

2013

Priority Research Centre for

GENDER, HEALTH & AGEING



women's
health
australia

australian longitudinal
study on women's health



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA



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About Us

The **Priority Research Centre for Gender, Health and Ageing (PRCGHA)** is a multi-disciplinary research centre. The Centre utilises the University's acclaimed research capacities across public health/policy, clinical and basic science disciplines. Its core focus is to maximise analyses of longitudinal and linked data, as well as undertake observational, experimental and translational studies in relation to gender, health and ageing. The broad research capacity of PRCGHA supports partnerships with industry, government and other institutions, as well as collaboration with other Universities both in Australia and internationally.

PRCGHA provides a point of access for analysis of major data collections including the **Australian Longitudinal Study on Women's Health** (joint data custodian with the University of Queensland).

PRCGHA also includes the **WHO Collaborating Centre for International Longitudinal Studies on Gender, Ageing and Health**.

Our PRC provides access to research infrastructure, data and statistical support, as well as professional development for researchers across the University of Newcastle.

Our strategic priorities

- Research Excellence
- Staff development, satisfaction and productivity
- Student success
- International engagement
- Strong Partnerships
- Organisational Sustainability
- Translation of research to influence policy and practice

<http://www.newcastle.edu.au/research-and-innovation/centre/gha/about-us>

Research



Australian Longitudinal Study on Women's Health (ALSWH)

A major focus of the Centre concerns the **Australian Longitudinal Study on Women's Health (ALSWH)** a major national resource providing data assets for informing government policy, and enabling a broad range of collaborative research.

The ALSWH is a longitudinal survey of 60,000 women. The original cohorts were aged 18-23, 45-50 and 70-75 when surveys began in 1996. In 2012/13 more than 17,000 young women aged 18-23 were recruited to form a new cohort. ALSWH assesses women's physical and mental health, as well as psychosocial aspects of health (such as socio-demographic and lifestyle factors) and their use of health services. Since its inception ALSWH has provided invaluable data about the health of women across the lifespan, and informed federal and state government policies across a wide range of issues. The study is funded by the Australian Government Department of Health and is scheduled to continue until at least 2016.

Key achievements for the study in 2013 included the establishment of a new cohort of women born 1989-95. The recruitment of this cohort required the development of new methods of recruitment using social media and other avenues to engage young women. Over 17,000 women joined the cohort, completed their first web-based survey, and provided details allowing access to their Medicare and pharmaceutical data. The second survey for these women will commence in 2014.

Data collection also continued for the original three cohorts including:

- ✚ Completion of survey 6 for the 1973-78 cohort
- ✚ Distribution of Survey 7 for the 1946-51 cohort
- ✚ Distribution of the fourth and fifth six-month follow-up surveys of the 1921-26 cohort (with six 3 yearly follow-ups to 2011).



Snow globes, photo booths and WHoALegs: Recruiting in the 21st Century

Natalie Townsend

In 2011, the Australian Longitudinal Study on Women's Health (ALSWH) was funded by the Department of Health to establish a new cohort of 18-23 year old women from across Australia. Recruiting young women has become increasingly challenging. Mail invitations, which were used to recruit the existing ALSWH cohorts, are no longer effective. So, it was necessary for the recruitment team to think outside the box when it came to the recruitment methods for this new cohort of young women. After extensive consulting and brainstorming, a recruitment strategy was deployed. This included referrals, media, Facebook advertising, magazine advertising, cinema advertising, online classifieds, social media, face-to-face recruitment, posters, postcards, small flyers and business cards. The recruitment team was thrust into unfamiliar situations and experiences, including manning an inflatable snow globe at music festivals, running a fancy dress photo booth at University open days, becoming social media experts (who says 10 social media accounts is too many?!) and learning to navigate the world of media, marketing and advertising. All in the name of research!

