

Healthy Development Adelaide

A Research and Innovation Cluster in South Australia

Newsletter

Vol 13, Issue 5 – October 2017



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Upcoming Scientific Meetings

2 - 5 October

ComBio Annual Conference - Adelaide, Australia

15 - 18 October

Developmental Origins of Health and Disease (DOHaD) - Rotterdam, Netherlands

15 - 18 October

Fertility Society of Australia - Adelaide, Australia

26 - 29 October

Perinatal Medicine 13th World Congress - Belgrade, Serbia

23 - 24 November

MYAN National Multicultural Youth Conference - Melbourne, Australia

For further event info go to www.adelaide.edu.au/hda/events

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www.adelaide.edu.au/hda

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.... HDA Partners



Government of South Australia

Department for Education and Child Development
Women's and Children's Health Network



LATEST NEWS

HDA 13th Annual Oration with Prof Jozef Gécz

A warm congratulations to Professor Jozef Gécz who was awarded the Healthy Development Adelaide Award for 2017 at the HDA 13th annual Oration. Prof Gécz presented on *Not born equal, when DNA is in charge* on 20 September at Elder Hall which was chaired by HDA Co-Convenor Professor Michael Sawyer.

Professor Jozef Gécz is an NHMRC Senior Principal Research Fellow and Chair for the Prevention of Childhood Disability at the University of Adelaide and SAHMRI. Graduating from the Comenius University in Czechoslovakia in 1986 and completing his PhD at the Slovak Academy of Sciences, Jozef spent two years as INSERM fellow at the La Timone Hospital in Marseille, France and the last 23 years at the Women's and Children's Hospital in Adelaide. Professor Jozef Gécz is a scientist, geneticist with a drive and career motivation to transform the understanding of the causes and underlying mechanisms of neurodevelopmental disabilities.



L to r: Prof Gécz Oration; Prof Gécz with his award alongside HDA Convenors Prof Claire Roberts and Prof Michael Sawyer

Value

Top-up scholarships are \$5,000 per annum for up to 3 years only to augment an Australian Postgraduate Award or equivalent competitive scholarship.

Eligibility

Applications are invited for PhD Research Scholarships in the areas of *Healthy Development*: disciplines include, but are not restricted to, biochemistry, biomedical engineering, biostatistics, demography, dentistry, economics, education, endocrinology, epidemiology, ethics, genetics, indigenous health, law, nutrition, obstetrics and gynaecology, paediatrics, pharmacology, physiology, politics, psychiatry, psychology, public health and sociology.

Preference will be given to projects with a multidisciplinary focus and that enhance more than one discipline within the research topic.

Applications are invited from domestic and international students who are commencing a PhD in 2018 (commencing their PhD between January - March). Applicants should be eligible to enrol or be currently enrolled at either the University of Adelaide, University of South Australia or Flinders University in 2018, in addition applicants must satisfy each of the following criteria.

- Applicants must hold a first class Honours degree or equivalent in a discipline relevant to the chosen field of study
- Applicants hold an Australian Postgraduate Award (APA) or equivalent competitive postgraduate scholarship
- Applicants must have a HDA member as their primary/principal supervisor
- Research projects must be aligned with the Healthy Development theme

Conditions of Funding

Successful HDA Scholars will be required to partake in the HDA Research Training Program during their candidature. The program consists of a 20 hour practicum placement, mentoring component, and attending HDA events.

Annual renewal of top-up funding will also be subject to meeting your University postgraduate requirements, and subject to funding availability from the Channel 7 Children's research Foundation.

Please submit the following documents by 5.00pm Thursday 18 January 2018 to: Healthy Development Adelaide, Anne Jurisevic at anne.jurisevic@adelaide.edu.au

1. Completed HDA Application (both in pdf and doc format in font Arial 12)
2. Current curriculum vitae
3. Australian Postgraduate Award (APA) or equivalent competitive scholarship awarded
4. Academic transcript

The HDA application can be found at <http://www.adelaide.edu.au/hda/students/>

GRAND ROUND

This grand round is in conjunction with the Women's and Children's Health Network
Chaired by Ms Naomi Dwyer, Chief Executive Officer, Women's and Children's Health Network

A tale of omega-3s and ADHD



Dr Natalie Parletta, Senior Research Fellow
Nutrition and Dietetics, Centre for Population Health
Research, University of South Australia

Dr Natalie Parletta is a Senior Research Fellow at the University of South Australia, with dual qualifications in psychology and dietetics. Since her PhD, one of the earliest and largest clinical trials of omega-3s, learning and behaviour in children, she has spent over 10 years researching links between nutrition and mental health and parental influences on children's diets.

Dr Parletta is recognised internationally for her expertise in omega-3s and ADHD as evidenced by regular invitations to speak, consult and review the topic—recently by *Current Opinion in Clinical Nutrition and Metabolic Care*, a high impact journal that publishes expert reviews by invitation only.

Wednesday 18 October, 12.30 – 1.30pm (Lunch from 12noon)

Queen Victoria Building, Lecture Theatre, level 1

Women's & Children's Hospital, North Adelaide

[RSVPs to anne.jurisevic@adelaide.edu.au](mailto:anne.jurisevic@adelaide.edu.au)

Presentation overview

Since their discovery in 1970 by adventurous Danish scientists who braved dogs and sleds to test the blood of Inuits in Greenland, omega-3s have received much focus by scientists and the media—with some confusion around how good they really are for different health conditions. The subsequent finding in 1972 that omega-3s are concentrated in brain tissue sparked a body of research into their role in brain function and mental health. Natalie will navigate the audience through a decade of research with omega-3s and learning and behaviour in children with ADHD symptoms and comorbid conditions, highlighting key findings, methodological considerations and future directions. She will intersperse the talk with clinical case studies, and put the findings in a broader, clinical context.



