



Healthy Development Adelaide  
A Research and Innovation Cluster in South Australia

## LATEST NEWS

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**Novita is celebrating their 80th Anniversary of service and commitment to the South Australian community.**

Established at Somerton Park in May 1939 as the Crippled Children's Association of South Australia, Novita is now one of the state's largest community-based disability service providers, supporting kids, young people and adults living with disability, and their families.

80 years ago, the original facility – called Somerton House – accommodated 50 kids living with polio, and all up the staff supported around 200 kids through day programs and vocational guidance.

Today, Novita employs almost 500 staff, with specialist therapists delivering a range of best-practice therapy and equipment services, assistive technology, supported independent living, transition to work and Day Option programs for thousands of people living with disability in metropolitan Adelaide and across South Australia, and Broken Hill.

For more information on Novita and their services go to [www.novita.org.au](http://www.novita.org.au)

## OUR PARTNERS

### PLATINUM



THE UNIVERSITY  
of ADELAIDE



### GOLD



University of  
South Australia

### SILVER



Government of South Australia  
Department for Education



Government of  
South Australia

Women's and Children's Health Network



Flinders  
UNIVERSITY



SAHMRI  
South Australian Health &  
Medical Research Institute



Healthy Mothers,  
Babies and Children

### BRONZE



## HDA Partner Update - SAHMRI Healthy Mothers, Babies & Children Prof Maria Makrides: 2019 Fellow of the Australian Academy of Science



Professor Maria Makrides, is one of eight women among 22 scientists elected a Fellow of the Australian Academy of Science for her outstanding contributions to science.

Professor Makrides is Head of the Healthy Mothers, Babies and Children theme at SAHMRI, and Professor of Human Nutrition with the University of Adelaide's Adelaide Medical School.

Maria is an international leader in maternal–infant nutrition, with a focus on optimising the cognition, growth and immune development of children. She is especially recognised for her rigorous nutritional intervention studies during the first 1000 days of life—between conception and a child's second birthday.

Her multidisciplinary research group conducts large-scale randomised controlled trials to investigate the health effects of dietary fatty acids, iron, iodine and novel dietary ingredients. She has made major contributions to changes in the composition of infant formulae, on changing international food laws and on setting specific nutrient recommendations worldwide.

*The Australian Academy of Science provides independent, authoritative and influential scientific advice, promotes international scientific engagement, builds public awareness and understanding of science, and champions, celebrates and supports excellence in Australian science.*

For further information and to see all the elected 2019 Fellows go to <https://www.science.org.au>

## HDA Partner Update - Robinson Research Institute \$1.2 million for community-led endometriosis research and support

A digital health platform for endometriosis research and support will be developed by the University of Adelaide's Robinson Research Institute thanks to \$1.2 million funding from the Federal Government and Jean Hailes for Women's Health.

This project will harness the collective power of the endometriosis community – patient groups, researchers and clinicians – to deliver awareness and education, research capability and enable a new life trajectory for girls and women with endometriosis. Foundational to the project is collaboration with, and learning from, women with endometriosis. It will build a better understanding of what works and how women can benefit from others' experience. It will provide access to information, resources and engagement with research.

AV/Professor Louise Hull, Leader of the Endometriosis Research Group at the Robinson Research Institute said "The project represents a great opportunity for community advocates, researchers and clinicians to develop a collaborative way of understanding research that will deliver the benefits that the endometriosis community is asking for."

This project will include a wide range of research disciplines including health informatics, biomedical and clinical research expertise. It will also link into local support networks, active clinical trials and new research opportunities. More than 700,000 Australian women and girls live with endometriosis, with a delay between onset and diagnosis of 7-12 years. Understanding and addressing this delay in diagnosis and treatment is a complex problem requiring close engagement with those with lived experience of endometriosis, advocacy groups, clinicians, GPs and policy makers, and requires a multi-disciplinary research team and program.

