendations regarding potential implementation structures, cost effectiveness and best practice based upon existing literature and stakeholders were also included.

The project consisted of two phases. Phase one involved: a comprehensive literature review that identified known barriers and limitations affecting Divisions of General Practice in implementing primary health care initiatives; synthesised the evidence supporting best practice interventions by general practitioners in primary health care; and identified implementation strategies that have been successful. Phase two involved a limited consultation with key stakeholders in the area of primary health care delivery and a situational assessment of local issues. This identified known barriers, limitations and enablers affecting Divisions of General Practice in implementing primary health care initiatives, specifically in health promotion.

### 3.4.2 Managing Water Borne Pathogens in Public Swimming Pools in Australia - A Pilot Project

**Investigators:** McManus A, Weinstein P, Bertolatti D, et al.

**Funding:** Leisure Industries of Western Australia and School of Public Health Curtin University of Technology (2004)

This is part of a long strands study to develop, implement and evaluate guidelines to reduce the public health risk associated with Cryptosporidium and Giardia in public swimming pools in Australia. This component of the study successfully piloted the guidelines in three aquatic centres in the Perth metropolitan area during 2004.

### 3.4.3 Development of a Community Profile for Alcohol and Other Drug Use for the Willetton District Local Drug Action Group

**Investigators:** Ilijovska A, Howat P, Maycock B.

**Funding:** Drug and Alcohol Office (2004)

The objectives of the project were to establish the nature and extent of alcohol and other drug use and other factors influencing them; to establish the adverse consequences associated with alcohol and drug use and the factors influencing them; and to identify the resources available and current interventions within the community, relevant to drug and alcohol problems.
In line with the objectives of rapid assessment and response methodology, various sources were utilised to generate data for the community profile. This included the collection of both both qualitative and quantitative data. Qualitative data was generated from 11 in-depth interviews and three focus group interviews with local residents including parents, students, teachers, school nurses, school counsellors, local police officers and other community members. Quantitative data used in the study were generated from the Australian School Students Alcohol and Drug Survey (ASSAD) and other local data.

3.4.4 World Health Organisation / International Union for Health Promotion and Education: evidence of best practice project


This project involved the identification of best practice for the prevention of alcohol-related harm. It was based upon a systematic literature review undertaken by staff from: the WACHPR; The National Centre for Injury Prevention and Control; Centres for Disease Control and Prevention, Atlanta Georgia USA; and Pacific Action for Health Project, Secretariat of Pacific Communities, Noumea, New Caledonia. Additional collaboration occurred with representatives from the Fiji School of Medicine Health, and from Kiribati who met to identify best practice initiatives for preventing alcohol related harms. Outcomes for 2004 included one journal article, one report, three international conference presentations, one international meeting and one report under draft.

3.4.5 Drug prevention evidence and drug research


The WACHPR is a network expert member of the United Kingdom (UK) National Drug Prevention Evidence Centre. The Centre is a joint initiative between John Moore University Liverpool and the UK National Health Service. To date the Centre has collated evidence of best practice in relation to the prevention of drug related harms in school children. The WACHPR has collaborated on these projects and the collection of evidence, as well as reviewing printed material.
3.4.6 Qualitative research


Staff at the WACHPR have been invited by Professor Keith Tones, editor of the Journal of Health Education Research (HER), and the International Journal of Health Promotion and Education to contribute to an international discussion on qualitative research in Health Promotion which is being coordinated by Professors Tones and Tilford. To date discussions have indicated a need to further educate readers of HER. Staff have been invited to contribute to a special edition later in the year.

3.4.7 Perth Gay Community Periodic Survey

Investigators: Brown G, Rawstorne P, Shanks K.
Funding: Department of Health WA (2004-2005)

The Perth Gay Community Periodic Survey is a cross sectional survey of the sexual health and behaviour of gay and bisexual men connected to the Perth gay community. Conducted biannually since 1998 the study is a partnership between WACHPR, the National Centre in HIV Social Research (UNSW) and the WA AIDS Council.