Dr Pammi Raghavendra is an Associate Professor in Disability and Community Inclusion, College of Nursing and Health Sciences at Flinders University. She is member of the HDA Executive Committee and the Steering Group representing Flinders University. Pammi is a speech pathologist with significant research, teaching and clinical experience in the area of augmentative and alternative communication (AAC). AAC comprises of speech generating devices, communication boards, signs, and other strategies to support individuals with disabilities who are unable to use speech for everyday communication. She currently leads an AAC research group with one honours and three doctoral students.

Pammi's current research focuses on investigating the impact of mobile technologies on communication and social networks of young people and adults with developmental or acquired disabilities. Mobile technologies such as iPads and smart phones are changing our lives. Online engagement is also important for access to government services and educational and employment opportunities. People with disabilities must be part of this digital revolution and they need to be provided with access and support. Pammi's research focuses on teaching youth and adults with complex disabilities to be able to use social media in a safe way and investigating the impact of social media use on their social networks and wellbeing. Her project with rural youth with autism spectrum disorder, cerebral palsy or acquired brain injury has shown positive outcomes with increased social networks and confidence is using social media. Pammi has been the lead Chief Investigator or named CI or AI on grants totalling over 3 million dollars, in the area of enhancing social networks, communication and educational and employment participation of youth and adults with disabilities using IT, social media and mobile technologies.

Pammi was the Manager of Research at Novita Children's Services, Adelaide, for over 12 years setting up a vibrant multi-disciplinary research program, before joining Flinders in 2011. Pammi has international experience having worked and/or studied in India, Singapore, USA and Sweden.

☎ 8201 3426

✉ parimala.raghavendra@flinders.edu.au

Research Member Highlight



Congratulations to one of our student research members Amy Garrett who has won two awards at the 11th Annual Florey Postgraduate Research Conference at the University of Adelaide. Amy won the Northern Communities Health Foundation Prize and the Executive Dean, Faculty of Health and Medical Sciences Prize for her poster presentation "The impact of preeclampsia and preterm birth on neurodevelopmental outcomes in children aged 8-10 years".

Amy is currently completing a PhD with the Robinson Research Institute, University of Adelaide. Amy's project is entitled 'Early life adversity and child neurodevelopment'. This involves following up the Screening for Pregnancy Endpoints (SCOPE) birth cohort at 10 years old to investigate impacts of early life adversity cognitive ability, behaviour and mental health. Amy's primary supervisor is Dr Nicolette Hodyl, and co-supervisors are Dr Prabha Andraweera and HDA Co-Convenor Professor Claire Roberts.

Well done Amy!!

HDA Thematic Evening on 'Maternal Health Care and Wellbeing'

On 23 August, HDA held its second thematic evening for the year on 'Maternal Health Care and Wellbeing'. The event was chaired by HDA Co-Convenor Professor Claire Roberts, Robinson Research Institute, University of Adelaide to an audience of ~70 people.

The presenters and their topics included A/Professor Jane Warland (UniSA) on *Preventing and modifying risk for still-birth*; A/Professor Linda Sweet (Flinders University) on *The birth of a clinic: First year outcomes of a bariatric obstetric clinic*; Dr Charlene Thornton (Flinders University) on *The big picture - The use of linked population data in the maternity setting*; and Dr Lois McKellar (UniSA) on *Capture My Mood: A pilot study to develop and validate a visual scale for women to self-monitor their mental wellbeing following birth*.



EPICSA & HDA Public Event with SciPub: A taste of Epigenetics

On 1 September, HDA and EpicSA co-hosted along with SciPub a community event at the Rob Roy Hotel on 'A Taste of Epigenetics' to an audience of ~150 people. The presenters included Dr Bastien Llamas, Genetics and Evolution, University of Adelaide; Dr Hannah Brown, Paediatrics and Reproductive Health, University of Adelaide; and Dr Carlos Rodriguez Lopez, School of Agriculture, Food and Wine, University of Adelaide.



NAPCAN, HDA, UniSA & DCP National Child Protection Week Forum

On 6 September, NAPCAN, HDA, Department for Child Protection, and the Australian Centre for Child Protection - University of South Australia held the National Child Protection Week Forum on Prevention: the key to addressing child abuse and neglect at Elder Hall to an audience of close to 300 people. The forum was chaired by Teresa Scott, NAPCAN Board President.

The forum was opened by Susan Close MP, Minister for Education and Child Development. Professor Leah Bromfield (Deputy Director of the Australian Centre for Child Protection, UniSA) presented on *Earliest intervention: what are we really talking about?* This was followed by a panel of experts that included Professor Leah Bromfield, Ms Cathy Taylor (Chief Executive, Department for Child Protection), Ms Helen Connolly (SA Children's Commissioner), and Ms Lesley Taylor (NAPCAN National Manager of Prevention Strategies). The panel was chaired by Ms Leesa Waters (NAPCAN Deputy CEO).



