



Healthy Development Adelaide
A Research and Innovation Cluster in South Australia

NEWSLETTER SUBMISSIONS

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

*Submissions by end
May for our next
issue out in June*

**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



**University of
South Australia**



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Government of South Australia
Department for Education



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South Australia**

Women's and Children's Health Network



Women and Kids



Wellbeing SA



Government of South Australia
Department for Child Protection

BRONZE



HDA and Channel 7 Children's Research Foundation (CRF) PhD Excellence Award winners for 2023

Congratulations to Zahra Ali Padhani and Jamal Giri our HDA and Channel 7 Children's Research Foundation (CRF) PhD Excellence Award winners for 2023.

We thank the CRF for its ongoing financial support of the PhD Excellence Award and its partnership of 16 years helping HDA to foster research excellence and career development in South Australia. This is our 12th cohort and our two winners will each receive \$5,000 per annum for 3 years to augment their scholarships.



Zahra Padhani is a PhD candidate within the Adelaide Medical School and the Robinson Research Institute, University of Adelaide.

Zahra's PhD research project is on 'Preconception health interventions and risk factors among adolescents and young adults and its impact on maternal, perinatal, and child health'. In this project she aims to prepare an evidence gap map to comprehensively identify, map, and describe existing empirical evidence on interventions implemented to improve the health and wellbeing of adolescents and young adults (10 to <25 years of age) before pregnancy. She plans also to use the Global Burden of Disease data to assess the burden and identify causes and risk factors of morbidity and mortality among Australian adolescents and young adults, followed by a secondary data analysis of Australian Longitudinal Study on Women's Health to explore demographic, maternal and obstetric factors asso-

ciated with poor maternal, perinatal, and child health outcomes. Lastly, she plans to conduct a research priority exercise involving subject experts and policymakers to recommend preconception interventions to improve maternal and child health outcomes.

"I feel privileged and honoured upon receiving the HDA and Channel 7 PhD Excellence Award 2023. I would like to generously thank HDA and CRF not only for the award funds, but also for providing me the opportunity/platform for my professional growth and development. I would also like to thank my supervisor (Zohra Lassi) and co-supervisors (Gizachew Tessema and Jodie Avery) for their continued support and motivation. I hope that through this research, together we can improve the preconception health of adolescent and young adults and prevent maternal and child mortality and adverse health outcomes."



Jamal Giri is a PhD candidate within the Craniofacial Biology Research Group, Adelaide Dental School, University of Adelaide.

Jamal's research project 'Development of dental occlusion and facial profiles of monozygotic and dizygotic Australian twins, from the primary to the permanent dentition' aims to provide evidence of the relative contribution of genes and environment in the development of malocclusion by evaluating the timing and progression of occlusal and facial development in serial dental casts and facial photographs of monozygotic and dizygotic twins from the primary to the permanent dentition.

"I am humbled to be one of the recipients of the PhD Excellence Award 2023 and would like to thank Healthy Development Adelaide and Channel 7 Children's Research Foundation for this professional development opportunity during my PhD candidature. My project

will serve as a basis for incorporating early anatomical biomarkers in interceptive treatment planning, reducing the need for orthodontic treatment in adolescence and thereby minimizing the personal and financial burden of the treatment."

HDA PUBLICATION AWARD WINNERS

Congratulations to our HDA Publication Award winners for 2022 who will each receive \$500 for their winning publications.



Dr Jacqueline Gould, SAHMRI Women and Kids - [HDA MCR Publication Award for Neonatal Docosahexaenoic Acid in Preterm Infants and Intelligence at 5 Years.](#)

Jacqueline F. Gould, Maria Makrides, Robert A. Gibson, Thomas R. Sullivan, Andrew J. McPhee, Peter J. Anderson, Karen P. Best, Mary Sharp, Jeanie L.Y. Cheong, Gillian F. Opie, Javeed Travadi, Jana M. Bednarz, Peter G. Davis, Karen Simmer, Lex W. Doyle, Carmel T. Collins

New England Journal of Medicine. <https://www.nejm.org/doi/full/10.1056/NEJMoA2206868>



Dr Bing Wang, past HDA Scholar, Vaccinology and Immunology Research Trials Unit (VIRTU), Women's and Children's Hospital / Adelaide Medical School, University of Adelaide - [HDA ECR Publication Award for Effectiveness and impact of the 4CMenB vaccine against invasive serogroup B meningococcal disease and gonorrhoea in an infant, child, and adolescent programme: an observational cohort and case-control study.](#)

Bing Wang, Lynne Giles, Prabha Andraweera, Mark McMillan, Sara Almond, Rebecca Beazley, Janine Mitchell, Noel Lally, Michele Ahoure, Emma Denehy, Ann Koehler, Louise Flood, Helen Marshall

The Lancet Infectious Diseases. [https://doi.org/10.1016/S1473-3099\(21\)00754-4](https://doi.org/10.1016/S1473-3099(21)00754-4)



Susan Smith (joint winner), past HDA Scholar, College of Nursing and Health Science, Flinders University - [HDA PhD Publication Award for Weighing up the risks: Vaccine decision-making in pregnancy and parenting.](#)

