RESEARCH PROGRAMS

2. PRC and Cancer Council NSW are investigating consumers' responses to different front-of-pack food labeling formats (from left: Colleen Glasson (Cancer Council), ...
MESSAGE FROM THE CHAIR OF THE PRC ADVISORY COMMITTEE

The Prevention Research Collaboration (PRC) continues to make a significant contribution to prevention and population health research within the School of Public Health at Sydney University, nationally and internationally.

This Annual Report outlines the PRC’s achievements in 2012, which include an impressive list of publications, as well as examples of more active dissemination of research findings and engagement with policymakers and practitioners. The PRC’s research is distinctive in being highly applied and relevant to prevention policy priorities and practice issues. This Annual Report provides clear evidence of cross unit, faculty and institution research collaboration by PRC staff. The Report also presents examples of the cutting edge ‘translational research’ that PRC staff are involved with, which includes conceptual and theoretical analyses as well as empirical research on implementation processes.

With members from government, health service and non-government agencies, the PRC Advisory Committee reflects the PRC’s focus on the application and dissemination of research evidence to key stakeholders, and provides a valuable forum for identifying common interests and ongoing development of an applied prevention research agenda that addresses current health priorities.

On behalf of the Advisory Committee, I am pleased to commend the contributions of all members of PRC for their excellent and useful research.

Professor Glenn Salkeld

Head of School
Sydney School of Public Health
The Prevention Research Collaboration is a specialised research group within the Sydney School of Public Health, at the University of Sydney. The PRC seeks to achieve excellence and relevance in relation to its research focus areas, which specifically comprise:

1. Public health prevention research on chronic disease prevention, including physical activity, nutrition and obesity and tobacco

2. Applied public health research, specifically research translation, population reach and dissemination research

3. Policy-relevant and technical research for government and international bodies; and


Improving population health is a core driver of PRC’s approach to research and research dissemination, at local, state, national and international contexts. The PRC has an applied research focus and actively facilitates the application and translation of research knowledge into policy and practice. While the primary outputs of PRC research are academic publications, the PRC also makes significant capacity building contributions through public health teaching and training. Our applied focus means that PRC researchers are engaged in collaborations with government and non-government agencies.

The following diagram shows the PRC’s three streams of work: research, knowledge exchange and teaching.
Our research agenda comprises a portfolio of both investigator-driven and policy-driven studies, and is strongest in topics and studies where these streams intersect. The processes for setting research priorities comprise:

**Consultation processes:** Consultative processes include knowledge exchange forums between researchers, policymakers, clinicians and public health professionals; structured planning processes (e.g. PANORG Planning Forums 2009, 2010); PRC Advisory Committee.

**Narrative and systematic reviews:** This process specifically identifies research gaps, including the need for replication and dissemination studies.

**Involvement in policy and strategy:** the research agenda is directly influenced through ongoing national and state policy processes and involvement, directly and indirectly involving NSW Health, to maximize policy-relevance.

**HEALTH PROMOTION TRANSLATIONAL RESEARCH**

In the last three years, we have developed a body of research specifically exploring and addressing translational research (TR) questions. In 2012, we were delighted to see much of our recent research exploring the concepts and practicalities of TR published. Early in the year, the paper, led by Lucie Rychetnik, describing a conceptual framework for distinguishing four different types of ‘translational research’ was published. The key distinction between the different stages of intervention research, where later stages test how well an intervention can be translated into the ‘real world’ on the one hand, and the processes for actively disseminating research evidence to ‘users’, such as policymakers and practitioners, on the other hand, has been a particularly useful communication aid.

We have also been involved in a substantial set of empirical research studies, designed to guide and track the implementation of interventions.
For example, one study has involved tracking the adoption and implementation of an effective intervention (Step by Step Pedometer program) in a mix of small, medium and large workplaces.

Part of our TR work has also involved examining existing research to identify how generalisable the results might be and the extent to which there is selection bias in participant recruitment.

Our research in TR has been partly supported through a NSW Ministry of Health Capacity Building and Infrastructure Grant.

<table>
<thead>
<tr>
<th>Research area</th>
<th>Selected examples of studies in 2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conceptual</td>
<td>Different types of TR</td>
</tr>
<tr>
<td></td>
<td>Scalability</td>
</tr>
<tr>
<td>Reviews</td>
<td>External validity in diabetes prevention interventions</td>
</tr>
<tr>
<td></td>
<td>Weight change in control groups in weight loss interventions</td>
</tr>
<tr>
<td></td>
<td>Selection bias in primary care interventions</td>
</tr>
<tr>
<td>TR issues in population-wide interventions</td>
<td>Factors influencing enrolment in diabetes prevention</td>
</tr>
<tr>
<td></td>
<td>Factors influencing participation in CVD prevention</td>
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<td></td>
<td>Factors influencing completion of healthy lifestyle coaching</td>
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<td></td>
<td>Effectiveness and impact of Get Healthy coaching service</td>
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<tr>
<td></td>
<td>Dissemination trial of Healthy Beginnings</td>
</tr>
<tr>
<td>Intervention implementation and evaluation</td>
<td>Workplace health survey tool</td>
</tr>
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<td></td>
<td>Predictors of workplace health activities</td>
</tr>
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<td></td>
<td>Dissemination trial of Step by Step</td>
</tr>
<tr>
<td></td>
<td>Process evaluation of Healthy Workplace Guide</td>
</tr>
<tr>
<td></td>
<td>Evaluating cycling infrastructure in Sydney</td>
</tr>
<tr>
<td></td>
<td>Active travel in workplaces</td>
</tr>
<tr>
<td></td>
<td>Methodological issues in evaluating workplace travel plans</td>
</tr>
<tr>
<td>Measuring research impacts</td>
<td>Policy and practice impacts of population health surveys – case study</td>
</tr>
<tr>
<td></td>
<td>Media coverage of population health surveys – case study</td>
</tr>
<tr>
<td></td>
<td>Policy and practice impacts of intervention research funding scheme</td>
</tr>
</tbody>
</table>

Alexis St. George is working with Sydney West LHD on a dissemination trial of the Step by Step Pedometer program across workplaces in Parramatta.
SITTING AND HEALTH

The PRC sitting and health research program is funded by an NHMRC Program Grant and has been underway for three years. This program of research covers issues related to prolonged sitting and other sedentary behaviour in adults including:

- Prevalence and correlates of sedentary behaviours;
- Associations of prolonged sitting with health outcomes;
- Measurement of sedentary behaviour by self-report and objective means; and
- Testing the feasibility of strategies to reduce sitting time.