The talks can be viewed at www.adelaide.edu.au/hda/news

HDA SCHOLAR PROFILE - VERITY BOOTH SCHOOL OF HEALTH SCIENCES, UNISA

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Verity was awarded a Channel 7 Children's Research Foundation top-up Scholarship in 2016. As part of her HDA Program, Verity will undertake her practicum placement at Novita Children's Services. Verity has been paired with a HDA Mentor for a unique and supportive relationship that will assist her in her professional development and career trajectories.



Verity is an Accredited Exercise Physiologist with an interest in Paediatrics. She initially started out as a primary school teacher with an undergraduate degree in human movement, followed by education. After gaining some experience in schools, she returned to complete her exercise physiology graduate diploma and has since worked in this field. After gaining invaluable experience in Victorian community health working with a variety of children, she has returned to Adelaide and is currently a PhD candidate at the University of South Australia.

She hopes her research will be of benefit to Australian children's health by improving our understanding of what physical activity research has previously been conducted. In collaboration with Active Healthy Kids Australia, her project involves identifying what datasets have previously been collected on Australian children's physical activity participation, along with providing recommendations as to what questions could be used to assess activity levels. This involves completing an audit to identify as many datasets as possible, and combining this information into an online data repository for all to access.

HDA TRAVEL GRANT - RECIPIENT REPORT 2017

Macarena Bermudez Gonzalez, PhD Candidate: Robinson Research Institute, University of Adelaide

In July, I attended the 50th Annual Meeting for the Society for the Study of Reproduction (SSR), in Washington D.C. (USA). There, I had the opportunity to give a flash poster presentation on my current research project titled "Advanced Parental Age Is Associated with Decreased Gamete Quality and Altered Early Embryonic Development". Additionally, my abstract was selected finalist for the Trainee Research Poster Presentation Award, for which I won the second place. This award recognises the three best posters presented at the conference. I was also awarded a Lalor Foundation Merit award, which recognise the most meritorious, well-interpreted, and significant research presented by Trainees; and is supported by the Lalor foundation.

The conference included presentations from prestigious researchers from USA and Canada, as well as an array of international speakers. The quality of the presentations was really high, and I got to learn a lot about the research being done in the field of Reproductive Biology outside of Australia. Some of them were fellow alumni from the Frontiers in Reproduction (FIR) Workshop and Symposium, which HDA had previously supported my attendance to in 2015. Traveling to SSR allowed me to continue my contact with this professional network, and expand it by meeting other alumni and former faculty at the annual FIR dinner hosted by the Burroughs Wellcome Fund.

I had the opportunity to co-chair one of the oral sessions at the event, which allowed me to talk to people outside of my area of expertise and gain experience in conference organisation. The event is attended by a diverse range of researchers interested in reproduction, including many clinicians. During the poster sessions, I took the chance to establish new connections and get valuable feedback on my current and future research.

One of the fun moments from the conference was the 5K Fun Run organised by SSR to collect funds for student travel for next year's conference. The run took place at the Smithsonian's National Zoo, and it was great to enjoy all the animals during the morning race.

This experience has definitely helped me both personal and professionally. Apart from the presentation experience and networking, my research got recognised in an international forum. I want to thank Healthy Development Adelaide for supporting my travel to SSR, which has allowed me to progress in my research trajectory.

Louisa Matwiejczyk, Department of Nutrition & Dietetics, Flinders University

I was looking for a conference which was truly International, delivered outcomes from cutting edge research, combined interests in diet and physical activity, shared research which impacted on behaviour, would profile my work and facilitated networking with like-minded researchers, educators and scholars. The International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Annual Meeting in Victoria, BC, Canada did just that! Held over four days in June this annual conference is organised by ISBNPA to conduct scientific meetings in which current research on behavioural issues in nutrition and physical activity are discussed by researchers internationally, in related fields. The conference was not dominated by one country, but was a cosmopolitan collaboration with presenters from Canada, the United States, South America, the UK, Europe (particularly the Scandinavian countries), New Zealand, Australia and other Asian situated countries.

As a PhD candidate for the last three years and as a health professional working in the nutrition and physical activity space for many years, of particular interest was the translation of evidence-based best practice into early childhood settings and work with food environments. Professor Paul Estabrook's keynote session on 'Dissemination, implementation, knowledge translation and scale up of nutrition and physical activity interventions in pursuit of public health impact' was inspiring as well as informative. Supported by concurrent sessions on the home environment and parental influence on children's health behaviours, adapting research tested childhood obesity interventions for community implementation and the implementation and evaluation of health promotion programs, the area of knowledge translation was heavily debated. Two observations were that there are number of validated frameworks for knowledge translation and scale-up of interventions.

Ironically however the co-production and modification of the interventions by the users changes the objectives which makes publishing challenging.

Of equal interest was nudging and choice architecture within food environments. This topic started with a pre-conference workshop on the promises and pitfalls of nudging where we designed our own nudges. Facilitated by Professor Emely de Vet from Wageningen University & Research, and Professor Denise de Ridder from Utrecht University, both in the Netherlands, nudging relates to the fast and intuitive thinking people engage with when typically deciding about food choices. Most of our public health nutrition-related strategies target reasoned and informed thinking and so nudging are of interest with very young children in influential food environments away from the home.

Other topics of note related to the potential of new technologies to deliver and evaluate nutrition and the integration of physical activity, sedentary behaviour and sleep guidelines. Canada is leading the way with its newly released children and youth guidelines.

