



NEWSLETTER SUBMISSIONS

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

*Submissions by end
July for our next
issue out in August*

**Social Media
submissions
(X, 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**



**Flinders
University**

SILVER



Government of South Australia
Department for Education



**Government of
South Australia**

Women's and Children's Health Network



Women and Kids



**Government
of South Australia**
Preventive Health SA



**Government
of South Australia**
Department for
Child Protection



BRONZE



Healthy Development Adelaide (HDA) 20th Anniversary Research Afternoon

Wednesday 16 October 2024

*** ABSTRACT CALL OPEN ***

HDA welcomes your submission and we look forward to celebrating our 20th Anniversary with you.

Eligibility:

Open to PhD students, EMCR researchers (0-10 years post PhD) and Industry / Government / NGO undertaking basic or clinical, biomedical or social science research in developmental health, disability, resilience or disease in pregnancy, infancy, childhood or adolescence.

You must be a current member of HDA to submit an abstract for the HDA Research Afternoon and be eligible for presentation prizes. We welcome new members, and you can join when submitting your abstract. Membership is \$30 (excluding GST) for 1 year or \$60 (excluding GST) for 3 years and you can join up here: <https://health.adelaide.edu.au/healthy-development-adelaide/get-involved>

Our Research Afternoon will include two sessions for short oral presentations followed in the evening by the 20th annual Oration. There will be no concurrent sessions, allowing our audience to see the breadth of research across HDA and ensuring that you as a presenter get a good audience.

Prizes:

Prizes will be awarded to the best presenter in each category:

- Best PhD presentation,
- Best EMCR presentation, and
- Best Industry/Government/NGO presentation (PhD not essential)

Selection process:

Applicants will submit two documents (in the one doc/pdf file):

- a 250-word abstract formatted as in the example below
- a one page track record of research/policy/practice achievements. PhD applicants must include evidence of their PhD commencement and EMCR applicants must include evidence of their PhD award date to enable eligibility to be assessed.

Applications will close at 5.00pm Wednesday 31 July 2024, and applicants will be notified by the end of August 2024. **Late applications will not be considered.**

Enquiries / submit applications to anne.jurisevic@adelaide.edu.au

Up to date information will be posted on our home page here: <https://health.adelaide.edu.au/healthy-development-adelaide/>

Abstract example...

Abstract to be a maximum of 250 words (excluding the title, authors and affiliations). Abstracts exceeding 250 words may not be eligible or be asked to resubmit.

Font Arial, size 11

Type Your Abstract Title Here.

Presenting Author EG¹, Author EG², Author EG¹, Author EG^{1,3}

¹Institution, City, Country

²Institution, City, Country

³Institution, City, Country

Email: email@example.com.au

Background: Please include background information here.

Methods: Please include method here.

Results: Please include results here.

Conclusions: Please include conclusions here.

Celebrating 20 Years in 2024 HDA Scholars - Where are they now?



Dr Lucy Farrell, 2014 4th cohort

Lucy is currently acting as the Director of Data Strategy in the Australian Centre for Disease Control Establishment Taskforce within the Australian Government Department of Health and Aged Care. She is responsible for leading strategic policy to optimise the role of data-informed evidence in a future Australian CDC.



Dr Jessica Gugusheff, 2012 3rd cohort

Jessica is currently a senior epidemiologist at the NSW Cancer Institute. Working as part of a team that generates insights out of health system data to drive improvements in cancer care.



Dr Angela Gialamas, 2012 3rd cohort

Angela is an epidemiologist in BetterStart Health and Development Research, and a Lecturer in the Discipline of Public Health at the University of Adelaide. Her post-doctoral research centres on investigating the influence of early-life disadvantage on children's subsequent health and development.



Dr Sam Buckberry, 2012 3rd cohort

Sam is currently working at the Telethon Kids Institute and the Australian National University, where he is the Head of Epigenetics in the Indigenous Genomics program. His work focuses on understanding the role of the epigenome in chronic disease and developing predictive biomarkers for cardiometabolic conditions, leveraging his extensive background in genomics and bioinformatics.



Dr Georgie Crichton, 2009 2nd cohort

Georgie is currently working across three private practices in Adelaide as a clinical psychologist. She sees clients of all ages with varying mental health conditions, including depression and anxiety, trauma-related disorders, substance use/addictive problems and disordered eating. She also assesses school children who are struggling with learning and behaviour.



Dr Natasha Schranz, 2009 2nd cohort

Natasha is currently the Manager of Mental Health Programs within Preventive Health SA leading a fantastic team to drive evidence-based policy and programs to support improved mental wellbeing for South Australians.

We thank the Channel 7 Children's Research Foundation for their financial support for the Scholars program and the PhD Excellence Awards.

To read more on our Scholars career paths go to: <https://health.adelaide.edu.au/healthy-development-adelaide/our-people/celebrating-20-years-in-2024>

HDA UPCOMING EVENT

THE CLINICIAN, THE FAMILY, AND SYSTEMS: BUILDING INFANT MENTAL HEALTH INTO THE FUTURE

Join us for the **Healthy Development Adelaide (HDA)** and **Australian Association for Infant Mental Health SA branch (AAIMH)** forum on **The clinician, the family, and systems: Building infant mental health into the future.**

Thursday 13 June, 5.30-8.30pm at the Napier G04 lecture theatre, Ground floor, Napier Building, North Terrace, University of Adelaide.

As Infant Mental Health Awareness Week approaches (10-16 June) this year's theme is 'Speak up for the babies'. This forum seeks to increase awareness and build infant mental health into the future by combining the clinician, the family and the systems involved.