Professor Sarah Robertson, Director of the Robinson Research Institute said "The involvement of consumer groups working directly with scientists and clinicians in the research process to co-design and evaluate an effective web-based platform makes the project a first for Australian women with endometriosis. We aspire to create a web-based platform that will become a dynamic forum for ongoing connection and iterative engagement of women directly in the research process, so we can work collaboratively to find solutions for this common and debilitating condition."

12  
JUNE

## UPCOMING HDA EVENT: BORN TO CONNECT

HDA and the Australian Association for Infant Mental Health Inc. (AAIMH) joint forum  
as part of Infant Mental Health Awareness Week 2019

### **Born to Connect: Infant Mental Health**

Wednesday 12 June, 5.30 - 8.00pm

Napier Lecture Theatre (102), Napier Building, 1st floor, University of Adelaide (North Terrace campus).

Dr Rosalind Powrie, Child & Adolescent Psychiatrist, Perinatal and Infant Mental Health Service,  
Women's & Children's Health Network - *Introducing Infant Mental Health Awareness week*

Dr Heather Mattner, Perinatal Health Psychologist & Midwife, Private Psychology Practice /  
School of Nursing and School of Psychology, University of Adelaide - *Early relationship building -  
So evident it goes without saying or not evident so it goes without saying?*

Ms Meg Bater, Neonatal Intensive Care Unit Nurse, PhD Candidate, WCH, Women's and Chil-  
dren's Health Network / University of Adelaide / SAHMRI Healthy Mothers Babies & Children -  
*PEDaL: Training Parents of Preterm Infants to Support Early Development*

Ms Sara Jones, Neonatal Critical Care Nurse, A/Nurse Unit Manager, Neonatal Unit, Flinders  
Medical Centre - *Introduction to Family Integrated care in Flinders Medical Centre Neonatal Unit*

Prof Claire Roberts (CHAIR, HDA Co-Convenor), Robinson Research Institute, University of Adelaide

ALL WELCOME – FREE EVENT

For further program information and to register go to [www.eventbrite.com.au/e/61662848239](http://www.eventbrite.com.au/e/61662848239)

19  
JUNE

## UPCOMING HDA EVENT: PREVENTION AND MANAGEMENT OF CHILD OBESITY

Grand Round in conjunction with HDA and the Women's and Children's Hospital,  
Women's and Children's Health Network



### **Prevention and management of child obesity: starting early with parenting our infants and children**

Wednesday 19 June, 12.30 – 1.30pm (sandwiches from 12noon)  
Queen Victoria Building, Lecture Theatre, level 1  
Women's & Children's Hospital, North Adelaide

#### **A/Professor Rebecca Golley**

Theme Lead 'Better Lives' Caring Futures Institute  
College of Nursing and Health Sciences, Flinders University

A/Professor Golley leads a program of public health nutrition research with a strong focus on supporting children and families. A/Professor Golley is recognized as a national expert in child obesity and nutrition promotion interventions and paediatric dietary assessment. She has a strong track record in nutritional epidemiology, behavioural nutrition, food parenting, intervention development and evaluation as well as research translation.

ALL WELCOME – FREE EVENT

For further program information and to register go to [www.eventbrite.com.au/e/62413235668](http://www.eventbrite.com.au/e/62413235668)

**3  
JULY**

## **UPCOMING HDA EVENT: WOMEN'S EXCELLENCE IN RESEARCH AWARD**



### **Dr Helen Stallman**

#### **Care · Collaborate · Connect: A disruptive innovation in preventing suicide in children and adolescents**

*The prevalence of mental illness, distress and suicide in children and adolescents has not declined despite significant government and non-government investment and activities. Care · Collaborate · Connect provides a new framework to support parents (through Coping Kids) and schools (Coping Schools) help children learn and use of healthy coping and prevent mental illness.*

Dr Helen Stallman is a Senior Lecturer at the University of South Australia and Hospital Research Foundation Fellow at the Basil Hetzel Institute. Dr Stallman is a Clinical Psychologist and specialist in the development and evaluation of interventions aimed to optimise health and wellbeing. Her focus has included suicide prevention, university health and wellbeing, parenting, and e-psychology. The quality and impact of Dr Stallman's research has been recognised with 11 awards and honours, including Uniquist Trailblazer and an Education Association of Australia Award.

