



Healthy Development Adelaide

A Research and Innovation Cluster in South Australia

### GET INVOLVED!!

#### BECOME A MEMBER OR RENEW YOUR MEMBERSHIP

Join us in fostering South Australian multidisciplinary research, policy and practice at basic, clinical, social and population levels to enhance the healthy development and wellbeing of Australia's future generations.

HDA membership is open to researchers, PhD students and professionals working in areas relevant to HDA's research. We also encourage the community who are interested in HDA and what we do to join and support us.

1 year for \$20 or 3 years for \$50 (excluding GST).

#### Membership benefits

The vastly subsidised fees offer great value for money and unlock the following member benefits:

- Access to travel grants (PhD students and early career researchers)
- Access to PhD scholarships for your students
- Eligibility to apply for HDA awards
- Free attendance at HDA events
- Build relationships with people working in areas relevant to the health and development of young children and adolescence
- Contribute your knowledge and expertise to make a difference
- Support HDA into the future

#### JOIN HERE

<https://health.adelaide.edu.au/healthy-development-adelaide/get-involved>

## OUR PARTNERS

### PLATINUM



### GOLD



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**University of  
South Australia**



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UNIVERSITY**

### SILVER



**Government of South Australia**  
Department for Education



**Government of  
South Australia**

Women's and Children's Health Network



Women and Kids

### BRONZE



## HDA RESEARCH MEMBER PROFILE - Ms ASHLEIGH WILSON

### COLLEGE OF EDUCATION, PSYCHOLOGY & SOCIAL WORK

### FLINDERS UNIVERSITY



**Ashleigh Wilson** holds a Masters Degree in Public Health Research, with the majority of her work focusing on societies' impact on children's early development. Ashleigh is a researcher at the Fraser Mustard Centre, an innovative initiative between the Telethon Kids Institute and the South Australian Department for Education which aims to improve the health and wellbeing of children through multidisciplinary research and research translation.

Ashleigh supports the Australian Government Department of Education and Training around the Australian Early Development Census (AEDC), providing AEDC State and Territory Coordinators with strategic advice and support developing engagement resources to support the implementation and utilisation of the AEDC by communities, schools, governments and researchers. As a research assistant at the Telethon Kids Institute Ashleigh has also worked across a number

of collaborative interstate projects, investigating current practice and understandings of the AEDC to inform and develop a suite of resources for school use. These resources are used by school leadership teams and Prep teachers to support children's early learning and development and transition to school, making links with the Australian Curriculum and other relevant school policies.

In 2018, Ashleigh commenced her PhD candidature at Flinders University. Her research titled "Supporting children's early holistic development: A population health approach to school planning" investigates how schools use data to improve children's learning and development, and explores whether using a population health approach could benefit the system. The studies comprising Ashleigh's thesis will investigate the value, challenges, strategies and implications of using population data to plan both within the early childhood education settings and to connect with community stakeholders and families.

Ashleigh's first study, a systematic review using the Critical Interpretive Synthesis method investigated what is currently known about early childhood education planning, population health models and their relation to children's development. The review was published in PLoS One, and found that within education, there are several models which are used to improve outcomes for children and families. Although a population health approach to planning does not explicitly exist, the results from the review indicate that it would indeed be plausible to adapt the population health approach to sites and schools, and that doing so would be advantageous for children's development. In 2020, Ashleigh will investigate further how schools use data within their planning, and how schools can shift children's developmental outcomes as predicted by the AEDC, through policies and practices.

✉ [ashleigh.wilson@flinders.edu.au](mailto:ashleigh.wilson@flinders.edu.au)

## HDA Travel Grants 2020 Round 1 Awardees

### **Lauren Chartier**

Discipline of Physiology, Adelaide Medical School, University of Adelaide  
*14th Congress of the International Society for the Study of Fatty Acids and Lipids*

### **Dr Erandi Hewawasam**

Australia and New Zealand Dialysis and Transplant Registry (ANZDATA), SAHMRI  
*The Transplantation Society of Australia and New Zealand Annual Scientific Meeting*