OUR SPEAKERS

Sally Watson, SA branch President, Australian Association for Infant Mental Health (AAIMH) - **AAIMH and building our workforce competencies.**

Dr Patricia O'Rourke, Child Psychotherapist and Psychodramatist / Senior Lecturer, Paediatric Mental Health Training Unit, Adelaide Medical School, University of Adelaide – **The Maternal Looking Guide: A clinical tool to identify perinatal support needs.**

Lynly Mader, Senior Occupational Therapist, Infant Mental Health Therapist, Perinatal and Infant Mental Health Service, Women's and Children's Hospital, Women's and Children's Health Network - **Infant mental health within a paediatric hospital: Supporting the infant-parent relationship within the context of a medical diagnosis.**

Joy Makepeace, Kamilaroi / Murrawari woman from North Western New South Wales - **Infant Mental Health Education Interpretation for Aboriginal Team and Community. Meaning making in culture.**

OUR CHAIR

Rachael Yates, Executive Director Nursing and Midwifery, Women's and Children's Health Network / HDA Ambassador.

Please share to your colleagues, friends and networks. Everyone is welcome to attend including the general community.

For the full program details and to register go here: <https://events.humanitix.com/the-clinician-the-family-and-systems-building-infant-mental-health-into-the-future>

Words Grow Minds 'Professional Learning Course'

We are thrilled to announce Our **FREE** Words Grow Minds Professional Learning Course is now open for enrolments!

Designed with early years specialists and backed by quality research, this unique course aims to support practitioners across the sector in deepening their knowledge of early childhood development, boosting their confidence and gaining practical strategies to embed in their work with children and families. Practitioners will also learn how to build their skills in delivering Words Grow Minds messaging within early years programs and services.

Complete it online at your own pace—explore the modules relevant to your practice or finish all eight to receive your Words Grow Minds Professional Learning Certificate.

Enrol now via the Words Grow Minds website or go to the link below:
<https://raisingliteracy.org.au/words-grow-minds-courses>

HDA UPCOMING EVENT

THE GLOBAL REVIVAL OF HUMAN MILK BANKING: BENEFITS FOR PRETERM INFANTS, SOCIAL IMPACTS, AND ONGOING CONTROVERSIES

Join us for the Healthy Development Adelaide (HDA) and Women's and Children's Hospital Grand Round on **The global revival of human milk banking: benefits for preterm infants, social impacts, and ongoing controversies.**

In the past decade there has been a resurgence in milk banking, driven by increased recognition of the advantages of human milk for preterm infants. Drawing on local and international research, this presentation examines the benefits of donor human milk for preterm infants and current controversies including safety, access and the need to protect milk banks from commercial interests.

OUR SPEAKER



Professor Alice Rumbold is a perinatal epidemiologist and Leader of the Women and Kids Theme of the South Australian Health and Medical Research Institute (SAHMRI), located within the Women's and Children's Hospital, Women's and Children's Health Network. She is Director of the Centre of Research Excellence in Human Milk Nutrition for Preterm Infants, bringing together a multidisciplinary team of experts across Australia to optimise the use of human milk for preterm infants. She has built and led internationally recognised research programs focussed on reducing adverse reproductive and perinatal health exposures and interventions to reduce the burden of prematurity, including promotion of human milk feeding. Her research has been published in top-ranking journals such as the New England Journal of Medicine, Human Reproduction and the American Journal of Epidemiology.

OUR CHAIR

Rachael Yates (HDA Ambassador), Executive Director of Nursing and Midwifery, Women's and Children's Health Network.

This event will be held on **Wednesday 26 June, 12.30-1.30pm**, Queen Victoria Building, lecture theatre, level 1, Women's and Children's Hospital, North Adelaide – in person and livestreamed online via MS Teams.

This event is free and open to everyone to attend from researchers, clinicians, students, government and the community.

Register here: <https://events.humanitix.com/the-global-revival-of-human-milk-banking-benefits-for-preterm-infants-social-impacts-and-ongoing-controversies>

Get Involved

SCHOLARSHIPS NOW OPEN

The CRE in Human Milk Nutrition for Preterm Infants is committed to supporting researchers from clinical and non-clinical backgrounds. The CRE Investigators strongly encourage students and early career researchers with an existing project or idea aligned with the CRE priority areas to apply for scholarships and funding.

- Australian Residents only
- OPEN 27 MAY TO 31 JULY 2024

For more information visit www.humanmilk4premscre.org/get-involved

Apply Now for Scholarships in Human Milk Nutrition Research!

The Centre of Research Excellence (CRE) in Human Milk Nutrition for Preterm Infants is offering full and top-up scholarships for PhD and Masters students on a competitive basis. We encourage diverse applicants to explore projects on co-designing enhanced lactation support in the NICU, supporting Aboriginal families in the NICU to provide breast milk, donor milk safety and efficacy for preterm infants, and optimising DHA intake among preterm infants.

For more information and to apply, visit www.humanmilk4premscre.org/get-involved or contact humanmilkCRE@sahmri.com

A/PROFESSOR ZOHRA LASSI, HDA Co-CONVENOR CONNECTED CONVERSATIONS, UNIVERSITY OF ADELAIDE



From her early days in research, when she took a research position studying the community-based maternal and newborn packages in Pakistan, Zohra Lassi has been driven to help those who need it most. Her early experience sparked a passion for research that not only shapes global health guidelines but has the power to transform entire communities.

