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.

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 $7 million to fund both research and consultancies.

The WACHPR’s expertise is directed towards epidemiological research and health promotion intervention research. Our main research foci include: injury prevention; mental health promotion; cancer control and prevention; alcohol and other drugs; sexual health; physical activity and obesity; 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 locally, in regional areas and internationally. Further activities include consultancy and evaluation services, and assistance and advice with public health policy activity. 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).
The Western Australian Centre for Health Promotion Research is 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.


Brown G, Maycock B, Hyde, Z, Keen, P. ‘Netreach’: online peer outreach across 5 state AIDS Councils, Australian Federation of AIDS Organisations. $10,000; 2005-6,


Hills A et al (Howat P). Why are we getting fatter? (and do we really care?) ATN Centre for Metabolic Fitness. $61,400; 2007.


**Howat P**, et. al., Australia Technology Network Universities Consortium. Strategic funding scheme. Centre for Metabolic Fitness (Including community intervention trials for obesity prevention). $2,000,000.; 2005-09. (The first ranked application out of 60 submitted.


**Jancey, J.** Curtin University Postgraduate PhD Scholarship $60,000; 2006–2008.

**McManus A.** Meerilinga Taste Bubs Nutrition Project. Telstra Foundation (part of large grant). $9,000; 2006-2007.

**McManus A.** WACHPR Research Support Curtin University SoPH and Office R&D $20,000; 2006.


**McManus A, Kusel M.** Evaluation of the Starlight Children’s Foundation. Starlight Children’s Foundation plus private funding. $25,000; 2005-2006

**McManus A, Burns S, Howat P, Woodman R.** Factors influencing the consumption of seafood among young children in Perth. WA Fishing Industry Council and WA Dept of Fisheries. $10,000; 2005-2006

Misan, G et al. (**Howat P**) Community based strategies to improve and monitor physical and metabolic fitness, counter overweight and obesity and mitigate corresponding risk factors for diabetes, and cardiovascular and other chronic disease. ATN Centre for Metabolic Fitness. $64,000; 2007.

**Musk AW, de Klerk NH, Palmer L, Howat P** et al. Epidemiology and community consequences of asbestos exposure in WA. (NHMRC, National Research Centre for Asbestos Related Diseases Program. $850,000; 2006-08. This is part of the application for the establishment of *The Asbestos Diseases Research Institute of Australia (ADRIA).*


Pollard C, Binns C. Assessment of Go For 2&5 Campaign. Horticulture Australia. $25,000; 2006-2007


Sunderland B, Howat P, Maycock B, McManus A, Health Promoting Rural Pharmacies in Western Australia. Healthway. $92,000; 2006

Refereed journal articles


Maycock B, Howat P. Social capital within the illegal anabolic steroid distribution network. *Health Education Research: Theory and Practice*. In press


*Under review*

Arbel J, Giles-Corti B, Howat P. Social inequalities: the availability and cost of popular recreational activities. *ANZ J Public Health*

Brown, G., Maycock, B., Prestage, G. Rawstorne, P. (Under Review) “Meaning and changes in gay community interaction and implications for health promotion” *Social Science And Medicine*

Hallett, J., Brown, G., Maycock, B., Langdon, P. (Under Review) “changing communities, changing spaces: the challenges of health promotion outreach in cyberspace” *Promotion And Education: Journal Of The International Union For Health Promotion And Education*

Brown, G., Lobo, R., Maycock, B. Burns, S (under review) A framework for defining the role of peer-based approaches in mental health promotion t. *International Journal Of Mental Health Promotion*

Herzfeld M, McManus A. In search of a method to assess the availability, quality and price of vegetables and fruit. *Nutrition & Dietetics*.

McManus A, Maycock B. WA Food Security Project. *BMC Public Health*
McManus A, Burns S, Fielder L, Cooper L, Howat P. Factors influencing the consumption of seafood among young children. *BMC Public Health*


Woolmer J, Howat P, Woodman R, Dhaliwal S, Sauer K. Use of pedometers and of E-mail support to increase physical activity within the workplace. *ACHPER Healthy Lifestyles Journal.*
**Books/Book Chapters**


**Reports and other publications**


Presentations in 2006

Conference Presentations

Brown, G. & Hallett, J: Thinking on your fingers – development and implementation of outreach online, National HIV Educators Conference, Wollongong, 17-19 May, 2006

Brown, G. & Hallett, J: Thinking on your fingers – social research to outreach online National HIV, AIDS and Related Diseases Social Research Conference, Sydney, April 20-21, 2006

Brown, G., Keen, P., Maycock, B. NetReach: Online peer outreach to virtual communities across Australia, Making Links Conference, Sydney, 8-10 November, 2006


Australian Health Promotion Association National Conference, Alice Springs, April 23-26, 2006. (invited)


September; Sydney – Sunday 24\textsuperscript{th} September; Brisbane – Wednesday 27\textsuperscript{th} September; Hobart and Launceston 9 -10 \textsuperscript{th} October; Adelaide – 20\textsuperscript{th} October; Canberra – September; Melbourne – September 2006)