Despite the variety of methods employed in the recruitment strategy, making a connection with young women in order to encourage them to join the study was difficult. After many months of hard-work, the ALSWH recruitment team began to have success and participant numbers slowly started to increase. It was decided that an external marketing company should be brought on board to boost recruitment efforts. After collaborating with the external marketing company, the WHoA! (Women's Health of Australia) campaign was launched in late 2013. This campaign involved rebranding the new cohort of ALSWH participants as WHoA! and providing participants with the chance to win a prize of exclusive leggings (dubbed 'WHoALegs') from an Australian online clothing company. Although this promotion assisted in recruiting young women into the new cohort, working with an external marketing company certainly brought with it some challenges. A major difficulty was that the external marketing company did not have any prior knowledge of research or ethical processes. There was also a very obvious difference in motivations between the marketing company and the ALSWH team, with the marketing company's main motivation being profit.

Recruiting a new cohort of young women to join ALSWH was an eye-opening experience for all involved. Despite the challenges, the dedication of the recruitment team paid off, with over 17,000 young women joining the new cohort of ALSWH – a fantastic result! We learned a few important lessons along the way too.

1. Flexibility is essential to any recruitment strategy.
2. You are never too old to enjoy dress ups.
3. Nudity is inevitable when running an inflatable snow globe at music festivals
4. Marketing companies are experts in selling things, particularly themselves.
5. The seemingly impossible can be achieved when you are doing something you are passionate about, surrounded by an incredibly creative, enthusiastic and devoted team.

Centre for Research Excellence Women's Health in the 21st Century (CREWH21)

We are partners in the NHMRC Centre for Research Excellence Women's Health in the 21st Century (with the University of Queensland).

The overarching objectives of the CREWH21 are to examine how changes in the health system impact on women's health and how changes in other aspects of women's lives impact on their health and health care needs.

These objectives will be achieved through research that will provide new insights into the epidemiology of common conditions and a strong evidence base for policy and economic analyses.

This program

- ✚ Uses data from the ALSWH collected since 1996 from a national random sample of over 40,000 women;
- ✚ Combines ALSWH survey data with administrative health services data using the rapidly developing record linkage capabilities of the NCRIS funded Population Health Research Network;
- ✚ Focuses on four priority health issues of national importance and particular relevance to women (reproductive health, mental health, cardiovascular conditions and musculoskeletal problems).



Contraceptive Use, Pregnancy Intention and Decisions of Australian women (CUPID)

CUPID (Contraceptive Use, Pregnancy Intention and Decisions) is a longitudinal population-based cohort study of young women aged 18-23 years living in Australia using three waves of online self-report surveys conducted at six monthly intervals. The study is conducted by The University of Queensland and the University of Newcastle, in partnership with Family Planning New South Wales and Bayer Australia. The overarching aim of the CUPID project is to shed light on the factors predicting unintended pregnancy in young women despite the widespread availability of contraception.

Mothers and Their Children's Health (MATCH)

MATCH is a NHMRC funded study that is being conducted by the University of Queensland and at PRCGHA at the University of Newcastle. The over-arching aim of the MatCH study is to take a family-centred approach to advance understanding of child health and development in terms of all the children in a family unit. Specifically, it aims to determine the extent that the history of maternal and family characteristics over 18 years leads to disparities in child outcomes and how these effects vary among children in the family (according to the gender, age, birth order, spacing, maternal age at birth, and total number of children in the family).

This study builds on existing data collected over 18 years from women born 1973-78 participating in Australian Longitudinal Study on Women's Health (H-076-0795). Mothers from this cohort will be invited to participate in the MatCH study by completing a survey for each of their children aged up to 12 years, and to ask their older children to complete a survey themselves.

