

Healthy Development Adelaide

A Research and Innovation Cluster in South Australia



2019 Progress Report



Advancing an understanding of healthy development to ensure the physical, psychological and social health of infants, children and adolescents.

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A Word from Our Convenors

This year is quite special for us as we reached a milestone of 15 years which we celebrated with Professor Caroline McMillen, our former Co-Convenor (2004-2011) and current Chief Scientist of South Australia presenting our annual Oration on South Australia: Transition, Translation and Transformation.

We have over the last 15 years delivered activities such as our highly successful event program with ~150 events with over 18,000 registrations, 28 PhD Scholars supported financially by the Channel 7 Children's Research Foundation and close to \$130,000 awarded to our PhD students and early career researchers to present at international conferences. We have also recently initiated the HDA School Scholarship program, awarding \$1,000 to high school students during their year 11 and 12 to assist towards higher research career, with students also receiving a HDA Mentor as part of their award.

We have increased our membership base of researchers and non-researchers, government and the general community from 80 in 2004 to 719 in 2019.

None of this, over the last 15 years, couldn't have been possible without the guidance and direction of our past Convenors Professors' Caroline McMillen, Rob Norman and Michael Sawyer and especially our partners: the Robinson Research Institute (University of Adelaide), the Channel 7 Children's Research Foundation, University of South Australia, Flinders University, Department for Education, Women's and Children's Health Network, Novita and SAHMRI's Women and Kids.

I would like to acknowledge our two new Convenors this year, A/Professor Pammi Raghavendra from Flinders University and A/Professor Carol Maher from the University of South Australia.

During 2019 we supported our researchers with nine travel grants and eight PhD top-up scholarships. We hosted a program of 12 events to inform and educate as well as provide the opportunity for members to network and collaborate with each other. We have provided two scholarships to Year 11-12 high school students living in socially disadvantaged circumstances who want to succeed in entry to tertiary education programs.

We would like to thank all our partners for their financial support and commitment and look forward to continuing to work with you in 2020. We hope you enjoy reading this year's report.



Professor Claire Roberts
University of Adelaide



A/Professor Pammi Raghavendra
Flinders University



A/Professor Carol Maher
University of South Australia

Vision and Mission

Vision

To achieve the full developmental potential of South Australia's children and adolescents

Mission

Healthy Development Adelaide (HDA) aims to improve the health and wellbeing of South Australia's infants, children, adolescents and families by:

- Maximising the extent to which research enhances policy and service delivery in South Australia
- Maximising the extent to which policy and service delivery improve and strengthen the quality of research in South Australia
- Maximising knowledge in the South Australian community about available evidence-based policy and service delivery
- Providing a key point of contact for relevant information necessary for informed policy and service delivery in South Australia



About Us

HDA was founded in 2004 with support from the University of Adelaide and a membership of approximately 80 researchers. We now have 719 members. These include 372 research members including PhD students, early career researchers and senior researchers. Importantly, they also include 347 associate members who work in a wide range of government and non-government agencies with responsibility for the health, education and well-being of young people in South Australia.

HDA links research, service delivery and policy development to promote, facilitate and enable multidisciplinary research that advances understanding of healthy development, and ensures the physical, psychological and social health of infants, children and adolescents.

HDA is supported by a partnership of South Australian organisations that includes the Robinson Research Institute (University of Adelaide), Channel 7 Children's Research Foundation, University of South Australia, Women's and Children's Health Network, Department for Education, Flinders University, Novita, and Women & Kids (SAHMRI).