**Wednesday 3 July 2019, 5.30-7.30pm**

doors open from 5.00pm with light refreshments from 6.30pm

Napier 102 lecture theatre, Napier Building, University of Adelaide (North Terrace campus)

Chaired by A/Professor Carol Maher (HDA Co-Convenor)  
School of Health Sciences and Sansom Institute for Health Research, UniSA

**ALL WELCOME – FREE EVENT**

For further program information and to register go to [www.eventbrite.com.au/e/62820679343](http://www.eventbrite.com.au/e/62820679343)

## **NEW HDA MEMBERS**

**Dr Anna Ali**, PhD Candidate  
School of Medicine, University of Adelaide  
*Focus - epidemiology and biostatistics*

**Mrs Julia Dalton**, PhD Candidate  
Robinson Research Institute, University of Adelaide  
*Focus - obstetrics and midwifery*

**Dr Sarah Cox**, Postdoc Research Fellow  
Australian Centre for Child Protection, UniSA  
*Focus - child protection*

**Dr Linh Ngo**, PhD Candidate  
School of Medicine, University of Adelaide  
*Focus - outcomes study, disease or treatment*

**Dr Amanda Taylor**, Lecturer  
School of Psychology, University of Adelaide  
*Focus - child positive mental health*

**Dr Peer Arts**, Postdoctoral Fellow  
Centre for Cancer Biology, UniSA  
*Focus - early development disease*

**Dr Claire Homan**, Research Associate  
Centre for Cancer Biology, UniSA  
*Focus - stem cell biology, myeloid leukaemia*

## HDA RESEARCH MEMBER PROFILE - DR ANNA ROESLER

Southgate Institute for Health, Society and Equity - Flinders University



I completed my PhD at the University of Adelaide in September 2018 on the *Development and sustainability of interventions to improve child nutrition: A case-study of ethnic minority communities in northern Thailand*. I investigated factors contributing to the high prevalence of malnutrition in infants and young children in the hill tribes of Thailand and the effect of a nutrition-sensitive agricultural intervention (provision of chickens and vegetables seeds along with agriculture support and nutrition education). The aim of the intervention was to improve the nutritional intake and growth of children. Over the one-year intervention period there was an increase in egg intake by children, but no change in growth. Several underlying barriers, such as poverty and parent's lack of time, need to be addressed if gains in child growth are to be seen.

Following my PhD I received an Endeavour Australia Cheung Kong Award to complete a post doctorate with the National Institute of Nutrition in Japan. I investigated mindful eating and healthy weight, using system dynamics modeling, helping to improve our understanding of mindful eating.

In mid-March 2019 I started work with the Southgate Institute for Health, Society and Equity at Flinders University. The Institute is completing research on the social and economic determinants of health, including those determinants affecting infants, children and adolescents' development.

I am part of a team completing an audit on health promotion activities in the south of Adelaide, including education services, sport programs, mental health services and disability services. This information will be used as part of a larger initiative to enhance and extend health promotion activities in the south of Adelaide. As I get more involved in different programs at the Southgate Institute, I am sure I will have more to share with HDA.

✉ [anna.roesler@flinders.edu.au](mailto:anna.roesler@flinders.edu.au)

### Get Involved with HDA!

#### Become a member

Membership is free and open to researchers, PhD students and professionals working in areas relevant to HDA's research.

#### Member benefits

- Contribute your knowledge and expertise to make a difference
- Build relationships with people working in areas relevant to the health and development of young children and adolescence
- Access travel grants, awards and scholarships for researchers
- Your membership support will assist us to increase our public profile within the community and strengthen our partnerships

#### Attend our events

The varied and extensive HDA event program covers priority research and career development topics. Our events enable effective communication and interactions across disciplines, providing opportunities for networking and multidisciplinary research collaborations for researchers, students, government and health service personnel and educators, organisations, teachers and the general community.