New South Wales 45 and Up study

The 45 and Up Study is the largest study of healthy ageing ever undertaken in the Southern Hemisphere. Over 265,000 men and women aged 45 and over across NSW have been recruited – about 10% of this age group – and will have their health followed



over the coming decades. Sub-samples of participants in the study have been selected for specific sub-studies including the Socio-Economic and Environmental Fabric (SEEF) study which survey around 64,000 participants, the Housing and Independent Living Project (HAIL) which collected detailed observational data on individuals and their home and neighbourhood environments, and the Life History and Health project (LHH) which has

gathered in-depth life history data on around 1200 participants and enabling comparison with the life history modules of the English Longitudinal Study on Ageing.

Current work relevant to the PRCGHA includes:

- ✚ Impact of retirement and caregiving on health (SEEF study)
- ✚ Older workers (SEEF)
- ✚ Health needs and service use of older men
- ✚ Fruit and Vegetable intakes
- ✚ Housing and built environment (HAIL)
- ✚ Impact of chronic disease on workforce participation and later life well-being (LHH)
- ✚ Early and adult life determinants of wellbeing (LHH)
- ✚ Pathways to poor mental health (LHH)
- ✚ Comparisons of social determinants of health for Australian and English cohorts (LHH).

Health Services Research using longitudinal and linked data

We were successful in securing funding through the NSW Health Public Health Research Support Program to allow a program of work investigating the drivers of health service use by women and older people. This program of work will include analysis of data from the ALSWH, the New South Wales 45 and Up study, and hospital separations data for New South Wales.

A life course perspective on the identification of risk factors for low birth weight

This project has been funded by the Hunter Children's Research Foundation in 2014. This project will identify maternal health factors (demographic, health behaviour, physical and mental health, perceived stress and life events) that are risk factors for low birth weight. A life course perspective will capitalise on existing data collected since 1996 by the ALSWH linked with NSW administrative data – Perinatal Data Collection and Admitted Patient Data Collection. Complex analyses will determine risk factors for low birth weight, identify the factors that put women most at risk and assess the impact of cumulative and long-term risk factors on risk of low birth weight. Identification of the most serious combinations of risk factors experienced over time will inform the development of interventions in order to reduce the numbers of infants born low birth weight. Our approach will enhance the literature in the area, which all too often takes a cross-sectional approach to data analysis, or targets single risk factors.

The Perinatal Mental Health Study

Perinatal mental health assessment: does it improve maternal health outcomes?

This study is funded by Bupa and conducted in collaboration with St John of God Healthcare and University of NSW. Mental health problems during pregnancy and the postnatal period are common, yet a range of treatment and intervention options are available to women if the problems are detected. Routine screening for mental health problems during these periods have been recommended in order to target interventions to women most in need. The aim of this project was to examine the mental health of women who had recently given birth, and whether screening for mental health problems in pregnancy and postpartum had an impact on their wellbeing and health service use. The project was conducted as a substudy of the 1973-78 cohort of the Australian Longitudinal Study on Women's Health, and over 1800 women completed the additional survey sent to them in 2011.

Results showed that around two thirds of women reported being asked about their current emotional health during pregnancy, and up to 75% of women in the postnatal period. Women who gave birth in the public sector were more likely to report being assessed

compared to women who gave birth in the private sector. Women who were asked about their mental health and other emotional issues were more likely to receive a referral for additional assistance.

Cooking for One or Two: Recipes for Life

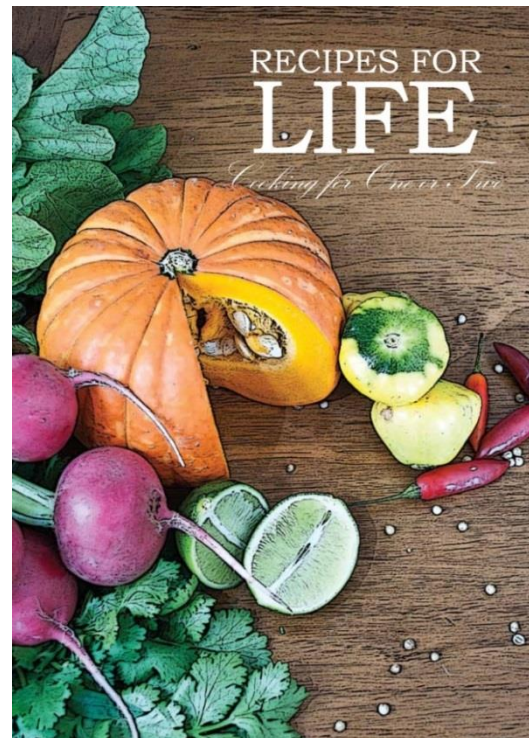
What is the Cooking for One or Two program?