The health risks of sitting received significant academic and public interest during 2012. This interest was generated through emerging epidemiological research by PRC, as well as international groups. Much of the discussion that has been generated about sitting – around the office, in the media and in academic journals – has been on ways of minimising sitting time at work. In response, PRC has been collaborating with the NSW Heart Foundation and the Australian Federal Police to test the feasibility and impact of providing standing desks in the office. PRC has also invested in sit/stand desk arrangements for its own staff. The feature article in this report provides more detail on this aspect of PRC research.

PHYSICAL ACTIVITY NUTRITION OBESITY RESEARCH GROUP (PANORG)

PANORG is an operational grouping within PRC governed by a five year Funding Agreement with NSW Ministry of Health (2008-2013). During 2012 PANORG was actively involved in disseminating evidence from research to the newly formed NSW Ministry of Health, Local Health Districts (LHDs) and Office of Preventive Health. The ‘PANORG Roadshow’ comprised over 12 presentations/ workshops/ meetings across most LHDs. These events provided an opportunity to build professional and public awareness of evidence about obesity prevention in adults and children, to discuss local implementation issues and to foster ongoing liaison.

In relation to NSW Ministry of Health, PANORG directors and staff were involved in a number of presentations and meetings on ways of implementing obesity and chronic disease prevention initiatives.

The recent Schools Physical Activity and Nutrition Survey (SPANS 2010), with data from over 8,000 school students, provides a wealth of information. During 2012 the SPANS team, led by Dr Louise Hardy, focused on more detailed and complex studies analysing variations...
between socio-economic and culturally and linguistically diverse groups, and on changes in students’ fundamental movement skills. The latter was the subject of considerable media attention and national interest, and Dr Hardy was invited to discuss this work with the Australian Institute of Health.

PANORG has highly developed expertise in evidence reviews, and produced a detailed report focused on approaches for reducing risk of obesity and chronic disease in older adults. This is particularly important as older adults are responsible for a large and increasing proportion of the burden of disease in Australia.

<table>
<thead>
<tr>
<th>Research area</th>
<th>Selected examples from 2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intervention research and evaluation</td>
<td>Evaluation of supported playgroups</td>
</tr>
<tr>
<td></td>
<td>Review of effectiveness of interventions for chronic disease and obesity prevention in older adults</td>
</tr>
<tr>
<td>Determinants research</td>
<td>SPANS 2010 analyses:</td>
</tr>
<tr>
<td></td>
<td>- fundamental movement skills</td>
</tr>
<tr>
<td></td>
<td>- Variations in weight and weight-related behaviours by socio-economic status and cultural and linguistic group</td>
</tr>
<tr>
<td>Monitoring and surveillance</td>
<td>Trends in thinness and obesity among Australian youth 1985-2010</td>
</tr>
<tr>
<td></td>
<td>Collation of demographic and epidemiological data on older people</td>
</tr>
<tr>
<td></td>
<td>Green and amber foods: what’s registered for sale in NSW school canteens?</td>
</tr>
<tr>
<td>Putting research into policy and practice</td>
<td>PANORG Road show</td>
</tr>
<tr>
<td></td>
<td>Advice on evidence for obesity prevention interventions</td>
</tr>
</tbody>
</table>
## INTERVENTION EVALUATION STUDIES

<table>
<thead>
<tr>
<th>Research topic</th>
<th>Selected examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evaluation of Get Healthy Information and Coaching Service</td>
<td>Evaluation of effectiveness in NSW, ACT and Tasmanian participants</td>
</tr>
<tr>
<td></td>
<td>Economic evaluation</td>
</tr>
<tr>
<td></td>
<td>Process evaluation of coaching</td>
</tr>
<tr>
<td>Evaluation of NSW Quitline</td>
<td>Effectiveness of Quitline across English speaking, Chinese, Arabic and Vietnamese groups</td>
</tr>
</tbody>
</table>

## SOCIAL AND BEHAVIOURAL EPIDEMIOLOGY

<table>
<thead>
<tr>
<th>Research study</th>
<th>Selected examples from 2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>45 and UP</td>
<td>Sitting time and mortality</td>
</tr>
<tr>
<td></td>
<td>Social and economic fabric (SEEF) studies</td>
</tr>
<tr>
<td>International collaborative studies</td>
<td>Associations of sedentary behaviour (sitting, TV-viewing and computer use) with cardio-metabolic risk biomarkers and all-cause mortality in the HUNT Study, Norway</td>
</tr>
<tr>
<td>Exercise Recreation and Sports Survey (ERASS) studies</td>
<td>Variations in physical activity patterns by capital city (Australia); changes in patterns of activity</td>
</tr>
</tbody>
</table>

