



NEWSLETTER SUBMISSIONS

**GET YOUR RESEARCH,
NEWS, MEDIA
RELEASES,
RECRUITMENT TRIALS,
EVENTS OUT THERE!!**

*Submissions by end
September for our next
issue out in October*

**Social Media
submissions
(TWITTER, FB AND
LINKEDIN):**

*Submissions open
anytime*

**Submissions must align
with HDA:**

We aim to promote, facilitate and enable multidisciplinary research to advance understanding of healthy development, ensuring the physical, psychological and social health of infants, children and adolescents.

OUR PARTNERS

PLATINUM



GOLD



SILVER



BRONZE



HDA AMBASSADOR - DR JENNY FEREDAY WOMEN'S AND CHILDREN'S HEALTH NETWORK



Welcome to our HDA Ambassador, Dr Jenny Fereday Executive Director of Nursing and Midwifery Women's and Children's Health Network (WCHN)

Jenny has held senior nursing positions in the areas of clinical, management, education and research in both the public and private sectors. Her academic qualifications include Registered Nurse (Diploma of Applied Science & Bachelor of Nursing), Midwifery Certificate, Master of Educational Management and Doctor of Philosophy. Jenny is the professional lead for all nurses and midwives across WCHN and is involved in leading, and contributing to, decision making for nursing and midwifery at a Network, State and National level.

Jenny is committed through her role to improve the health and wellbeing of women, children and young people in South Australia. This involves key partnerships with universities, organisations that provide health care for children and young people, professional organisations and other government departments.

Jenny is proud to be the WCHN Ambassador for Healthy Development Adelaide and an Adjunct Associate Professor with the University of South Australia. Through these partnerships Jenny contributes to the linkages between health service delivery, research and policy development for improved outcomes for women and children.

HDA brings together a highly accomplished network of researchers, clinicians and health and education services. We look forward to working with our Ambassadors to building on our vision of achieving the full development potential of South Australia's children and adolescents.

HDA AMBASSADOR - DR NATASHA SCHRANZ WELLBEING SA



Welcome to our HDA Ambassador, Dr Natasha Schranz Manager, Early Years, Children and Young People Health Promotion Branch, Wellbeing SA

After completing her PhD, Tasha co-founded and led the national Active Healthy Kids Australia (AHKA) collaboration for five years. In this early-career research role Tasha advocated across sectors, using the AHKA Report Card on Physical Activity for Children and Young People as the driving mechanism, for increased investment at all levels to support children's participation in physical activity. Natasha was also a member of the Active Healthy Kids Global Alliance Executive Committee as the Oceania representative during this time.

Tasha then moved on to work at the Heart Foundation where she worked closely with the cardiovascular research community in SA and developed a community-based pilot program to increase the awareness of the risk factors for heart disease in regional communities.

In February 2020, Tasha was appointed as Wellbeing SA Principal Physical Activity Officer, within the state health portfolio and led their physical activity agenda. This broadly included co-leading the development of an across-government state-wide walking strategy, development of a state-wide physical activity communications campaign and establishing an ongoing partnership with 10,000 Steps for implementation of the program across SA.

Tasha is passionate about creating policies, environments and programs that support all South Australians experience good health and wellbeing. In her current role this is especially the case for our children and young people and their parents, carers and families. Tasha is excited to come on board as an Ambassador for Healthy Development Adelaide and working more closely with its vibrant and experienced network.

Tasha is a former HDA Scholar, awarded a top-up PhD scholarship in our 2009 second cohort.

UPCOMING HDA EVENT



Please join us for the 17th annual **Healthy Development Adelaide (HDA) Oration** on 18 August, 5.45-7.30pm to be presented by **Professor Tracey Wade** on **Equipping young people to protect themselves against eating disorders**.

This Oration will set the scene for eating disorders in youth in Australia in a COVID environment. Tracey Wade will then examine in depth how eating disorders look in youth in Australia – including types of disorders, prevalence, progression across adolescence, and risk factors. Finally, she will examine the critical skills, supported by evidence, that are required to develop resilience in young people when facing numerous environmental triggers for disordered eating.

OUR ORATOR

Professor Tracey Wade, Matthew Flinders Distinguished Professor of Psychology, Director: Órama Institute for Mental Health and Well-Being, the Blackbird Initiative, Flinders University Services for Eating Disorders, Flinders University

Tracey Wade has worked as a clinician and researcher in eating disorders for over 30 years. In 2015 she was elected a Fellow of the Academy of the Social Sciences in Australia. In 2016 she was made an Inaugural Honorary Fellow of the Australian Association for Cognitive and Behaviour Therapy. In 2017-18 she was the president of the Eating Disorder Research Society. In 2019 she was appointed Fellow of the APS and was a recipient of the Australia and New Zealand Academy of Eating Disorders Distinguished Achievement Award, and in 2020 she was the recipient of the Academy of Eating Disorders Outstanding Clinician Award. She is the director of the Órama Institute for Mental Health and Wellbeing, the Blackbird Initiative, and the Flinders University Services for Eating Disorders (FUSED). She has co-written 3 books and has over 240 publications in peer reviewed journals.

OUR CHAIR

Professor Claire Roberts (HDA Co-Convenor), NHMRC Leadership Fellow / Professor and Matthew Flinders Fellow / Group Leader, Pregnancy Health and Beyond Laboratory (PHaB Lab), College of Medicine and Public Health, Flinders University.