Susan E. Smith, Nina Sivertsen, Lauren Lines, Anita De Bellis

Women Birth. <https://doi.org/10.1016/j.wombi.2022.02.007>



Alexandra Procter (joint winner), School of Public Health, University of Adelaide - [HDA PhD Publication Award for The hospital burden associated with intergenerational contact with the welfare system in Australia.](#)

Alexandra M. Procter, Catherine R. Chittleborough, Rhiannon M. Pilkington, Odette Pearson, Alicia Montgomerie, John W. Lynch

JAMA Network Open. <https://doi.org/10.1001/jamanetworkopen.2022.26203>

Full details here <https://health.adelaide.edu.au/healthy-development-adelaide/news/list/2023/03/02/congratulations-to-our-hda-publication-award-winners-for-2022>

HDA MEMBER NEWS



"I'm excited to spend the next 3 years working alongside end users to develop an early childhood obesity prevention package to be easily adopted into routine practice and streamline supports for families."

Congratulations to Dr Brittany Johnson from the College of Nursing and Health Sciences, Flinders University for her new fellowship funded by The Hospital Research Foundation Group.

Young children fall short of meeting diet and activity recommendations, and one in five Australian children have overweight or obesity by five years of age. While support for families to establish positive health behaviours and prevent obesity are not easily accessible, Flinders University research is striving to make positive change in this area. Brittany Johnson is embarking on world-first research to reverse this trend.

The three-year Early-Mid Career Researcher fellowship will enable Dr Johnson and colleagues to develop a new early childhood obesity prevention package that is evidence-backed and developed alongside end users. This innovative approach will ensure easy adoption into routine practice and will streamline supports for families. Dr Johnson's project will receive \$390,000 over three years to continue her high-quality and impactful research with colleagues at Flinders' Caring Futures Institute.



Congratulations to **A/Professor Zohra Lassi** (pictured left), **Dr Bing Wang** (pictured middle) and **Dr Afzal Mahmood** (pictured right) for winning the University of Adelaide's Faculty of Health and Medical Sciences Executive Dean's Award for Excellence (Mid Career, Early Career and Executive Dean's Medal respectively) presented by Professor Benjamin Kile.

HDA MEMBER NEWS



Congratulations to **Professor Rebecca Golley**.

Rebecca is Deputy Director of the Caring Futures Institute at Flinders University.

Rebecca was awarded the Vice Chancellor's title of Matthew Flinders Professor for distinguished contribution to the university through research.



Congratulations to **Dr Karen Best**, Senior Research Fellow at SAHMRI Women and Kids / University of Adelaide.

Karen was awarded a Medical Research Future Fund of \$1,366,712 over four years to investigate how ensuring women have adequate levels of omega-3 in pregnancy can lead to a reduction in premature births.



Congratulations to **Professor Sarah Robertson**.

Sarah is former Director of the Robinson Research Institute at the University of Adelaide.

Sarah was awarded the Distinguished Scientist Award at the recent Society for Reproductive Investigation meeting.



Congratulations to **Dr Katharina Richter**, Adelaide Medical School, University of Adelaide / Basil Hetzel Research Institute.

Katharina was awarded a Medical Research Future Fund of \$758,437 over two years to trial a new sterilisation approach using cold plasma technology that aims to kill antibiotic-resistant bacteria.

Congratulations to our HDA members across the Flinders Medical Precinct. In a partnership between Flinders Foundation and Flinders University, the 2022 Flinders Foundation Health Seed Grant Round will provide projects with up to \$25,000 each to launch new research and advance knowledge in a bid to improve health outcomes and create positive change within our community.



Professor Kim Hemsley – Does co-treatment with pharmacological chaperones enhance the efficacy of enzyme replacement therapy in Sanfilippo syndrome?



Dr Lauren Lines – How are we educating our future workforce in child protection? Exploring interprofessional education for nurses, midwives and social workers.



Dr Amy Wyatt – Characterising the activity of pregnancy zone protein, a novel mediator of chymase activity.

The full list of recipients can be found here

<https://www.flindersfoundation.org.au/2023/03/10/31-new-health-and-medical-research-projects/>

RECENT HDA EVENTS

HDA forum on **Living below the poverty line**. Chaired by **A/Professor Zohra Lassi** (HDA Co-Convenor), Robinson Research Institute and School of Public Health, University of Adelaide.



Pictured from left: James Chapman, Zohra Lassi, Jasmin Witham, Sara Walker, Kate Fox, Ian Goodwin-Smith

Speakers included **Professor Ian Goodwin-Smith**, Director, Centre for Social Impact, Flinders University on *Commensality: food as an anti-poverty moment*; **Kate Fox**, Executive Officer, South Australian Financial Counsellors Association (SAFCA) on *We know how to manage our money, we just don't have enough*; **James Chapman**, Chief Executive Officer, The Food Centre on *The Food Centre - A Social Supermarket in South Australia providing dignified access to affordable groceries and pathways towards food security*; **Jasmin Witham (She/They)**, Anti-Poverty Network SA on *Poverty is a political choice*; and **Sara Walker**, Anti-Poverty Network SA on *We are not 'living' in poverty, we're perishing!*



Pictured from left: Lara, Dr Hayley Leake, Dr Sarah Wallwork, A/Professor Melanie Noel, Professor Jennifer Stinson, Professor Helen Slater

UniSA, HDA and PainAdelaide forum on **Nurturing Resilience: strategies for helping children and youth manage pain**. Chaired by **Professor Lorimer Moseley AO**, University of South Australia.