## FOOD POLICY RESEARCH

<table>
<thead>
<tr>
<th>Research topic</th>
<th>Selected examples from 2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food marketing to children</td>
<td>Corporate attitudes regarding sponsorship of junior sports</td>
</tr>
<tr>
<td></td>
<td>Monitoring the extent of unhealthy food marketing on Sydney TV, 2006-2010.</td>
</tr>
<tr>
<td></td>
<td>International (Asia) study on TV food marketing</td>
</tr>
<tr>
<td></td>
<td>Western Pacific Regional Office, WHO consultancy projects</td>
</tr>
<tr>
<td>Front of pack food labeling</td>
<td>Consumers’ understanding of different front of pack food labeling systems</td>
</tr>
<tr>
<td>Consumers nutrition literacy</td>
<td>Consumers’ understanding of nutritional guidance</td>
</tr>
</tbody>
</table>

**PRC has a team of staff involved in telephone interviews as part of the Evaluation of the Get Healthy Information and Coaching Service**
CONSULTANCY RESEARCH PROJECTS

International

- World Health Organisation (WHO). Outdoor food advertisements around schools in Ulaanbaatar (Mongolia) and Manila (Philippines).
- World Health Organisation (WHO). Technical support for research on children’s exposure to food and beverage marketing in Malaysia.
- National Nutrition Survey for Brunei

National

- Consultancy in collaboration with ARTD for Australian National Preventive Health Agency (‘Promoting a Healthy Australia’) to develop an Evaluation Framework for the National Partnership on Preventive Health
- Consultancy in relation to the ‘Healthy Living Network’ funded by Department of Health and Ageing, as part of the National Partnership on Preventive Health.

New South Wales

- ARTD, NSW Sport and Recreation, NSW Rugby (Evaluation of Sport Recruitment programs)
- Australian Institute of Sport – Role of Movement Competencies (Workshop) 6-7 November 2012, Canberra
- A review on available information on workplace physical activity and nutrition challenges. Commissioned by the NSW Heart Foundation.
- Workplace screening programs for chronic disease prevention: an Evidence Check brokered by The Sax Institute for the NSW Ministry of Health.
- Review of legislative initiatives, active transport and workplace initiatives for state government obesity prevention – Sax Institute.
RESEARCH FEATURE: GETTING TO THE BOTTOM OF SITTING AND HEALTH

HIGHLIGHTS

- In collaboration with researchers from the Sax Institute, Hidde van der Ploeg studied the link between daily sitting and all-cause mortality in 222,497 Australian adults in the 45 and Up Study. After 2.8 years of follow-up, people reporting total sitting time of 8-<11 h/day and ≥11 h/day had 15% and 40% higher risk, respectively, of mortality from all causes compared to people with <4 h/day of total sitting time. Their findings further suggested that even when adults meet physical activity guidelines for good health, their sedentary behaviour could contribute to adverse health outcomes.

- Using Australian Time Use Survey data, Josephine Chau and PRC colleagues examined trends in the time adults spend in sedentary activities during their non-work waking hours. In 2006, adults spent 7.6 hours in sedentary activities (e.g., watching TV, driving, eating), 3.2 hours in light-intensity activities (e.g., child care, grocery shopping) and 1.4 hours in moderate-to-vigorous physical activities (e.g., mowing the lawn, exercise) on average each day and this changed little from 1997. In both years 55% of time (4.3 h/day) was spent in leisure sedentary activities. While the amount of time Australians spend sedentary in leisure time hasn’t changed, the composition of their sedentary leisure time has. Specifically, time using the computer increased from 1997 to 2006 while time spent in other sedentary pursuits like reading, arts and crafts declined in parallel. Altogether, 90% of leisure time was spent sedentary in 2006, of which 53% was TV-viewing and computer use.

- PRC researchers, Anne Grunseit, Josephine Chau, Hidde van der Ploeg, and Kris Rogers are working on several pilot studies to determine the feasibility and effectiveness of different methods for reducing sitting time in office workers. They are evaluating a variety of strategies including installing height adjustable sit-stand workstations in offices with mainly desk-bound workers in health and non-health related organizations. One study, the Stand@Work pilot study, is being conducted in collaboration with the Heart Foundation (NSW).
Related publications:


OUR PEOPLE

STAFF AND ASSOCIATES

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrian Bauman</td>
<td>Professor of Public Health</td>
</tr>
<tr>
<td>Jason Bennie</td>
<td>Research Fellow</td>
</tr>
<tr>
<td>Sinead Boylan</td>
<td>Research Fellow</td>
</tr>
<tr>
<td>Josephine Chau</td>
<td>Research Fellow</td>
</tr>
<tr>
<td>Tien Chey</td>
<td>Senior Statistician</td>
</tr>
<tr>
<td>Ding Ding (Melody)</td>
<td>Research Fellow</td>
</tr>
<tr>
<td>Paola Espinel</td>
<td>Research Officer</td>
</tr>
<tr>
<td>Klaus Gebel</td>
<td>Research Affiliate</td>
</tr>
<tr>
<td>Tim Gill</td>
<td>Principal Research Fellow</td>
</tr>
<tr>
<td>Erika Goldbaum</td>
<td>Research Assistant</td>
</tr>
<tr>
<td>Anne Grunseit</td>
<td>Senior Research Fellow</td>
</tr>
<tr>
<td>Melissa Gwizd</td>
<td>Research Assistant</td>
</tr>
</tbody>
</table>
### OUR PEOPLE