Register on Eventbrite:

<https://www.eventbrite.com.au/e/163781778709>

UPCOMING HDA EVENT

Please join us for the **Healthy Development Adelaide (HDA)** forum on **The Early Learning Strategy – 10 Year Plan: Growing our learners**. This forum is held in conjunction with our partner organisation the Department for Education.

This forum will explore the imperative for the strategy and what research and evidence tells us are the best whole of government and non-government systemic levers for improved child development, children's wellbeing, governance and partnerships.

OUR SPEAKERS



Caroline Croser-Barlow, Executive Director, Early Years and Child Development Division, Department for Education

The Department for Education Early Learning Strategy – all young children thriving and learning.



Professor Sally Brinkman, Program Head, International Child Development / Team Head, Child Health Development and Education, Telethon Kids Institute.

How are children developing in South Australia? Changes over time and in comparison to other jurisdictions.



Dr Anne Glover AO, Presiding Member of the SA Child Development Council / Adjunct Senior Research Fellow, UniSA Education Futures, University of South Australia

Thriving and learning: population-level monitoring and reporting of South Australia's young children.



Dr Rhiannon Pilkington, Postdoctoral Research Fellow, BetterStart Child Health and Development Research Group, School of Public Health, University of Adelaide

Information systems and linked data to inform evidence-based interventions to improve population health and wellbeing.



Michael Edgecomb, Lead Consultant/Facilitator, Doing Life Together

Social innovation, change labs, and outcomes measurement: Tools to deepen our understanding, draw us closer to the heart of community, and to develop interdependent communities where children and families can grow and thrive.

OUR CHAIR

Professor Carol Maher (HDA Co-Convenor), Professor of Population and Digital Health, Medical Research Future Fund Investigator / Deputy Director of the Alliance for Research in Exercise, Nutrition and Activity (ARENA), University of South Australia

Register on Eventbrite: <https://www.eventbrite.com.au/e/165185164273>

HDA MEMBER SPOTLIGHTS



Kristin with her award, presented by David Rohrsheim, Manager of South Australian Venture Capital Fund

A/Professor Kristin Carson-Chahhoud from the University of South Australia (UniSA) has been named one of South Australia's top 40 under 40 young business leaders and entrepreneurs for 2021 at an award ceremony at the Adelaide Convention Centre in June. She received the accolade in recognition of her research using novel mixed reality technologies to improve disease outcomes among vulnerable populations. As Lead of the Translational Medicine and Technology Research Group at UniSA, Kristin and her team of 19 researchers and students are exploring application of this novel technology to revolutionise communication in health and explore avenues for commercialisation. She says "The health sector is notoriously slow to adopt new technology, despite the potential for significant gains.

To address this problem, our approach is to combine existing paper-based information material, like pamphlets and posters, with smartphone delivered education. For example, augmented reality technology uses the camera on a smartphone to bring boring and text-heavy patient education to life. Just like the newspapers seen in Harry Potter movies. The team of researchers and students working across the different projects are really the ones responsible for the exciting benefits we are starting to see, with potential for improved health among children, young people and their families."

Would you like to be in the Spotlight?

Email
anne.jurisevic@adelaide.edu.au



Dr Stefania Velardo is the 2021 recipient of The Australian Health Promotion Association (AHPA) Glen Paley Memorial Award.

Stefania was nominated and endorsed for her long-standing contribution to the Association, and to health promotion in South Australia and nationally. As State President of AHPA (2016-), Stefania has provided leadership through chairing the state branch executive committee and consulting with key stakeholders, including members, professional partners, and government agencies. She has established and maintained strong working relationships with numerous organisations, thereby demonstrating the importance and value of health promotion and the profession.

The AHPA is the only professional association specifically for people interested or involved in the practice, policy, research, and study of health promotion. AHPA's Glen Paley Memorial Award was established in 2016 to recognise individual achievement within the Association, contributing to its mission of "*A healthy equitable Australia*". The Award provides an opportunity to recognise the valuable contribution and commitment of the Board and Branch Committee members, to the operation of the Association and its membership.

Outside of AHPA, Stefania works as a Senior Lecturer in Health Education at Flinders University. In her career to date, Stefania's research program has largely used oral and visual qualitative methods to investigate social, cultural, and economic influences on people's relationships with food. She is experienced in conducting qualitative health research with marginalised groups, with a particular interest in inclusive child-centred methodologies. Her current research focuses on how Australian children cope with food insecurity.

HDA Member News Bites



Professor Sarah Robertson

Robinson Research Institute, University of Adelaide

Sarah has been recognised in this year's National Health and Medical Research Council (NHMRC) Research Excellence Awards, and was awarded the Elizabeth Blackburn Investigator Grant Award for her work in peri-conception determinants of reproductive and pregnancy health.



A/Professor Louise Hull, Dr Jodie Avery and their team have received \$1,990,998 for IMAGEndo – artificial intelligence to help early detection of endometriosis. The project will provide a cost-effective, accessible, and accurate method to non-invasively diagnose endometriosis. Artificial intelligence using endometriosis ultrasound and MRI images will develop diagnostic algorithms that estimate the likelihood that an individual has endometriosis... *see full media release on page 11.*



Dr Ella Green, from the University of Adelaide's Medical School, was named joint recipient of the Ross Wishart Memorial Award at the SA Australian Society for Medical Research (ASMR) Annual Scientific Meeting. The Ross Wishart Memorial Award is presented each year for the most outstanding presentation by a young researcher.



The Australian Lung Health Initiative (ALHI), of which the University of Adelaide is a key partner, has been awarded \$28.9M over 5 years from the MRFF Frontier Health and Medical Research initiative. The partnership comprises the University of Adelaide, 4DMedical and SAHMRI together with co-applicants Monash University and Micro-X.