Steering Group

Professor Claire Roberts (Co-chair)
Robinson Research Institute
University of Adelaide

A/Professor Pammi Raghavendra (Co-chair)
College of Nursing and Health Sciences
Flinders University

A/Professor Carol Maher (Co-chair)
School of Health Sciences
University of South Australia

Professor Sarah Robertson
Director, Robinson Research Institute
University of Adelaide

Ms Lindsey Gough
Chief Executive Officer
Women's and Children's Health Network

Mr Samuel Luddy
Manager Strategic Data Development
Department for Education

Professor Maria Makrides
Head, Women and Kids
South Australian Health and Medical Research
Institute

Professor Janna Morrison
Head, Early Origins of Adult Health Research
University of South Australia

Mr Greg Ward
Executive Director, Channel 7 Children's Research
Foundation / Chief Executive, Novita

Executive Committee

Professor Claire Roberts (Chair)
University of Adelaide

Professor Janna Morrison
University of South Australia

A/Professor Pammi Raghavendra
Flinders University

A/Professor Carol Maher
University of South Australia

Executive Officer

Ms Anne Jurisevic
Healthy Development Adelaide

Our Events

Our events provide the opportunity for communication and interactions between people working in a range of disciplines. Our events are attended by a broad array of researchers, government, health service personnel and educators, teachers, students and members of the general community.

In 15 years HDA has held 150 events with ~18,000 registrants, and this year's events include:

15th Annual Oration

This year's Oration was presented by Professor Caroline McMillen, Chief Scientist for South Australia, and former HDA Co-Convenor (2004-2011)

South Australia: Transition, Translation and Transformation

The past two decades have been a time of profound geopolitical, economic and social change. Nations, regions and cities have faced major economic transitions as established industries have declined or moved offshore. Across this period, however, there have been regions where 'rustbelts' have emerged as 'brain belts' and where cities in decline have transformed to become 'magnet cities' attracting talented creative arts and STEM professionals. Such transformations have been underpinned by the emergence of 'leap frog' technologies and convergence of research from different STEM disciplines to have major impacts on all aspects of our lives including health.

During the past 2 decades Healthy Development Adelaide (HDA) has been a pioneer in harnessing the power of collaboration to translate innovation to benefit the health and wellbeing of women, babies and young people across the world. The next leadership role for HDA will be to deploy the convergence of disciplines and technologies from within and beyond health to address the intergenerational transmission of poor health and to ensure healthy development is distributed equitably across the globe.

Professor Caroline McMillen was presented with the Healthy Development Adelaide Award for 2019 (pictured below with HDA Convenors A/Prof Carol Maher, Prof Claire Roberts and Prof Pammi Raghavendra).



Women's Excellence in Research Award

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

Dr Helen Stallman a Senior Lecturer at the University of South Australia and Hospital Research Foundation Fellow at the Basil Hetzel Institute was awarded with 2019 Healthy Development Adelaide Women's Excellence in Research Award for her excellence in research achieved by women working in the field of developmental health.

Helen is a clinical psychologist and specialist in the development and evaluation of interventions aimed to optimize health and wellbeing with her focus including suicide prevention, university health and wellbeing, parenting, and e-psychology. Helen's research has been recognized with 11 awards and honours including Uniquist Trailblazer and an Education Association of Australia Award.



International Speaker Seminar



Dr Rachael Coakley, Director, Clinical Innovation and Outreach in Pain Medicine, Department of Anesthesia, Critical Care and Pain Medicine / Assistant Professor in Psychology, Department of Psychiatry, Harvard Medical School and Boston Children's Hospital

The role of psychology in the management of pediatric pain

Chronic pain in pediatrics impacts one of every five kids and is one of the most expensive healthcare issues in the world. Persistent pain --such as headache, abdominal pain, nerve pain, and musculoskeletal pain – wreaks havoc on a child's life, tripling the risk for anxiety and depression, and interfering with school, sleep, activities, and peer relationships. Parents are also deeply affected by their child's suffering. Scientific studies spanning more than two decades consistently find that kids recover better when they are engaged in a multidisciplinary recovery plan that includes evidence-based psychological care.