Today, as A/Professor at the Robinson Research Institute and the School of Public Health, Zohra's focus is on enhancing adolescent sexual and reproductive health. With contributions adopted by the World Health Organisation, a slew of prestigious awards to her name, and recognition as one of the world's top 2% of most cited scientists, there's no doubt her work is making an impact. Beyond

her professional accomplishments, Zohra finds an outlet in creative pursuits such as painting, sketching and even aspiring fashion vlogging on YouTube.

Learn more about Zohra, our Co-Convenor and what inspires and energises her to do what she does...
<https://health.adelaide.edu.au/news/list/2024/04/30/connected-conversations-zohra-lassi>

NHMRC INVESTIGATOR GRANTS AWARDED FOR 2025 HDA MEMBERS

The National Health and Medical Research Council (NHMRC) has awarded over \$411 million to 229 researchers in the current Investigator Grants scheme.

Professor Helen Marshall, University of Adelaide, \$2,554,448
Novel strategies for global control of meningococcal disease and gonorrhoea

Dr Jacqueline Gould, SAHMRI Women and Kids / University of Adelaide, \$2,792,745
Supporting neurodevelopment through targeted nutrition

NEW CHIEF SCIENTIST FOR SOUTH AUSTRALIA

Highly respected South Australian scientist and academic **Professor Craig Simmons FAA FTSE** has been appointed to the role of Chief Scientist for South Australia for a three-year term.



The part-time position helps lead discussions about the application of science in decision making, advising on the further development of the research ecosystem in SA and coordinating specific scientific advice to government as requested.

The 2015 South Australian Scientist of the Year, Professor Simmons has served as an Executive Director at the Australian Research Council and is recognised for his major contributions to science leadership, education and policy reform.

His research has informed management and policy issues from food and water security to coal seam gas, nuclear waste disposal, mining, and energy.

Professor Simmons is a global leader in earth sciences and groundwater research, having been the Foundation Director of the Australian Research Council's National Centre for Groundwater Research and Training, the Matthew Flinders Distinguished Professor and inaugural Schultz Chair in the Environment at Flinders University.

HDA PARTNER NEWS THE WCH FOUNDATION

**** Research grant opportunity ****

The WCH Foundation is once again proud to be a funding partner for the **Health Translation SA (HTSA) Medical Research Future Fund (MRFF) Catalyst Grant Scheme** in 2024.

The Catalyst Scheme provides targeted funding to develop a pipeline of collaborative research projects that address health system needs in South Australia. Projects must be multi-institutional, with team members from across the health system and academia, address an unmet need affecting South Australian health care, and align with MRFF Principles and Priorities.

The WCH Foundation is contributing **\$120,000** to support projects addressing maternal and/or paediatric health and wellbeing. Between **\$20,000 to \$60,000** per project may be requested for a maximum of one year.

Expressions of interest for the Catalyst Scheme close **Wednesday 19 June (5:00pm ACST)**.

For more information:

- Visit the HTSA website: <https://healthtranslationsa.org.au/project/htsa-mrff-catalyst-grant-scheme/>
- Email HTSA enquiries@healthtranslationsa.org.au

Our research program, including the HTSA MRFF Catalyst Grant Scheme, is made possible through the generous support of the South Australian community. For more information about our research program, visit our website: <https://wchfoundation.org.au/the-impact-we-make/medical-research/research-funding-opportunities/>

HDA Member News



Congratulations to Dr Claire Homan, University of South Australia, the current and 11th recipient of the Peter Nelson Leukaemia Research Fellowship.

Dr Claire Homan's research focuses on understanding the link between genetics and leukaemia, in particular acute myeloid leukaemia (AML).



Congratulations to Dr Megan Cooper, Flinders University for winning the Excellence in Research and Innovation category at the 2024 SA Nursing and Midwifery Excellence Awards.

The awards celebrated outstanding efforts by South Australia's nurses and midwives. The full list of winners can be found at the SA Health website.

HDA Member Publications

Exploring social media influences on vaccine decision-making in parents: a netnography

Susan Smith, Nina Sivertsen, and Anita De Bellis

> Read the paper here: <https://journals.sagepub.com/doi/10.1177/25151355241249607>

Exploring preconception health in adolescents and young adults: Identifying risk factors and interventions to prevent adverse maternal, perinatal, and child health outcomes—A scoping review
Zahra Ali Padhani, Komal Abdul Rahim, Gizachew Tessema, Jodie Avery, Negin Mirzaei Damabi, Patience Castleton, Rehana Salam, Salima Meherali, Zohra Lassi

> Read the paper here: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0300177>

Sleep's role in the development and resolution of adolescent depression

Michael Gradisar, Michal Kahn, Gorica Micic, Michelle Short, Chelsea Reynolds, Faith Orchard, Serena Bauducco, Kate Bartel and Cele Richardson

> Read the paper here: <https://www.nature.com/articles/s44159-022-00074-8>

HDA PAST EVENTS

Healthy Development Adelaide (HDA) forum on Domestic and Family Violence - The Child's Voice was held on Wednesday 10 April in conjunction with our partner organisation the **Department of Human Services** and chaired by **A/Professor Zohra Lassi** (HDA Co-Convenor), Robinson Research Institute and School of Public Health, University of Adelaide.

