Western Australian Centre for Health Promotion Research

School of Public Health

Curtin University of Technology

Annual Report 2007
1.0 Overview

‘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’


1.1 Background

The Western Australian Centre for Health Promotion Research (WACHPR) is a multi-disciplinary research centre within the Faculty of Health Sciences at Curtin University of Technology. It 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 $20 million to fund both research and consultancies. The Centre’s work is predicated on the above definition of health promotion. Our expertise is directed towards epidemiological research and public health intervention research.

1.2 Vision

The WACHPR 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.; and

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

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.
1.3 Research Interests

Core Research Interests:

- Alcohol and other drugs
- Cancer control and prevention
- Mental health promotion
- Nutrition
- Physical activity and obesity
- Senior’s health
- Sexuality, HIV and sexual health
- Sports injury prevention

Research Interests:

- Bullying prevention
- Development of nutrition based resources
- Good practice standards and policy development
- Loneliness and social isolation among seniors
- Management of water borne pathogens
- Obesity prevention intervention research
- Peer-based research
- Workplace health

Other foci:

- Health promotion education and training;
- Policy and advocacy; and
- Theory and evidence based health promotion methodologies.

In addition to these core functions, the WACHPR conducts health promotion continuing education/capacity building courses for the health promotion sector. During 2007 the WACHPR has also supplemented its research work with the development of tailored professional development programs in particular areas. These include:

- HIV prevention and support community sector;
- police service;
- injury control; and
- regional health promotion staff.

Further activities include consultancy and evaluation services, and assistance and advice with public health policy activity.

1.4 Summary of outputs for 2007

In 2007 WACHPR was active on more than 25 research projects across a range of key health issues and in varying settings. The Centre also produced 27 publications, including significant research reports (n=5), peer-reviewed journal articles (n=20) and book chapters (n=2).
1.5 Selected current projects for 2008

**Name:** Reducing overweight and obesity in mothers of young children.

*Primary Investigators:* Peter Howat, Alexandra McManus, Jonine Jancey, Sharyn Burns, Satvinder Dhaliwal

*Secondary Investigators:* Brian Oldenburg, Owen Carter, Terry Slevin, Trevor Shilton, Helen Moore, Christina Pollard

*Project Coordinator:* Carlie Jones

**Aim:** This study will provide practical information that is currently lacking about the influences on the physical activity and nutrition behaviours of the proposed target group. It will provide guidelines for appropriate recruitment of the sample, and development, implementation and evaluation of a large-scale community intervention.

**Name:** The influence of fathers on infant feeding practices in Western Australia (FIFI-WA)

*Investigators:* Colin Binns, Bruce Maycock, Peter Howat, Sharyn Burns, Satvinder Dhaliwal, Yvonne Huack, Rob Donovan et al.

*Project coordinator:* Jennifer Tohotoa.

**Aim:** This randomised control trial will assess interventions to increase the influence of fathers on infant feeding practices, including initiation and duration of breastfeeding, the use of infant formula and the introduction of complementary foods.

**Name:** Social Research into Overseas-Acquired HIV among Male WA Residents

*Investigators:* Graham Brown, Gareth Merriman, Jeanne Ellard, Sean Slavin, Garrett Prestage, Julie Mooney-Somers.

**Aim:** To investigate the demographic, social, cultural, setting, behavioural and cognitive factors which may have contributed to the overseas-acquisition of HIV by male residents of Western Australia (WA). This information will be used to better inform the development and implementation of government and community policy and programs which aim to prevent and control overseas-acquired HIV.

**Name:** Good news stories: Improving media on Indigenous health

*Investigators:* Sandra Thompson, Alexandra McManus, Ross James

*Project Coordinator:* Verity Leach

**Aim:** This project seeks to challenge the prevailing representations of Aboriginal health in Western Australia by effectively engaging with the media on issues concerning Indigenous health, to ensure positive and accurate information is being disseminated.
## 2.0 WACHPR Staff 2007