Unique to ISBNPA is the effort made at every opportunity to introduce participants to each other and build networks. From made to sit with strangers to 'speed dating' in Special Interest Group meetings, I came away with potential collaborations despite my modest contribution. It was however from presenting the poster 'Building the capacity of Australian child care centres to support healthy eating' that I had the chance to share my work and discuss in detail other interventions with the researchers I have been following for the last four years.

This career-defining conference was made possible by a grant from the HDA, for which I am extremely grateful. Next year ISBNPA will be in Hong Kong!

NEW HDA RESEARCH MEMBERS

Professor Elina Hypponen, Centre Director
Centre for Population Health Research, UniSA
Focus - epidemiology: cohort studies, nutrition, Vit D

Shwikar Othman, PhD student
School of Nursing & Midwifery, UniSA
Focus - pregnancy and nutrition education

Alanna Sincovich, PhD student
School of Public Health, University of Adelaide
Focus - early child development

Grace McBride, Masters student
School of Health Sciences, UniSA
Focus - early fetal development

Become a HDA Research Member today!!

No cost to join. Visit the HDA website for further info and our background document or contact anne.jurisevic@adelaide.edu.au

NHMRC Awards - 31 August



Professor Helen Marshall, Deputy Director, Robinson Research Institute, University of Adelaide research has just been named by NHMRC as Ten of the Best for 2016.

This is a huge accomplishment and highlights the brilliant work Helen and her team are undertaking in immunisation practice and policy development of infectious disease control in children, adolescents and pregnant women.

Immunisation practice and policy development in Australia: responding to urgent priorities in prevention of endemic and epidemic infectious diseases in children, adolescents and pregnant women.

University of Adelaide and Women's and Children's Health Network | 2010 | Career Development Fellowship | \$401,361

Team members: Dr Sue Evans, Dr Suja Matthew, Dr Phillipa Rokkas, Mrs Chris Heath, Mrs Michelle Clarke, Mr Mark McMillan, Ms Susan Lee, Ms Katherine Riley, Mrs Mary Walker and Mrs Louise Goodchild, Mrs Bing Wang, Mr Hassan Mohammed, Mrs Jane Tuckerman and Ms Shugufa Noor.

Immunisation is second only to clean water in having the highest impact on improving public health—but deaths still occur from vaccine-preventable diseases. Professor Helen Marshall and her team are at the forefront of research into understanding and ensuring vaccine safety and effectiveness and identifying immunisation barriers to increase vaccine uptake.

‘There has been a 73 per cent reduction in children hospitalised from severe chicken pox infection since the introduction of the (varicella) vaccine to the National Immunisation Program in Australia in 2005.’¹

Professor Marshall is an international leader in vaccinology and the public health impacts of infectious diseases. Her research is aimed at providing evidence to improve immunisation practice and influence immunisation policy nationally and internationally.

‘I was inspired by the idea that in public health you can improve the health of a whole population by making good policy decisions based on sound evidence,’ Professor Marshall said.

‘My vision is to eliminate serious vaccine preventable diseases in children by improving the effectiveness of vaccine programs for children, adolescents and pregnant women.’

Professor Marshall’s research has been crucial for improving immunisation rates.

‘We improved uptake of vaccines in pregnancy by implementing a midwife delivered immunisation program, following our research findings showing the need for increased awareness, health care provider recommendation and incorporation of immunisation into standard pregnancy care.’

Her research investigates the safety and effectiveness of new vaccines, determining how health conditions can affect vaccine efficacy and how effective vaccines are, following introduction into a population program. Essential to Professor Marshall is working with the community to understand acceptance of new vaccines and any barriers to uptake. Professor Marshall’s research has led to a myriad of achievements, including:

- Providing evidence to inform optimal immunisation schedules for Australian children
- Recommendation of a gender-neutral Human Papilloma-virus vaccine program through community engagement
- Identifying disadvantage as the primary reason infants remain incompletely immunised rather than anti-vaccination attitudes and funding that women of culturally and linguistically diverse backgrounds have lower uptake of maternal vaccines.

‘Vaccines currently in use in many countries including Australia have been licensed based on our clinical trial findings and our research has identified factors leading to improved immunisation uptake in the population,’ she said. ‘Being granted two NHMRC Career Development Fellowships has provided me with the opportunity to develop a multidisciplinary academic program of research in vaccinology and infectious diseases to improve health outcomes for children.’

Next steps: Professor Marshall and her team are conducting studies to assess the long-term outcomes from meningococcal disease and the effect of the meningococcal B vaccine on carriage of the bacteria—the results of which to will be used by policy makers in Australia and overseas.



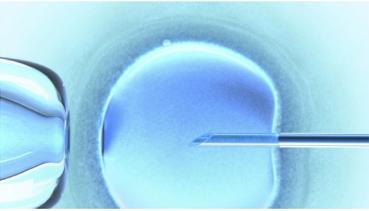
Bad teeth? Here's when you can and can't blame your parents The Conversation – 27 September

Tooth decay, wonky teeth, yellow teeth. These are all aspects of dental health some people blame on their parents, thinking bad teeth run in the family.