OUR SPEAKERS

Kerry Beck, Director of Safer Family Services and **Ginny Cisneros**, Assistant Director, Intensive Family Services, Safer Family Services, Department of Human Services - *Learnings about child centred practice when working with families experiencing child protection risk.*

Craig Rigney, Chief Executive Officer, KWT Aboriginal Corporation - *This has to be for our children. Understanding the impact of domestic violence on our children.*

Celina Nguyen, Aboriginal Child and Young Person Advocate, Women's Safety Services SA - *The Impacts of Domestic and family violence on children.*

Vanita Schwarz, Lived Experience, Volunteer Manager, Social Worker, Voices for Change, Embolden - *Kids and violence.... what I wish I knew*



Healthy Development Adelaide (HDA) annual Women's Excellence in Research Award presentation on **Goldilocks Days: Finding the "just right" balance of sleep, exercise and sitting** was presented by this year's winner **Dr Dorothea Dumuid**.

Dot is a Senior Research Fellow within Alliance for Research in Exercise, Nutrition and Activity (ARENA), Allied Health and Human Performance, University of South Australia.

It was held on Thursday 9 May, and chaired by **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.

Photo: Carol and Dot holding her award certificate.

HDA MEMBER PROFILE - DR JACQUELINE GOULD SAHMRI WOMEN AND KIDS



Jacqueline Gould is a Senior Research Fellow in the SAHMRI Women and Kids theme at the South Australian Health and Medical Research Institute, based at the Women and Children's Hospital.

Jacqueline is passionate about optimising early brain development to give all children the best start to life. This stems from curiosity about the brain, and an undergraduate major in public health where ethos is prevention is the best cure. Jacqueline is also enthusiastic about nutrition, and concept that food can be your medicine.

Jacqueline completed a PhD in paediatrics in 2013 and is now fortunate to be able to combine her interests to explore the role nutrition in pregnancy, infancy and early childhood to best support brain development. She is responsible for multiple large studies of nutrition in the first 1,000 days and the effect on child cognitive, language and behavioural development. Most noteworthy, Jacqueline found that omega-3 supplements during pregnancy won't affect child brain development, but infants born too soon need omega-3 to support brain development.

With over \$12M in funding from MRFF, NHMRC, the Women's and Children's Hospital Foundation, and industry, Jacqueline leads the Supporting Neurodevelopment research unit at SAHMRI Women and Kids ever-growing team of HDR students, ECRs, research assistants, nurses, and trial coordinators to oversee over 4,000 study participants and their families. Her research is published in leading journals such as the Journal of the American Medical Association (JAMA), JAMA Paediatrics, and the New England Journal of Medicine (NEJM) and features in several government policies and reports. Jacqueline serves as a Board Member for the International Society for the Study of Fatty Acids and Lipids (ISSFAL), a Strategic Executive Committee Member for SA Health Child and Adolescent Health Community of Practice, and an Executive Committee Member of the Perinatal Society of Australia and New Zealand (PSANZ) Subcommittee for Long-Term Outcomes of High-Risk Babies. Jacqueline is an internationally recognised expert in the role of omega-3 fats and neurodevelopment and is the 8th recipient of the international Dr Norman Salem Jr Early Career Award.

Ultimately, Jacqueline's research strives to define appropriate nutrition to optimise early brain development and give all children the best start to life.

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
- 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

If you are not involved in research or are part of the general community not to worry as we also welcome your membership and support. We would love to have you be a part of our network!

1 year for \$30 or 3 years for \$60 (excluding GST).

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

SOCIAL MEDIA AND WELLBEING STUDY PARTICIPANTS NEEDED!



Researchers from Flinders University (Prof. Melanie Takarangi & Dr. Victoria Bridgland) and the University of Adelaide (Dr. Ella Moeck) are seeking adolescent participants (aged 14-17) to participate in a 7-day diary study on social media and well-being.

Participation would involve completing:

- An online baseline survey (15-20 mins)
- A brief survey each evening for 7 consecutive days (5-10 mins per day)

In this study, participants will be asked about their mood (e.g., *To what extent did you feel upset today?*), frequency of social media use, and the type of content they saw on social media (e.g., *While browsing social media today, did you see any images or videos (including in posts, stories, videos, or lives) which included the following content: violence, graphic injury, food, animals, selfies?*).

Eligibility

Participants must have:

- Access to a mobile phone or email address to receive the daily surveys
- Be aged between 14 and 17 years
- Be proficient in English

To express your interest in participating, or for more info, please email socialmediastudy@flinders.edu.au. If you are eligible to participate, you will then be sent an information sheet and consent form that need to be signed by both a parent/guardian and the adolescent participant.

Participants will receive an \$20 electronic Target gift card as compensation for their time, on completion of the study. Participation is confidential, and the data collected will be anonymized by assigning each participant a 5-digit code.

The results from this study will inform best practice for keeping young people safe online. The research is funded by the Breakthrough Mental Health Research Foundation (<https://breakthroughfoundation.org.au/>) and has been approved by the Human Research Ethics Committee at Flinders University (Project 5179).

Emerging Minds Advancing Australian Children's Mental Health

Emerging Minds offers free educational resources to support the mental health of infants, children, and families, bridging theory and practice for future practitioners. These resources are endorsed by the Federal Minister for Health and focus on prevention and early intervention. They align with the latest research in child mental health and provide practical insights for students, preparing them for the workforce. Emerging Minds has prepared curriculum guides to help incorporate the resources into your courses.

To explore these guides or schedule a meeting with an Emerging Minds representative, their website: <https://emergingminds.com.au/organisations/universities-and-vet-organisations>

**CHILDREN'S KNOWLEDGE OF EMOTIONAL EXPRESSIONS
PARTICIPANTS NEEDED!**

CHILDREN'S KNOWLEDGE OF EMOTIONAL EXPRESSIONS



We are seeking children and parents to participate in an interactive guessing game, involving recognising and producing emotional expressions.