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Louise Hardy</td>
<td>Senior Research Fellow</td>
</tr>
<tr>
<td>Lana Hebden</td>
<td>Research Officer</td>
</tr>
<tr>
<td>Debra Hector</td>
<td>Senior Research Fellow</td>
</tr>
<tr>
<td>Cathie Kiernan</td>
<td>Project Officer</td>
</tr>
<tr>
<td>Lesley King</td>
<td>Research Associate</td>
</tr>
<tr>
<td>Rachel Laws</td>
<td>Research Fellow</td>
</tr>
<tr>
<td>Rona Macniven</td>
<td>Research &amp; Policy Officer</td>
</tr>
<tr>
<td>Bronwyn McGill</td>
<td>Research Officer</td>
</tr>
<tr>
<td>Blythe O’Hara</td>
<td>Executive Officer</td>
</tr>
<tr>
<td>Philayrath Phongsavan</td>
<td>Senior Lecturer</td>
</tr>
<tr>
<td>Kris Rogers</td>
<td>Senior Statistician</td>
</tr>
<tr>
<td>Chris Rissel</td>
<td>Senior Knowledge Broker, Professor of Public Health</td>
</tr>
<tr>
<td>Lucie Rychetnik</td>
<td>Research Affiliate</td>
</tr>
<tr>
<td>Karen Saupin</td>
<td>Research Assistant</td>
</tr>
<tr>
<td>Amy Shen</td>
<td>Administrative Officer</td>
</tr>
<tr>
<td>Alexis St George</td>
<td>Research Fellow</td>
</tr>
<tr>
<td>Belinda von Hofe</td>
<td>Research Officer</td>
</tr>
</tbody>
</table>

### VISITING ACADEMICS AND PLACEMENTS

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mark Greenaway</td>
<td>Biostatistics trainee</td>
</tr>
<tr>
<td>Alexis Zander</td>
<td>Public Health Officer trainee</td>
</tr>
<tr>
<td>Dr Emmanouil Stamatakis</td>
<td>Senior Research Fellow, University College London</td>
</tr>
<tr>
<td>Professor Sylvia Titze</td>
<td>University of Graz, Austria</td>
</tr>
<tr>
<td>Dr Justin Richards</td>
<td>Postdoctoral Researcher, University of Oxford</td>
</tr>
</tbody>
</table>

### RESEARCH STUDENTS

<table>
<thead>
<tr>
<th>Name</th>
<th>Supervisor/co-supervisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amelia Cook</td>
<td>Adrian Bauman</td>
</tr>
<tr>
<td>Andrew Milat</td>
<td>Adrian Bauman</td>
</tr>
<tr>
<td>Blythe O’Hara</td>
<td>Philayrath Phongsavan</td>
</tr>
<tr>
<td>Janice Sangster</td>
<td>Adrian Bauman</td>
</tr>
<tr>
<td>Xiaoxiao Jiang (Fudan university China)</td>
<td>Louise Hardy</td>
</tr>
<tr>
<td>Rachael Cox (Deakin)</td>
<td>Louise Hardy</td>
</tr>
<tr>
<td>Huilan Xu (Sydney)</td>
<td>Louise Hardy</td>
</tr>
</tbody>
</table>

**TOP:** The PRC Christmas celebration includes active, outdoor events

**ABOVE:** Tricia Gleeson left PRC during 2012, after 6 years as Administrative Officer
GOVERNANCE

GOVERNANCE STRUCTURE

PRC ADVISORY COMMITTEE

The Prevention Research Collaboration Advisory Committee provides advice to the PRC on strategic and policy relevant research directions and guides the translation of research into policy and practice settings. It fosters two way communications between the research group and key stakeholders to ensure the relevance of the research program and facilitate knowledge exchange between research, policy and practice.

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professor Glenn Salkeld</td>
<td>Head of Sydney School of Public Health (Chairperson)</td>
</tr>
<tr>
<td>Dr Jo Mitchell</td>
<td>Acting Director, Centre for Population Health, NSW Ministry of Health</td>
</tr>
<tr>
<td>Ms Mandy Williams</td>
<td>Director, Sydney South West Local Health District Representative of the NSW Health Promotion Directors Network</td>
</tr>
<tr>
<td>Ms Barbara Eden</td>
<td>National Heart Foundation (NSW)</td>
</tr>
</tbody>
</table>
Name | Position
--- | ---
Ms Julie Flynn | NSW Department of Education and Communities (Schools)
Professor Marion Haas | Professor of Health Economics and a Deputy Director of CHERE, UTS
Professor Chris Rissel | Director, PRC
Professor Margaret Allman-Farinelli | Associate Professor in Nutrition and Dietetics, University of Sydney
Ms Kathy Chapman | Director, Health Strategies Division, Cancer Council NSW
Ms Kerry Turner | NSW Department of Education and Communities (Sport and recreation)
Professor Tim Gill | Director, PRC
Professor Ian Caterson | Director, PRC
Professor Adrian Bauman | Director, PRC
Professor Stephen Colagiuri | Director, PRC
Professor Louise Baur | Director, PRC
A/ Professor Lesley King (to 10/12) Ms Blythe O’Hara (from 10/12) | Executive Officer

**PRC MANAGEMENT**

The PRC Management Board was established in 2006 and meets 4 – 6 times a year, and includes the PRC directors and a representative of the Centre for Population Health (PH Phongsavan, Tim Gill, Adrian Bauman, Chris Rissel, Ian Caterson and Louise Baur).