### **Chelsea Mauch**

College of Nursing and Health Sciences, Flinders University  
*Centre for Behaviour Change 6th Annual Digital Health Conference*

### **Emily Shepherd**

Discipline of Obstetrics and Gynaecology, Adelaide Medical School, University of Adelaide; and SAHMRI Women and Kids  
*24<sup>th</sup> Perinatal Society of Australia and New Zealand Annual Congress*

### **Rosa Virgara**

School of Health Sciences; Alliance for Research in Exercise, Nutrition and Activity, UniSA  
*International Society for Behavioural Nutrition and Physical Activity*

## HDA MEMBER NEWS - GRANT SUCCESS

**Chief Investigator:** Dr Emmanuel Gnanamanickam (Research Fellow), Health Economics and Social Policy Group, Australian Centre for Precision Health, School of Health Sciences, University of South Australia

**Funding:** \$40,000 - Channel 7 Children's Research Foundation

**Project Title:** Social welfare dependency and receipt of welfare benefits following child abuse and neglect: a South Australian linked data study.

**Research Area:** Improving child protection and its effects (Community-based study)

**Overview:** Early-life adverse experiences, of which child maltreatment (CM) is one of the most profound, strongly influence life-time mental and physical health and social outcomes. We propose to carry out the first ever assessment of welfare dependency outcomes following CM in Australia. By highlighting the burden of failing to prevent and protect South Australian children from maltreatment, this study will provide strong impetus to invest in preventive interventions. Creating the political will to shift resources towards prevention is critical if action to protect children is to occur and better health, well being and social and economic participation are to be realised.

## HDA MEMBER NEWS - AWARD SUCCESS



Professor Helen Marshall (Robinson Research Institute, University of Adelaide) has received the Award for Inspiring South Australian Women from the Australia Day Council of South Australia and the Office for Women.

Professor Marshall, leader of the B Part of It study, has dedicated her career to practicing and leading medical research at the forefront of the global fight to stop meningococcal disease.

## NEW HDA RESEARCH MEMBERS

**Dr Mohammad Hassanshahi**

University of Adelaide / SAHMRI

*Focus - vascular biology and wound healing*

**Alexandra Procter**

School of Public Health, University of Adelaide

*Focus - epidemiology / social determinants of health*

**Dr Tyson Whitten**

School of Arts, University of Adelaide

*Focus - developmental and life course crime*

**Dr Natasha Howard**

SAHMRI

*Focus - epidemiology / implementation science*

**Dr Mallika Senthil**

Nursing and Health Sciences, Flinders University

*Focus - childhood glaucoma*

**A/Prof Belinda Lange**

Nursing and Health Sciences, Flinders University

*Focus - digital health / physiotherapy*

**A/Prof Lillian Mwanri**

Medicine and Public Health, Flinders University

*Focus - public health*

**Nazzmer Nazri**

Adelaide Medical School, University of Adelaide

*Focus - sanfilippo syndrome*

**A/Prof Simon Conn**

Medicine and Public Health, Flinders University

*Focus - cancer / molecular biology*

**Jodie Scott**

School of Psychology, University of Adelaide

*Focus - health behaviour change*

**Dr Dusan Matusica**

Medicine and Public Health, Flinders University

*Focus - chronic pain*



# 2030 SDG ACTION PLAN BY SOUTH AUSTRALIAN YOUNG PEOPLE

I am pleased to share the **2030 SDG Action Plan by South Australian Young People** devised in collaboration with over 200 SA young people and UN Youth SA.

The Annual Meeting of the World Economic Forum (WEF) is taking place in Davos, Switzerland. Up to 3,000 world leaders representing 117 countries are examining the theme of 'Stakeholders for a Cohesive and Sustainable World' with this year's focus on 'renewing the concept of stakeholder capitalism to overcome income inequality, societal division and the climate crisis'.

It is a theme which aligns strongly with the key focus areas identified by South Australia's young people within this action plan. Their action plan captures ideas and recommendations they have made to ensure the State meets its commitment under the United Nation's 2030 Sustainable Development Goals. They are unanimous in their view that this requires all of us to take people, our planet, prosperity, peace and partnerships into account simultaneously. They're calling upon us, as the adults in their lives who hold the most power, to adopt an integrated approach - not a piecemeal one.