### 2.1 CO DIRECTORS

<table>
<thead>
<tr>
<th>Name</th>
<th>Qualifications</th>
<th>Areas of Research Interest</th>
</tr>
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<tbody>
<tr>
<td>Graham Brown</td>
<td>BScBusMktg(Hons), PGDipHP(Curtin), PhD(Curtin)</td>
<td>Sexuality, HIV and sexual health, youth mental health, peer based interventions, program planning and development and policy and advocacy.</td>
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<tr>
<td>Sharyn Burns</td>
<td>BEd, PGradDipHP, MPH(Curtin), PhD(Curtin)</td>
<td>School health, mental health promotion, alcohol and other drug use, HIV/STI and sexuality education and obesity prevention.</td>
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<tr>
<td>Peter Howat</td>
<td>DipTeach(ChCh), DipEd(Otago), BSc(Cant), MSc (Ill), PhD(III)</td>
<td>Obesity, physical activity, alcohol, injury, nutrition, asbestos, public health advocacy, workforce development.</td>
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<tr>
<td>Alexandra McManus</td>
<td>BScHP(H.Biol), PGradDipPH, MPH(Curtin), PhD(WAust)</td>
<td>Injury, physical activity, workplace health, nutrition, community-based intervention research, evaluation</td>
</tr>
<tr>
<td>Bruce Maycock</td>
<td>BPE(WAust), PGDipBus(ECowan), MEd(WAust), PhD(Curtin)</td>
<td>Competency development and training, quality management and health promotion, health promotion advocacy, the evaluation of health promotion programs, drug use, policy development, international health promotion training.</td>
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### 2.2 EX-OFFICIO

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Colin Binns</td>
<td>MBBS(WAust), MPH(Harv), PhD(Hons)(Inje,Seoul)</td>
<td>Breastfeeding, nutrition and cancer, public health nutrition, and International health.</td>
</tr>
<tr>
<td>Susan Fyfe</td>
<td>BSc, BEd(Hons)(WAust), BAppSc(Hons)(Speech and Hearing), PhD(WAust)</td>
<td>Epidemiology of maternal and child health and neurogenic disorders, development and evaluation of multimedia courseware.</td>
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2.3 RESEARCH ASSOCIATES

**Linda Burke, BA(ECowan)**
**Jude Comfort**, BA(Hons), PGDipHS(Curtin), GradDipAppSc(ECowan), MIH(Curtin)
**Lisa Cooper**, DipEd(ECowan), BScHP(Curtin)
**Lynda Fielder**, BScHP(Curtin)
**Jonathan Hallett**, BA(Murdoch)
**Zoë Hyde**, BScIT, PGDipHP(Curtin)
**Ray James**, MSc, PhD(Curtin)
**Jonine Jancey**, BScHP(Hons)(Curtin)
**Carlie Jones**, BScSpSc(ECowan)
**Andrew Joyce**, BA(Hons)(Melb), GradDipEd(Monash), DPsych(LaTrobe)
**Roanna Lobo**, MappPsych(Oxf), MSc(Sur)
**Melissa Mairata**, BA(ECowan)
**Christina Pollard**, BAppScN&FS, GradDipDietetics(WAIT), MPH (Curtin)
**Linda Portsmouth**, BAppSc(WAIT), BA(Murd), PGradDipHP MHLthComm(Curtin)
**Clemency Nicolson**, BAppScN&FS
**Claire Nicholson**, BAppScN&FS

2.4 HIGHER DEGREE BY RESEARCH STUDENTS

**Completed**

**PhD**
Sharyn Burns, BEd, PGradDipHP, MPH(Curtin), PhD(Curtin)

**Masters**
Helen Mitchell, PGradDip(HP), MPH

**Completing**

**PhD**
Jude Comfort, BA(Hons), PGDipHS(Curtin), GradDipAppSc(ECowan), MIH(Curtin)
Jonathan Hallett, BA(Murdoch)
Carlie Jones, BScSpSc(ECowan)
Christina Pollard, BAppScN&FS, GradDipDietetics(WAIT), MPH (Curtin)
Linda Portsmouth, BAppSc(WAIT), BA(Murd), PGradDipHP MHLthComm(Curtin)
Jennifer Tohotoa, MPH
Roanna Lobo, MappPsych(Oxf), MSc(Sur)
2.5 PEER RESEARCH ASSISTANTS

Kale Dyer
Davina Morley
Matt Bierwith
Rachael Fortune
Megan Tognela
Tamara Rickman
Martin Watkins
Ian Gentle Jnr
Linda Lee
3.0 Research Activities

3.1 ALCOHOL AND OTHER DRUGS

WACHPR has made a significant contribution to the field of alcohol and other drugs. One publication, a piece published in the Medical Journal of Australia, received considerable media attention. The THRIVE project has contributed to a reduction in alcohol use by tertiary students, and collected baseline data about tertiary students’ drinking habits.