The survey allows health promoters and service providers to identify trends and changes in the health, social networks and sexual behaviour of the gay male community, and to develop resources and facilities to meet the communities' future needs and demands. Questionnaires were distributed at various Lesbian and Gay Pride Festival events and gay and lesbian community venues during October and November 2004. Over 1000 surveys were completed and a community report will be released in April 2005.

3.4.8 Marijuana Education Project

Investigators: Hamilton G, Cross D, Resnicow K, Beatty S.
Funding: Healthway (2002-2004)

The Marijuana Education Project was a Healthway funded initiative that aimed to reduce the social, health and educational effects of marijuana use among 12 to 14 year-old students. Skill-based activities were used to assist young people who may be considered experimenters or regular users to quit or reduce their marijuana consumption while encouraging those who have never used to remain that way. Findings demonstrated the majority of drug use behaviours and other problem behaviours reported by students were low and drug-related
attitudes were conservative. While these results provide positive encouragement for schools, Year 8 represents a time of transition to more liberal drug-related attitudes and increasing involvement in drug use behaviours. Both cigarette smoking and alcohol use were common and may be markers for other behaviours that compromise health and educational outcomes.

**3.4.9 Rigour and Vigour Conference: Directions in HIV Prevention**

Curtin University of Technology hosted the *Rigour and Vigour Conference: Directions in HIV Prevention* November 27, 2004 to coincide with World AIDS Day on 1 December. The all-day conference was a joint initiative between Curtin’s WA Centre for Health Promotion Research (WACHPR), the WA AIDS Council and the Australian Federation of AIDS Organisations.

The conference showcased programs, projects and approaches that have contributed to the Australian prevention effort to date and will assist the community to remain rigorous and vigorous in our future response.

Throughout the day, 16 speakers from 10 state and national organisations and research centres discussed a range of topics including current HIV/AIDS programs and policy direction.

Executive director of the Australian Federation of AIDS Organisations Don Baxter opened the proceedings with a keynote address on “Jeopardising Rigour and Vigour”. In the address, he outlined Australia’s HIV research program, its performance against other research programs and its associated challenges.
4.0 PUBLICATIONS AND AWARDS

4.1 2004 Peer-reviewed Publications


Graham K, Scott JA, Binns CW, Oddy W. National targets for breastfeeding at hospital discharge have been achieved in Perth. Acta Paediatrica 2004;93:1-5.


Zhang M, Binns CW, Lee A. A quantitative food frequency questionnaire for women in southeast China: development and reproducibility. Asia Pacific Journal of Public Health Accepted (12 Oct 2004)


4.2 2004 Reports


Woolmer J. Health Promoting Universities. Perth: Western Australian Centre for Health Promotion Research, Curtin University of Technology. 2004. ISBN 1 74067 335 2
4.3 2004 Conferences & Presentations


Hakanson, C. Maycock, B. 2004. Results from a pilot exploration of emotions and the management of sexuality changes during and after menopause. 8th Australasian Menopause Society Congress. 23 September 2004 Sheraton Perth Hotel, Western Australia


Maycock B, Howat P, Sleet D. Elder R. Global Program on Health Promotion Effectiveness: Prevention of alcohol related problemsThis presentation was part of a WHO and IUHPE initiative and co-authors are from the CDC, National Centre for Injury Prevention World Conference on Health Promotion and Health Education. Melbourne 2004


4.4 Submissions to Government

Howat P. Submission to the West Coast Conservancy, New Zealand on a proposed Ecotourism development by Air Walk NZ. August 2004.


4.5 Books and other publications


4.6 Book reviews


4.7 Journal Reviews

- American Journal of Epidemiology
- American Journal of Health Behavior (Australian Editor)
- Asia Pacific Journal Public Health
- ACHPER National Journal
- Australian Journal of Health Promotion
- Australian and New Zealand Journal of Public Health
- Australian Journal of Food and Nutrition
- Australian and New Zealand Journal of Medicine
- British Journal of Sports Medicine
- European Journal Clinical Nutrition
- Health Education (USA)
• Health Education Research: Theory and Practice (UK)
• Health Promotion Journal of Australia
• Injury Prevention
• International Journal of Drug Policy
• International Journal of Health Promotion and Education
• Journal of Science and Medicine in Sport
• Journal of Applied Sports Psychology
• Medical Journal of Australia
• Modern Medicine, Medicine Today
• Papua New Guinea Medical Journal
• Preventing Chronic Disease
• Promotion and Education - International Journal of Health Promotion and Education
• Public Health Nutrition

4.8 Collaborations

The WACHPR has an extensive list of local, national and international research collaborators. WACHPR is one of the few groups in Australia collaborating with the prestigious Center for Disease Control and Prevention; and the Oregon Research Institute in the USA.