The lead University of Adelaide researchers are **A/Professor David Parsons** and **Dr Martin Donnelley** (Adelaide Medical School).

PARTNER NEWS

CHANNEL 7 CHILDREN'S RESEARCH FOUNDATION

New CRF Fellowships to advance childhood disability and disease research in South Australia

A Research Fellowship program by the Channel 7 Children's Research Foundation will invest close to \$1M into the prevention and management of childhood disability and disease. Designed for mid-career researchers, and to be South Australian-led, the program also addresses improving quality of life for young people and adults resulting from childhood disability and disease.

Fellowships have been awarded to **Dr Zlatko Kopecki**, Future Industries Institute Foundation Fellow (Senior Research Fellow) at University of South Australia, and **Associate Professor Luke Grzeskowiak** (Practitioner Fellow) at Flinders University, which will commence in July 2021.

Dr Kopecki's Fellowship in Childhood Wound Infections will aim to understand the bacterial composition of blister wounds in children with epidermolysis bullosa (EB), which will inform the development of more targeted approaches to combat infection and guide clinical EB management and antibiotic stewardship.

Associate Professor Grzeskowiak's goal with his Fellowship in Medicines Use and Safety is to establish a sophisticated and robust approach for routinely evaluating medication safety and effectiveness during pregnancy and lactation to optimise birth outcomes and future child health.

Channel 7 Children's Research Foundation Executive Director, Mr Greg Ward, says the Fellowships are an exciting and timely initiative by the organisation to give fresh opportunity to South Australia's research community and to help build research capability and careers in the state. "Our Fellowships are aimed to encourage mid-career researchers to focus on research into the health, education and welfare of children while supporting their career advancement. Ensuring the research be South Australian-led means we also want to encourage scientists, clinicians and allied health professionals to stay in SA to enjoy a career and lifestyle that's bolstered by their contribution to building a lasting legacy in children's research."

A CRF Fellowship is structured as a three year, full-time tenure of \$150,000 per annum, with an option for a further two years. Funding for the program comes exclusively from an endowment portfolio established by CRF in 1976 with proceeds from the SAS Channel 7 Adelaide (then SAS10) annual Christmas Appeal telethons. Significant support is also being provided by University of South Australia and Flinders University to host the Fellows and their research.

UniSA's Professor Marnie Hughes-Warrington, Deputy Vice Chancellor: Research and Enterprise, says the University is pleased to provide additional funding, resources, and access to first-class research facilities to support Dr Kopecki's important work.

"In our highly supportive research environment, we anticipate that Dr Zlatko Kopecki's fellowship will lead to successful outcomes and will contribute to growing our research capacity for the better management and prevention of severe skin infections in children diagnosed with Epidermolysis Bullosa."

Professor Robert Saint, Flinders University's Deputy Vice-Chancellor (Research), says Associate Professor Grzeskowiak's research is a perfect fit for the ambitions of the CRF to create better lives for children and he welcomes the Foundation's support.

"This timely fellowship will support local research excellence of worldwide significance – what happens in our early years can influence us our whole lives, and Associate Professor Grzeskowiak's efforts to build knowledge and understanding of the effect of medicines on unborn and newborn children could make a difference in health outcomes on a global scale" Professor Saint says. "We thank the CRF for its generous strategic support that is helping Flinders University to make a difference."

The selection of Dr Kopecki and Associate Professor Grzeskowiak came after an extensive recruitment process by the CRF Board and its Research Committee that was open to international researchers. These new Fellowships follow on from the highly successful Channel 7 Children's Research Foundation Chair for the Prevention of Childhood Disability, which focused on ground-breaking research into defining the origins and early diagnosis of childhood disability (2016-2021).

"CRF congratulates its inaugural Fellows, Dr Zlatko Kopecki, and Associate Professor Luke Grzeskowiak and believes the opportunity provided will not only help spearhead their already successful research in child wound management and the use and safety of medicines with children, but to help CRF realise its vision for all children to grow and thrive, and to live happy lives."

WE NEED YOU FOR THIS STUDY!

Do you have a child aged 10-12 years?

Researchers at Flinders University need your help!

We are investigating how children learn and understand language and images.

We are looking for children who are:

- 10-12 years old
- Native speakers of English (learning English since they were born)
- No known hearing or speech language difficulties
- Normal vision (no glasses)



Participation involves:

- Two 90-120 minute visits to our lab at Flinders University
- Standard language, reading and literacy tests
- Word learning, sentence reading and looking at some images
- Children will receive a gift and certificate of appreciation
- A FUN SCIENCE EXPERIENCE FOR YOUR KIDS!
- \$10 grocery voucher to cover travel/parking costs

If you would like to participate and for more information, please contact:
Andrea Salins (andrea.salins@flinders.edu.au, 0450 552 315)
Louise Kyriaki (louise.kyriaki@flinders.edu.au, 8201 5996)

BIG TALKS FOR LITTLE PEOPLE

CHILD MENTAL HEALTH MODULE

BIG TALKS FOR LITTLE PEOPLE: CHILD MENTAL HEALTH MODULE

Kids can struggle with a range of issues as they grow up. About 1 in 7 children and adolescents aged 4-17 have recently experienced a mental disorder in Australia. Some of the common mental health-related issues they experience include:

- relationship problems (for example family, peers)
- eating or body-image issues
- bullying (including cyber bullying)
- abuse (physical, emotional or sexual)
- feeling sad or depressed
- worry or anxiety
- self-harm or suicide