But our recently published research shows one of these – tooth decay – is largely down to environmental factors and not your genes. Just like your dentist tells you,

tooth decay is almost entirely preventable. So what does the evidence say about which aspects of dental health you inherit from your parents, and which you don't? For the full story go to <https://theconversation.com/bad-teeth-heres-when-you-can-and-cant-blame-your-parents-83887>

Media Release - 29 August, University of Adelaide



Researchers at the ARC Centre of Excellence for Nanoscale BioPhotonics (CNBP), led by the University of Adelaide, have successfully developed

an advanced new imaging technique, which can help assess the quality of early-stage embryos. The research, reported in journal *Human Reproduction* has the potential to significantly benefit the IVF industry of the future, improving assisted reproduction outcomes for women.

“We use a special type of imaging to show differences in the metabolism and chemical make-up of embryos before they’ve been implanted,” says lead author Dr Mel Sutton-McDowall, from the University of Adelaide. This technique can give us an objective measure of which embryo to choose as part of the IVF process.” This ‘hyperspectral imaging’ measures light that cells naturally produce during their normal activities. The light or ‘autofluorescence’ produced changes according to the chemical reactions or metabolism going on in the cell.

Being able to measure embryo metabolism is viewed by many researchers as one of the most important factors as to whether a particular IVF program will be successful. However, says Dr Sutton-McDowall, fertility specialists take a largely subjective approach in deciding which embryos should be used.

“Pre-implantation screening of embryos generally takes place under a normal optical microscope. Although it’s quite easy to discern poor embryos (due to differences in uniformity), it is far harder for the clinician to determine objectively, the viability of the other embryos,” she says. “The challenge is how to choose single healthiest embryo out of this group to maximise chances of pregnancy.”

Dr Sutton-McDowall sees the use of hyperspectral imaging as a new tool that can be combined with other diagnostic methods to provide a more accurate and objective embryo viability assessment.

“The benefit of hyperspectral imaging is that it can capture information-rich content of inspected objects. It analyses every pixel in an image for its light intensity at differing wavelengths,” she says. “This lets us drill down and analyse the hyperspectral signature of each individual embryo, looking for known or anomalous characteristics. It lets us discriminate between embryos, but also measuring metabolic differences within individual embryos. We predict that embryos that have cells with homogeneous (uniform) metabolic profiles are the healthier ones.”

To date, this imaging technology has only been tested on cattle embryos but Dr Sutton-McDowall notes that the technique is extremely promising. “It offers benefits of being a non-invasive imaging approach that provides real-time information to the clinician,” she says.

The likely development of a specialised hyperspectral imaging tool for actual use in the IVF clinic is several years away but Sutton-McDowall believes that there is a strong surge of interest from IVF clinics to better predict embryo development outcomes through technology. “I think we’ll see this innovative approach commercialised fairly quickly,” she says. “IVF is a costly and complex treatment. Any new method that can help improve odds of women successfully having babies is of benefit to both clinicians and their patients.”

Not just limited to human IVF practice, Dr Sutton-McDowall also sees commercial opportunities for the hyperspectral technology across the farming, animal and livestock sectors as well.

“Many beef and dairy producers include advanced reproductive technology programs as regular part of their farming practice,” she says. “Identifying and breeding from elite animals improves herd quality & maximises productivity. If we can enhance IVF process and improve pregnancy outcomes, farmers will see better animals with healthier genetics and more desirable traits. I see lot of potential for our imaging technology in this economically important area too.”

This research was funded by ARC Centre of Excellence for Nanoscale BioPhotonics (CNBP) with researchers located at the University of Adelaide (Robinson Research Institute and Institute for Photonics and Advanced Sensing), Macquarie University and Quantitative Pty Ltd.

PhD Top-up Scholarship opportunity

Vitamin D supplementation: Is it beneficial or even safe?

This exciting PhD scholarship opportunity comes with additional top up funding and is suitable for an individual with an interest in nutrition, epidemiology and/or genetics. The successful applicant will join the Nutritional and Genetic Epidemiology Group, which is based at the University of South Australia, Centre for Population Health Research (CPHR), South Australian Health and Medical Research Institute (SAHMRI) in Adelaide.

The PhD student will have an opportunity to use data from unique large scale data resources with up to 500,000 participants, in a project that is a part of a larger program of work partly funded by the National Health and Medical Research Council (NHMRC). For further details please see **the scholarship advertisement** or contact program leader and primary supervisor **Professor Elina Hypponen** (elina.hypponen@unisa.edu.au).

Link to scholarship advertisement:

<http://www.unisa.edu.au/Research/Research-degrees/Scholarships/Vitamin-D-supplementation-is-it-beneficial-or-even-safe/>

Link to my professional website: <https://people.unisa.edu.au/Elina.Hypponen>

Link between sexually transmitted virus and underweight babies

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Media Release - 22 September, UniSA



Women carrying the sexually transmitted HPV infection prior to two years of giving birth are 50 per cent more likely to have a tiny baby, new research shows.

A study led by the University of South Australia analysing Pap smear records of almost 32,000 women, shows a strong link between pre-cancerous cells caused by the virus, and growth restricted babies.

In a paper published today in the *Journal of Maternal-Fetal & Neonatal Medicine*, lead author Dr Judy Ford says severely underweight babies not only have high rates of mortality but often experience learning and behavioural problems later in life. They are also more likely to age prematurely and develop diabetes as an adult.

Dr Ford, from UniSA's Teaching Innovation Unit, said the analysis showed that women who tested positive for HPV had a 20 per cent higher risk of having a smaller baby than women with negative smears. This risk increased to 50 per cent for seriously underweight babies (less than 1500g).