Speakers included **Professor Jennifer Stinson**, University of Toronto, Canada on *Power over Pain: A Virtual Stepped Care Portal for Youth with Chronic Pain*; **A/Professor Melanie Noel**, University of Calgary, Canada on *Retelling the story of pain in childhood: the power of memory, language and narrative*; **Professor Helen Slater**, Curtin University, Perth on *AI isn't just about ChatGPT (leveraging digital solutions to make young people's pain better)*; **Dr Sarah Wallwork**, UniSA on *Learning for life: making meaning of pain and injury in young kids*; and **Dr Hayley Leake**, UniSA on *Partnering with teens with chronic pain: Co-creating social media content on pain science*.

RECENT HDA AND WCH GRAND ROUND



Professor Katina D'Onise, Executive Director within the Prevention and Population Health Directorate in Wellbeing SA presented our HDA and WCH Hospital Grand Round on **Promoting the health and wellbeing of South Australian parents and caregivers and their babies.**

Katina oversees a range of functions including Health Promotion, Cancer Screening and Epidemiology (data collections, data analysis, evaluation, IT systems). A Public Health Physician and Epidemiologist by training, Katina has previously worked in communicable disease control (including for COVID-19), Aboriginal Health and in academia.

Using a health promoting approach, the Health Promotion Branch works in partnership across and outside of government to support the health and wellbeing of South Australian parents, caregivers and their babies. During this talk, Professor Katina D'Onise will describe some of the work by the Health Promotion Branch and Epidemiology Branch to support and improve a wide range behavioural, social and environmental factors that contribute to good health and wellbeing.

The talk can be viewed here <https://health.adelaide.edu.au/healthy-development-adelaide/events/list/2023/02/promoting-the-health-and-wellbeing-of-south-australian-parents-and-caregivers>

Do you have a child aged 6-12 years old with **Down syndrome?**

Your child could be eligible to participate in an online study on literacy instruction. You must be living in Australia to participate.

- ✓ Eligible children will receive 12-weeks of intensive reading instruction in English.
- ✓ Instruction will be delivered online by a trained speech pathologist at a time convenient for you.
- ✓ Parents will receive training on additional home-based reading activities.

Get in contact to find out more and to access a social story which you can use to help explain the project to your child

If you are interested in taking part in this study, please contact Annemarie Murphy
Email: annemarie.murphy@flinders.edu.au
Phone: 0423 593 306



This research project has been approved by the Flinders University Human Research Ethics Committee (Project Number 5919). For more information regarding ethics approval of the project, the Executive Officer of the Committee can be contacted by telephone on 8201 3116, by fax on 8201 2035 or by email human.researchethics@flinders.edu.au.

High quality online literacy instruction for children with Down syndrome
Version 2, 21/02/2023

This study is being undertaken by Professor Joanne Arciuli and Annemarie Murphy within the Communication, Cognition, and Wellbeing Research Group in the College of Nursing and Health Sciences at Flinders University.

If interested, contact annemarie.murphy@flinders.edu.au / 0423 593 306.

VOLUNTEERS NEEDED! SHUTTLE-RUN TEST

Volunteer for the 'Shuttle-Run Test' Study!



The Alliance for Research in Exercise, Nutrition & Activity (ARENA) within University of South Australia is conducting a study on the '20-m Shuttle Run Test'. If you are a parent of a child aged 12 to 14 years who might be interested in being involved (we are not just interested in 'sporty' children).

The aim of the study is to:

- To explore the validity and reliability of a modified version of the 20mSRT.
- To assess the affective (emotional) response during the modified version of the 20mSRT.

Participants will receive up to \$50 for their time. This project has been approved by the University of South Australia's Human Research Ethics Committee (Ethics protocol 204723)

To be eligible to take part in the study, children must be:

- Aged between 12 to 14 years
- Be of a healthy-weight
- Be able to run and exercise until they feel puffed out

Children who have any of the following will NOT be eligible to take part:

- A physical, neurological or intellectual disability (e.g. autism, cerebral palsy, spina bifida, low tone etc.)
- Presence of an acute injury (e.g. broken/fractured bone, sprain, strain, dislocation etc.)
- Certain medical conditions (e.g. cancer, thyroid problems, moderate to severe uncontrolled asthma)

For more information or to register your interest:

Phone: 08 8302 1365 / Email: unisa.researchvolunteers@unisa.edu.au

Survey Participants Needed!

How are we educating our future workforce in child protection? Exploring interprofessional education for nurses, midwives and social workers



Do you teach or develop curriculum for pre-service nurses, midwives or social workers at an Australian university?

We are seeking your views on child protection education for these professionals in our online survey.

Take part in the survey here

https://qualtrics.flinders.edu.au/jfe/form/SV_eG2GsoGpniHL5ga

Flinders University Research Ethics Committee Approval no: 5930

Questions? Contact Dr Lauren Lines: lauren.lines@flinders.edu.au

UPCOMING HDA EVENT

HDA WOMEN'S EXCELLENCE IN RESEARCH AWARDEE

Join us for the annual Healthy Development Adelaide (HDA) Women's Excellence in Research Award presentation by this year's awardee **A/Professor Melissa O'Donnell** on **Preventing and responding to child abuse and neglect: evidence for targeted support**.