**FUNDING SOURCES**

During 2012 PRC research was funded through a number of sources, including:

- Sydney University
- NSW Ministry of Health
- National Health and Medical Research Council
- Australian Research Council (ARC)
- National Heart Foundation
- Cancer Institute
- Consultancy grants

Blythe O’Hara was appointed as Executive Officer in September 2012
GRANTS AWARDED IN 2012

Rissel C, Greaves S, Wen LM, Capon A.
The development and application of an evaluation framework to assess transport, health and economic impacts of new urban cycling infrastructure (2012-2015)ARC Linkage - LP120200237. Total $382,219.00

Rissel C, Bauman, A, Phongsavan P, Grunseit A, Haas M.
Quitline evaluation (2012-2013). Cancer Institute. $248,828

Chau J
Population Health Congress Grant Scheme; September 2012.
Sydney School of Public Health. $2,000.00

Actigraph GT3X-Plus Activity Monitor: Objective measurement of physical activity and sedentary behaviours across twelve NHMRC funded studies, 2012NHMRC equipment grant 2012. $48,876.00

Online food and beverage marketing to children and adolescents, 2012-2014 Australian National Preventive Health Agency. 259,000

Mitchell P, Gopinath B, Baur LA, Flood V, Hardy LH, Liew G
A cohort study of the impact of sedentary behaviour, physical activity and diet on the retinal microvasculature in adolescents 2012-2013 Heart Foundation of Australia Grant-in-Aid; G11S 6106. $130,000 over 2 years

Generating evidence of reduced rates of overweight/obesity in children: value adding to four established Australasian early intervention trials. (2012-2014)NHMRC Project Grant (ID 1028555). $187,018 in total

Wen LM, Baur LA, Rissel C, Flood V, Simpson JM, Hayes AI, Hardy L.
Effectiveness of an early intervention trial to prevent obesity: Follow up and cost-effectiveness analysis (2012-2014)NHMRC Project Grant (ID 1003780), $420,489 in total.
Merom D, Anstey K, Eramudugolla R, Grunseit A. 

Anne Grunseit
Population Health Congress Grant Scheme (May 2012)
University of Sydney, School of Public Health,
$2000, for travel to PHC conference to present paper

Arora A, Bhole S, Curtis B, Hector D, Sivaneswaran S, Moody G.
Infant Feeding including Breastfeeding, and Early Childhood Food and Beverage Intake: Relationships with Early Childhood Caries and Obesity (2012-2013). $240,000

AWARDS

Chris Rissel received the Special Commendation - Ray James Award 2012, granted for excellence and innovation in health promotion research published in the Health Promotion Journal of Australia, for Rissel C, et al. “Research to practice: application of an evidence building framework to a childhood obesity prevention initiative in New South Wales, Australia”.

Anne Grunseit won the Best Abstract Award at the European Congress on Obesity ECO2012, May 2012 in Lyon, France: Occupational sitting, obesity and mortality: A Longitudinal analysis of the Norwegian HUNT 2 cohort.
During 2012 PRC staff were actively involved in teaching across a wide range of courses.

<table>
<thead>
<tr>
<th>Course unit name</th>
<th>Co-ordinator/Lecturer/Tutor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Activity and Public Health</td>
<td>Adrian Bauman (Lecturer)</td>
</tr>
<tr>
<td></td>
<td>Alexis St.George (Lecturer)</td>
</tr>
<tr>
<td></td>
<td>Rona Macniven (Lecturer)</td>
</tr>
<tr>
<td>Population and health unit, Masters in Sustainability</td>
<td>Sinead Boylan (Lecturer and Tutor)</td>
</tr>
<tr>
<td>Obesity course (Masters of Medicine course), University of Notre Dame</td>
<td>Louise Hardy</td>
</tr>
<tr>
<td>Population Surveillance Systems Focusing on obesity (Epidemiology &amp; Population Health), Masters of Nursing, UTS</td>
<td>Louise Hardy</td>
</tr>
<tr>
<td>Supervising 3 new PhD students</td>
<td>Louise Hardy</td>
</tr>
<tr>
<td>(2 at University of Sydney; 1 at University of Deakin)</td>
<td></td>
</tr>
<tr>
<td>Global Obesity and Health Prevention</td>
<td>Louise Hardy (Co-ordinator)</td>
</tr>
<tr>
<td></td>
<td>Alexis St.George(Lecturer)</td>
</tr>
<tr>
<td></td>
<td>Josephine Chau (Lecturer)</td>
</tr>
<tr>
<td>Disease Prevention and Public Health</td>
<td>Philayrath Phongsavan (Co-ordinator)</td>
</tr>
<tr>
<td></td>
<td>Josephine Chau (Tutor)</td>
</tr>
<tr>
<td>Mass Media Campaigns &amp; Social Marketing</td>
<td>Philayrath Phongsavan (Co-ordinator)</td>
</tr>
</tbody>
</table>
Dr Lou Hardy is coordinator of the elective ‘Global obesity and health promotion’.

“Having the opportunity to teach and engage postgraduate students on the topic of obesity prevention strategies has been an interesting journey. What is particularly notable is the challenge of communicating how upstream factors have insidiously changed lifestyles over a relatively short time span. Many folk have struggled, or know someone who struggles, to maintain a healthy weight; yet many people believe the solutions to maintain healthy weight are simple. Providing a public health perspective, which recognises the macro-level influences, such as the need to drive policy to change community practices related to weight related behaviours, and the complexity in undertaking this task, is definitely one of the most interesting aspects of teaching obesity prevention.”

Dr Philayrath Phongsavan is the Coordinator of the large course “Disease prevention and health promotion”.

In 2012 over 150 students enrolled in this core course. The course involves intensive workshops and weekly tutorials, which can be done in face-to-face mode or online, or a mix, depending on each student’s preference.
POLICY CONTRIBUTIONS

PRC is actively involved in applying research through multiple linkages and methods, such as membership of committees, as well as communication (see later section).

Some recent examples of where PRC research has been used in policy and practice contexts comprise:

- Evaluation reports and an economic evaluation of the Get Healthy Information and Coaching Service have been used to guide NSW Ministry of Health’s ongoing implementation of the service.
- The Tobacco Promotions Impact Study was used to inform tobacco policies in relation to “point of sale” advertising and its impact on young peoples’ smoking behaviours and cognitions.
- Our research on sitting and health and its implications has been used by the Heart Foundation (NSW) to guide their approach to implementing ‘Sit/stand’ desks.
- Food marketing research was used to provide input to a National Forum convened by South Australia Department of Health, and a Food Marketing Advisory Committee established by ANPHA in 2012.
- Dissemination of a ‘consumer-oriented’ publication “Healthy Workplace Guide” was used by Comcare to guide its workplace health activities.