Thematic Evenings

Thematic evenings bring together a diverse group of speakers relevant to important child health topics – three thematic evenings were held in 2019:

- ***Cultural and Linguistic Diversity in SA - Programs for children, youth and families:*** Speakers included Ms Kristin Johansson, Manager Projects, Multicultural Communities Council of SA; Dr Nazia Aziz, Psychologist, Department for Education; Mr Dan Schmidt, Community and Stakeholder Liaison, Headspace; and Ms Tamara Stewart-Jones, Chief Executive Officer, Multicultural Youth SA Inc.
- ***Research and Developments in Autism - A SA Perspective:*** Speakers included Ms Niki Welz, Training, Consultancy and Research Manager, Autism SA; Dr Emma Goodall, Manager, Disability and Complex Needs, Department for Education; Ms Kristy Logan, Speech Pathologist/Clinical Lead, Novita; Dr Kobie Boshoff, Senior Lecturer, Occupational Therapy and Ms Lisa Porter, Lecturer, Occupational Therapy, University of South Australia.
- ***Youth homelessness in South Australia:*** Speakers included Dr Tammy Hand, Research Fellow, UniSA; Mr David Wark, CEO St Vincent de Paul Society (SA) Inc; Ms Liz O'Connell, Director for Young People and Practice, SYC; and Mr Gary Storkey, Chair of South Australian Housing Authority.



Collaborative Events

To bring greater value to attendees and to increase collaboration across institutions. HDA collaborated on six events during 2019:

➤ ***HDA and Robinson Research Institute public forum: PCOS Q&A***

Chaired by Prof Ray Rodgers, Robinson Research Institute, University of Adelaide

This forum shared latest developments and research around Polycystic Ovary Syndrome (PCOS) with a panel of experts that included Prof Rob Norman AO, University of Adelaide / Fertility SA; Prof Manny Noakes, Nutrition Consultant; Dr Alexia Pena-Vargas, University of Adelaide / Women's and Children's Hospital; and Tara Bridge, SA Health Consumer Representative / PCOS Advocate.



➤ ***HDA and Australian Association for Infant Mental Health Inc (AAIMH): Born to Connect***

Chaired by Prof Claire Roberts, Robinson Research Institute, University of Adelaide

This forum was part of Infant Mental Health Awareness Week and included speakers Dr Rosalind Powrie, Child & Adolescent Psychiatrist, Women's & Children's Hospital, Women's and Children's Health Network; Dr Heather Mattner, Private Psychology Practice / School of Nursing and School of Psychology, University of Adelaide; Ms Meg Bater, Women's and Children's Hospital, Women's and Children's Health Network / University of Adelaide / SAHMRI Women and Kids; and Ms Sara Jones, Neonatal Unit, Flinders Medical Centre.



➤ ***HDA and Women’s and Children’s Hospital Grand Round: Prevention and management of child obesity – starting early with parenting our infants and children***

Chaired by Dr Jenny Fereday, Executive Director, Nursing & Midwifery, Women’s and Children’s Health Network

This grand round was presented by A/Professor Rebecca Golley, Theme Lead ‘Better Lives’ Caring Futures Institute, College of Nursing and Health Sciences, Flinders University

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.



➤ ***HDA and SciPub: The Science of Being Healthy***

Chaired by Mr Sam Dyer, SciPub

This public event was held at the Rob Roy Hotel with panelists Prof Timothy Olds, Behavioural Epidemiology; A/Prof Alison Coates, Registered Nutritionist; and A/Prof Carol Maher, School of Health Sciences, University of South Australia.



➤ ***HDA and NAPCAN: Putting children first – changing the way we frame parenting to improve child wellbeing in Australia***

Chaired by Teresa Scott, NAPCAN

This was an official event of National Child Protection Week, organised by NAPCAN in partnership with the Government of South Australia and Healthy Development Adelaide.

The keynote speaker was Dr Nat Kendall-Taylor, CEO, FrameWorks Institute, United States; other speakers included The Hon Rachel Sanderson MP, Minister for Child Protection; Ms Cathy Taylor, Executive Director, Department for Child Protection; Ms April Lawrie, Commissioner for Aboriginal Children and Young People; Ms Annette Michaux, Director, Parenting Research Centre; Dr Prue McEvoy, Lead Psychiatric Director, Department for Child Protection; and Ms Melanie Tate, CEO, Puddle Jumpers Inc (2018 SA Play Your Part Award recipient).