#### Keep in touch

Follow us on Facebook, Twitter and LinkedIn.

**No cost to join. The membership form can be found on the HDA website or contact [anne.jurisevic@adelaide.edu.au](mailto:anne.jurisevic@adelaide.edu.au)**

## RECENT HDA EVENTS

The PCOS Q&A joint forum with HDA and the Robinson Research Institute, University of Adelaide



Pic l to r: Prof Rob Norman, Prof Manny Noakes, A/Prof Alice Rumbold, Dr Alexia Pena-Vargas, Ms Tara Bridge, Prof Ray Rodgers



**HDA Thematic Evening: Cultural & Linguistic Diversity in SA: Programs for children, youth & families**  
Talks and audio recording can be found on our website in the events section for this event.



## HDA MEMBER REPORT: UNESCO RILA SPRING SCHOOL 2019

UNESCO RILA Spring School 2019- The Arts of Integrating, May 1-3, University of Glasgow



### **The Journey<sup>1</sup> of the Refugee South Sudanese Secondary Students from southern Sudan to South Australia: Integration Through Language Learning & Teacher Relationships**

How do refugee secondary school students coming from war-torn countries like South Sudan integrate in terms of successfully learning the compulsory English language literacy for immersion and entry into the new formal mainstream schooling in the safe and stable country of Australia? What happens to their repertoire of mother tongue languages usually limited to the spoken form? These refugee students have suffered disrupted schooling due to decades of war or threat of war in their home country. What few opportunities for learning they may have experienced have not only been limited in duration and resources but also largely only made available to boys whilst the girls' lives were restricted to domestic duties of home.

In a recent doctoral study<sup>2</sup>, the recollections of a small group of Dinka-speaking refugee secondary school student participants, based in Adelaide, highlighted the importance of literacy in their home language as the necessary pre-requisite to acquiring the compulsory literacy in English. Also evident were the strong bonds with their extended family members and community life in southern Sudan. Their collective society was bound by strict rules, oral communications and understandings, passed down the generations in the midst of almost ever-present war or threat of war.

Once in Australia the family became 'broken' and extended family members were displaced. Hurdles included visibility, disrupted past learning, little literacy in their mother tongue, Dinka, compulsory English literacy in schools and for employment and living in strange 'suburbs'. However, many of the Adelaide respondents overcame these challenges and have gone on to tertiary study. Critical factors included understanding teachers, literacy in Dinka as well as English, community support and family substitutes, especially male role models, and mentoring by positive achievers.

**Dr Judith S Thomas:** [Judithstthomas9@gmail.com](mailto:Judithstthomas9@gmail.com)

Education Specialist/Youth Justice/Project Management/Researcher/International Students/Humanitarian

<sup>1</sup>Sandy, S. (2013). *Donkeys can't fly on planes*. Melbourne: Kids Own Publishing.

<sup>2</sup>Thomas, J. (2017). *From Southern Sudan to Adelaide: learning journeys of refugee secondary students*. PhD thesis, University of Adelaide, Australia. Retrieved from <https://digital.library.adelaide.edu.au/dspace/handle/2440/111486>.

## JAMES MCWHA RISING STAR AWARD 2019 HDA MEMBER



**A/Professor Kristin Carson-Chahhoud** had never been to university when she was accepted in 2011 to the University of Adelaide, resulting in a PhD focussing on tobacco avoidance. She completed her thesis, which earned her the Dean's Commendation for Doctoral Thesis Excellence, while working full-time for SA Health as one of the youngest Senior Medical Research Scientists.

Kristin, named 2015 SA Young Australian of the Year, has received a South Australian Tall Poppy award and a 100 Women of Influence award, among a wealth of other accolades.

For Kristin, the emphasis on tobacco avoidance came down to the opportunity to spark change. "Working in respiratory as a Senior Researcher, I could see the impact that tobacco was having on people's lives and that it was one of the key modifiable risk factors," she said. "It was something I knew could potentially make a difference, a real-world difference, in individuals and in communities as a whole."