Wednesday 3 May, 5.30-7.30pm
Napier G03 lecture theatre, Ground floor, Napier Building
University of Adelaide, North Terrace campus.



OUR SPEAKER

A/Professor Melissa O'Donnell, Deputy Director Research, Australian Centre for Child Protection, University of South Australia.

A/Professor Melissa O'Donnell is internationally recognised for her leading research in the area of child maltreatment and vulnerable children and families, bringing new approaches for applying population-based linked administrative data to contribute new knowledge and evidence.

Her partnered research on children and young people involved in child protection and out-of-home care has been instrumental in improving outcomes for children, young people and their families.

Melissa O'Donnell will discuss her research on children who have experienced abuse and neglect and their families, many of whom have multiple and complex needs. Melissa will discuss how a public health approach to child abuse and neglect has enabled the utilisation of data to identify areas of prevention and targeted support for families and children. Melissa will explain how her research is directly informing perinatal processes for mothers and supporting young people transitioning from care.

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.

FREE :: EVERYONE IS WELCOME.

Register here: <https://www.eventbrite.com.au/e/606766363527>

HDA PARTNER NEWS

DEPARTMENT FOR HUMAN SERVICES

SA Youth Week wraps up for 2023 - Thanks South Australia for bringing the fun, the energy and the new connections.

The Minister for Human Services Nat Cook MP, who has long been connected with Youth Week, announced that consultation will soon open on the next SA Youth Action Plan and invited the young people in attendance to consider how they'd like their communities to look and what programs they'd like to see supported in future. Attendees heard inspiring words from Youth Governor for the YMCA SA Youth Parliament Samoda Silva and SA Youth Forum Founder and Director Amber Brock-Fabel as they spoke about the importance of involving young people in decision making and their aspirations for the future.

Over 10 days, young South Australians aged 12-24 enjoyed trying their hand at a huge range of activities, including BMX bikes, a makers space, youth expo, poetry slams, nature journaling and more!

The Department of Human Services (DHS) awarded 35 grants of up to \$2,000 each to non-government organisations and local councils working with young people to celebrate SAYW in their local community.

HDA PARTNER NEWS DEPARTMENT FOR CHILD PROTECTION

Children and Young People (Safety) Act 2017 Review

The State Government has released the report of the review of the Children and Young People (Safety) Act 2017.

You can view the Review of the Children and Young People (Safety) Act 2017 Report here <https://www.childprotection.sa.gov.au/CYPSActReview?s=09>

Thank you to the many organisations and individuals who engaged with the review by attending a consultation session, speaking with the review team, making a submission or completing the survey. The review reached over 900 people and many provided detailed responses, sharing their personal insights and experiences of the child protection system.

The report provides an overview of the key themes that emerged across the consultation and identifies potential opportunities for legislative change for the Government's consideration. What are the next steps?

The Government is considering the report and the opportunities identified. It has committed to introduce any changes to the legislation this year following a further period of consultation. Background

The CYPS Act states that the Government must review the legislation and produce a report about what it finds before the fifth anniversary of the commencement of the Act. The review's consultation Discussion Paper includes further information about the focus of the review.

Any questions? **You can contact the review team at DCPCYPSActReview@sa.gov.au**

HDA PARTNER NEWS DEPARTMENT FOR EDUCATION

The Office for the Early Years' (OEY) vision is a world-class universal early years system with additional targeted support where it's needed, creating a bright future for all South Australian (SA) children.

We are pleased to advise that the OEY has released a suite of new resources presenting Australian Early Development Census (AEDC) results for SA available on the Department for Education's website.

- Snapshot 1 – Key findings for South Australia
- Snapshot 1a – Key findings for South Australia: Summary indicators and domain trends 2009-2021
- Snapshot 2 – Demographics and key equity groups in South Australia
- Snapshot 3 – Communities in South Australia
- SA 2009 -2021 AEDC data by Sub-state regions maps

To support the provision of a supportive and nurturing early years environment essential for children's social competence, emotional maturity, language and cognitive skills, physical health and overall wellbeing, these resources highlight key 2021 AEDC results for South Australia (SA) over the past 5 data collections (since 2009) alongside high level analysis and are tailored for policy makers, governments, communities and education and care sectors to use.

We invite you to review these new resources, consider the results and findings, and promote them within your team and networks as key evidence for use combined with professional judgement.

For further support understanding and accessing the AEDC data, visit the department's AEDC webpages, <https://www.education.sa.gov.au/departments/research-and-statistics/statistics-and-data/australian-early-development-census> or contact the AEDC team, email: Education.AEDCTeam@sa.gov.au

HDA PARTNER NEWS WELLBEING SA

The Pregnancy Files – data on pregnancies, births and babies in South Australia in 2020



The annual Pregnancy Outcome in South Australia Report is produced by the Pregnancy Outcome Unit in Wellbeing SA's Epidemiology Branch. This report provides statistics and analysis on pregnancies, obstetric care, and the health of newborn babies in South Australia.