We are also interested in how various individual differences are associated with emotional knowledge.

To be eligible:

- Your child must be aged 7 - 10 years, and their parent aged 18 + years
- You and your child must speak proficient English

This study will take approximately half an hour to complete.

This research will take place at:

Develop Well Lab
Room 258, Hughes Building, The University of Adelaide
North Terrace, Adelaide, SA, 5000

**For more information, contact Imogen Holdsworth
(imogen.holdsworth@adelaide.edu.au), or scan the QR code:**



This research has been approved by the Human Research Ethics Committee (Approval Number: H-2023-222)

Study addresses First Nations intergenerational trauma

Media release - 15 May, University of Adelaide



The third stage of a study which aims to address intergenerational trauma in Aboriginal and Torres Strait Islander young people has received more than \$3.6 million from the National Health and Medical Research Council (NHMRC).

The Aboriginal Families Study (Wave 3) grounded in Aboriginal knowledge and culture: Exploring Aboriginal and Torres Strait Islander young people's social and emotional wellbeing was awarded \$3,666,252 through the NHMRC's Clinical Trials and Cohort Studies Grants, announced 10 May.

The University of Adelaide will administer the grant on behalf of the South Australian Institute of Health and Medical Research (SAHMRI) and collaborators from the Murdoch Children's Research Institute.

Chief investigator Karen Glover said the funding, delivered over five years, will allow the development of a new measure of social and emotional wellbeing. "It will provide evidence to inform co-design and implementation of responses to intergenerational and complex trauma spanning health, education and social care sectors, including strategies to promote resilience, healing and recovery for young people and their mothers and other primary caregivers," she said.

"This project aims to strengthen Aboriginal and Torres Strait Islander young people's social and

emotional wellbeing and translate knowledge into action across primary health care, mental health, housing, education and social care sectors to benefit them and their families.

The Aboriginal Families Study is a prospective mother and child cohort study investigating the health and wellbeing of 344 Aboriginal children and their mothers living in urban, regional and remote areas of South Australia.

It was developed after gaps were discovered in the available evidence to inform health policy and services, and it was preceded by extensive consultation with Aboriginal communities and services in South Australia.

Researchers made first contact with families in the year after the children were born and reconnected for Wave 2 when the children were in early primary school (aged 5 to 9).

The first two waves focused on social determinants of women's and children's physical and mental health, identifying gaps in access to pregnancy, post-natal and primary care and finding evidence that Aboriginal-led services in South Australia have improved women's experiences and access to antenatal care.

With the children now in their early teens, the study will look more closely at their wellbeing.

"We will develop a new co-designed, multi-dimensional measure of Aboriginal and Torres Strait Islander young people's social and emotional wellbeing spanning the seven domains of body, mind and emotions, family and kinship, community, culture, Country and spirituality," Ms Glover said.

"We will also conduct yarning circles and a further wave of survey data collection with young people (aged 14 to 16) and their mothers/primary caregivers to generate new knowledge about the potential for social and emotional wellbeing to buffer the impacts of social, political and historical determinants of mental health, health behaviours, educational and social pathways."

Jane Goodall inspires generations of conservationists – we need her education program in schools

The Conversation, 31 May

For more than three decades, "Dr Jane" has inspired generations of conservationists through her youth-led action program Roots & Shoots. This successful self-directed project-based learning approach must be integrated into the school curriculum to support progress towards the United Nations' Sustainable Development Goals.

Read the full story here: <https://theconversation.com/au/environment>

Big tick for Embrace Kids in schools

Media release - 27 May, Flinders University

Unrealistic expectations about what our bodies should look like – whether from the media, friends or family – make adults and children of all ages more vulnerable to body dissatisfaction, eating disorders and other mental health challenges.

In a new study in *Body Image*, Flinders University experts assessing the program's usefulness in classrooms highlight the potential for the *Embrace Kids* film, directed by 2023 Australian of the Year Taryn Brumfitt, to achieve large-scale improvements in body image in young people aged 9-14 years.

"The study gives promising preliminary evidence in support of the broad impact and reach of *Embrace Kids* and points to its potential as a resource that could be safely delivered at scale, at minimal cost," says Philippa Granfield, from the Embrace Impact Lab at Flinders University.

"Young people, as well as the adults who accompanied them to screenings of *Embrace Kids*, reported improved body image and self-compassion after watching the film. It motivated viewers of all ages to be kinder to themselves and others in social media.

"Importantly, it did all of this without making viewers more concerned about their appearance, which is sometimes a concern people have about body image interventions."

An Embrace Impact Lab evaluation of the Embrace Kids Classroom Program is under way at 20 schools in South Australia and Queensland, thanks to support from Flinders Foundation for the Year 7-8 study and Breakthrough Mental Health Research Foundation for the rollout in Year 5-6.

Associate Professor Ivanka Prichard, who co-founded the Embrace Impact Lab at Flinders University, says The Embrace Kids Classroom Program – developed with support from Little Heroes Foundation – extended the film's messages, and has the potential to reach even more young people. The program aligns with the Australian Curriculum and includes five lessons that each begin with a brief clip from the *Embrace Kids* film (G rated) followed by interactive, evidence-based learning activities.

"Future research will explore how the Classroom Program and film might work together to produce enduring benefits to body image, and set young people up for positive relationships with their bodies, before body image concerns take hold," says Associate Professor Prichard.