COMMITTEES

Adrian Bauman

- Member of the Expert Obesity Advisory Committee, ANPHA
- Member Advisory Group, ABS National Health survey 2011-2012

Louise Baur

- Member of Sydney Children’s Hospitals Network Governing Board.
- Director of World Vision Australia.
- Member of Scientific Advisory Committee, Ramaciotti Foundations
- Member of National Health & Medical Research Council Prevention and Community Health Committee.
Josephine Chau
- Member of Move More Sit Less Working Group, Healthy University Initiative, University of Sydney
- Member of Sydney Health and Work Research Network, University of Sydney.

Louise Hardy
- Co-chair of the ACAORN Physical Activity Stream (2010-2012).

Rona Macniven
- Member of the Expert Reference Group of the Healthy Living Network.

Philayrath Phongsavan
- Member of the NSW Get Healthy Service Advisory Group.

Chris Rissel
- Member of the Cycling Promotion Fund Expert Advisory Committee
- Member of the executive of NSW Branch of the Australian Health Promotion Association

Ian Caterson
- Chair, of the Expert Obesity Advisory Committee, ANPHA

Tim Gill
- Sydney University ‘Healthy University Initiative’
- ANZOS

Lesley King, Alexis St.George, Chris Rissel and Blythe O’Hara have been actively involved in policy discussions contributions
COMMUNICATION

NEWS MEDIA

PRC research is often newsworthy, and we are actively involved in media releases on a selective basis, in order to promote public understanding about important public health issues. These are some of the media items during 2012:

**Sitting and health**
- Hidde van der Ploeg was interviewed by Sifferlin A. in “Why Prolonged Sitting Is Bad for Your Health”. Time, 28 March 212; Sect. Health and Family.
- Hidde van der Ploeg was interviewed by Deardorff J. in “Sedentary office workers try standing desks”. Chicago Tribune, 8 August 2012; Sect. Health.
- Hidde van der Ploeg was interviewed by Pittman G. in “Too much sitting linked to shortened lives”. Reuters, 29 March 2012; Sect. Health.
- Hidde van der Ploeg was interviewed by Swan J. in “Stand and deliver”. Sydney Morning Herald, 1 April 2012; Sect. Health.
- Jo Chau was the invited contributor to Women and Children’s Health Network Blog, Centre for Health Promotion, SA Health, Government of South Australia, 22 Oct 2012.
- Jo Chau was interviewed on ABC radio program “Afternoons with Fi Poole” about health risks of too much sitting and strategies to reduce sitting at work, 27 Jul 2012.

**Obesity prevention**
- Louise Hardy was interviewed for stories on children’s fundamental movement skills in newspapers (SMH, Canberra Times), TV (ABC Midday show) and radio (2UE, 2GB, ABC)
- Louise Hardy was interviewed for the story: The fat and clumsy generation, Daily Telegraph
- Louise Hardy was interviewed and reported in the story: Why our kids must get moving, Body and Soul
- Tim Gill was interviewed on the article “Consumer response to healthy eating, physical activity and weight-related recommendations: a systematic review” by Sydney Morning Herald.
Sports sponsorship


Chronic disease prevention


PROFESSIONAL COMMUNICATION

eScholarship Repository

The Prevention Research Collaboration is now storing documents in The University of Sydney electronic library. The Sydney eScholarship Repository provides a platform to safely store and provide online access to documents, data, tools and resources. Some benefits of contributing content to the Sydney eScholarship Repository are

- Long-term preservation for a variety of digital formats including text, audio, video, images, datasets, and more
- A worldwide audience through keywords linked to large search engines such as Google
- Quick distribution of research results
- Organized access to the body of a researcher’s work for students and others; and
- A long-term stable URL that can be used in a citation to link to items in the repository.

The link to the Prevention Research Collaboration (PRC) Community Home Page in The Sydney eScholarship Repository is below:
http://ses.library.usyd.edu.au/handle/2123/8718
3 NEWSLETTERS published in 2012

RECOMMENDATION FOR PRC

WHAT’S NEW IN PREVENTION RESEARCH?

RIDE A BICYCLE TO PREVENT FALLS

Physical Activity Features in the Lancet

KNOWLEDGE EXCHANGE FORUMS

- PANORG Roadshow, to over 12 locations across NSW, March to September 2012.
- Strengthening Prevention, University of Sydney, March 2012. Hosted by the Prevention Research Collaboration and the Sydney Health Policy Network.
- Prevention Policy Roundtable, University of Sydney, August 2012. Hosted by the Prevention Research Collaboration and the Sydney Health Policy Network.
PRC LUNCHTIME SEMINARS 2012

Lunchtime seminars are a regular feature of life at the PRC. They provide an informal forum for PRC researchers to discuss research with colleagues.