Pregnancy outcome data are also collected to monitor statewide pregnancy characteristics and outcomes to enable us to identify population groups who are at greater risk and may need more support during their pregnancies, and determine preventive interventions to improve the health and wellbeing of South Australian families.

The 2020 Report – data highlights:

- The number of births notified in South Australia in 2020 was 18,738, which included 550 multiple births (538 twins and 12 triplets).
- The average age of women giving birth has been increasing over the previous decade, peaking at 30.7 years in 2020.
- At least one ultrasound examination was performed for 97.7% of pregnant women in 2020.
- Of the women who gave birth, 51.5% had normal spontaneous vaginal births and 36.8% had caesarean sections.

For the full report:

<https://www.wellbeingsa.sa.gov.au/about-wellbeing-sa/news-announcements/the-pregnancy-files-data-on-pregnancies-births-and-babies-in-south-australia-in-2020>

HDA PARTNER EVENT NOVITA

EVOLVE: Shape The Future Of Therapy - Conference

Friday 30 June, 9.00-4pm
Adelaide Convention Centre



Evolve will bring together experts and enthusiasts from around the world to share their knowledge and insights on the evolution of therapy.

Hosted by Novita, the Evolve conference will provide you with the latest thinking and research in disability and therapy-related topics, including the keynote sessions on “Lifting Voices and Embracing Diversity” and “Partnerships in Practice”, presented by Autism Level Up!

You will also be able to choose to hear from session presenters covering the topics of: SCERTS in practice; Assistive technology; Research; Neurodivergent affirming practice; Adult neuromotor disability; and Communication.

Full details and to register:

<https://www.eventbrite.com/e/evolve-shape-the-future-of-therapy-conference-tickets-591979796507>

HDA PARTNER NEWS DEPARTMENT FOR EDUCATION

Making the numbers add up for SA students



A renewed focus on mathematics in South Australian public schools took centre stage at the inaugural Department for Education Numeracy Summit at the Adelaide Convention Centre on 7 March..

Opened by the Minister for Education, Training and Skills, Blair Boyer, along with the Department Chief Executive Professor Martin Westwell, the one-day event shone a spotlight on mathematics, with more than 1000 school leaders and mathematics coordinators attending.

In addition to hosting the Summit, the Department for Education is preparing a statewide mathematics strategy, which will include participation in the PRIMO maths project, working with schools to pilot numeracy assessments, a focus on financial literacy and guidance and resources for schools in the effective and innovative teaching of mathematics.

The new Mathematics strategy is being designed to support engagement in maths from Reception to Year 10. It will also determine how schools implement maths in the curriculum in 2024 and beyond.

In conjunction with the delivery of the strategy, a group of schools will participate in a four-year international research project called PRIMO Maths. The project will see the department partner with Centre for Curriculum Redesign at Harvard University and the Organisation for Economic Co-operation to implement a redesign in how mathematics is taught.

The Summit featured keynote speaker Emeritus Professor of Education at Monash University, Peter Sullivan, the author of the *Shape of the Australian Mathematics Curriculum*, who addressed the gathering about facilitating student agency and fostering inclusion in mathematics and numeracy learning.

Department Chief Executive Professor Martin Westwell said the summit signals a renewed focus on improving numeracy and mathematics outcomes for South Australia's children and young people.

"Making numeracy count for every child and young person" is not just the theme of the summit but a mission statement for education in South Australia," said Prof. Westwell.

"Proficiency in mathematics is a strong predictor of positive outcomes for young adults."

HDA MEMBER PROFILE - MICHELLE CLARKE

UNIVERSITY OF ADELAIDE / WOMEN'S & CHILDREN'S HOSPITAL



Michelle Clarke is a Senior Medical Scientist at the Women's and Children's Hospital and a PhD student with the University of Adelaide.

Michelle began her career in diagnostic immunology following completion of an undergraduate degree in Medical Laboratory Science, before embarking on a 20-year career in clinical trials and clinical research investigating vaccines and infectious diseases. In 2016, Michelle completed a Master of Philosophy in Public Health assessing pertussis (whooping cough) epidemiology in Australia and the role of vaccination for prevention. Through this, Michelle developed a passion for assessing evidence for vaccine policy to ensure that we provide the best protection possible for people at risk of infectious diseases.

Michelle is currently completing a part time PhD assessing factors that influence vaccine immunogenicity for pregnant women and children. Michelle's research interests and expertise are primarily around paediatric and maternal vaccine preventable diseases including pertussis, influenza, rotavirus, pneumococcal.

Michelle is also currently the laboratory, and quality and safety lead for the Vaccinology and Immunology Research Trials Unit, a clinical trials unit based at the Women's and Children's Hospital. The Vaccinology and Immunology Research Trials Unit conducts 15-20 clinical research projects each year, including Phase I-IV clinical trials both in collaboration with industry and investigator led collaborations. Michelle is also an affiliate senior lecturer with the University of Adelaide and enjoys mentoring students in clinical research and vaccine evaluation.

Michelle is passionate about infectious disease prevention, particularly for young infants and people vulnerable to serious complications. In her current role, she is grateful to have the opportunity to advance our understanding of new and existing vaccines and to ensure we generate quality evidence to support vaccine policy and guidance for our community. Michelle has co-authored 20 publications over the last 10 years and is looking forward to continuing to contribute to high quality clinical research to inform best practice for protecting infants from infectious diseases.