As Commissioner for Children and Young People I am tasked with ensuring South Australia fulfils its international obligations in respect to children and young people. I look for opportunities to work directly with young people to ensure their voices and ideas are heard and considered seriously, as is their right.

Recommendations made by SA young people in this action plan are reasonable and achievable. They include the following: provide free mental health care services for low income families and vulnerable members of our society; encourage governments, companies and farmers to work more closely together to ensure sustainable agricultural practices; ensure we address the systemic inequalities that exist by grounding business culture in equality and inclusion; create opportunities for younger people to be seated at the negotiating tables where big decisions are being made; and encourage communities to take a more active role in supporting those who are most vulnerable.

I look forward to hearing from you once you've had a chance to digest the contents of this action plan, written by young people for those in our community who are most vulnerable. It offers hope that future generations of vulnerable people across our community could be among the first to live without the impact of poverty in their lives, if we commit to doing what is required of us now.

To read my report go to <https://www.ccyp.com.au/reports/joint-reports/>

If there is anything in this action plan that you wish to discuss with me, please get in touch via the email at [CommissionerCYP@sa.gov.au](mailto:CommissionerCYP@sa.gov.au)

Helen Connolly  
**Commissioner for Children and Young People**  
**South Australia**

## Child Development Council

Five new interactive data snapshots of children and young people in South Australia are now available on the Child Development Council's website at <https://childrensa.sa.gov.au>

- The health snapshot shows the proportion of students 12-17 years who reported having 'ever smoked tobacco'.
- The safety snapshot shows the estimated rate of homelessness for children and young people birth to 18 years.
- The wellbeing snapshot indicates the proportion of all year 4 to year 10 students who participated in sport outside school hours
- The education snapshot shows the proportion of young people that completed a senior school certificate or equivalent.
- The citizenship snapshot indicates the average number of weekly hours worked by all employed 17 year olds.

# INTERNET INCREASES TEENAGE CYBER CRIME RISK

Media Release - 23 January, Flinders University



Many Australian teenagers are struggling to control their impulses on the internet, in a scramble for quick thrills and a sense of power online, which potentially increases their risks of becoming cyber criminals, experts say.

A new study by Flinders Criminology analysed existing links between legal online activities and cyber crime.

For example, how viewing online pornography progresses to opening illegal content, and motivations to evolve from online gaming to hacking.

Recently published in *the European Journal of Criminology*, the authors outline why illegal online activity involving adolescents from 12-19 years of age is encouraged by the idea the internet blurs normal social boundaries among young users tempted into wrongdoings they wouldn't contemplate in the outside world.

Flinders criminologist Professor Andrew Goldsmith says illegal online activity is especially attractive for adolescents already prone to curiosity and sneaky thrill seeking, but the internet encourages new levels experimentation which are easily accessible.

"The internet allows young people to limit their social involvement exclusively to particular associations or networks, as part of a trend we've termed 'digital drift'," Professor Goldsmith says.

"From a regulatory perspective, we're finding this poses significant challenges as it degrades young people's impulse controls.

"It's becoming increasingly important to understand the connection between young people's emotional drivers and committing crimes, as well as human-computer interactions to establish why the internet easily tempts young users into digital piracy, pornography and hacking.

"We're using the word seduction to describe the processes and features intrinsic to the online environment that make online activity both attractive and compelling.

"For some young people, the Internet is like a seductive swamp, very appealing to enter, but very sticky and difficult to get out of."

Professor Goldsmith says there needs to be a deeper understanding of the influential technologies regularly used by young people, recognising that not all motivations for transgression indicate a deep criminal pathology or criminal commitment.

"Policy should consist of interventions that take into account the lack of worldly experience among many young offenders. Online technologies render the challenge of weighing up potential risks and harms from actions even harder. A propensity for thrill-seeking common especially among young males encouraged by the internet can create a form of short-sightedness towards consequences.

"Effective government responses must reflect on the range of motivations young people bring to, and find in, their online behaviours, not least of all in order to garner support among young people when it comes to effective regulatory changes."