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<th>Seminar topic</th>
<th>Presenter</th>
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<td>Physical activity in older adults in NSW - who is meeting the falls prevention guidelines and what are the barriers, enables and motivators among this population</td>
<td>Victoria Pye (NSW Biostatistician Officer Trainee), Rona Macniven, Hidde van der Foeog (PRC)</td>
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<td>Associations between occupational and leisure-time sitting, physical activity and obesity</td>
<td>Jo Chau (PRC)</td>
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<td>Self-regulation and children's food advertising: are industry initiatives transparent and accountable?</td>
<td>Belinda Reeve (Faculty of Law, University of Sydney)</td>
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<td>Nutrition literacy: exploring consumers' understanding of terms related to energy and frequency of food consumption</td>
<td>Wendy Watson (Cancer Council NSW) and Lesley King (PRC)</td>
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<td>Workplace Survey on Health Promotion: Results from implementation to businesses in Lithgow and Parramatta</td>
<td>Alexis StGeorge (PRC)</td>
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<td>Front-of-pack labelling: not a rapid review</td>
<td>Deb Hector (PRC)</td>
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<td>Obesity is not a public health problem</td>
<td>Stacy Carter (VELiM)</td>
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<td>Physical activity patterns in adolescence and its subsequent relationship to CVD risk factors and mental health</td>
<td>Vegar Rangul (The HUNT Study, Norwegian University of Science and Technology, Trondheim)</td>
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<td>Experiences from a remote Aboriginal community in the Pilbara</td>
<td>Rona Macniven (PRC)</td>
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<td>Consumer response to health promotion guidelines: a systematic review</td>
<td>Sinead Boylan (PRC)</td>
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<td>Briefing on the recent PRC CRE grant proposal</td>
<td>Louise Baur (PRC)</td>
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<td>Evidence update on preventing excessive weight gain during pregnancy</td>
<td>Deb Hector (PRC)</td>
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<td>Shifting curves? Trends in children’s obesity and thinness 1985-2010</td>
<td>Lou Hardy (PRC)</td>
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<td>Towards a Community Strategy for Media Risk</td>
<td>Stephen Kline (Media Analysis Laboratory at Simon Fraser University, Vancouver)</td>
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<td>Occupational sitting, obesity and mortality: A Longitudinal analysis of the Norwegian HUNT 2 cohort</td>
<td>Anne Grunseit (PRC)</td>
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<tr>
<td>Web and Mobile Intervention for Weight Gain Prevention among Young Adults: a Randomized Controlled Pilot Study</td>
<td>Lana Hebden (PRC)</td>
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<tr>
<td>“World round-up: reports from Lyon, Rome, Austin and Ulaanbaatar”</td>
<td>Anne Grunseit, Lou Hardy, Lana Hebden, Lesley King, (PRC)</td>
</tr>
<tr>
<td>Chronic disease and obesity prevention in older adults – overview and discussion</td>
<td>Paola Espinel and Deb Hector (PRC)</td>
</tr>
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CONFERENCE PRESENTATIONS

» **Australian Cycling Conference, Adelaide, January 2012**
  - Rissel C, Bauman A, Merom D. “Where have all the bicycles gone?” Are bicycle sales in Australia translated into health-enhancing levels of bicycle usage?

» **ACHPER, Sydney, March 2012**
  - Hardy L. NSW Schools Physical Activity and Nutrition Survey; translating research findings to the school setting.

» **Australian Association for Developmental & Disability Medicine annual meeting, Sydney, March 2012**
  - Louise Baur is the keynote lecture for “Obesity and metabolic syndrome in people with intellectual disability”.

» **XVI International Symposium on Atherosclerosis (ISA2012), Sydney, March 2012**
  - Louise Baur was the workshop presenter for “Insulin resistance in childhood and adolescent obesity”.

» **International Association or the Study of Obesity SCOPE workshop, Kuala Lumpur, May 2012**
  - Louise Baur gave a lecture on “Management of child and adolescent obesity”.

» **8th International Conference on Diet and Activity Methods, Rome, 14-17 May 2012**
  - Chau JY, van der Ploeg HP, Dunn S, Kurko J, Bauman AE. Measuring workers’ sitting time by domain: the Workforce Sitting Questionnaire.

  - King L, Kelly B, Kathy Chapman, Hebden L, Grunseit A. Poster: A framework for monitoring food marketing to children

  - King L, Hebden L, Grunseit A, Kelly B, Chapman K. Poster: Building the case for independent monitoring of food advertising on Australian television

  - Hardy LL, Okely AD, Espinell-Diaz P, Reinten-Reynolds T, Bauman A. Fundamental movement skills: a necessary prerequisite for physical activity, but missing from population surveillance.

» **European Congress on Obesity, Lyon, France, May 2012**

  - This won prize for best abstract, Environment and Prevention Track.

» **International Society for Behavioral Nutrition and Physical Activity 2012 Annual Meeting, AUSTIN, USA, 23-28 May 2012.**
  - Hebden L, Allman-Farinelli M, Cook A, Van Der Ploeg H, Bauman A. Web and Mobile Intervention for Weight Gain Prevention among Young Adults: a Randomised Controlled Pilot Study

» **Pacific Island Health Officers Association (PIHOA) NCD Policy Technical Working Group, Guam, June 2012**
  - Baur L. Debate: Top policies and programs to tackle obesity.

» National Conference of the Employee Assistance Professional Association of Australasia, Brisbane, 9-10 August 2012
  - Chau JY (Invited speaker). Attention all staff: Sitting for prolonged periods could be a health risk even if you exercise.

  - Bauman A. Don’t just sit there...stand up! The health consequences of prolonged sitting.

» Australian Institute of Sport, Canberra, 27th August 2012
  - Hardy LL. Foundations for sloth; not running jumping, catching, throwing.

» Australasian Paediatric Endocrine Group annual meeting, August, New Zealand, 2012
  - Baur L. Keynote lecturer: “Lessons learned in treating child and adolescent obesity”.

» 16th International Dietetics Conference, Sydney, 5-8 September 2012
  - O’Hara B, P Phongsavan, and Bauman A. The use of telephone coaching and counselling in nutrition and dietetics.
  - Christine Innes-Hughes presents on behalf of Lesley King, Aaron Thrift, Carmen Cosgrove, Sinead Boylan, Elizabeth Lobb, Barbara Eden and Kathy Chapman. Presentation: Monitoring food insecurity in NSW.

» Sydney Medical School delegation to South America universities, Santiago Chile; Buenos Aires, Argentina; Sao Paolo Brazil, September 2012
  - Louise Baur. Symposium: Preventing and treating child and adolescent obesity.