BIG TALKS... A FRAMEWORK FOR PREVENTION & INTERVENTION

P – Prepare and consider the issue of mental health

E – Educate and develop an understanding of the issue

A – Action develop a plan for intervention and prevention

C – Coping identify the strategies needed to cope

E – Evaluate develop strategies for assessing the evidence base

The Program is designed for primary school aged children (7-12 years):

- Schools
- Sporting Clubs
- Child Focussed Organisations and Clubs

CONTENT & LESSON PLANS

The program content is designed for a digital platform so that it can also be downloaded and includes

- 6 discrete lessons/content for teaching or facilitation
- 6-8 teacher/ facilitator information sheets e.g. resilience, trauma informed teaching
- Animation

MODULE CONTENT

A particular focus of the modules is to have students/young people develop practical skills for use in the classroom and school, and to support and assist students who are experiencing mental health concerns and/or bullying to develop their mental wealth. The module will provide lesson/session content for the following topics that are linked to evidence based research into social-emotional learning.

- 1. Communication** - group work skills - pre-test assessment
- 2. Understanding** and managing your **emotions and feelings**
- 3. Personal wellbeing and relationships** – making and keeping friends
- 4. Resilience and optimism** – how I think, feel and behave
- 5. Self-Concept** - what kind of person am I - developing a positive self brand
- 6. Conflict** – managing conflict well – post assessment

TEACHER / FACILITATOR INFORMATION SHEETS

Each of the sections provide the teacher/facilitator with simple evidence-based teaching activities with an emphasis on intervention/prevention covering the following topics:

- Trauma Informed practice
- Conflict resolution
- Resilience
- Relationship building
- Problem solving
- Optimism
- Mental Health Literacy

PHASES OF THE PEACEFUL MINDS PROJECT

Phase 1: 2020-21- Review , develop and trial the module in S.A. schools.

Phase 2: 2021- Revise phase 1 & develop new resources/lessons/animations for sporting clubs & commence a 3 year Ph.d Scholarship to evaluate the evidence-base for the module.

Phase 3: 2021-2024- Develop and trial the additional Disaster Response and Management Assessment (DRAMA) component – disseminate the program widely across the education, sports and clubs sectors.

Project: Breakthrough - Little Heroes Partnership

Phillip Slee - Grace Skrzypiec (Flinders University, College of Education, Psychology & Social Work) – John Mannion (Break Through Mental Health Research Foundation) & Chris McDermott (Little Heroes Foundation)

Websites: <https://breakthroughfoundation.org.au>

www.caper.com.au

Contact: Phillip T. Slee (Ph.D; B.Ed) Flinders University, 0439 828 634

FEDERAL FUNDING FOR EARLY DETECTION OF ENDOMETRIOSIS THROUGH ARTIFICIAL INTELLIGENCE

Media Release - 1 July, University of Adelaide



Future diagnoses of endometriosis may be quicker and avoid the need for invasive exploratory surgery after a University of Adelaide study received funding from the Federal Government.

Associate Professor Louise Hull, Prof Gustavo Carneiro, Dr Jodie Avery and their team have received \$1,990,998 from the Medical Research Future Fund's Primary Health Care Research Data Infrastructure Grant (MRFF) to support targeted research on new ways to address risk factors for chronic and complex diseases.

Their study, IMAGENDO Diagnosing endometriosis with imaging and artificial intelligence, will provide a cost-effective, accessible, and accurate method to non-invasively diagnose endometriosis. Artificial intelligence using endometriosis ultrasound and MRI images will develop diagnostic algorithms that estimate the likelihood that an individual has endometriosis.

Endometriosis is a common condition. By the age of 44, one in nine Australian women are diagnosed

with endometriosis, a disease that caused 34,000 hospitalisations in 2016/17. Diagnosis of endometriosis is often delayed, with an average of 7-12 years between onset of symptoms and diagnosis.

Currently, the only reliable way of diagnosing endometriosis is to perform keyhole surgery and visualise the endometrial deposits inside the abdomen, ideally verified by microscopic examination of the tissue. This method is considered the gold standard for the diagnosis of endometriosis but surgery can be problematic, can be difficult to access, and is associated with delays.

This study will use machine learning to automatically digitally combine the diagnostic capabilities of pelvic scans and magnetic resonance imaging (MRI) to identify endometriosis lesions. Machine learning is an application of artificial intelligence (AI) that provides systems the ability to automatically learn and improve from experience without being explicitly programmed.

Dr Jodie Avery from the University of Adelaide's Robinson Research Institute said the MRFF funding will be used to create an AI algorithm using transvaginal gynaecological ultrasound (eTVUS) and eMRI images to determine the probability of endometriosis; develop a real-time eTVUS quality assessment system to train sonographers and expand eTVUS uptake; optimise and validate the diagnostic accuracy of the IMAGENDO algorithm; and integrate eTVUS and eMRI images with national data to provide a national source for iterative diagnostic tool development and research nationally.

Child Development Council

Charter for Children and Young People officially launched

On 9 June, the Hon John Gardner MP, Minister for Education, officially launched the Charter for Children and Young People with a special event at the Adelaide Zoo with 108 children and young people from public, Catholic and independent schools and launch partners, including the Commissioner for Children and Young People, Commissioner for Aboriginal Children and Young People, Guardian for Children and Young People and the Youth Affairs Council of South Australia.

The Minister expressed his gratitude to the children who attended the 2019 Charter Summit and the more than 600 young South Australians (under 18 years) who wrote post cards to him regarding what mattered to them for a good life in terms of health, safety, wellbeing, education and citizenship. These opinions informed the development of the Charter.