"The Human Papillomavirus (HPV) causes cervical cancer, which affects about 900* women in Australia each year, accounting for approximately 1.2 per cent of all cancers diagnosed in women," Dr Ford says.

"The next step is to link the Pap smear records to hospital records to see how these tiny babies fare during their childhood. It is possible that HPV invades the placenta very early in pregnancy and it may compromise embryos from the outset.

"The findings show how important it is for teenagers (both sexes) to take advantage of the HPV vaccination," Dr Ford says. Regular Pap smears are also important and while many women find them uncomfortable, we will soon be able to use a DNA test to detect the HPV virus. This can be done with a simple swab."

The other researchers involved in the study include Ming Li and David Roder from UniSA's Cancer Epidemiology and Population Health, and Wendy Scheil from the Pregnancy Outcome Unit, SA Health.

Data was collected from the South Australian Perinatal Statistics Collection and the South Australian Cervical Screening Database for the purposes of the analysis. Statistics sourced from Cancer Australia website.

Fraser Mustard PhD Top-up Scholarships

The Fraser Mustard Centre, named in honour of Dr Fraser Mustard's contribution to child development in South Australia, is a research collaboration between the Department for Education and Child Development (DECD) and the Telethon Kids Institute.

The Centre are offering three-year PhD Top-up Scholarships valued at \$12,000 p.a. (comprising \$8000 p.a. stipend and \$4000 p.a. research support) to outstanding students who are passionate about improving developmental, health and education outcomes for children and young people.

The successful PhD candidates will be co-supervised by a team member from the Telethon Kids Institute or Department for Education and Child Development and they will be expected to spend some of their time at the centre working on their PhD. The following areas are of interest to us, but all topics will be considered:

- The impact of home language environment on development
- Measurement of student wellbeing and engagement in South Australian schools
- Longitudinal analyses of developmental/educational trajectories utilising linked administrative data sets
- Understanding the different patterns of development and wellbeing across countries – psychometrics, cultural adaptations, macro-economic policies or other comparative analyses

The successful candidates will have access to existing administrative datasets on student's wellbeing, engagement, academic achievement (NAPLAN), and child development at school entry (AEDC) to use in their PhD research.

For the criteria and application contact: Alanna Sincovich - +61 8207 2039
Alanna.sincovich@telethonkids.org.au

Applications are to be emailed to: trudy.crickmar@telethonkids.org.au by Friday 5 January 2018.

For more information about the Fraser Mustard Centre, visit www.frasermustardcentre.sa.edu.au



The Telethon Kids Institute has been contracted by the Australian Government Department of Education and Training to undertake research into how the Australian Early Development Census (AEDC) is currently being used in Australian schools, communities, government and non-government organisations, and by other relevant stakeholders.

The AEDC is a population measure of how children have developed by the time they start their first year of full-time school across five areas of early childhood development: physical health and wellbeing, social competence, emotional maturity, language and cognitive skills, and communication skills and general knowledge.

A brief survey has been designed which asks a range of questions, including how you have or have not used the AEDC, your past and current involvement in the AEDC, and how you think engagement with the AEDC can be improved. The survey is confidential, and should only take approximately 10 minutes to complete. Information collected will be used to provide the department with recommendations for improving engagement with, and access to the AEDC.

It is important to collect this type of information from a wide range of stakeholders, including both those using the AEDC and those who have not, to ensure we are able to consider a wide range of views, including some of the reasons why individuals and organisations have not been able to engage with the AEDC. This email has been sent to you as you have been identified as a stakeholder who may have previously used, collected or otherwise been involved with the AEDC, or you may have been identified as a stakeholder who may wish to engage with the AEDC in future.

To access the survey, please go to: <https://www.surveymonkey.com/r/AEDCSA>

The survey will be live until COB Friday 20th October. Please feel free to circulate this invitation to participate to other relevant stakeholders in your network.

For further information about the AEDC, please visit www.aedc.gov.au or to subscribe to the AEDC Newsletter, email AEDC@education.gov.au with the word 'subscribe' in the subject line.

If you would like further information about this survey or how the results will be used, please contact Dr Yasmin Harman-Smith at yasmin.harman-smith@telethonkids.org.au.

Making Babies in the 21st Century: Robinson Research Institute

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You're invited to the *2017 Making babies in the 21st Century* free public forum hosted by the Robinson Research Institute, held in the new Adelaide Health and Medical Sciences Building! In its 5th year, this event will provide you with research findings from leading reproductive health experts, guiding you on how to conceive and have a healthy baby in today's environment - moderated by Amanda Blair.

Louise Johnson, CEO, Victorian Assisted Reproductive Treatment Authority *Your Fertility Potential - helping people to conceive and have a healthy baby*

Professor Rob Norman AO, Medical Director, Fertility SA *...and would you like IVF with that?*

Dr Deirdre Zander-Fox, Regional Scientific Director, Monash IVF Group *Inside the IVF Lab: What Hot and what's Not*

Dr Renae Fernandez, Biomedical Scientist, Robinson Research Institute *Shift work and women's fertility*

Dr John Schjenken, Biomedical Scientist, Robinson Research Institute *How everyday chemicals impact fertility and pregnancy*

***And the first 30 people who register their interest will see a demonstration of the delivery of a baby. You will tour the new Adelaide Health Simulation facilities, one of the most advanced medical learning environments in Australia, and get a hands-on experience with the birthing simulator, Lucina. This is an opportunity not to be missed! (commencing at 5pm before the forum).*

Wednesday 18 October, 5:30pm - 7:30pm (5pm for birthing simulator - max 30 attendees)

the *brand new* Adelaide Health and Medical Sciences Building, G030 Lecture Theatre

University of Adelaide, 57 North Terrace, Adelaide

Registrations essential as **places are limited!** Register online at <https://www.eventbrite.com.au/e/2017-making-babies-in-the-21st-century-tickets-37637378412>

Children with disability: Inclusive practice and child-safe organisations webinar

Thursday 12 October, 1.30pm - 2.30pm AEDT.