Local and National collaborations
• Department of Health
• Department of Veterans Affairs
• The Office of Seniors Interests
• Positive Ageing Foundation
• Main Roads WA
• Office of Road Safety
• NSW Risk Management Research Centre
• The Injury Control Council of WA
• The George Institute for International Health, Sydney
• Newcastle University
• The University of Western Australia
• Edith Cowan University
• Murdoch University
• The WA Health Promotion Foundation (Healthway)
• The University of NSW
• The Val Lishman Health Research Foundation
• WA AIDS Council
• WA Substance Users Association
• Gay and Lesbian Community Services
• Trinity Youth Options
• Family Planning Western Australia
• National Centre in HIV Social Research (UNSW)
• Australian Research Centre in Sex Health and Society (La Trobe University)
• Australian Federation of AIDS Councils

International Collaborations
• Oregon Research Institute, USA
• Centers For Disease Prevention and Control, USA
• National Institutes of Health, USA
• University of Pittsburgh, USA
• Human Performance Centre, Wellington, New Zealand
• Otago University, Dunedin, New Zealand
• Leeds Metropolitan University, United Kingdom
• Mahidol University, Thailand
• Seoul National University, S Korea
• Kagawa University, Japan

4.9 Awards

The WACHPR staff received the following awards in 2004:

**Graham Brown:** 2004 Western Australian World AIDS Day Individual Award for an individual who has made a significant personal contribution to the fight against AIDS

**Jenny Smith:** Australian Council for Health Physical Education and Recreation (ACHPER) student award (Overall winner from Western Australian universities)
## 5.0 RESEARCH TRAINING

There are currently over 30 students completing a PhD or masters program via WACHPR projects.

### 5.1 PhD students completed in 2004

<table>
<thead>
<tr>
<th>Project Title</th>
<th>Student</th>
<th>Supervisors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professional Development in HIV Prevention Education for teachers Using Flexible Learning and Tutor Support</td>
<td>Jackson G.</td>
<td>Cross D, Lower T.</td>
</tr>
</tbody>
</table>

### 5.2 Masters Students completed in 2004

<table>
<thead>
<tr>
<th>Project Title</th>
<th>Student</th>
<th>Supervisors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessing the availability, quality and price of vegetables and fruit in urban fringe and rural communities in Tasmania</td>
<td>Herzfeld M.</td>
<td>McManus A.</td>
</tr>
<tr>
<td>Feasibility Study: Primary Health Partnerships as a Mechanism for Health Promotion</td>
<td>Clippingdale A.</td>
<td>Maycock B.</td>
</tr>
<tr>
<td>“Little Ears” – an intervention to prevent otitis media and promote better hearing in children</td>
<td>Cuthbertson S.</td>
<td>Burns S.</td>
</tr>
</tbody>
</table>
Project Title: Recommendations for a circumcision health promotion program targeting boys of age 14-18 years old in the Eastern Cape of South Africa
Degree: Master of Public Health
Student: Douglas M.
Supervisors: Burns S.

Project Title: Development of a Community Profile & Rapid Assessment and Response Guide for Alcohol and Other Drug Use
Degree: Master of Public Health
Student: Iljovska A.
Supervisors: Howat P, Maycock B.

Project Title: Staff Physical Activity Project
Degree: Master of Health Promotion
Student: Woolmer J.
Supervisors: Howat P, Sauer K.

Project Title: Health Promotion Competencies in Israel: a comparative study.
Degree: Master of Health Promotion
Student: Melville L.
Supervisors: Howat P, Shiton T.

Project Title: Falls prevention in Low SES and multicultural communities
Degree: Master of Health Promotion
Student: Williams M.
Supervisors: Burns S.