**Journal Articles**


**Journal article in press**


**Book Chapters**


**Conference Presentations**

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<tr>
<th>Authors</th>
<th>Title</th>
<th>Conference</th>
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**Research grants**

**Howat P, McManus A, Kypros K, Maycock B.**
Investigate ways to reduce harmful and hazardous drinking among tertiary students via a web-based intervention, Healthway, $300,000 (2006 -08).

**Howat P, McManus A, Kypros K, Maycock B, J Hallett.**
Web-based alcohol and tobacco intervention Healthway, $280,000 (2005 – 08).


**Research grants under review**

**Maycock B, Joyce A, Merriman G.**
Impact of social policy on illegal dexamphetamine use amongst youth. $431 000 Requested from NHMRC 2008-09
3.2 CANCER CONTROL AND PREVENTION

In 2007 WACHPR staff presented at two conferences on the topic of cancer prevention beliefs held by older people. WACHPR staff are also active on a grant examining Indigenous Australian’s perceptions of cancer.

Journal articles under review

Conference presentations


Research grants

Recent grant applications
3.3 MENTAL HEALTH PROMOTION

A number of projects contributed to WACHPR's work in this area, including community based resiliency programs, peer based mental health promotion programs and bullying prevention.

3.3.1 – Bullying prevention

Conference presentations


PhD Thesis


3.3.2 – Community resiliency and mental health promotion

Research grants


3.3.3 – Peer based youth mental health promotion

**Journal articles**


**Conference presentations**


**Research Grants**


3.3.4 – Other mental health promotion

**Journal articles**

Conference presentations


3.4 NUTRITION

WACHPR published several articles in 2007 which covered a range of topics relating to nutrition. These included the publication of a journal article reporting on the factors which influence young children’s consumption of seafood, a review of the health benefits of seafood consumption, and the development of a survey tool designed to measure the availability, quality and affordability of fruits and vegetables.

Journal articles


Reports


Conference Presentations


Research grants


The influence of fathers on infant feeding practices in Western Australia (FIFI-WA) Healthway. $350,000; (2007–2009).

McManus A. Meerilinga Taste Bubs Project - to reduce problem eating behaviours in children. $9,000 (2006-08).

McManus A. To audit all food outlets in the City of Mandurah and map them by SES using GIS mapping system. Formative phase of longitudinal project. $3000 (2006 – 07).

McManus A, Howieson J. Research grant to develop, pilot, implement and evaluate sector/condition specific resource/education packages that seek to establish regular consumption of seafood as a healthy dietary choice, Seafood CRC, $534,000 (2007-09).
**McManus A, Howieson J.**

To investigate the barriers and enablers to increased consumption of seafood in children aged 1 to 4 years. $10,000 (2006 – 07).

**Recent grant applications**

**McManus A, Howieson J.**

Development, piloting and evaluation of sector/condition specific resources to support seafood consumption $440,000 plus (approved at this level of funding – requested additional component of proposal be developed with additional funding to be negotiated) (2007 – 11).

**Awards**

3.5 PHYSICAL ACTIVITY AND OBESITY

The WACHPR had a strong focus in 2007 in the areas of obesity prevention and nutrition for young mothers, and workplace physical activity.

**Journal articles**


**Journal articles under review**


**Reports**


**Conference presentations**


**Research grants**

Dhaliwal S, **Howat P**, Welborne, T. Assessing the impact of clinical and epidemiological measures for central obesity on the subsequent survival and death due to cancer, cardiovascular disease, and death from other causes, ATN Centre for Metabolic Fitness: $18,400 (2007).

**Howat P, McManus A, Burns S,** Dhaliwal S, Oldenburg B, Carter O, **Slevin T,** et al. An intervention to reduce the risk of overweight and obesity in mothers of young children (Healthway $153,000 granted for 2007-09) (ATN Centre for Metabolic Fitness. $18,000 (2007)).

**McManus A.** Development of methodology to the WA Police Service Gym Project. $5200 (2006 – 07).

**McManus A.** Kimberley Active Project. Guidance and evaluation research team seeking to increase physical activity in indigenous communities in the Kimberley, $12 000 (2007).


**McManus A, Woods D, Jones R.** Healthy Workplace Project, Department of Sport and Recreation, $24,000 (plus) (2007 – 08).