Professor Gwynnyth Llewellyn heads up the Centre for Disability Research and Policy, the WHO Collaborating Centre on Health Workforce Development in Rehabilitation and Long Term Care, and is co-director, NHMRC Centre for Research Excellence in Disability and Health at the University of Sydney.

This webinar will focus on developing practical strategies to create safe and inclusive environments for children with disability.

Recent research indicates that children with disability are at a much higher risk of maltreatment than their non-disabled peers. The Royal Commission into Institutional Responses to Child Sexual Abuse recently reviewed the evidence to consider the various factors that contribute to the heightened risk of abuse for children with disability, including their over-representation in institutional care settings and greater interaction with unfamiliar adults. It also highlighted the problems with viewing disability as a stand-alone risk factor for maltreatment, rather than focusing on the particular social contexts that contribute to children's vulnerability.

To register go to

https://register.gotowebinar.com/register/8581513817663753474?utm_source=CFCA+Mailing+List&utm_campaign=1e08196899-EMAIL_CAMPAIGN_2017_09_11&utm_medium=email&utm_term=0_81f6c8fd89-1e08196899-211229749

Nature and Nurture in the 21st Century: *Infants, their parents, their brains, their traumas*

Vol 13, Issue 5 –
October 2017

Perinatal & Infant Mental Health Services (PIMHS) - Helen Mayo House Annual Conference 2017
Women's and Children's Health Network (WCHN)

Nature and Nurture in the 21st Century: infants, their parents, their brains, their traumas

The conference will feature topics such as:

Neglecting neglect; Muslim men – pregnancy and birth; Avoiding burnout; Mindfulness and DBT approaches to parenting; Beyond beer and sex: validating conversations with fathers; Working with Aboriginal families ☑ working with shame in mother-infant relationships; and Playing games: why the brain prefers real games to the screen.

This is an exciting opportunity to hear from international expert Graham Music, author of *Nurturing Natures*, on Day 1 of the conference followed by his full-day workshop on Day 2.

Speakers include Femke Buisman-Pijlman, Shirley Young, Zakiyyah Muhammad and many staff of Perinatal and Infant Mental Health Services, Helen Mayo House.

Date: Thursday 16 November (full day conference) - Friday 17 November (full day workshop with international speaker, Graham Music)

Time: 8.30am – 4.45pm

Venue: University of South Australia (City West Campus)

Full Cost: Day 1: \$250; Day 2: \$200; Both days: \$405. Enquire about early bird prices (available until 31 August). Concession and group discounts available.

To register or for more information: phone (08) 7087 1047 or visit www.wch.sa.gov.au

The Infant, the State, Ethics and the Law *AAIMH National Conference*

The Infant, the State, Ethics & the Law

23-26 November 2017, Melbourne, VIC - University of Melbourne, Parkville Campus Law Building



Australian Association for
Infant Mental Health Inc.

The AAIMH presents their national conference, *The Infant, the State, Ethics & the Law*, promising a celebration of infants and the work of all practitioners who support families and communities in caring for them.

The program is designed to explore the complex systems that influence and govern our thinking and our work. It will focus on the matters that threaten to derail our thinking, that perplex and distress and guide us in our work with infants and families.

For further info go to <http://aaimhconference.org/>

Special Event: Family Violence and the Developing Child

This special event brings together three internationally acclaimed family violence and child development researchers, Professor Jennifer McIntosh (Deakin University), Professor Amy Holtzworth-Munroe (Indiana University), and Professor Louise Newman (University of Melbourne).

This forum will feature the latest research on the unique developmental challenges to social and emotional growth for children growing up in a climate of family trauma, often in the nexus of parental separation and ex-couple violence.

Monday 16 October, 1:30-4:30 pm

Deakin University, Level 12, Tower 2, 727 Collins Street, Docklands, VIC

Registration: \$55 (includes afternoon tea)

To book tickets go to <https://www.eventbrite.com.au/e/family-violence-and-the-developing-child-tickets-35365016717>

Autism SA Professional Development Workshops

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Workshops are presented by the Autism SA training team which has extensive experience in working directly with individuals on the autism spectrum, in a range of settings. The training team includes qualified experienced special education teachers, high school teachers, allied health professionals and behaviour consultants with extensive skills in the autism field.