At the launch, children and young people discussed and unpacked the 20 Charter conditions in their own words, brainstormed ideas about how the Charter could be used in the future, suggested names for those involved in promoting the Charter and decided if they'd personally like to have some potential involvement.

GOVERNMENT HELP NEEDED TO BOOST HEALTH OF SA

Media Release - 20 July, Flinders University

Campaigns to encourage healthy behaviour among South Australians are disjointed, ignore broader societal issues and need greater involvement from state government, a Flinders University review has found. The research, conducted by Flinders University's Southgate Institute for Health, Society and Equity led by Professor Fran Baum, included a review of health promotion activity being run in Adelaide's southern suburbs during 2019.

"We found a range of services being coordinated by a number of different organisations, with local governments and non-government organisations responsible for the bulk of the activities," says Dr Anna Roesler from Flinders University's Caring Futures Institute and lead author of the review published in the Health Promotion Journal of Australia. The state health departments and local health systems provided very little."

As part of the review, the team used the World Health Organization's Ottawa Charter for Health Promotion to analyse each activity and service provided and determine how likely they were to be successful in promoting a healthy lifestyle.

"The biggest issue was that the majority of the activities we identified focussed on individual behavioural changes, such as drinking less alcohol, quitting smoking or reducing obesity," says Dr Roesler. What this does is largely ignores the broader structural issues that affect health that we identified in the area, including unemployment, housing affordability, food security and overall disadvantage."

In addition, the review found there were no overarching health promotion strategies for the programs to operate within and no coordinating bodies to evaluate the activities.

"What we need is for greater investment from the state government to coordinate health activities across South Australia. Without their involvement

the approach is scattered and doesn't go deeper than individual choices or towards fixing larger systemic issues," says Dr Roesler.

As well as the review of health activities, the researchers profiled the population in the southern regions of Adelaide in order to better understand the population's needs.

Their report analysed existing data and found that while overall the region fared well compared to the rest of the state, some areas still experienced persistent concentrated disadvantage and health inequities.

The analysis found:

- 35 percent of respondents aged 16 and over had a reported mental health diagnosis
 - Two-thirds of adult respondents were overweight or obese
 - 32 percent of respondents aged 16 and over reported having hypertension
 - Less than 10 percent ate the recommended amount of vegetables but half ate the recommended amount of fruit
 - A high proportion of people live alone
 - 10 percent of respondents reported issues with food security in the previous year
 - The region has an older population than Australia as a whole, with the average age projected to rise at a faster rate than the rest of SA
- The outer areas of the region had higher rates of unemployment

"Conducting a rapid health promotion audit in suburban Adelaide, South Australia: Can it contribute to revitalising health promotion?" by Anna Roesler, Connie Musolino, Helen van Eyk, Joanne Flavel, Toby Freeman, Matt Fisher, Colin MacDougall and Fran Baum is published in the Health Promotion Journal of Australia. DOI: 10.1002/hpja.517.

The work was supported by a Health Translation SA Rapid Applied Research Translation for Health Impact Grant, 2019 through the Australian Government's Medical Research Future Fund.

Australian Council on Children and the Media (ACCM) launches new service: app tracking checks for popular children's apps

ACCM's new website for parents lets them check out apps their children want to play, and see what personal data is being gathered and who's getting it. This will help parents decide if they are happy for their child to use a particular app.

The resources available include a regularly updated list of top 50 Android apps played by children in Australia that have had AppCensus privacy checks which identifies the app's data collection activity. There are also links to videos to support parents with a range of privacy issues including ways to discuss the importance of personal privacy with children at different ages. These resources incorporate research from Macquarie University.

<https://childrenandmedia.org.au/app-reviews/apps-can-trap-tracking>

Screens seem ok for young people in lockdown

Media Release - 29 June, University of Adelaide



Young adults have suffered disproportionate mental illness during the COVID-19 pandemic due to a combination of employment, study, and financial challenges specific to their transitional stage of life, but green infrastructure and screen time appear to help, a new study from the University of Adelaide has found.

The new study, which surveyed more than 1000 young Australians and is published in the *International Journal of Environmental Research and Public Health*, found that the pandemic has been linked with widespread mental illness in a sample of young people aged 18-24 years.

Lead researcher and PhD candidate Tassia Oswald, from the University of Adelaide's School of Public Health, said the survey found only 14% of respondents were flourishing, reporting no mental illness alongside high levels of mental wellbeing.

"Young people in our sample who had secure employment, such as permanent positions, had the best mental health. Those in less secure employment, like casual workers, had the worst mental health. This is concerning for young people globally because they are more likely to be in precarious employment,"

"We also found almost half were Struggling (with high mental illness alongside high levels of mental wellbeing), a quarter were Languishing (no mental illness alongside low levels of mental wellbeing), and 13% were Floundering (high mental illness alongside low levels of mental wellbeing)," she said.

"Studies which only look at the presence or absence of mental illness, without considering indicators of mental wellbeing, completely miss the 25% of young people who were identified as Languish-

ing in our study. While they didn't report experiencing symptoms of mental illness, low levels of mental wellbeing are predictive of future mental illness, so they are an important group.

"While other research has highlighted the mental health impacts of job loss during the COVID-19 pandemic, our study demonstrates the mental health risks of precarious employment.

Protective factors for mental health during the COVID-19 pandemic included living with family, being in secure employment, reporting no change in income or working hours, using technology to connect with family and friends during lockdown, increased contact with nature during lockdown, having access to an outdoor space at home, and living in a neighbourhood which is perceived to be highly green or natural.