BECOME A HDA MEMBER TODAY ...

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.

Membership benefits

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

1 year (2023) for \$20 or 3 years (to 31 Dec 2025) for \$50 (excluding GST).

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

COVID-19's impact on Aussie family life

Media Release - 22 February, Flinders University

New research exploring COVID-19's impact on Australian families has demonstrated the importance of developing social networks to provide support in an increasingly unstable world.

Dr Sarah Hunter, Research Fellow in the Caring Futures Institute, led a team of Flinders University researchers – Dr Chelsea Mauch, Dr Kate Ridley, Dr Jessie Shipman, Professor Damien Riggs, Professor John Coveney, Dr Rebecca Feo and Professor Rebecca Golley – to examine the pandemic's impact by better understanding how families spent their time completing household duties and maintaining important relationships.

Isolation measures resulted in large numbers of parents and caregivers having their routines disrupted. They spent more time working at home and needed to balance their professional life with housework, caring for their children and themselves.

The research shows that families with poor relationships went through negative and lasting experiences during this significant period of disruption. During the first stage of this project, researchers distributed an online survey to more than 100 participants to learn about their COVID-19 experiences. The project's second and third stages involved smaller groups completing telephone and online tasks, to provide further information about lifestyle choices and how people at home made sense of the pandemic.

Dr Sarah Hunter is as a Research Fellow in the Healthy Start to Life team within the Caring Futures Institute. Dr Hunter says the unique set of challenges that the COVID-19 pandemic presented to families stands as a once-in-a-generation social experiment that examines the structures within modern families.

"The unprecedented social changes caused by COVID-19 disrupted routines that were taken for granted and had maintained modern family life," says Dr Hunter. "Our findings demonstrate how strong care networks can impact and influence our capacity and capability to provide care for ourselves and for others. Understanding family life and care work from a new perspective allows us to appreciate the importance of transitions and key points in our lives. COVID-19 has been a universal transition for families and has highlighted how crucial these relationships really are."

"The study results tell us if we want to prepare, as a society, for the ongoing impacts of COVID-19, and prepare for future issues and pandemics, we need to focus on interventions that support family relationships, as opposed to those only addressing health outcomes."

These research outcomes are in step with a recently published Caring Life Course theory – developed at Flinders University to demonstrate how strong networks impact and influence our capacity to provide care for ourselves and loved ones. The findings also indicate that while participants felt less rushed during the pandemic, they observed increases in fatigue and overall negativity when compared with their life before COVID-19.

Dr Hunter says these findings speak to the complexity of navigating a contemporary pandemic, its lockdowns and restrictions.

"Victoria experienced one of the longest global lockdowns related to COVID-19 and our participants who resided in Victoria at the time of completing the survey, reported higher negative effects than those not in a lockdown. This reinforces the significant impact of lockdown on individuals overall mental health and wellbeing, which is to be expected."

Exercise More Effective Than Medicines to Manage Mental Health

Summary: *Exercise intervention that lasts 12 weeks or less appears to be most effective at reducing mental health symptoms, especially for those suffering from anxiety and depression. Higher-intensity exercise proved more beneficial in reducing symptoms of anxiety and depression than longer-duration programs.*

University of South Australia researchers are calling for exercise to be a mainstay approach for managing depression as a new study shows that physical activity is 1.5 times more effective than counseling or the leading medications.

Published in the *British Journal of Sports Medicine*, the review is the most comprehensive to date, encompassing 97 reviews, 1,039 trials and 128,119 participants. It shows that physical activity is extremely beneficial for improving symptoms of depression, anxiety, and distress.

Read the full story here <https://neurosciencenews.com/exercise-mental-health-22566/>

Children's oral health under the microscope

Media Release - 15 December 2022, University of Adelaide



Researchers from the University of Adelaide will conduct a wide-ranging nationwide study on the extent and causes of tooth decay in Australian children and the mental health, education and financial impacts that it has.

More than 30,000 children aged 5-14 from across the country will be examined as part of a National Child Oral Health Study (NCOHS) that will compare findings from the most recent study in 2012-14.

The four-year study will also follow-up with approximately 15,000 teenagers and adults now aged 16-25 years of age who took part in the previous study.

The project is supported by the South Australian Dental Service, Queensland Health, ACT Health, Northern Territory Government, Tasmanian Health Service, Department of Health, Department of Health NSW, Department of Health WA and the Australian Dental Association.

The project is being led by Prof Lisa Jamieson, Director of the Australian Research Centre for Population Oral Health, which is part of the Adelaide Dental School, at the University of Adelaide.

"With the use of oral examinations and questionnaire data, we will be able to put the results side

by side against what was found in the most recent study in 2012-14," Professor Jamieson said.

"We will be able to test, model, evaluate and disseminate evidence that will enable important questions around child oral health, social and emotional wellbeing, school performance and economic productivity to be answered.

"This is incredibly important so that we can understand how deep and widespread tooth decay is, and what actions policy makers can take to ensure children and parents have the right support available to them."

Tooth decay, otherwise known as dental caries, is the most common childhood infection in Australia. A total of 24,664 children from 841 participating schools took part in the 2012-14 NCOHS.