Project Title: The major health concerns of women during menopause
Degree: Master of Health Promotion
Student: Pridmore J.
Supervisors: Orb A. (School of Nursing)

Project Title: A national plan of action on physical activity for Samoa
Degree: Master of Health Promotion
Student: Silva U.
Supervisors: Burns S.
Project Title: Gender differences associated with variables found to predict primary school childrens’ experiences of being bullied
Degree: Master of Health Promotion
Student: Waters S.
Supervisors: Cross D, Burns S

Project Title: A review of effective violence prevention programs
Degree: Master of Health Promotion
Student: Makinda I
Supervisors: Maycock B

Project Title: Promoting young peoples’ sexual and reproductive health in Zambia
Degree: Master of Health Communication
Student: Mutonyi S.
Supervisors: Portsmouth L.

Project Title: Mapping the attainment of health promotion competencies – implications for credentialing and professional development
Degree: Master of Health Communication
Student: Hazell F
Supervisors: Maycock B, Howat P.
6.0 WACHPR RESEARCH STAFF

6.1 Curtin staff/research students

- Prof Colin Binns, Professor of Public Health, Associate Director
- Ms Sharyn Burns, Lecturer, Associate Director
- A/Prof Peter Howat, Head, Health Promotion Program Area, Associate Director
- Dr Alexandra McManus, Senior Research Fellow, Associate Director
- A/Prof Bruce Maycock, Senior Lecturer, Associate Director
- Prof Ian Rouse, Head, School of Public Health, Associate Director
- Dr Graham Bates, Senior Lecturer, Researcher
- Mr Graham Brown, Lecturer, Project Director
- Ms Jenny Collins, Lecturer, Project Director
- Ms Lisa Cooper, Research Assistant, Project Coordinator
- Ms Lynda Fielder, Research Assistant, Research Assistant
- Ms Anna Iliovska, Research Assistant, Research Assistant
- Ms Helena Iredell, Project Director, Project Director
- Dr Ross James, Senior Research Fellow, SRF
- Ms Jonine Jancey, Project Director, Project Director
- Ms Linda Portsmouth, Coordinator, Health Communication Program, Researcher
- Ms Colby Sidebottom, Research Assistant, Research Assistant
- Ms Jenny Smith, Research Assistant, Project Coordinator
- Ms Heidi Sumich, Research Assistant, Research Assistant
- Ms Claire Woolfitt, Research Assistant, Research Assistant
- Ms Jillian Woolmer, Project Coordinator, Project Coordinator

6.2 WACHPR Advisory Board

- Mr Iain Cameron, Office of Road Safety
- Ms Cathy Campbell, Health Promotion Directorate, Department of Health
- Prof Rob Donovan, Centre for Behavioural Research into Cancer, Curtin University
- Ms Shirley Frizzell, Health promotion consultant
- Mr Neil Guard, WA Health Promotion Foundation
- Ms Ilse O’Ferrall, Dept of Health, Population Health Unit
- Prof Ian Rouse, School of Public Health, Curtin University
- Mr Trevor Shilton, National Heart Foundation of WA
- Mr Terry Slevin, Cancer Council of WA
- Prof Steve Zubrick, Institute of Child Health Research and Centre for Developmental Health, Curtin University
6.3 WACHPR Adjunct staff

Mr Iain Cameron  
Office of Road Safety

Ms Addy Carroll  
Past Director, Healthway

Prof Donna Cross  
Child Health Research Unit, ECU

A/Prof John Fisher  
Oregon Research Institute, USA

Ms Shirley Frizzell  
Health Consultant

A/Prof Ray James  
Institute of Child Health Research, UWA

Mr Garry Kirby  
WA Drug and Alcohol Office

Dr Anthony (Tony) Lower

Ms Ilse O’Ferrall  
N Metro Health, Dept Health, WA

Mr Trevor Shilton  
National Heart Foundation

Prof David Sleet  
Centres for Disease Control, NCIPC, USA

Mr Terry Slevin  
Education & Research, Cancer Society of WA

Dr Ross Spark  
Public Health, N Queensland

Prof Lawrie St Leger  
Deakin University

6.4 WACHPR Collaborators

Prof Duncan Boldy  
Centre for Research into Aged Care Services

Dr Ann Clarke  
Centre for Research into Aged Care Services

Ms Chris Costa  
Injury Control Council of WA

Prof Caroline Finch  
NSW Risk Management Research Centre, University of NSW

Ms Barbara Horner  
Centre for Research into Aged Care Services

Dr Kypros Kypri  
University of Newcastle

A/Prof Andy Lee  
Epidemiology and Biostatistics, Curtin University of Technology