Risk factors for poor mental health included living alone, being in precarious employment, changing income or working hours, decreasing screen time during lockdown or withdrawing from telecommunications, decreasing contact with nature during lockdown, not having access to an outdoor space at home, and living in a highly built neighbourhood.

Interestingly, while excessive screen time has repeatedly been linked with poorer mental health in a pre-COVID world, the survey showed increased screen time during the pandemic appears to reflect greater social engagement and connection which supports mental health, while decreases in screen time indicate a group who may have become withdrawn.

"This has important implications for public health messaging and community-based mental health services, which typically assume that people who are struggling can be reached via social media and media mental health campaigns," Ms Oswald said.

"Our study suggests that investment in green infrastructure – both private and public - is important for supporting young people's mental health "in place" during lockdowns. Young people who reported more contact with nature, lived in greener neighbourhoods, and had access to an outdoor space at home had the best mental health during the pandemic.

"Young people who reported less contact with nature, lived in more "built" neighbourhoods, and did not have access to an outdoor space at home had the worst mental health during the pandemic."

Life-saving Meningococcal B vaccination program continues indefinitely

Media Release - 22 July, University of Adelaide

South Australia's world-leading Meningococcal B Immunisation Program will continue indefinitely after proving it's been incredibly effective at preventing the illness in high-risk age groups.

It comes as a joint Women's and Children's Hospital and University of Adelaide study found the program has been key in a 60 percent reduction in cases among infants and a 73 percent drop in cases for adolescents. Women's and Children's Hospital (WCH) Senior Medical Practitioner and Professor in Vaccinology at the University of Adelaide, Professor Helen Marshall, said the study examined the vaccine's uptake and effectiveness.

"Meningococcal B is a rare but serious illness which can cause meningitis and septicaemia, potentially leading to permanent disability or even death," Professor Marshall said.

"It can affect all age groups but is most common in children under five years old and in young adults aged 15 to 24 years old. Our research found the immunisation program has been incredibly effective at preventing the illness in these age groups, which is largely due to the willingness of the community to get vaccinated and protect their babies, children and adolescents from the disease.

"Surprisingly, the study also found the vaccine was 33 percent effective at preventing gonorrhoea in those vaccinated. This is exciting news as it shows the potential to provide protection against two very different diseases with the one vaccine. The meningococcal and gonococcal bugs share 95 percent of their genes, so it is likely we are seeing cross protective antibodies." "Overall, the results of the study are reassuring because they prove vaccines like this are having a profound protective effect on infants and young people. It shows the importance of evaluating immunisation programs once they have been introduced in population programs."

The Meningococcal B Immunisation Program was first introduced for infants under four years of age in October 2018, before being rolled out four months later to include adolescents aged 15 to 20 years, in a world-first.

WCH and University of Adelaide Post-doctoral researcher, Dr Bing Wang, said to assess the impact of the program, she first measured vaccine uptake in both age groups.

"The data shows almost 96% of eligible infants have received their first dose, 93 percent have received their second dose and 79 percent have received their third and final dose," Dr Wang said.

"Thanks to the amazing efforts of immunisation providers of the School Immunisation Program, 77 percent of 16-year-olds have also received their first dose, while 69 per cent have received their second and final dose."

Dr Wang then compared the number of meningococcal B cases reported in the six years before the program was introduced to the number of cases identified in the first two years program. This shows a significant 60 percent reduction in meningococcal B cases for the infant age group and a 73 percent drop in cases for adolescents. The vaccine's effectiveness was also found to be 92 percent in infants and 100 percent in adolescents.

Free meningococcal B vaccinations are available for children at six weeks, four months, and 12 months of age, with adolescents in Year 10 also eligible for a free course consisting of two doses, eight weeks apart.

Nearly 68,500 South Australian babies who have been born since the program started in October 2018 have received at least one dose of the vaccine, while more than 58,000 students have received at least one dose of the vaccine as part of the School Immunisation Program. In 2019 the vaccine was given in year 10 and year 11. Since 2020, it has been given in year 10 only.

The landmark immunisation program was initially a three-year commitment, but the recent State Budget committed \$3 million in 2021-22 and \$5.3 million ongoing from 2022-23 to embed the program indefinitely for South Australian babies and young people. That's on top of the \$30.7 million allocated in the first three years of the program.

Minister for Health and Wellbeing Stephen Wade said given the program's success, it will now be ongoing. "Almost three years ago, we introduced Australia's first free meningococcal B vaccination program for children less than four years of age before expanding it to adolescents and young adults in a world-first," Minister Wade said.

"Vaccinations are a vital part in the fight against serious diseases, so it is incredible to see the rate of meningococcal B cases dropping so significantly since the program was introduced.

"This result is a testament to South Australian parents and carers for their willingness to protect their children, and others, from this potentially deadly disease. This landmark vaccination program is saving lives and protecting lives."

Could genetics hold the key to preventing SIDS?

Media Release - 5 July, UniSA



A state-of-the-art genetic biobank could hold the key to preventing Sudden Infant Death Syndrome (SIDS), potentially saving the lives of hundreds of babies who die from the devastating condition each year.

Developed by the University of South Australia, the biobank* comprises DNA from 25 babies who have died from SIDS in South Australia. It's the only one of its kind in the Southern hemisphere, and one of only a few that exist in the world.

Sudden Infant Death Syndrome (SIDS) is the sudden, unexpected, and unexplained death of an apparently well baby, despite clinical investigations, including autopsy.