Kristin aims to close the gap between clinical research trials and real-world patient care. "I want my research to make a difference and to improve patient care, and I want to see the changes happen in the real world and in real time."

## VegKit to grow kids' healthy eating

Media Release - 5 May, Flinders University



Children will be encouraged to increase their intake of vegetables through a new \$4 million national campaign. While vegetables are important for long-term good eating habits and overall health, surveys suggest up to 95% of Australian children aren't eating enough.

Flinders University Nutrition and Dietetics researchers at the College of Nursing and Health Sciences will work with Nutrition Australia and CSIRO to deliver the project which will explore the influencers behind kids' exposure to, and acceptance of vegetables through behavioural and produce innovations.

The five-year education campaign, funded by the Hort Innovation, will develop a free toolkit for educators, health professionals and research agencies that includes information on dietary guidelines, and best practice, evidence-based knowledge of flavour exposure and food preference.

David Moore, General Manager for Research, Marketing and Investment at Hort Innovation, says the project would help to establish a national framework promoting the importance of vegetable consumption for improved health outcomes in children.

"The VegKit project will bring together a number of research and educational resources with ultimate aim of increasing a child's vegetable intake by more than half a serving per day," Mr Moore says.

"In that view, there is potential to increase demand for fresh produce by 19,000 tonnes per year if every child (aged 2-6 years) increases consumption by greater than half a serving – demonstrating a great return on research investment."

Flinders Associate Professor Rebecca Golley says research into understanding the development of

taste preferences of children will help find practical ways to make children enjoy more vegetables.

In her latest paper, published in the *Journal of the Academy of Nutrition and Dietetics* (Elsevier, ScienceDirect), researchers examined the potential to increase healthy choices in children's diets by reducing discretionary (nutritionally poor) food and beverage choices and replacing them with healthy foods under better dietary strategies.

"Our research found that strategies such as reducing the portion size of nutritionally poor foods, or substituting these choices for foods such as vegetables, both have an incredibly important role to play in improving diet quality and supporting obesity prevention," Associate Golley says.

"One way to implement these strategies is to work with parents on dietary choices, and another is directly with the settings where children learn and play such as childcare and school – and even with industry to make vegetable products more appealing and appetising to children," she says.

Hort Innovation is the grower-owned, not-for-profit research and development corporation for Australian horticulture.

The project will also disseminate knowledge and increase advocacy and leadership using a whole-of-system approach, with the target users of the outcomes being vegetable levy payers, health professionals, government agencies, early learning educators, researchers and representative bodies.

The five-year project will deliver six key activities:

1. Best practice guidelines to increase vegetable intake
2. A national online register of initiatives to increase vegetable intake
3. Further development and coordination of the Vegetable Intake Strategic Alliance (VISA)
4. Updated dietary advice for maternal, infant and early years, using evidence-based knowledge of flavour exposure and food preference development, to facilitate children's vegetable intake
5. Initiatives in the community (for long day-care settings) to increase children's vegetable intake
6. Supply chain initiatives (industry innovations and early primary school settings) to increase children's vegetable intake.

'Theoretical Reductions in Discretionary Choices Intake via Moderation, Substitution, and Reformulation Dietary Strategies Show Improvements in Nutritional Profile: A Simulation Study in Australian 2- to 18-Year-Olds' (May 2019) by Brittany J Johnson, Jessica A Greiger, Thomas P Wycherley and Rebecca K Golley has been published in *Journal of the Academy of Nutrition and Dietetics* (Volume 119, Issue 5).

## Recruitment for Clinical Trials / Studies

**Adolescent females diagnosed with polycystic ovary syndrome (PCOS) needed for a research study looking at whether meditation improve quality of life in adolescents with PCOS**



If you are a female **aged 12-20 years** and **diagnosed with PCOS**, you can help us with this study in Adelaide evaluating a simple strategy to improve quality of life in adolescents with PCOS.

This study has been approved by the Women's and Children's Health Network Human Research Ethics Committee (HREC/18/WCHN/168), Adelaide, South Australia.