Embrace Kids stemmed from the success of the first film, for adults, which was also directed by Taryn Brumfitt, who says the new Flinders research confirms the *Embrace Kids* film is "engaging as well as safe and effective".

"After releasing *Embrace*, a film that has been seen by millions of people in more than 190 countries, the 'number one' piece of feedback we received was that people wished they had seen this when they were younger," says Ms Brumfitt, co-executive director of The Embrace Collective. This new research is exciting because we knew we had made a film that was engaging and educating kids without them even knowing it! Having this sort of evidence proves that this film is as safe and effective as we had intended it to be, and it's out there doing good in the world."

Embrace Kids research advisor Dr Zali Yager adds: "We brought together all of the research on 'what works' to help young people feel better about their bodies, and infused it into the film. It's great that this evaluation confirms the effectiveness of this approach – not only for young people, but for their grown-ups too."

"Children's mental health and eating disorders are a paramount focus to Breakthrough ... so we are proud to work closely with Flinders University's Embrace Impact Lab to help determine how we can integrate and reinforce positive body image concepts effectively," says Mr Mannion.

"By fostering understanding and promoting positive self-perception from an early age, we can make a significant difference in the mental wellbeing of our children, setting them up for a healthier, happier future."

Ross Verschoor, Flinders Foundation Executive Director, says there is an "urgent need to help Australian children embrace their body image and overcome the issues which negatively affect their physical health and mental wellbeing". "Flinders Foundation is committed to helping South Australian children get the best start in life so they can realise their full potential as healthy, happy adults," Mr Verschoor says.

"That's why we're proud to work with Flinders University researchers and The Embrace Collective to tackle much-needed research so we can minimise young people's lifetime risk of issues like eating disorders, depression and anxiety."

The article, 'A pre-post evaluation of the impact of the *Embrace Kids* film on children's and adults' body image and self-compassion' (2024) by Philippa Granfield, Eva Kemps and Ivanka Prichard has been published in *Body Image* (Elsevier) DOI: 10.1016/j.bodyim.2024.101700

Turning the page on children's pain

Media Release - 13 May, University of South Australia



A tumble from a bike, a graze on the knee, or a common flu vaccination – how children experience pain can significantly influence how they react and respond to pain into adolescence and adulthood.

Now, a new study from the University of South Australia shows how young children learn about the concept of pain through reading, and it's helping to promote children's empathy, emotional development, and understand socio-cultural norms.

Conducted by Dr Sarah Wallwork, the study investigated how parents and caregivers interact with children when reading picture books that depict pain or injury.

Observing 20 families and young children (aged 3-6) researchers found that reading books frequently prompted interactions about pain and injury through the characters' experiences. These included talking about causes of pain and injury, what to do when you're injured or in pain, and the promotion of empathy and prosocial skills.

Dr Wallwork says that the study highlights the value of shared reading experiences and how parents can support their children to learn about pain-related concepts during a critical developmental period.

"Shared reading experiences present an important opportunity to connect with your child, and in this study, an opportunity to talk about pain and injury," Dr Wallwork says.

"Through the storybooks' characters we found parents and caregivers would pause to further explain what was happening within the pages.

"For example, when Zog the dragon (in Julia Donaldson's book *Zog*) bumps his head and gets a bandage, the parent said '*Whoopsie daisy, because dragons are still learning, aren't they?*', which linked the injury with learning and that it was normal to make mistakes when you were learning.

"Similarly, when Zog flew into a tree, the parent said 'Oh no! That would've hurt, wouldn't it?' which prompted the child to think about how painful or sore or hurt Zog might be. In this way, the parent is teaching the child about empathy, and appropriate responses.

"Conversely, when pain and injury were depicted in a light-hearted or unrealistic way, parents often responded in a way that showed they were entertained by the character's misfortune. And while this may seem harmless, the action could inadvertently socialise children to think that accidents and injuries can be funny.

"Learning appropriate and empathetic responses to pain and injury in childhood are valuable for many reasons: they help children learn to understand that some pain is fleeting, that some injuries need the help of others, and that injury and pain are not always intertwined.

"Shared reading of picture books is an ideal way to talk about concepts around pain due to its didactic nature – as opposed to children's television and movies, where children are often watching on their own and become passive recipients of information. Connecting the narrative and the characters' experiences to a child's own experiences makes these concepts more relatable for children. Essentially, we're translating learning from the picture books into their own real-life. It all starts with the turn of a page."

Parents are increasingly saying their child is 'dysregulated'. What does that actually mean?

The Conversation, 30 May

Welcome aboard the roller coaster of parenthood, where emotions run wild, tantrums reign supreme and love flows deep. As children reach toddlerhood and beyond, parents adapt to manage their child's big emotions and meltdowns. Parenting terminology has adapted too, with more parents describing their child as "dysregulated".

Read the full story here: <https://theconversation.com/au/health>

Genetics, not lack of oxygen, causes cerebral palsy in quarter of cases

Media Release - 3 May, University of Adelaide

The world's largest study of cerebral palsy (CP) genetics has discovered genetic defects are most likely responsible for more than a quarter of cases in Chinese children, rather than a lack of oxygen at birth as previously thought.

The study, published in the prestigious scientific journal, *Nature Medicine*, used modern genomic sequencing and found mutations were significantly higher in CP cases with birth asphyxia, indicating a lack of oxygen could be secondary to the underlying genetic defect. The results are consistent with smaller studies globally.