Cooking for One or Two was originally designed in 2005 by the Queensland Division of Nutrition Australia in conjunction with the Department of Veterans' Affairs (DVA). The program utilised the *Adding Life to Your Years* cookbook, and was designed as a six-week program. *Cooking for One or Two* has been designed to improve veterans' health and wellbeing through promoting knowledge of nutrition and other health activities and through teaching basic cooking skills in the community. The program also contains a social component, as participants prepare and share a main meal and dessert together.

The program has been successfully running in a number of areas, and in particular in Newcastle and the Hunter region where students from the University of Newcastle Bachelor of Nutrition and Dietetics program volunteer as facilitators. Members of the veteran community also volunteer their time to act as program organisers. This collaboration between the University of Newcastle and the veterans' community has been identified as a "recipe for success" for the program in the Newcastle/Hunter region.

Recipes for Life

A team of researchers and dietitians led by Professor Julie Byles and Dr Catherine Chojenta developed a new recipe book to extend the learning experience of Cooking for One or Two participants at the completion of the program. *Recipes for Life* was developed in response to feedback from participants in the Cooking for One or Two program who highlighted the



need for more recipes. The Recipe book also contains health promotion messages. These messages were developed by the project team and sourced from peak bodies. Experts were asked to review the health promotion messages to ensure the information was accurate and credible. All messages are based on current health recommendations. *Recipes for Life* was designed to improve the overall health and wellbeing of Cooking for One or Two participants as well as reduce their risk of malnutrition. The recipes in this cookbook are easy to prepare, use common ingredients and are nutritious and delicious.

Revamp of the Cooking for One or Two program

The RCGHA team were then commissioned by DVA to revamp and update the *Cooking for One or Two* program. All of the health promotion messages were updated to meet the latest national guidelines. The recipes were either modified or replaced to ensure that each meal met the new Australian Guide to Healthy Eating guidelines for older people.

Cooking Master-classes



In addition to the new *Cooking for One or Two* program, three new “master-classes” or extension classes were developed by the team. Each of the master-classes focus on a new cooking method or cuisine, these being slow cooking, seafood, and Italian cuisine. The classes run for two weeks each and are designed for

participants who have mastered the skills and knowledge in the basics program and would like to extend their skills.

Following some more design work, both the revamped Cooking for One or Two program and the Master-classes will be made available online, on the DVA internet site, to enable more people to access the program.

Collaborations



WHO Collaborating Centre for International Longitudinal Studies of Gender, Ageing & Health

Work with WHO Western Pacific Regional Office (WPRO)

During 2013 the Collaborating Centre worked with WHO Western Pacific Regional Office to provide an overview of ageing and health in the region, and to develop a policy framework for ageing and health. This work involved analysis of health, disability and disease for seven countries from the region, and the development of fact sheets for twenty countries detailing changes in age structure, burden of disease, social impacts and policy responses.

In July 2013, Professor Julie Byles attended a policy planning meeting in Manila where she presented the results of the analyses and worked with delegates from eighteen countries across the region to develop priorities and plan potential responses to population ageing. The results of the analyses and the planning meeting were used to produce a policy framework for ageing and health.





In October 2013, Professor Byles attended the WHO Regional Council meeting in Manila, where she again presented the results as part of a high level panel on ageing attended by delegates from the ministries of health from the thirty seven member states across the region.

Professor Julie Byles was a temporary advisor to the WHO WPRO during 2013.