Dr Fuzhong Li  
Oregon Research Institute, USA

Dr Jane Scott  
University of Glasgow

Ms Therese Shaw  
Edith Cowan University

Prof Mark Stevenson  
Injury Prevention and Trauma Care, George Institute for International Health, Sydney University

Ms Helena Iredell  
School of Population Health, University of Western Australia
7.0 RESOURCES AND FACILITIES

The WACHPR receives no significant infrastructure funding from Curtin University of Technology or the Division of Health Sciences. As a result, the WACHPR relies on external funding sources such as the National Health and Medical Research Council and Healthway, and income generated by consultancy research and other commercial activities to support its research and development activities.

8.0 RELEVANT ACHIEVEMENT AGAINST PERFORMANCE INDICATORS

The following performance indicators were identified in the WACHPR Vision and Strategic Plan 2001-2005. Each objective is assessed according to performance in 2004 in parentheses.

RESEARCH

Strategic objective: To build on its previous research program achievements and obtain at least two major research grants each year.

Objectives:

- Enhance the high quality of applied research it conducts. (CURRENTLY ACHIEVING)
- Generate at least three publications (that include data) from each major research grant and at least one paper from each pilot project. (PROGRESS MADE)
- Ensure writing teams are clearly established for all publications. (CURRENTLY ACHIEVING)
- Submit at least two intervention-based research grants and two pilot/starter grants per year. (CURRENTLY ACHIEVING)
- Maintain and build upon traditional funding sources e.g. NHMRC and Healthway. (PROGRESS MADE)
- Develop new funding sources e.g. ARC, Linkage Grants. (CURRENTLY ACHIEVING)
- Prepare seminars for health professionals, study participants and lay public to present major research findings. (CURRENTLY ACHIEVING)
- Provide all staff with ongoing access to data management and biostatistical support. (PROGRESS MADE)
- Enhance staff expertise in the writing of successful grants. (PROGRESS MADE)
CONSULTANCY

Strategic objective: To secure tenders that have a high likelihood of success and that are directly related to staff expertise.

Objectives:
• Increase collaboration with state, national and international research centres and organisations. (CURRENTLY ACHIEVING)
• Increase the number of large successful Government and non-Government tenders. (PROGRESS MADE)
• Continue to develop passive income sources by developing and selling publications. (CURRENTLY ACHIEVING)
• Continue to offer fee-for-service consultation to health agencies and corporations. (PROGRESS MADE)
• Establish a Faculty of Associates and a Commerce and Industry Board to support its activities or formal links to a University Research Foundation. (NO PROGRESS)
• Increase efforts to obtain corporate sponsorship for its activities. (NOT ACHIEVING – this remains an ongoing challenge)

EDUCATION AND TRAINING

Strategic Objective: To increase the number and quality of education and training courses offered by the WACHPR.

Objectives:
• Increase number of fee-for-service continuing education courses. (PROGRESS MADE)
• Expand the number and variety of in-country and out-of-country courses offered to the Asia Pacific region. (PROGRESS MADE)
• Expand the variety of Distance Education short courses, especially in remote and rural areas. (CURRENTLY ACHIEVING)

ADVOCACY

Strategic Objective: To continue to share knowledge and expertise within the University and the wider community.

Objectives:
• Continue to provide active community service. (CURRENTLY ACHIEVING)
• Maintain its position as an ethical and credible source of health promotion research information amongst the public health research and wider community. (CURRENTLY ACHIEVING)
• Continue to actively involve School, Department staff and students in its activities. (CURRENTLY ACHIEVING).