## How to help your kids with homework (without doing it for them)

**The Conversation**  
**23 January**

Parents are a child's first and most important teachers. Parent involvement in their child's learning can help improve how well they do in school. However, when it comes to helping kids with homework, it's not so simple.

While it's important to show support and model learning behaviour, there is a limit to how much help you can give without robbing your child of the opportunity to learn for themselves.

An analysis of more than 400 research studies found parent involvement, both at school and at home, could improve students' academic achievement, engagement and motivation.

Read more at <https://theconversation.com/au/education>

## RESEARCHERS SAY CHILDREN NEED POP MUSIC LITERACY LESSONS TO START RECEPTION

Media Release - 28 January, UniSA



Children should learn about the media's influence – particularly the influence of popular music – on our lives as soon as they start school to minimise the potentially harmful impact it can have on their development, says University of South Australia education researcher Dr Lesley-Anne Ey.

In a recent study, Dr Ey and her co-authors found that media literacy – which involves learning about the role of media in society and gaining the essential skills of inquiry and self-expression – is virtually missing from the primary school curriculum both in Australia and the United States.

When it is taught, the topic is only offered in upper primary, despite the fact children are avid consumers of media such as pop music from far a younger age.

Dr Ey says that in an era where children are being influenced by media almost from birth, it is critical that media literacy is taught to avoid negative effects on their personal development.

"Media is more prevalent in our lives than ever before – we are surrounded by it and the ease of access to it is unprecedented, regardless of age, and much of the media consumed through the internet is unable to be controlled," Dr Ey says.

"It has a significant influence on children's and young people's attitudes and behaviours, shaping their understanding about gender ideals and identity development.

"Negative outcomes from consumption of sexualised media includes self-objectification and female sexualisation, permissive sexual attitudes and risky sexual behaviours, as well as acceptance of sexual and gendered violence

"Despite this, we haven't done enough to change how we educate and support our children to un-

derstand the influence of media on their own identities.

"From the age of five, children are far less interested in children's bands like The Wiggles and far more likely to listen to pop music which often contains sexually explicit lyrics and images.

"The latest research suggests 57 per cent of pop songs contain some form of sexual reference so it is vital that we teach our kids how to navigate this type of content safely."

The paper Popular Music Media Literacy: Recommendations for the Education Curriculum, published in the journal Policy Insights from the Behavioral and Brain Sciences, advocates that media literacy be formally included in the school curriculum but Dr Ey says it needs to go beyond that.

"Media literacy needs to be taught as soon as children enter formal education," Dr Ey says.

"This can be done in an age-appropriate way – explaining the concept of stage personas, teaching children the difference between reality and fantasy, and engaging them to think critically about what they are listening to or watching.

"The Australian curriculum is effective in teaching children how to create and analyse digital media but lessons on how the media influences personal development start far too late.

"Analysing media, for example, doesn't start appearing in the curriculum until Year 5 or 6.

"Even though media literacy is in the curriculum, it's left up to teachers' discretion on when and how it is taught. Unlike traditional subjects such as science, mathematics, reading and writing, media literacy is not tested. In an already packed curriculum where teachers are under pressure to cover a huge amount, it can easily fall through the cracks."

Dr Ey says education about media needs to go beyond the classroom.

"Parents too, need to be educated on how media influences their's and their children's lives as well, so that they can have the right conversations with their children," she says.

"Media codes and regulations should be informed by child development experts and be adapted to take into account how media is consumed by children.

"Media literacy has a place on the public agenda – it's education that we all need."



## STUDY RESULTS WILL INFORM IMMUNISATION PROGRAMS GLOBALLY

Media Release - 23 January, University of Adelaide



The results of the *B Part of It* study – the largest meningococcal B herd immunity study ever conducted – are published today in the *New England Journal of Medicine*.

The results have implications for all meningococcal B vaccine programs globally.

Led by Professor Helen Marshall from the University of Adelaide's Robinson Research Institute, the *B Part of It* study involved almost 35,000 senior school students in South Australia, aged 15 to 18 years, during 2017 and 2018.