In Australia, about 130 babies die from SIDS each year.

Molecular biologist and Head of genetics at the

Australian Centre for Precision Health, UniSA's Professor Leanne Dibbens, says the biobank will provide unprecedented opportunities to examine genetic factors that have contributed to SIDS.

"Within Australia and internationally, research into SIDS is not as active as it once was," Prof Dibbens says. This is mainly due to successful education campaigns such as 'safe sleeping' of infants, which has significantly reduced the incidence of SIDS. Yet, every year in Australia, about 100 babies still die from SIDS and we don't know why.

"Our genetic biobank will enable us to analyse DNA from SIDS babies to look for genetic causes of SIDS, and by finding these, we will be able to test babies at birth to identify those who are at risk, with these babies being closely monitored in their first year of life."

The groundbreaking research will also help identify mechanisms involved in causing death from SIDS so that future work can stop SIDS from occurring.

"Every baby's life is precious. This research will help protect all babies and families from suffering the heartache of SIDS."

*The biobank was supported by funding from *River's Gift* – an organisation established by Karl Waddell and Alex Hamilton following the death of their 4-month-old baby, River, to SIDS in 2011.

River's Gift evolved from a simple pledge to Stamp Out SIDS and ensure that no other parent would endure the pain and suffering of the unexpected and unexplained loss of their precious child.

Sex Education in SA Report

Young people want a better understanding of the social and practical aspects of consent, how to navigate the reality of image-based abuse, managing unwanted exposure to pornography and the pressures of sexting.

I invite you to read Sex Education in South Australia and advocate to:

- Provide more youth-focused interactive information via an online hub designed with and for young people
- Extend relationship and sexual health education in schools to include the senior years
- Embed relationship and sexual health education as a fundamental child right in line with international best practice, and remove the ability for parents/carers to withdraw their child/children from these lessons; and
- Ensure that young people who are vulnerable to missing out on school-based relationship and sexual health education are supported through community-based programs.

We can change our current approach and raise awareness of this issue across our individual spheres of influence and be part of this important conversation for change.

The report can be found here

<https://www.ccyp.com.au/ccyp-reports>

Helen Connolly, SA Commissioner for Children and Young People

Kids' Sleep: Check in before you switch off

Media Release - 19 July, UniSA

The struggle to get your child to go to sleep and stay asleep is something most parents can relate to. Once the bedtime battle is over and the kids have finally nodded off, many parents tune out as well.

But University of South Australia researcher Professor Kurt Lushington is calling for parents to check on their small snoozers before switching off. He says knowing the quality of a child's sleep is important, as it could be an indicator of sleep-disordered breathing – an under-reported medical condition that can affect a child's health and well-being.

"During sleep, the muscles keeping the upper airway stiff relax, and as a consequence, the airway narrows, which can cause snoring, snorting or in severe cases, the complete obstruction of the airway," Prof Lushington says.

"This is known as sleep-disordered breathing, which can lead to a number of problems for children including daytime sleepiness, fatigue, irritability, hyperactivity and poor attention – and potentially worsens school performance. The long-term effects are not well understood but research suggests sleep-disordered breathing could also impair cardiovascular and metabolic health.

"Sleep-disordered breathing is significantly undiagnosed in the community. Parents can play an important role in the diagnostic process by looking out for the common symptoms, which include heavy breathing, snoring, gasping or snorting, and stopping breathing altogether – and then share that information with their child's doctor."

In a new study of 1639 children in South Australia, Prof Lushington and colleagues surveyed parents to gauge whether they saw sleep-disordered breathing symptoms as a sleep problem. The findings suggest many parents do hold concerns about their children's sleeping habits, but it doesn't translate to them seeking medical help.

Almost all parents of children with sleep-disordered symptoms viewed apnoea as a problem while nearly two-thirds saw snorting, gasping, and being fearful their child would stop breathing as a problem. Roughly half of parents considered snoring a problem and only one third viewed breathing heavily but not snoring as an issue.

Prof Lushington says the results are surprising given that most parents don't bring up these concerns with their child's medical professionals.

"Parents don't tend to discuss their child's sleep difficulties at medical consultations – in Australia,

it's estimated only four per cent of parents will bring this up with their doctor," he says.

"The good news from our study is that we found that many parents are already recognising that there is a sleep problem. Prior to this, we had hypothesised that the under-reporting of symptoms suggestive of sleep-disordered breathing, or of sleep problems in general, at medical consultation could be because of the lack of parents' awareness of a problem existing.

"While there does need to be more education for parents on symptoms of sleep-disordered breathing – particularly around snoring or heavy breathing being a potential cause for concern, there are clearly other barriers to parents bringing up sleep problems in medical consultations.

"To address this, we suggest medical practitioners need to purposely include questions about sleep at consultations to prompt parents to discuss any symptoms they may have observed in their children at night. If parents check in to see how well their children are sleeping at night and doctors routinely check in with parents to discuss children's sleeping habits, we might be able to catch sleep-disordered breathing earlier and take steps to treat it before it affects a child's behaviour and health."

The current treatment for sleep-disordered breathing in children is adenotonsillectomy – the removal of adenoid and tonsils – which is known to improve children's quality of life and sleep.

The research was published in the paper 'Sleep disordered breathing in children: which symptoms do parents consider a problem?' in the *Sleep Medicine* in May.