More than 40 per cent of children aged 5-10 years had experienced dental caries in their primary teeth. Just under 25 per cent of children aged 6-14 years had dental caries in their permanent teeth, while more than 10 per cent of children aged 6-14 years had untreated dental caries in their permanent teeth.

"We are very interested in finding out whether there has been an improvement in the oral health of children in Australia over the past 10 years since the last study was conducted," Professor Jamieson said.

"Dental caries imposes a large cost on the Australian economy. That cost is estimated to be up to \$1 billion per year. It also has a direct correlation to poor school performance, inadequate nutrition, problems with sleeping and adverse social wellbeing.

"Children who are in socially vulnerable situations are also more likely to be hospitalised for dental conditions that could have been prevented.

"These are the types of situations we hope this study can shed some light on."

The research has been supported by a grant of \$1,499,998.80 from the National Health and Medical Research Council Partnership Project scheme.

Cultural considerations to support children from migrant and refugee backgrounds

This webinar, co-produced by CFCA and Emerging Minds, explores the importance of 'culturally competent', 'culturally curious', and 'child-focused' practices. It is designed to assist practitioners who work with migrant and refugee children and families in health, education, social and community services.

The webinar can be found here <https://aifs.gov.au/webinars/cultural-considerations-support-children-migrant-and-refugee-backgrounds>

Debunking pain myths could help teens recover faster

Media Release - 15 March, University of South Australia



Whether it's headaches, abdominal pain, or unrelenting joint soreness, up to a third of young people in Australia experience chronic pain.

Now, a world-first study from the University of South Australia is providing valuable insights about how young people understand chronic pain, potentially helping thousands of sufferers to better manage their symptoms and long-term wellbeing. Lead researcher and pain expert, UniSA's Dr Hayley Leake, says understanding what young people think about pain can help debunk pain myths and identify new treatment pathways.

"What people think about where their pain is coming from, matters, but unhelpful beliefs about pain can stop people from accessing the best care," Dr Leake says.

"Optimal care for chronic pain involves movement and psychological therapy. Yet these treatments can seem counter-intuitive if you think your pain means tissue damage. If we can identify what young people think about pain, we can figure out which beliefs are helpful, and which are not. Then we can use this knowledge to make better pain education for young people, so they understand why to engage in best-practice treatments."

The study was conducted as part of a larger observational study (of children aged 11-17 years), with long-term interview follow-ups (six years later) of these now young adults with a history of chronic pain in childhood. Of the original cohort, 229 completed the six-year follow-up study, with 189 (82.5 per cent) still reporting current chronic pain. Researchers found that young people tended to make sense of chronic pain by explaining it as:

- something that is wrong with their body
- associated with an injury that has not healed
- connected to nerves 'firing' when they should not
- linked to an overactive stress system

Leake says while some of the themes provide helpful ways of thinking about pain, others capture misconceptions about how pain works which can then create barriers to them getting treatment.

"It is important to challenge beliefs about pain that don't align with modern pain science," Dr Leake says.

"In this study we can see that some young adults believe that pain means their body has an unresolved tissue injury. This is not necessarily the case, as pain can persist when nerves become hypersensitive, despite no injury to body tissue.

"One way we explain this to young people is by comparing chronic pain to computer issues –the problem is with the software, not the hardware.

"Replacing unhelpful beliefs about pain with helpful ones is an important part of recovery. In our study, some young people were able to describe helpful beliefs that link chronic pain with an altered nervous and stress system.

"By learning about the biology of pain, nerve hypersensitivity, and the role of stress, we can help people understand why stress management therapies can help, and why exercise is a good idea.

"Educating teenagers and young adults – as well as their parents and caregivers – about chronic pain and talking to them in the words and phrases they use and understand, is a first step to change.

"We know when adults with chronic pain learn about pain, they improve more than those who don't learn about pain, and that they find pain education valuable. By increasing awareness and understanding of chronic pain, we to hope provide better supports to teens and young adults, so that they receive the necessary care and support to live their lives to the fullest."

Researchers are now creating a toolkit to spread awareness to share on social media and hopefully in schools.

Nominations for the 2023 Science Excellence + Innovation Awards now open

Applications close 5pm ACST Friday 21 April 2023.

<https://www.scienceawards.sa.gov.au>

Online literacy instruction helps children with Down syndrome

Caring Futures Institute - March 20, Flinders University



The online delivery of educational tools has proved highly successful and popular – but Flinders Caring Institute researchers have probed further, conducting research to identify whether this mode of instruction can also be effective for children with learning difficulties and disabilities.

“COVID-19 has resulted in some educators and allied health practitioners transitioning to online delivery of literacy instruction – but no studies had yet investigated whether the online delivery of comprehensive literacy instruction is effective for children with Down syndrome,” says Prof Joanne Arciuli, Lead of the Communication, Cognition, and Wellbeing Research Group in Flinders University’s College of Nursing and Health Sciences.

A pilot study led by Flinders PhD student Annemarie Murphy, with primary supervision by Professor Arciuli, explored the efficacy of online delivery of ABRACADABRA, a free literacy web application, for children with Down syndrome, when used alongside supplementary parent-led shared book reading.