More than 1,500 Chinese children with CP were involved in this research project, which was a collaborative effort between the University of Adelaide and Fudan University Shanghai, Zhengzhou University, Zhengzhou and associates.

The Australian team was led by obstetrician and University of Adelaide's Emeritus Professor Alastair MacLennan AO and human geneticist, Professor Jozef Gecz.

"24.5 per cent of Chinese children in the study had rare genetic variations linked to cerebral palsy. This revelation mirrors our earlier findings in our Australian cerebral palsy cohort, where up to one third of cases have genetic causes," said Professor Gecz, who is the University of Adelaide's Head of Neurogenetics at the Adelaide Medical School and the Robinson Research Institute.

"Our research shows at least some babies who experience birth asphyxia and are diagnosed with CP may have improper brain development as a result of the underlying genetic variants rather than a lack of oxygen.

"Crucially, clinically actionable treatments were found in 8.5 per cent of cases with a genetic cause. It is exciting to see how genetic pathways to cerebral palsy inform tailored treatments for

these individuals."

Cerebral palsy affects movement and posture and is the most common motor disability in children. The disorder is diagnosed in up to 2 per 1000 children globally and is sometimes in association with epilepsy, autism and intellectual difficulties. Symptoms often emerge during infancy and early childhood and can range from mild to severe.

The research team identified 81 genes with causation mutations in the children with CP. These genes are known to play important roles in neural and embryonic development and may affect the molecular pathways responsible for respiration.

"A lack of oxygen at birth is often claimed to be the cause of CP in medical litigation following a diagnosis and this has led to the presumption that the condition is preventable with better obstetrics or midwifery. This is simply not the case," said Professor MacLennan, who has spent the past 30 years advocating that there is little scientific evidence to support the myth that cerebral palsy is due to trauma or lack of oxygen at birth.

Professor MacLennan said frequent litigation has been associated with a high increase in "defensive" caesarean delivery and high insurance premiums for obstetricians.

"These results highlight the need for early genetic testing in children with cerebral palsy, especially those with risk factors like birth asphyxia, to ensure they receive the right medical care and treatment.

"All children with cerebral palsy merit modern genetic screening as early and customised interventions really can make a difference and improve their long-term outcomes," he said.

Ongoing genetic research is also investigating other types of contributing genetic variation to the cause of CP and, as a result, the researchers expect that the overall genetic diagnosis rate is likely to increase.

Commissioner's Digital Challenge

**COMMISSIONER'S
DIGITAL
CHALLENGE**

A free curriculum-aligned online resource for schools to help Educators teach children and young people computational, design, and systems thinking skills.

Register your school to participate in 2024 here...
<https://commissionersdigitalchallenge.net.au>

Believe Inquire Response to Disclosures (BIRD) Report Launch

Online BIRD Report Launch - 5 June, 12pm AEST via zoom

SNAICC – National Voice for our Children and Yamurrah Collective are launching the Believe Inquire Response to Disclosures (BIRD) Research Report.

The BIRD Report offers a national, trauma-informed and strengths-based training package and a collection of resources to improve culturally safe responses in the primary health care system for Aboriginal and Torres Strait Islander child sexual abuse victim-survivors. At the launch, the online panel will discuss what is required for workforce professional development to improve responses for Aboriginal and Torres Strait Islander victim-survivors of child sexual abuse, with a focus on the BIRD Practice Framework.

Register: https://us02web.zoom.us/webinar/register/WN_6-2R0UL5Q2-kWBH2KCPWA#/registration

Don Dunstan Foundation Housing Symposium

2024 Don Dunstan Foundation Housing Symposium

2024 Don Dunstan Foundation Housing Symposium - Working together for a better and more just housing future for South Australia in a rapidly changing world.

Keynote speech - Alan Kohler: The Great Divide – Australia's Housing Mess and How to Fix It

11 June, 9am-5pm

The Braggs, University of Adelaide

[https://events.humanitix.com/2024-don-dunstan-foundation-housing-symposium?](https://events.humanitix.com/2024-don-dunstan-foundation-housing-symposium?utm_medium=email&_hsmi=305447397&utm_content=305447397&utm_source=hs_email)

[utm_medium=email&_hsmi=305447397&utm_content=305447397&utm_source=hs_email](https://events.humanitix.com/2024-don-dunstan-foundation-housing-symposium?utm_medium=email&_hsmi=305447397&utm_content=305447397&utm_source=hs_email)

Future Medicine: Stem Cells and Women's Health Online webinar

FUTURE MEDICINE: STEM CELLS & WOMEN'S HEALTH

A FREE public webinar exploring how stem cells are being used to study, diagnose and treat women's health issues.

Thursday 27 June 2024
7:00 PM AEST



Hosted by National Stem Cell Foundation Australia

27 June, 6.30-7.30pm ACST

How is stem cell science changing our understanding of endometriosis? Why does it take so long for women to be diagnosed?

What causes breast cancer? How is it treated?

Can the damage to the pelvic floor from childbirth be repaired? What can we reasonably hope for in the future?

Three of Australia's top stem cell researchers will join a live online audience to answer these questions.