Knowledge Translation on Ageing and Health

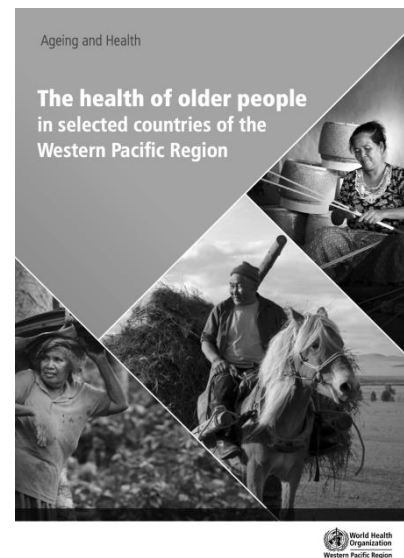
The Collaborating Centre has been working with the Department of Ageing and Lifecourse, WHO Geneva, and in partnership with AgeUK, to apply knowledge translation methods to ageing and health. Professor Julie Byles visited WHO Department of Ageing and Life Course in Geneva in 2013, and assisted the WHO team on the Ghana case study for Knowledge Translation for Ageing and Health.

<http://www.who.int/features/2013/ghana-living-longer/en/index.html>

The Centre has been invited to join a new network of Collaborating Centres on Ageing and Health which will also include the New York Academy of Medicine, a WHO collaborating Centre on Ageing, Globalization and Urbanization, NY

Dr Jenny Stewart Williams and Professor Cate D'Este spent time in Geneva working with WHO Department of Health Statistics and Informatics analysing data from the World Health Surveys and the Study on global AGEing and adult health (SAGE) during 2013

http://www.wpro.who.int/topics/ageing/health_of_older_people_in_selected_WPR_countries.pdf?ua=1





A/Professor Deborah Loxton at the Signing Ceremony in Korea

Korean Women's Development Institute (KWDI)

The Korean Women's Development Institute and the PRCGHA signed a Memorandum of Understanding at a formal ceremony in Seoul in September 2013. The KWDI international conference followed this ceremony, where A/Prof Deborah Loxton and Prof Gita Mishra presented keynote addresses concerned with longitudinal research design and findings from the Australian Longitudinal Study on Women's Health. The KWDI and PRCGHA have a longstanding relationship and representatives from the Korean Institute have visited PRCGHA three times in the last six years. Now that this relationship has been formalised, researchers at both organisations are looking forward to conducting collaborative research using data collected by the Korean Longitudinal Study of Women and Families with data collected for the ALSWH.

Australian New Zealand Ageing Research Collaboration (ANZARC)

ANZARC has been established in recognition of Australia and New Zealand's similar population age structure and health and social circumstances. The aim is to promote trans-Tasman collaboration between researchers interested in public health perspectives on ageing populations. ANZARC also aims to make better use of existing data from large longitudinal studies of ageing.

International Association of Gerontology and Geriatrics (IAGG)

<http://www.iagg.info/>

2013 Seoul Congress

Facing the challenges of global aging and the growing numbers of disadvantaged elderly persons, the overarching theme of the 20th IAGG World Congress was "Digital Ageing: A New Horizon for Health and Active Ageing". The convention provided a unique opportunity for participants in biology, medicine, as well as the social and behavioral sciences from all over the world to discuss, to study, and to explore the implications and the significance of information technology for the aged along with other important approaches and strategies to solve a wide array of aging-related problems.

IAGG Asia/Oceania Region

Professor Julie Byles is Secretary to the IAGG Asia Oceania Region assisting with planning for the 2015 regional congress in Thailand and with the establishment of the Gary Andrews Gerontology Academy, which will provide gerontology training across the region.