"Our study has shown good protection was provided by the meningococcal B vaccine against meningococcal disease in those vaccinated but did not show an overall reduction in the proportion of adolescents carrying the bacteria, including the B strain," Professor Marshall says.

Adolescents can harmlessly carry the meningococcus bacteria in the back of the throat with only a very small proportion developing the disease. Meningococcal B is one of the most common strains that causes meningococcal disease, an acute bacterial infection that kills approximately 10% of those infected, and causes permanent disabilities in about 20% of cases. Those most at risk are babies and children up to the age of five years, and teenagers and young adults from ages 15 to 24 years.

"We are pleased to report not a single case of meningococcal disease among our study participants to date, over the three years since the study began, compared to 12 cases in the same age group in the two years prior to the study.

"Potentially this means a life or lives were saved, as, on average, one in every 10 children with meningococcal disease dies from it," Professor Marshall says.

"These results highlight the importance of individual vaccination for adequate protection, as the vaccine is unlikely to be able to stop spread of the bacteria between individuals," Professor Marshall says. "The study has identified the critical finding that individuals need to be vaccinated to protect themselves against meningococcal B disease, rather than expecting community protection through reduced transmission of the bacteria," she says.

"These results highlight the importance of individual vaccination for adequate protection" *Professor Helen Marshall*

The study also identified a number of high-risk behaviours associated with carriage of meningococcal strains in young people, including: smoking cigarettes, attending bars or clubs, and intimate kissing. Older school students, school boarders, and those who had recently had a cold or sore throat were also more likely to carry the meningococcus in their throat.

The outcomes of the *B Part of It* study are now being used in Australia and globally, to assess the cost-effectiveness of meningococcal B immunisation programs for children and young people.

Gill and Oren Klemich, who lost their 18-year-old son, Jack, to meningococcal B in 2009, have supported the *B Part of It* program as ambassadors and followed the results closely.

"We are extremely proud of the impact this study has had in informing both local and global policy around meningococcal B, as well as the impact the study and South Australian Government funded program have had in vaccinating and protecting over 60,000 young people against this horrible disease," says Oren.

The *B Part of It* study was funded by GlaxoSmithKline (GSK).

For more information, please visit: [bpartofit.com.au](http://bpartofit.com.au)

The results of the study will be published in the *New England Journal of Medicine*: <http://dx.doi.org/10.1056/NEJMoa1900236>

## PERINATAL MENTAL HEALTH TRAINING CHILD & ADOLESCENT MENTAL HEALTH SERVICES, HELEN MAYO COMMUNITY

Suitable for Adult Mental Health Staff, Allied Health Professionals, GP's, Midwives, NGO's Obstetricians, Drug and Alcohol Services, Private and Public sector Health Care Professionals whose work entails recognising or responding to mental health needs of antenatal or postnatal women.

**All registrations are through EVENTBRITE:** [www.eventbrite.com.au](http://www.eventbrite.com.au) and search 'Perinatal Mental Health Training'. There are 4 training days per year: February 17, May 18, July 20 and October 19 which are identical in content. Please only register for one day.

**Location:** Glenside Health Services, Learning and Development Building, 226 Fullarton Road, Glenside

FREE One day PERINATAL MENTAL HEALTH session including FREE 'Feeling Attached' e-manual [when proof of completion of e-learning package and day's training is presented – please see below re access to this training].

Completion of an e-learning module as a pre-workshop activity is essential. Access via:  
<http://digitalmedia.sahealth.sa.gov.au/index.php>

**\*\* You will need to create a 'Log On' if you are not a SA Health employee, in the 'Workplace' box, please use "SA Health > Non-Government Organisations (NGO)", then find e-learning package titled : "National Perinatal Depression Initiative".**

*The day's content may include:*

- Overview of Perinatal Mental Health Disorders ■ Domestic Violence & Trauma □ Impact on child development
- Attachment/Bonding □ Impact on Mother and Infant Relationship
- Overview of Medication in the Perinatal Period ■ Assessment □ Edinburgh Postnatal Depression Scale  
□ Psychosocial Risk Assessment
- Managing Risks ■ Lived Experience ■ Referral Pathways & Services

**IMPORTANT NOTES:** An active email address is required for parts of the training sessions and information dissemination. Your email address supplied will need to be checked prior to the session for update information. You can only apply individually for this reason.