Panel and topics:

- **Endometriosis** - Professor Caroline Gargett, Hudson Institute of Medical Research
- **Breast cancer** - Professor Geoff Lindeman, WEHI, Peter MacCallum Cancer Centre and Royal Melbourne Hospital
- **Birth trauma injuries and pelvic floor disorders** - Dr Shayanti Mukherjee, Hudson Institute of Medical Research

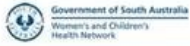
Register here: <https://events.humanitix.com/future-medicine-stem-cells-and-women-s-health>

Helen Mayo House Perinatal & Infant Mental Health Conference

THE 2024 HELEN MAYO HOUSE PERINATAL & INFANT MENTAL HEALTH CONFERENCE

21 – 22 November 2024

Adelaide Convention Centre



Enriching
Outcomes
in the
Early Years

**CLOSING
NEXT
WEEK!**

CALL FOR ABSTRACTS

Abstract submissions are now being accepted for the 2024 Helen Mayo House Perinatal & Infant Mental Health Conference being held at the Adelaide Convention Centre from 21 - 22 November 2024.

This is a valuable opportunity to share your work with peers in the Australasian perinatal mental health community.

We welcome presentation submissions from clinicians and health professionals, researchers, allied health professionals, relevant organisational leaders, and consumer and care group representatives.

The conference organising committee welcomes program proposals in the following formats:

Individual presentation: 20 minutes (including question time)

Individual presentations will be presented in concurrent sessions. Each presenter will be given 15 minutes to share their work and 5 minutes for Q&A, for a total of 20-minutes. Abstracts submitted for consideration as an individual presentation will be considered for lightning talks or poster displays if not accepted for the individual presentation format.

Poster presentation:

A0 sized poster to be displayed in the foyer for the duration of the conference. Posters will be displayed in a poster gallery in the catering area at the venue. Delegates will be encouraged to visit the poster gallery and interact with presenters.

IMPORTANT DATES



FOR MORE INFORMATION

Further information here: <https://www.wch.sa.gov.au/professionals/workforce-development/hmh-annual-conference-2024>

DOHaD ANZPac Conference Development, Disease and Repair

DOHaD ANZPac 2024

Griffith University, Southport, QLD

Development, Disease and Repair

4 - 5 July, 2024

www.dohad.org.au



Australia, New Zealand + Pacific

DOHaD ANZPac

Developmental Origins of Health and Disease

The conference at the Gold Coast will bring together researchers, clinicians and academics in a diverse range of fields to tackle the early origins of disease. Our focus of "Development, Disease and Repair" aims to highlight advances in relevant research, crucial to inform prevention strategies associated with disease, in addition to strategies for improvement of health and well-being in communities across Australia, New Zealand and the Pacific.

Further information and registration:

<https://web.cvent.com/event/ff91e21b-60f7-4880-8d56-93f05e430582/websitePage:e9c78a5a-aa55-4d10-ab89-cd8c0eb8bb92>

Maternal Child and Family Health Nurses Australia Conference *Driving Change for Better Outcomes*

Innovations

'Driving Change for Better Outcomes'

August 29-31, 2024

Brisbane Convention & Exhibition Centre



Maternal Child and Family
Health Nurses Australia



The 2024 conference theme is **"INNOVATIONS-Driving Change for Better Outcomes"**. This will be an opportunity to shine a light on exciting initiatives; showcase new ideas and ways of practicing; emerging thinking and evidence; improvements in program designs and creatively engaging with parents and children to showcase what is happening in your location, to challenge and lead debate and be part of advancing the practice of Maternal, Child and Family Health.

The conference is set to impress and inspire, including

- Key guest speakers and experts - to challenge and provoke thinking, practice and our future
- Opportunities to be in a collective 'Community of Practice' environment
- Listen, learn and be stimulated by the vast number of abstracts submitted by colleagues from across the country, each depicting valuable learnings and research in the field of Maternal Child and Family Health Nursing
- Cultivating new skills and acquiring knowledge through the selection of workshops
- Conference Dinner

Further info: www.mcafhna.org.au



Measuring Impact and Engagement



Health Translation SA
SA Women's
Health Research
Translation Network



Wednesday 19 June 2024
3pm to 5pm
SAHMRI Auditorium

You're invited to the SA Women's
Health Research Translation Network
mid – year event

Measuring Impact and Engagement

Join us as we explore lessons learned
about impact, engagement, strategies
for successful grant applications, and
project management techniques in health
research.

Our speakers will each share their insights
through individual presentations and a
dynamic panel discussion, including:

- > An update on the IMAGENDO Endometriosis Project & SA WHRTN Fellowship Project (Dr Jodie Avery)
- > Practical engagement & impact experiences with the Loneliness Project (Dr Nadia Corsini)
- > Reflections of the SA WHRTN Fellowship Project & cumulative impact & engagement from various projects throughout her career (Assoc Prof Zohra Lassi)

Who should attend?

- Researchers
- Research Fellows
- PhDs & Higher Degree Research Students
- Anyone passionate about women's health research



REGISTER NOW >

Presenters



Dr Jodie Avery

- » Senior Research Fellow and IMAGENDO® Program Manager in the Endometriosis Research group with the Robinson Research Institute.
- » Leads research concerned with the intersection of women's chronic health conditions with psychosocial factors that may influence other associated comorbidities.



Dr Nadia Corsini

- » Senior Research Fellow in the Rosemary Bryant AO Research Centre, University of South Australia and leads the 'Consumer Lab (Co-Lab)' in the Centre.
- » Has worked extensively with consumers, industry, government and non-government organisations on research and evaluation projects in health service and community settings.



Assoc Prof Zohra Lassi

- » Associate Professor and NHMRC Emerging Leader-2 Fellow at the Robinson Research Institute and School of Public Health at the University of Adelaide.
- » Internationally recognised for her work identifying interventions for improving reproductive, maternal, newborn, child, and adolescent health and nutrition in disadvantaged settings.

For more information contact: sawhrtn@healthtranslationsa.org.au