Your child's sleep – tips for checking in:

- Familiarise yourself with guidelines advising how much sleep children need at different ages to function well during the day.
- If your child is getting enough sleep according to the guidelines but experiences daytime problems with sleepiness, fatigue, irritability, hyperactivity or poor attention, this could be a sign of sleep-disordered breathing.
- If you notice your child snores, struggles to breathe at night, has long pauses between breaths greater than 20 seconds, or gasps at night – it's time to bring up the symptoms with your child's GP or paediatrician.

Educate yourself on what normative sleep is to make sure everyone in your household is getting a good night's sleep – the Sleep Health Foundation is a great starting point with a number of fact sheets freely available online.

PERINATAL AND INFANT MENTAL HEALTH SERVICES - HELEN MAYO HOUSE ANNUAL CONFERENCE 2021

Save the Date and Abstract Call

Perinatal and Infant Mental Health Services – Helen Mayo House
Annual Conference 2021

22nd – 23rd November 2021
Adelaide Convention Centre

Please consider submitting an abstract to present your work in the field of perinatal and infant mental health.

Oral presentations will occur during a break-out session either in the morning or the afternoon, while **posters** will be displayed throughout the day.

Abstract call open. Contact Tina Bull (details below) for the abstract form. Submissions will close **Friday 30th July**.

Successful presenters will be notified by **Monday 6th September** and will be required to register for the conference by **Monday 27th September**.

The Best of Times & The Worst of Times Perinatal & Infant Mental Health after 2020



Monday 22nd November: 8:00am – 5:00pm

Highlights include:

- ✦ Rose Spencer and Dana Shai from the Anna Freud Centre speaking from London regarding their work on Parental Embodied Mentalising
- ✦ Michelle Stuckey speaking from Perth on the psychological impacts of infertility treatment on couples
- ✦ Adelaide's own Angie Willcocks presenting her PhD work on the connections between diet and mental health during pregnancy
- ✦ Further highlights may include - your work!

Tuesday 23rd November: 8:00am – 5:00pm

An extended workshop by our Clinical Psychologist, Chris Yelland and colleagues on the Mother-Infant Dialectical-Behavioural Therapy (MI-DBT) program developed at Helen Mayo House for mothers with borderline personality disorder.

Enquiries to **Tina Bull**
Helen Mayo House
Email: tina.bull@sa.gov.au
Ph: (08) 708 71047

LLOYD COX MEMORIAL LECTURE ROBINSON RESEARCH INSTITUTE

The Robinson Research Institute are delighted to announce that **Professor Ingrid Scheffer AO** will present this year's Lloyd Cox Memorial Lecture, where she will present on:

Solving the hidden genetics of the epilepsies

Wednesday 29 September, 5.30pm - 7.00pm; G030 Lecture Theatre, Ground Floor, AHMS Building, North Terrace, Adelaide

Registrations are essential through Eventbrite:

https://www.eventbrite.com.au/e/2021-lloyd-cox-memorial-lecture-professor-ingrid-scheffer-ao-tickets-162233509795?fbclid=IwAR2kR0UK-MKly473gf0gLcVBS-ejkXg3Rhbs2Zob0JDoIJ0Hvb_wvKjH9Os

A BETTER FUTURE FOR ALL OUR CHILDREN

A Better Future for All Our Children
16 August, 9am – 2pm
SAHMRI Auditorium, 1 North Terrace

Showcasing new evidence on the Health, Social & Economic costs of failing our most vulnerable children.

Hear **Professor Leonie Segal**, Foundation Chair in Health Economics and Social Policy, University of South Australia, report on a 10-year study to measure the impacts of poor nurturing on infants, children, adolescents, and young adults. Study findings, drawing on 32 years of linked deidentified data on 600,000+ persons born in SA, are truly disturbing.

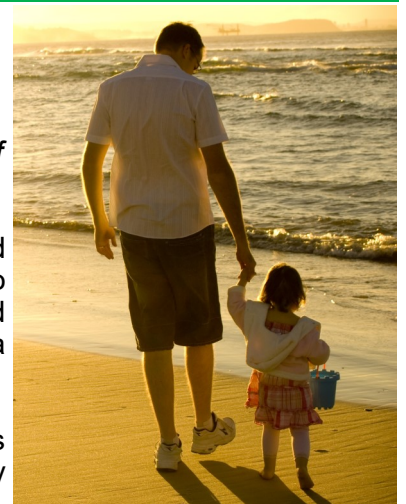
Professor Segal will also introduce a discussion on how we can turn this around – there are effective options - but as a society we need to start early in life with a proportionate response.

Hear from the Children's Commissioner, **Helen Connolly** on some of the things that matter most to our children and from Jay Weatherill on the importance of early childhood education.

Find out, from an inter-agency panel of senior SA government officers from Health, Human Services, Education and Child Protection (DCP) what an enhanced whole of government approach might encompass. Panel members include, **Catherine Turnbull**, Health's Chief Child Protection Officer, **Ann Marie Hayes**, Executive Director Community and Family Services, **Fiona Ward**, Deputy Chief Executive, DCP.

Penny Wright, Guardian for Children and Young people will offer a summing up of the morning – highlighting the way forward to a better future for our most vulnerable children.

<https://www.eventbrite.com.au/e/a-better-future-for-all-our-children-tickets-163145104399>



NEW DATE 2021 ANNUAL HAWKE LECTURE Tuesday 14 SEPTEMBER 2021 ADELAIDE TOWN HALL

The 23rd Annual Hawke Lecture, will be delivered by **Nobel Laureate Professor Peter Doherty AC**

Registrations will open soon for ***The Complexities of Science Based Policy ...Life in the Time of COVID,***

but in the meantime - save the NEW date!