Australian Association of Gerontology (AAG)

<http://www.aag.asn.au/>

The Australian Association of Gerontology (AAG) is Australia's peak national body linking professionals working across the multidisciplinary fields of ageing. Since 1964, AAG has connected professionals with an interest in gerontology to help them collaborate and exchange information on ageing. The AAG's goal is to expand knowledge of ageing in order to improve the experience of ageing. RCGHA is an AAG Collaborating Centre and in 2013, Professor Julie Byles was President of the AAG and chaired the National Conference in Sydney.

Global Aging Research Network (GARN)

<http://www.garn-network.org/index.php>

The Global Aging Research Network (GARN) project was launched by IAGG, in collaboration with the World Health Organization. The aim of this Network is to identify the best research centres dedicated to social, biological, behavioural and clinical gerontology.

Experts will be invited to:

- exchange information about all types of topics related to Ageing,
- set up contacts between professionals: specialists, academics, industry, health authorities, other scientific networks etc,
- build collaborative research program.

Centre of Excellence in Population Ageing Research (CEPAR)

<http://www.cepar.edu.au/>

Based at the University of New South Wales (UNSW) with nodes at the Australian National University (ANU) and The University of Sydney, CEPAR is producing world-class research on population ageing. The ARC Centre of Excellence in Population Ageing Research (CEPAR) is a unique collaboration bringing together academia, government and industry to address one of the major social challenges of the twenty first century. RCGHA staff and students are members of CEPAR and participate in collaborative projects.

Academy of Violence (AVA)

The Academy of Violence and Abuse is a USA based organisation that promotes awareness of the health impact of violence and abuse through teaching, research and information dissemination. Staff at the PRCGHA are currently negotiating the renewal of the Memorandum of Understanding that exists between the two organisations. In addition, AVA and PRCGHA are conducting preliminary talks regarding the feasibility of establishing an AVA Australasian chapter.

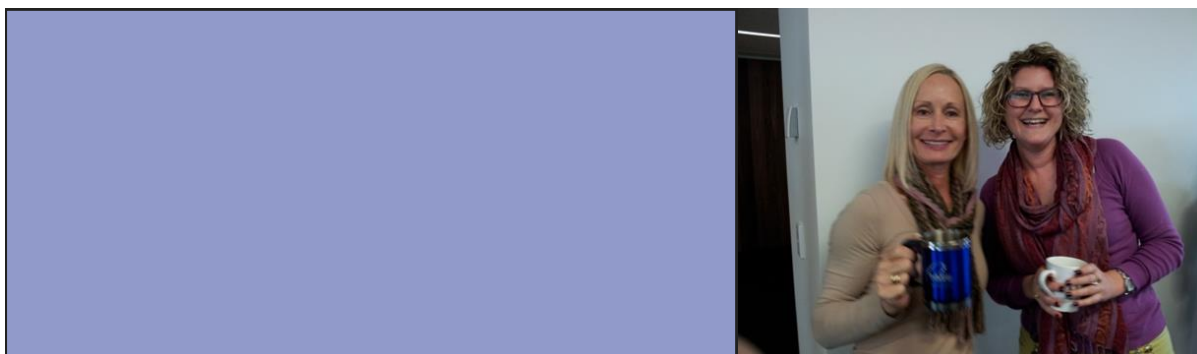
Sax Institute

<https://www.saxinstitute.org.au/>

PRCGHA is a member of the Sax Institute, a national leader in promoting the use of research evidence in health policy and acts as a bridge between researchers and health decision makers. The Sax Institute occupies a unique position in the Australian research landscape as the Institute is a non-profit organisation, independent of any one university but with a large network of 39 public health and health services research groups and their universities as members.

The Sax Institute is known for its three world-class research assets: the 45 and Up Study; the Study of Environment on Aboriginal Resilience and Child Health (SEARCH); and the Secure Unified Research Environment (SURE).