➤ ***HDA and Women’s and Children’s Hospital Grand Round: Early infant feeding to prevent allergy – Are parents feeding their babies differently?***

Chaired by Dr Jenny Fereday, Executive Director, Nursing & Midwifery, Women’s and Children’s Health Network.

This grand round was co-presented by Dr Merryn Netting and Professor Tim Green, SAHMRI Women and Kids.

Dr Merryn Netting is an NHMRC Early Career (Health Practitioner) Fellow and an experienced clinical pediatric dietitian based and is an Allied Health member of ASCIA and serves on the National Allergy Strategy Steering Committee. Her research focuses on the influence of early life nutrition on long term health.

Prof Tim Green’s research focuses on micronutrients in pre-pregnancy, pregnancy, lactation, and early life (first 1000 days) with studies conducted in Canada, NZ, Asia and Africa. His group seeks to identify micronutrient deficiencies through nutrition surveys and develop sustainable strategies to improve micronutrient status.

Our Awards

Healthy Development Adelaide Award

Professor Caroline McMillen



Healthy Development Adelaide Women's Excellence in Research Award

Dr Helen Stallman



Healthy Development Adelaide School Student Award

Aubrey Asanon

Dayna Capel

Our Scholars

HDA offers top-up scholarships to support the next generation of researchers. This program is financially supported by the Channel 7 Children's Research Foundation.

The eighth cohort of HDA Scholars commenced in 2019. Our scholars are high achieving researchers, recipients of Australian Government Research Training Program (AGRTP) Stipend Scholarships and are selected via a competitive process on the basis of individual merit and the multidisciplinary nature of their projects.

Additionally, the Scholarships provide:

- Translational research practicum placements which enhance and broaden the training and career development of scholars by exposing them to a multidisciplinary environment
- Mentorship selected on the needs identified by scholars
- Engagement to HDA's network through career development forums and events

HDA Scholars (new)

The following students were awarded Channel 7 Children's Research Foundation PhD top-up scholarships in 2019.



Shabnam Kashef, Nutrition and Dietetics, College of Nursing and Health Sciences, Flinders University

Primary Supervisor: A/Prof Rebecca Golley, Flinders University

Project: *The relative impact of four public health nutrition strategies to increase vegetable intake of children's attending long day care*

Mentor: A/Prof Alison Coates, University of South Australia

Practicum Placement: Nutrition Australia Vic Division (SA & Tas)



Nghia Pham, Future Industries Institute, University of South Australia

Primary Supervisor: Prof Benjamin Thierry, University of South Australia

Project: *Development of an integrated lab-on-chip device for the isolation and analysis of circulating fetal trophoblastic cells towards detecting pre-eclampsia in early pregnancy*

Mentor: Prof Claire Roberts, Robinson Research Institute, University of Adelaide

Practicum Placement: Placenta Research Laboratory, Robinson Research Institute, University of Adelaide

HDA Scholars (ongoing)

The following students were awarded Channel 7 Children's Research Foundation PhD top-up scholarships in 2016, 2017 and 2018.



Rosa Virgara, Alliance for Research Exercise, Nutrition and Activity, School of Health Sciences, University of South Australia

Primary Supervisor: A/Prof Carol Maher, University of South Australia

Project: *Physical activity, screen-time and wellbeing in Out of School Hours Services: how can we provide better programs for Australian children?*

Mentor: Prof Janna Morrison, University of South Australia

Practicum Placement: Australian Centre for Precision Health, UniSA / SAHMRI



Fan Jia, School of Pharmacy and Medical Sciences, University of South Australia

Primary Supervisor: Prof John Hayball, University of South Australia

Project: *Application of a new vaccine technology to protect children against multiple diseases painlessly and economically*