Part of this training includes completion of an e-learning module. See link above. You may wish to schedule approx. 90 minutes for completion of this activity. If you do not wish to be contacted, please advise us via [maria.wigley@sa.gov.au](mailto:maria.wigley@sa.gov.au).

It is the responsibility of all attendees to ensure that authorisation for attendance is provided by their team leader/manager if relevant. No catering is provided. There are venues nearby to purchase refreshments.  
**If unable to attend please notify through cancellation on Eventbrite as early as possible** to allow others to attend.

## Australian Clinical Trials Alliance

On Tuesday 11 February, ACTA will hold its biggest webinar to date - the **Super Webinar** to disseminate and open communication around a document ACTA has created to guide trialists towards optimising their trials for implementation and implementability.

The Super Webinar will be held concurrently at eight live locations in capital cities across Australia and New Zealand. It will be hosted and facilitated at each site by members of ACTA's Reference Group on the Impact and Implementation of CTN Clinical Trials.

This event will start with a one-hour webinar presentation followed by an hour of peer-to-peer discussion. This event will be relevant for anyone who is involved with clinical trials, or who has an interest in clinical trials: researchers, clinicians, health service providers, health managers, institution heads etc.

Further information and registration go to  
<https://clinicaltrialsalliance.org.au/latest-news/registrations-open-super-webinar/>



# POPULATION DATA LINKAGE NETWORK CONFERENCE

## Invitation to Participate and Call for Abstracts

On behalf of the International Population Data Linkage Network (IPDLN) Conference Organising Committee and Scientific Committee, we invite you to participate in the 2020 IPDLN Conference, *Data Linkage: Information to Impact*.

The Conference will be held on 27-29 October 2020 at the Adelaide Convention Centre, Adelaide, South Australia.

"We live in an increasingly data-rich world where the ability to combine, access and make best-use of available information enhances understanding and provides exceptional opportunities for meaningful transformation. Only by bringing data sources together can we view the full picture necessary for quality data-driven decision making.

The 2020 IPDLN Conference will bring together researchers, policymakers, industry stakeholders, data scientists, technology professionals and community representatives providing a forum for discussion of the latest activity and innovation in data linkage research and practice globally." Professor David Preen, Chair in Public Health, School of Population and Global Health, University of Western Australia.

We welcome the submission of proposals for pre-conference workshops and abstracts for oral, poster, rapid fire, symposium and creative presentations. Please note that the closing date for submissions is 6 March 2020.

Further information

<https://mailchi.mp/ipdln.org/2020-ipdln-conference-call-for-abstracts-now-open>

## National Early Years Summit 2020 Working together for their first 1000 days and beyond

More people have signed up to be amongst our **45 Thought Leaders and 15 Panellists** at the National Early Years Summit 2020. The evidence of what we need to do to support babies, toddlers, and their families has been clear for years, yet too many children are still missing out.

**Join us as we work together to answer the question HOW do we turn this evidence into better lives for Australian children and their families.**

11-12 March, Albert Park, Melbourne

Hosted by ARACY, more info and register here <https://early-years.com.au/>

## Autism SA Workshops

Autism SA has been providing services to young people across South Australia since 1964. Our founding members were families driven by the desire to ensure that they had access to the best information, education, treatment and support.

Autism SA provides a variety of training and development opportunities to benefit families, carers, professionals & individuals.

Check out the range of workshops that are relevant to your role at <https://www.autismsa.org.au/training-workshops>

## SUPPORT HDA - GET INVOLVED

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    - Free attendance at HDA events
- Build relationships with people working in areas relevant to the health and development of young children and adolescence
  - Contribute your knowledge and expertise to make a difference  
Support HDA into the future

If you are unsure as to whether you align with HDA research, please contact [anne.jurisevic@adelaide.edu.au](mailto:anne.jurisevic@adelaide.edu.au) prior to joining.

**JOIN HERE**

**<https://health.adelaide.edu.au/healthy-development-adelaide/get-involved>**