While ABRACADABRA is an interactive web application designed to improve children’s reading and spelling skills through targeting skills in alphabets, reading fluency, reading comprehension and writing, the capacity for its program to be effective for children with Down syndrome are not known. Professor Arciuli’s team has published several studies reporting outcomes for children with autism

using this program and wondered whether the program would also prove helpful in educating children with Down syndrome.

Six children with Down syndrome, aged for 8 to 12 years, participated in this pilot study during the COVID-19 pandemic, with outcome variables measured at two timepoints before and one after instruction. The children participated in 16-18 hours of one-to-one literacy instruction online over a six-week instruction phase, along with twice weekly parent-led shared book reading activities.

Outcomes from standardised assessments revealed statistically significant improvements in word- and passage-level reading accuracy skills over the instruction phase compared with a no-instruction control phase – although improvements in reading comprehension skills were inconsistent across assessment measures and statistical analyses.

“Our research found that children with Down syndrome can benefit from comprehensive literacy instruction delivered via tele-practice,” says Professor Arciuli. “Our study provides critical initial evidence of successful service delivery during a global pandemic and beyond.

This pilot study provides proof of the feasibility and efficacy of online computer-based comprehensive literacy instruction for children with Down syndrome that warrants further research that includes a larger sample size of children across a greater range of ages and abilities. Professor Arciuli is now leading a Channel 7 Children’s Research Foundation grant to conduct follow up research with a larger group of children with Down syndrome and their families, and is now advertising for research participants.

“We hope that through this new grant we will provide further evidence on how we can support literacy skills in children with Down syndrome. By working with children and their parents our aim is to assist individuals to enjoy the benefits that literacy skills can bring.”

The study – “ABRACADABRA literacy instruction for children with Down syndrome via telepractice during COVID-19: A pilot study” has been published in the British Journal of Educational Psychology.

Go to page 7 to participate in the study.

Engaging children with disability in supported decision making

This short article outlines what supported decision making is, why children with disability can and should be engaged as decision makers, and the evidence about using supported decision making to support them towards exercising this right.

Find the full article here <https://aifs.gov.au/resources/short-articles/engaging-children-disability-supported-decision-making>

Mental Health in Schools Conference

**The Mental Health in Schools Conference is coming to Adelaide!!
1-2nd JUNE 2023 - NATIONAL WINE CENTRE**

The 2023 Mental Health in Schools (MHIS) Conference is coming to Adelaide

1-2nd June, National Wine Centre



Propsynd is so excited to be able to bring the MHIS Conference to ADELAIDE this year. Previously in Melbourne & Sydney, The MHIS conference is now coming to Adelaide, so get ready!

The Mental Health in Schools Conference is specifically designed for teachers and school leaders, providing current mental health challenges for young people, findings from the latest research, and practical, preventative and early intervention measures. A unique opportunity. DO NOT MISS IT!



<https://propsynd.com.au/conferences/2023-mental-health-in-schools-mhis-conference/>

info@propsynd.com.au

Propsynd is so excited to be able to bring the MHIS Conference to Adelaide this year. The MHIS conference has been held in Melbourne and Sydney since 2014.

IN 2023 THE MHIS CONFERENCE IS COMING TO ADELAIDE SO GET READY!

The mental health of young people is a critical challenge facing schools today. One in four young Australians currently has a mental health condition. Staggeringly, more young people die from suicide than car accidents each year.

More information and to register here
<https://propsynd.com.au/conferences/2023-mental-health-in-schools-mhis-conference/>

Online and digital approaches to support wellbeing in Aboriginal and Torres Strait Islander children and families

Online and digital approaches to support wellbeing in Aboriginal and Torres Strait Islander children and families

Presenters: Trish Ratajczak, David Edwards and Jaylene Friel. Facilitated by Dana Shen.

Date & time: Wednesday, 26 April 2023, 1:00PM – 2:00PM (AEST).

Aboriginal and Torres Strait Islander people often experience barriers to seeking help. These include a lack of culturally appropriate services and geographical remoteness. Online and digital programs that are community-led can address some of these barriers and support the resilience of Aboriginal and Torres Strait Islander families. Hear from three Aboriginal experts in innovative online and/or digital wellbeing programs, as they discuss:

- How Aboriginal-led online & digital programs can help address barriers to accessing health services.
- Examples of culturally safe, online and digital approaches to supporting children and families.
- Practice tips and insights for using online and digital approaches to remote service delivery for Aboriginal and Torres Strait Islander children and families.

This webinar is recommended for practitioners and service providers who provide support to Aboriginal and Torres Strait Islander children and families. This webinar is co-produced by CFCA and Emerging Minds in a series focusing on child mental health.

<https://register.gotowebinar.com/register/9112442738647219548>

Young Tall Poppy Science Awards 2023

Nominations are open for the Young Tall Poppy Science Awards 2023. The annual Young Tall Poppy Science Awards were created to recognise and celebrate the achievements of Australian scientists.

Recipients of the Young Tall Poppy Science Awards promote interest in science among students in all stages of learning, teachers and peers. There is no age limit and nominees must be between three- and ten-years post PhD conferral date. Registration to attend online information sessions can be made here <https://aips.net.au/tall-poppy-campaign/nominations-2023/>

Close date: 4.30 pm, Friday 14 April