Mentor: Dr Leigh Guerin, Phillips Ormonde Fitzpatrick

Practicum Placement: Con Ca Pty Ltd



Victoria Branson, School of Psychology, University of Adelaide

Primary Supervisor: Prof Deborah Turnbull, University of Adelaide

Project: *Designing, evaluating, and utilising a holistic measure of adolescent stress.*

Mentor: A/Prof Sarah Blunden, Head of Paediatrics Sleep Research Appleton Institute, CQ University Australia

Practicum Placement: Centre for Wellbeing & Resilience, SAHMRI



Verity Booth, School of Health Sciences, University of South Australia

Primary Supervisor: Prof Tim Olds, University of South Australia

Project: *Databases of physical activity in Australian children: an audit, an online repository, and recommendations on survey instruments.*

Mentor: Anna Pearce, Optimal Lifestyle Network

Practicum Placement: Novita Children's Services



Joyce Haddad, College of Nursing and Health Sciences, Flinders University

Primary Supervisor: A/Prof Rebecca Golley, Flinders University

Project: Can the Dietary Guideline Index (DGI) for children and adolescence be used as an effective monitoring and feedback intervention?

Mentor: Dr Jane Bowen, CSIRO Health and Biosecurity

Practicum Placement: Australian Science Media Centre (AusSMC)



Jago Van Dam, Robinson Research Institute, University of Adelaide

Primary Supervisor: Dr Julia Pitcher, University of Adelaide

Project: Effects of pro-inflammatory conditions of pregnancy on cortical physiology and neuroendocrine function in children and adolescents.

Mentor: A/Prof Cheryl Shoubridge, Robinson Research Institute, University of Adelaide

Practicum Placement: Clinical + Research Imaging Centre (CRIC)

Our Travel Grants

During 2019 HDA supported 9 HDA members (early career researchers and PhD students) to travel to conferences with a total value of \$5,750. Since 2008, ~126,000 has been awarded in travel grants to HDA members. The 2019 recipients:

- Damian Adams, Flinders University
- Meg Bater, SAHMRI
- Megan Cooper, UniSA
- Tara Crawford, University of Adelaide
- Chang Gao, SAHMRI
- Brittany Johnson, Flinders University
- Gabriela Leghi, University of Adelaide
- Stewart McDougall, University of South Australia
- Molla Wassie, University of Adelaide
- Nina Wilson, UniSA/SAHMRI

Travel recipient report highlight by Dr Megan Cooper

Firstly, I would like to say a big thank you to Healthy Development Adelaide for the financial assistance provided to help with travel expenses. Using the funds, I was able to attend the National Australian College of Midwives (ACM) Conference in Canberra, ACT from 17-19 September at the National Convention Centre. In the months leading up to the conference, I had worked with colleagues to submit a total of four abstracts for consideration by the scientific committee. Much to my excitement, all four abstracts were accepted; two oral presentations and two poster presentations.

The conference theme Power, Passion and Politics was fitting given that we were in the Nation's capital and therefore, the home of politics. My view was that it underpinned a sense of urgency around the importance of midwives, not only as advocates of women and families but also as political beings that have the ability to influence maternity care into the future. Subsequently, this brought about discussions around collaboration and relationships which are ultimately central to midwifery work and life.

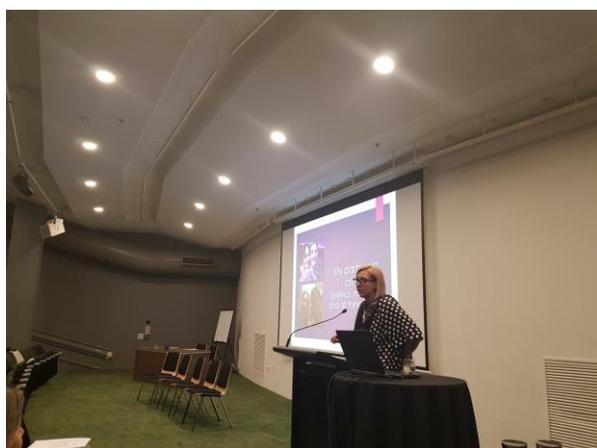
On day one, I was fortunate to chair one of the very first concurrent sessions and present our project that incorporated a multidisciplinary approach to improving communication in first year midwifery students. This was quickly followed by my two poster presentations which focused on ongoing research around the use of water immersion for labour and birth and a discussion paper that argued the need for woman-centred policies and guidelines in maternity care. These were well received and I was fortunate to also be able to display my own artwork on these posters.