**Lee S, Thompson S, McManus A.** Women’s Health Services Physical Activity Project to encourage women and their families to become more active. Health Active Australia grant scheme for $193,000, (2008 – 10).
3.6 SENIOR’S HEALTH

Physical activity was a strong focus of WACHPR’s senior’s health activities in 2007. A number of conference presentations have been delivered by WACHPR staff, and several journal articles are in press.

Journal Articles


Journal articles in press


Journal articles under review


Reports

**Conference presentations**


Jancey J, Howat P, Lee A, Clarke A, Shilton T. The Outcome of a Physical Activity Intervention for Adults aged 65 to 74 years *Australian Conference of Science and Medicine in Sport, Sixth National Physical Activity Conference and the Fifth National Sports Injury Prevention Conference* 13-16 October 2007, Australia. (Received Award for best poster).


**Recent grant applications**


**Awards**

Curtin University Faculty of Health Sciences, 2007 Research Project of the Year Award: The Active Living Seniors Project (PALS). Investigators: Peter Howat, Andy Lee, Jonine Jancey (Project Manager), Ann Clarke, Trevor Shilton, John Fisher, David Sleet.
3.7 SEXUALITY, SEXUAL HEALTH AND HIV

There were several research projects leading to publications in this area. This included intervention based projects such as CyberReach and NetReach (Internet based outreach projects), other intervention research with the WA AIDS Council and FPWA Sexual health Services, as well as community based surveys or the health of lesbian and bisexual women; gay and bisexual men; and transgender, transsexual and intersex communities. A project recently commenced includes a qualitative study of men who have acquired HIV while travelling overseas, a significant component of new HIV infections in Western Australia.

**Journal articles**


**Reports**


**Conference Presentations**


Outreaching cyberspace: Findings of the Cyber Reach and Net Reach Peer Based Online Outreach Projects, 19th IUHPE World Conference on Health Promotion and Education. Vancouver. Canada 11-15 June 2007

Comfort J, Hyde Z.  

Comfort J.  
How healthy are we? Results from the WA lesbian and bisexual women’s health and well being survey The invisible population – lesbian community health forum, Perth, June 2007.

Comfort J, Hyde Z.  

Comfort J, Hyde Z.  

Research Grants

Lesbian and Bisexual Women’s Health and Wellbeing Survey $20,000 (2006 - 07).

Social Research Into Overseas-Acquired HIV Among Male Western Australian Residents $81,892.19. (2007)

**Contracted Research**


**Awards**

Dr Graham Brown was elected President of the Australian Federation of AIDS Organisations, Dec 2007
3.8 INJURY PREVENTION

WACHPR staff delivered several conference presentations on the area of injury prevention in 2007.

Conference presentations

McManus A, Stevenson M. Quantifying the physical demands in Australian football to develop training guidelines that minimise injury through adequate preparation, *Be Active '07*, Adelaide Conference Centre, South Australia, 13 -16 October 2007.

McManus A, Stevenson M. Quantifying the physical demands in netball to develop training guidelines that assess player preparation and reduce injury, *Be Active '07*, Adelaide Conference Centre, South Australia, 13 -16 October 2007.

McManus A, Stevenson M. Quantifying the physical demands in non-elite field hockey to develop training guidelines that minimise injury through adequate preparation, *Be Active '07*, Adelaide Conference Centre, South Australia, 13 -16 October 2007.

Research grants


Policy Development

As Chair of the WA Chapter of the Australasian College of Road Safety, Dr Alexandra McManus was involved in the development of a number of national road safety policies and submissions to government.
3.9 OTHER AREAS OF RESEARCH

3.9.1 Chronic disease

Conference presentations


Research grants

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 - 10). This is part of the application for the establishment of *The Asbestos Diseases Research Institute of Australia (ADRIA)* to be hosted by UWA.

3.9.2 Health promotion

Journal articles in press


Journal articles under review

Reports


Book chapter in press


Conference presentations


McManus A. ATN WEXDEV Research Leadership Program. *Experiences and perspectives of senior women in Executive roles - Conducting research, working with research teams and managing your research profile*. Moondyne Convention Centre, Chittering 17-19 September 2007(Invited).


**Masters Thesis**


**Grants**

Daube M, Howat P et al. The Public Health Advocacy Institute of Western Australia. WA Health Promotion Foundation, NGO’s and Curtin University, $2+ million (2008 - 10).

3.9.3 Other

**Journal articles**


**Conference Presentations**

McManus A.  


Grants  
Thompson S, McManus A, James R.  