» Population Health Congress, Adelaide, 9-12 September 2012
  - Risser C, Passmore E, Mason C. Cycling may improve leg strength and balance making it a falls prevention strategy.
  - Laws RA, St George A, Rychetnik L, Bauman A. How generalizable are the findings of diabetes prevention research? A systematic review of external validity.
• Olds T, Ferrar K, Bin YS, Chau J. Symposium on Time Use and Health.


• Rona Macniven. Feasibility and development of a novel Healthy Sports Clubs Program.

• St. George A, King L, Wells V, Newsom R. Campbell M. Implementing Workplace Health Promotion: who should we target?

» ANZOS (Australian and New Zealand Obesity Society) conference, Auckland, New Zealand, 18-20 October 2012


• Hardy L and King L. Children’s first year at school: An indicator of effectiveness for obesity prevention programs in preschool aged children?

• Hardy L and King L. Socio-cultural differences in primary school children’s weight and weight related behavior.

• Baur L. Workshop: Scientific writing

• Baur L. Symposium: Bariatric surgery in adolescents

» 4th International Congress on Physical Activity and Public Health “Be Active 2012”, Sydney, 31 October to 3 November 2012


• Grunseit AC, Chau J, Van Der Ploeg H & Bauman A. “Thinking on your feet”: A qualitative evaluation of an installation of sit-stand desks in a medium-sized workplace


• MacNiven R. Introducing GlobalPanet: Upscaling the Success of the Australian Physical Activity Network, AusPanet.

• MacNiven R. Barriers and enablers to physical activity among older Australians who think they are insufficiently active.

• MacNiven R, Hearn S, Grunseit A, Richards J, Nutbeam D, Bauman A. Correlates of physical activity among Indigenous and non-Indigenous adolescents
• Okely T, Hardy LL, Pearson P, McKeen K. Promoting physical activity, cardiorespiratory fitness, and motor development in low-income, culturally diverse schools: Three-year outcomes from the Physical Activity in Linguistically Diverse Communities cluster randomized randomized trial.

• Rissel C, Passmore E, Mason C. Riding a bicycle may be a falls prevention strategy - a pilot study.

• van der Ploeg HP. Oral presentation: Sitting time and all cause mortality risk in 222,497 Australian adults.

• van der Ploeg HP. Oral presentation: Physical activity levels amongst inpatients with Post Traumatic Stress Disorder: Is self-report a valid measure?

» International Congress on Physical Activity and Public Health satellite meeting on sedentary behaviour, Sydney, Australia, October 31 2012,
  • van der Ploeg HP. Oral presentation: The prevalence of sedentary behaviour.

» NSW Health Promotion Symposium, Sydney, November 2012
  • Portors C and St. George A. Challenges of Creating a Supportive Environment for Health Promotion in the Workplace.

» Public Health Association, Food Futures conference, Hobart, November 2011
• Bauman A, Merom D, Rissel C. “Where have all the bicycles gone?” Are bicycle sales in Australia translated into health-enhancing levels of bicycle usage? Preventive Medicine 2012; 54(2): 145-147


• Kambialia AZ, Dickinson S, **Hardy LL**, Gill T, Baur LA. A synthesis of existing systematic reviews and meta-analyses of school-based behavioural interventions for controlling and preventing obesity. Obesity Reviews 2012; 13(3): 214-233


• **Merom D**, Cosgrove Carmen, Venugopal K, **Bauman A**. How diverse was the leisure time physical activity of older Australians over the past decade? Journal of Science and Medicine in Sport 2012;15(3):213-9.

• **Milat A**, **King L**, Redman S, **Bauman A**. The concept of scalability: increasing the scale and potential adoption of health promotion interventions into policy and practice. Health Prom Int 2012.


• Perez D, **Grunseit A**, Rissel C, Kite J, Cotter T, Dunlop S, **Bauman A**. Tobacco promotion ‘below-the-line’: Exposure among adolescents and young adults in NSW, Australia. BMC Public Health 2012; 12:429 (Published 12 June 2012, DOI:10.1186/1471-2458-12-429)
• Reinhardt JA, van der Ploeg HP, Grzegrzulka R and Timperley JC. Implementing lifestyle change through phone-based motivational interviewing in rural-based women with previous gestational diabetes mellitus. Health Promotion Journal of Australia 2012; 23(1): 5-9


• van der Ploeg HP, Chey T, Korda RJ, Sitting Time and All-Cause Mortality Risk in 222 497 Australian Adults. Arch Intern Med 2012; 172(6): 494-500


PUBLICATIONS (JULY TO DECEMBER 2012)

• Bauman AE, Reis RS, Sallis JF, Wells JC, Loos RJF, and Martin BW. Correlates of physical activity: why are some people are physically active and others not? Lancet 2012; 280:258-271.


• Hallal PC, Bauman AE, Heath GW, Kohl 3rd HW, Lee I, Pratt M. Physical activity: more of the same is not enough. Lancet 2012; 380: 190-91


• Khan KM, Thompson AM, Blair SN, Sallis JF, Powell KE, Bull FC, Bauman AE. Sport and exercise as contributors to the health of nations. Lancet 2012; 380: 59–64


• St.George A, King, L. Newson, R. Wells, V. & Campbell, M. Implementing workplace health promotion initiatives: who should we target? Health Promotion Journal of Australia 2012, 23(2): 34-140


• van der Ploeg HP, Banks E, Bauman AE. Is sitting harmful to health? It is too early to say-reply. Archives of Internal Medicine 2012;172(16):1272-3

• Waters L, St George A, Chey T, and Bauman A. Weight change in control group participants in behavioural weight loss interventions: A systematic review and meta-regression study. BMC Medical Research Methodology, 2012; 12(1):120