Other Presentations

\textbf{Howat P, Slevin T, Ngune I, Maycock B.} Is cancer prevention a waste of time for older people? \textit{The University of the Third Age}. Perth, WA. February 21, 2006 (invited)


Media Appearances

Newspaper and magazine articles / quotes, letters to the Editor
OTHER ACTIVITIES IN 2006

COMMITTEE MEMBERSHIPS

Howat P

- Australian Network of Academic Public Health Institutions (ANAPHI), WA rep.
- Behavioural Research in Cancer Control National Conference, Brisbane Sept – Oct, 2006. (Member organizing committee)
- Cardiovascular Health Committee, National Heart Foundation of Australia (WA) (Member).
- International Union for Health Promotion and Education, SW Pacific Regional Board (Member)
- Public Health Association of Australia, Health Promotion Special Interest Group (HPSIG) (National Convener)
- Public Health Association of Australia (PHAA) National Board member
- Public Health Association of Australia WA committee.
- Willetton and Districts Local Drug Action Group Committee.

McManus A

- Australasian College of Road Safety (Associate Fellow, WA Director)
- Curtin University Research & Development Committee (Member)
- Division of Health Sciences Curtin University Research & Development Committee (Member)
- School of Public Health Curtin University Research & Development Committee (Chair)
- Sports Medicine Australia (WA Director)
REVIEWER (ACTIVE)

Howat P

- ACHPER Healthy Lifestyles Journal
- American Journal of Health Behavior (Australian Editor)
- Asian-Pacific Journal of Public Health
- Australian and New Zealand Journal of Public Health
- Behavioural Research in Cancer Control National Conference 2006 – abstracts
- Cancer Council of Australia - grants
- Health Education Research: Theory and Practice
- Health Promotion Journal of Australia
- Healthway’s Research Program - grants
- International Journal of Health Promotion and Education
- Journal of Science and Medicine in Sport
- NHMRC - grants
- Preventing Chronic Diseases
- Review panel Griffith University Faculty Review of Public Health courses, 2006

McManus A

- American Journal of Epidemiology
- British Journal of Sports Medicine
- Journal of Science and Medicine in Sport
- Journal of Applied Sports Psychology
- New Zealand Journal of Sports Science
- PHAA National conference 2006 – abstract
Postgraduate / Co-supervision HDR Students

Completions 2006
2 Master degree completions
2 PhD completions

Ongoing supervision 2006
1 PhD
11 Master degrees
Associate Directors
A McManus, BScHP PGradDipPH MPH(Curtin), PhD(WAust)
B Maycock, BPE(WAust), PGDipBus(ECowan), MEd(WAust), PhD(Curtin)
P A Howat, DipTeach(ChCh), DipEd(Otago), BSc(Cant), PhD(III)
CW Binns, MBBS(WAust), MPH(Harv), PhD(Hons)(Inje,Seoul) FRACGP
FACOM FAFPHM
G Brown, BScBusMktg(Hons) PGDipHP(Curtin)
SK Burns, BEd PGradDipHP MPH(Curtin) PhD(Curtin)

Research Associates
L Burke, BA(ECowan)
J Comfort, BA(Hons) PGDipHS(Curtin), GradDipAppSc(ECowan), MIH(Curtin)
L Cooper, DipEd(ECowan), BScHP(Curtin)
L Fielder, BScHP(Curtin)
J Hallett, BA(ECowan)
Z Hyde, BScIT PGDipHP(Curtin)
R James, MSc PhD(Curtin)
J Jancey, BScHP(Hons)(Curtin)
C Jones BScSpSc(ECowan)
A Joyce, BA(Hons)(Melb), GradDipEd(Monash), DPsych(LaTrobe)
R Lobo, MappPsych(Oxf), MSc(Sur)
M Mairata, BA(ECowan)
C Pollard, BAppScN&FS GradDipDietetics(WAIT), MPH (Curtin)
L Portsmouth, BAppSc(WAIT), BA(Murd), PGradDipHP MHlthComm(Curtin)
### WACHPR ADVISORY BOARD 2006

<table>
<thead>
<tr>
<th>Name</th>
<th>Affiliation</th>
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<tbody>
<tr>
<td>Ms Ann Barblett</td>
<td>South Metropolitan Area Health Service</td>
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<tr>
<td>Mr Iain Cameron</td>
<td>Office of Road Safety</td>
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<tr>
<td>Mr Neil Guard</td>
<td>WA Health Promotion Foundation</td>
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<tr>
<td>Mr Peter Howat</td>
<td>Centre for Behavioural Research into Cancer Control</td>
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<tr>
<td>Mr Gary Kirby</td>
<td>Drug and Alcohol Office</td>
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<tr>
<td>Mr Richard Lobb</td>
<td>Dept of Education &amp; Training Western Australia</td>
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<tr>
<td>Ms Ilse O’Ferrall</td>
<td>Dept of Health, Population Health Unit</td>
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<tr>
<td>Prof Ian Rouse</td>
<td>School of Public Health, Curtin University</td>
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<tr>
<td>Mr Trevor Shilton</td>
<td>National Heart Foundation of WA</td>
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<tr>
<td>Mr Terry Slevin</td>
<td>Cancer Council of WA</td>
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<tr>
<td>Ms Joanne Taggart</td>
<td>Curriculum Council of Western Australia</td>
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<tr>
<td>Prof Steve Zubrick</td>
<td>Institute of Child Health Research and Centre for Developmental Health</td>
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### WACHPR ADJUNCT STAFF 2006