The most inspiring of presentations that I attended was from Dr Zoe Bradfield from Curtin University which examined the meaning of woman-centred care; interestingly, there has been very little research in this space despite the fact that we consistently refer to woman-centredness in our work. It was thought provoking and it raised a lot of questions for me, particularly as I had also focused on this from a policy perspective. It has now prompted my want to write a paper with a focus on woman-centredness and what it means for policy and practice.

There were a number of inspiring keynotes throughout the week that really spoke to the heart of midwifery practice; one from Cherisse Buzzacott who shared her life and experiences of being an Aboriginal woman and midwife and the challenges that she has faced and continues to face as she and her team, have advocated for and succeeded in bringing the Birthing on Country project to fruition. Another from Hazel Keedle which gave insight into her research of women's experiences of choosing a vaginal birth after caesarean. Both were extremely inspiring and reflected the very essence of the conference theme.

Whether as a result of the conference theme or because of the very nature of maternity care in Australia, there was a significant emphasis on the fact that midwifery is political. I reemphasised this in my oral presentation (co-authored by Paula Medway, ACM SA Branch Chair) that provided insight into the work I had been doing as Policy and Political Coordinator for the ACM SA Branch. The aim of my presentation was to highlight importance of midwives finding their voice and using their advocacy on a political scale. I pitched this practically and used examples of what we had been able to achieve in SA to motivate and inspire others. I was fortunate to be followed by three presentations that all reemphasised this very point. This brought about discussions on how we best approach a national ACM strategy which I hope to lead.



Our Members and Alumni

HDA Research Members

HDA's research membership encompasses 24 research disciplines and includes senior and early career researchers, PhD students, government personnel and affiliates. Together our members bring together multidisciplinary research related to the investigation and improvement in developmental health spanning embryo, infant, child and youth health. Disciplines represented include:

biochemistry, biomedical engineering, demography, dentistry, economics, education, endocrinology, epidemiology, ethics, genetics, immunology, indigenous health, law, nutrition, obstetrics and gynaecology (reproductive health), paediatrics, pharmacology, physiology, politics, psychiatry and psychology, public health, sociology and virology.

Our research membership has steadily increased from 80 in 2004 to 372 in 2019. Interest in membership, events and committees continues to grow steadily.

HDA Associate (non-research) Members

HDA's associate membership category was formed in February 2013. We now have 347 members who work in health, education, government, private industry and members of the general community. This category is open to individuals working or interested in areas related to the health and wellbeing of infants, children and adolescents in a non-research capacity.

HDA Alumni

HDA's alumni include HDA past Conveners and HDA past Scholars.

HDA Mailing List

In addition to our members and alumni, we have over 2,500 interested people on the HDA mailing list. Mailing list recipients, as well as members, are informed about current and upcoming events, news releases and latest research news of relevance through a bi-monthly newsletter.

Our Social Media

HDA posts regularly on our social media sites. Posts include relevant news, event promotion and profiling our members.

Twitter – 236 Followers

Facebook – 279 Page Likes

LinkedIn – 2,235 Connections

Our Partners

We are grateful to all of our partners for their valuable and vital support which allows us to further strengthen and broaden our aims to continuously improve the health and wellbeing of children in South Australia.

HDA also acknowledges and appreciates contributions of infrastructure and administrative support provided by the Robinson Research Institute at the University of Adelaide.

PLATINUM



GOLD



SILVER



BRONZE



Healthy
Development
Adelaide

A Research & Innovation Cluster in South Australia.

For further enquiries

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