Supporting students on the autism spectrum for SSO/ESO: 9:30-4:00pm - 5th October (School Holidays)

Positive behaviour planning for people on the autism spectrum: 9:30-4:00pm- 6th October (School Holidays)

Supporting sensory needs in the classroom: 9:30-4:00pm- 13th October (School Holidays)

Understanding the autism spectrum: 9:30-12:30pm- 16th October (Week 1)

Strategies to support individuals on the autism spectrum: 1:00-4:00pm- 16th October (Week 1)

Enhancing self control in people on the autism spectrum: 4:30-6:30pm- 1st November *NEW TWILIGHT SESSION

The Anxiety Curve; What to do when a person on the autism spectrum is escalating: 9:30-4:00pm- 8th Nov (Week 4)

Setting students on the autism spectrum up for success in the high school setting: 9:30-4:00pm- 15th Nov (Week 5)

Building Independence using structured teaching: 4:30-6:30pm- 15th November (Week 5) *NEW TWILIGHT SESSION

Planning for complex students on the autism spectrum: 9:30-4:00pm- 16th November (Week 5)

Setting students on the autism spectrum up for success in the primary setting: 9:30-4:00pm- 22nd November (Week 6)

How to increase engagement with students on the autism spectrum; scheduling work, rewards and breaks: 1:00-4:00pm - 29th November (Week 7)

Setting up A and B choices in the classroom: 4:30-6:30pm- 29th November (Week 7) *NEW TWILIGHT SESSION

All workshops are held at 262 Marion Road Netley, Adelaide.

To register, go to Autism SA www.autismsa.org.au

For further information contact Emma Bennett at ebennett@autismsa.org.au or phone 8462 0638

Simple Steps to Safer Families Australian Association of Family Therapy Conference

The annual Australian Association of Family Therapy (AAFT) Conference

Family therapy and social justice – Collapsing the divisions of inequality

19-20 October, Mercure Grosvenor Hotel, Adelaide

The conference will explore where family therapy and systemic practice can work effectively at every level of system, and will address four main themes in areas greatly impacted by inequality: Indigenous Australians; health and disability; age; and gender.

For further info go to <https://aceo.eventsair.com/QuickEventWebsitePortal/aaft-2017/aaft17>

RANZCP Faculty of Child & Adolescent Psychiatry Conference 2017

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) invites you to attend the Faculty of Child & Adolescent Psychiatry Conference, to be held in Adelaide from 19 – 22 October 2017 at the Adelaide Convention Centre.

A stimulating scientific program has been developed around the conference theme, '**Growing Minds: The Early Origins of Mental Health and Disorder**' and will cover a diverse range of areas within the mental health of children and adolescents.

The International Keynote Speakers at this year's conference are:

- Professor Edward Melhuish (UK)
- Dr Peter Szatmari (Canada)
- Dr Richard Rose (UK)

A range of other invited speakers have also been confirmed and will represent a diverse range of areas within mental health.

Registrations are now open, and for more information please visit the conference website at <https://www.child2017.com>

Family DOORS App Launch *Relationships Australia SA*

Vol 13, Issue 5 –
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We are pleased to share our new service innovation, the **Family DOORS App** with you at our official launch on Tuesday, 17 October.

Family DOORS, built from the original Family Law DOORS, is an evidence-based universal screening framework for keeping families safe (McIntosh, Wells & Lee, 2017). The Family DOORS App will make this holistic screening tool available to all helping professionals such as counsellors, psychologists and social workers. The Family

DOORS is designed to assist professionals to detect and evaluate risks before they escalate, get out of control or end tragically.

Please join us and see the app in action!

When: Tuesday 17 October, 4pm - 6pm

Where: Relationships Australia SA city office, 161 Frome Street, Adelaide SA

Cost: There is no cost for this event, RSVP online at <https://www.eventbrite.com.au/e/family-doors-app-launch-tickets-37898651888>

For further info contact <http://www.rasa.org.au/>

Good bugs vs bad bugs *SAHMRI public lecture*

Good bugs vs bad bugs: how to stop the bad ones and keep the good ones

Infection and Immunity is a broad area of research at SAHMRI that addresses health issues at the intersection of infection, immunity, chronic disease and community. Join our panel of experts as they discuss how new research into both good and bad bugs could potentially help you and the ones you love.

Topics covered included:

- 'Good and bad bugs in early life' - Associate Professor David Lynn, EMBL Australia Group Leader in Biomedical Informatics, SAHMRI, Flinders Medical School
- 'Bacteria made me do it! - Is there anything we can't blame on the human microbiome?' - Associate Professor Geriant Rogers, Director Microbiome Research, SAHMRI, Flinders Medical School

This event will be followed by a Q&A session with the audience. If you would like to submit a question for the Q&A session prior to the event please email: hello@sahmri.com

Wednesday 11 October, 6pm-7.30pm

SAHMRI Auditorium, North Terrace

For further info and to register online go to

<https://www.sahmri.org/infection-and-immunity-theme/event-2/>



SAHMRI's public lecture's proudly supported by Health Partners

Prevention Science Network: What Works 4 Kids website launch

20 October, 2pm-5pm

Deakin University, Melbourne City Campus, Lv 12, Tower 2, 727 Collins St, Docklands, Melbourne

The ARACY Prevention Science Network is delighted to invite you to the official launch of the WW4K website with international guest speaker Stephanie Lee, Washington State Institute for Public Policy, USA.

WW4K (What works for kids) is a publicly-available, online database of programs, practices, and tools that define best practice, designed for practitioners, researchers, and decision makers in the child and youth wellbeing sector. After many months of populating the database and testing the evidence, WW4K is now ready for its official launch at this event. The event is **free for ARACY Members**, and \$50+GST for non-members.

For further info and to register go to <https://www.aracy.org.au/events/event/aracy-prevention-science-network-launches-ww4k-website>