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Mr Iain Cameron</td>
<td>Office of Road Safety</td>
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<tr>
<td>Prof Donna Cross</td>
<td>Child Health Research Unit, ECU</td>
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<tr>
<td>A/Prof John Fisher</td>
<td>Oregon Research Institute, USA</td>
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<tr>
<td>Ms Shirley Frizzell</td>
<td>Health Consultant</td>
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<tr>
<td>A/Prof Ray James</td>
<td>Institute of Child Health Research, UWA</td>
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<td>Mr Garry Kirby</td>
<td>WA Drug and Alcohol Office</td>
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<td>Dr Anthony Lower</td>
<td>Combined Universities Centre for Rural Health</td>
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<tr>
<td>Ms Ilse O’Ferrall</td>
<td>N Metro Health, Dept Health, WA</td>
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<td>Mr Trevor Shilton</td>
<td>National Heart Foundation</td>
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<tr>
<td>Prof David Sleet</td>
<td>Centres for Disease Control, NCIPC, USA</td>
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<tr>
<td>Mr Terry Slevin</td>
<td>Education &amp; Research, Cancer Society of WA</td>
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<tr>
<td>Dr Ross Spark</td>
<td>Public Health, N Queensland</td>
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<tr>
<td>Prof Lawrie St Leger</td>
<td>Deakin University</td>
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<tr>
<td>Prof Duncan Boldy</td>
<td>Centre for Research into Aged Care Services, Curtin University</td>
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<tr>
<td>Dr Ann Clarke</td>
<td>Centre for Research into Aged Care Services, Curtin University</td>
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<tr>
<td>Ms Chris Costa</td>
<td>Injury Control Council of WA</td>
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<td>Prof Caroline Finch</td>
<td>NSW Risk Management Research Centre, NSW</td>
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<td>Ms Barbara Horner</td>
<td>Centre for Research into Aged Care Services, Curtin University</td>
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<tr>
<td>Ms Helena Iredell</td>
<td>School of Population Health, University of Western Australia</td>
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<tr>
<td>Dr Kypros Kypri</td>
<td>University of Newcastle, NSW</td>
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<tr>
<td>A/Prof Andy Lee</td>
<td>Epidemiology and Biostatistics, Curtin University</td>
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<td>Dr Fuzhong Li</td>
<td>Oregon Research Institute, USA</td>
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<td>Dr Jane Scott</td>
<td>University of Glasgow, UK</td>
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<tr>
<td>Ms Therese Shaw</td>
<td>Edith Cowan University, WA</td>
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<tr>
<td>Prof Mark Stevenson</td>
<td>Injury Prevention and Trauma Care, George Institute for International Health, Sydney University</td>
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<tr>
<td>A/Prof Clare Roberts</td>
<td>Research Centre in Applied Psychology, School of Psychology, Curtin University</td>
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<tr>
<td>Dr Susan Carruthers</td>
<td>National Drug Research Institute</td>
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<tr>
<td>Prof Sven Silburn</td>
<td>Centre for Developmental Health</td>
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<tr>
<td>Ms Jaye Edwards</td>
<td>True Colours (Uniting Care West)</td>
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<tr>
<td>Ms Jane Forward</td>
<td>Youth Focus</td>
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<tr>
<td>Ms Christeen</td>
<td>FPWA Sexual Health Services (Formally Family Planning WA)</td>
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<tr>
<td>Hannan</td>
<td>City of Rockingham Youth Services</td>
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<tr>
<td>Ms Jillian Obiri-Boateng</td>
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<tr>
<td>Ms Lyn Shirley</td>
<td>Uniting Care West</td>
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<tr>
<td>Ms Nadine Toussaint</td>
<td>Freedom Centre (WA AIDS Council)</td>
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<tr>
<td>Ms Kerstin Stender</td>
<td>Perth Inner City Youth Services</td>
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<tr>
<td>Ms Joni Kieft,</td>
<td>Acting Executive Officer, Youth Affairs Council WA</td>
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WACHPR COLLABORATORS 2006 (cont)

- Australian Federation of AIDS Organisations,
- Queensland Association for Healthy Communities (formally Queensland AIDS Council),
- South Australian AIDS Council,
- Tasmanian Council for AIDS, Hepatitis and Related Diseases,
- Victorian AIDS Council,
- Western Australian AIDS Council
- National Centre in HIV Social Research, UNSW
- National Centre in Epidemiology and Clinical Research, UNSW

RESOURCES AND FACILITIES

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.
RELEVANT ACHIEVEMENT AGAINST PERFORMANCE INDICATORS

The following performance indicators were identified in the WACHPR Vision and Strategic Plan 2001-2006. Each objective is assessed according to performance in 2005 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).