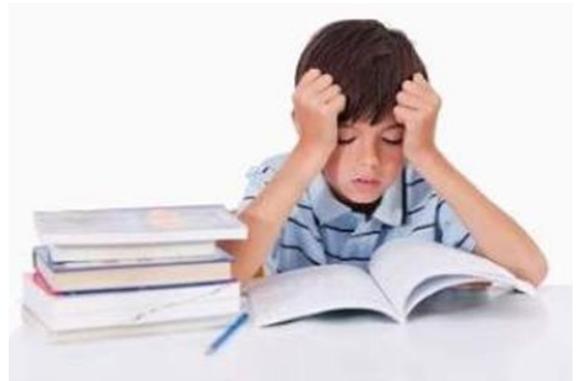
If you are interested in finding out more information about this research, please contact Dr Alexia Peña (paediatric endocrinologist) on 8161 8134 or via email at alexia.pena@adelaide.edu.au.

## Support families living with FASD by participating in online research study

### Why is the research being conducted?

Children living with Fetal Alcohol Spectrum Disorder (FASD) experience significant cognitive and behavioural difficulties in their lives but may go unrecognised.

As a result, children and families may not receive the help they need to reach their full potential. Early and accurate identification of children at-risk of having FASD is vital to ensuring children and families receive the help they need.



This project aims to test if a newly-developed screening tool can accurately identify children at-risk of having FASD from their peers who are not at-risk.

### Who can take part?

We invite any Australian and New Zealand parents and carers, who are raising a child between the age of 4 and 12 to take part in an online survey.

**While the focus of the study is on children living with FASD, we strongly encourage parents and carers raising children who are not living with FASD to take part as your input is vital to ensuring that the tool is accurate.**

Please contribute to this research by sharing with your friends, colleagues and social media networks. For more information, please follow the link below:

**<https://www.unisa.edu.au/Research/Australian-Centre-for-Child-Protection/Research/Testing-a-new-screening-tool-for-children-living-with-FASD>**

# **SNAICC - NATIONAL VOICE FOR OUR CHILDREN CONFERENCE**

**8th SNAICC National Conference  
Growing up with Strong Identity, Strong Culture and Strong Connection.**

**2–5 September  
Adelaide Convention Centre, Adelaide**

**SNAICC is the national non-government peak body in Australia representing the interest of Aboriginal and Torres Strait Islander children.**

Join us to discuss our challenges and share our knowledge and experiences in raising happy, healthy and confident children in our communities.

## **Early bird registrations open**

Discounted early bird registrations are now open for the SNAICC National Conference and will close on **21 June**. Get in early so you don't miss out! There are special rates for Indigenous organisations and discounted rates available to all current SNAICC members.

For more information on the SNAICC Conference, please contact our Conference Secretariat Encanta Event Management on Tel: (03) 9863 7608 or email [snaicc@encanta.com.au](mailto:snaicc@encanta.com.au)

## **EMERGING MINDS ONLINE TRAINING**

### **Engaging with Children: A Foundation course**

This course introduces you to the concept of engaging children as partners in practice, as a foundation for responding to child mental health concerns. It highlights some of the benefits that engaging children as a part of service provision offers children, their families and the community, as well as practitioners and services. It also identifies some of the broad challenges and dilemmas faced by practitioners in this area of work.

Through this course you will become familiar with the key values that underpin the concept of engaging children as partners in practice, and consider how these link with the values and practice ethics you bring to this area of your work. You will also be introduced to the key shifts in position and perspective required to effectively engage children as partners in practice.

Further information at  
[www.emergingminds.com.au](http://www.emergingminds.com.au)  
Ph: 08 8367 0888

## **SA SCIENCE EXCELLENCE AWARDS GALA DINNER**

Finalists and winners will be announced and celebrated at a gala dinner

Friday 9 August, 6.30 - 11pm  
Adelaide Convention Centre, Hall M, North Terrace, Adelaide

Book tickets from 1 June 2019  
<https://www.scienceawards.sa.gov.au/dinner>