People



Academic Members

Professor Julie Byles

Director

A/Professor Deborah Loxton

Deputy Director

Professor Isabel Higgins

School of Nursing and Midwifery

Professor Dimity Pond

Discipline of General Practice

Dr Catherine Chojenta

HMRI PHP Fellow

Dr Alexis Hure

HMRI PHP Fellow

Dr Meredith Tavener

ALSWH Fellow

Dr Melissa Harris

Project Coordinator

Ms Xenia Dolja-Gore

Research Centre for Gender, Health and Ageing

Ms Peta Forder

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Ms Jenny Powers

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Dr Tracy Burrows

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PVC Faculty Education and Arts

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School of Nursing and Midwifery

A/Professor Pauline Chiarelli

School of Health Sciences

A/Professor John Hall

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A/Professor Derek Laver

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Dr Margaret Harris

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Professor Tracy Levett-Jones

School of Nursing and Midwifery

Professor Irene Hudson

School of Mathematical and Physical Sciences

Dr Amanda Patterson

School of Health Sciences

Dr Peter Summons

School of Design, Communication and IT

A/Professor Pamela Van der Riet

School of Nursing and Midwifery

Professor Dirk van Helden

School of Biomedical Sciences and Pharmacy

Dr Annette Moxey

School of Medicine and Public Health

A/Professor Liz Milward

School of Biomedical Sciences and Pharmacy

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Lesley MacDonald-Wicks
School of Health Sciences

Ms Peta Craike
School of Health Sciences

Research Staff

Ms Cassie Curryer
Research Assistant

Mr Luke Duffy
Research Assistant

Ms Anna Graves
Operations Manager

Ms Jenny Helman
Research Assistant

Ms Margaret Jobber
Research Assistant

Ms Lucy Leigh
Research Assistant

Ms Fiona McEwan
Administration Officer

Ms Melanie Moonen
Administration Officer

Ms Stephanie Pease
Research Assistant

Ms Jacky Pree
Administration Officer

Ms Clare Thomson
Research Assistant

Ms Natalie Townsend
Research Assistant

Mr Ryan Tuckerman
Database Developer

Ms Kha Vo
Statistician

Ms Ellen McEwan
Research Assistant

Ms Louise Thomas
Research Assistant



Clare Thompson, Kha Vo, Xenia Dolja-Gore, Stephanie Pease



Ellie Gresham, Amy Anderson, Meredith Tavener, Jenny Powers, Anna Graves, Lucy Leigh

Associated Members

Professor Sandra Capra

Conjoint Professor
School of Health Sciences
University of Newcastle
University of Queensland

Professor David Henry

Conjoint Professor
School of Medicine and Public Health
University of Newcastle
University of Toronto, Canada

A/Professor Julia Lowe

Conjoint Associate Professor
School of Medicine and Public Health
University of Newcastle
Sunnybrook Health Sciences Centre,
Canada

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School of Nursing and Midwifery
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Professor Lin Perry

Conjoint Professor
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Professor David Sibbritt

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Dr Steven Bowe

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Professor Lynne Parkinson

Conjoint Professor
School of Medicine and Public Health
University of Newcastle
CQ University Rockhampton

Dr Paul Kowal

Conjoint Senior Lecturer
School of Medicine and Public Health
University of Newcastle
University of Oxford
World Health Organisation

Dr Jenny Stewart Williams

Conjoint Academic
School of Medicine and Public Health
University of Newcastle
Umeå University, Sweden

Student Activities



Students and Topics

Robyn Kennaugh

Supervisors: Prof Julie Byles (UoN)
Dr Meredith Tavener (UoN)

Taking time to listen: A qualitative study on older widowed and married women born 1921-26 who form the oldest cohort in the Australian Longitudinal Study on Women's Health

Ellie Gresham

Supervisors: Prof Julie Byles (UoN)
Dr Alexis Hure (UoN)

Women's Reproductive Health and Nutrition

Yodi Christiani

Supervisors: Prof Julie Byles (UoN)
Dr Meredith Tavener (UoN)
A/Prof Paul Dugdale (ANU)

Urban Women's Health Inequalities and Their Determinant in Indonesia

Luna Lai

Supervisors: A/Prof John Hall (UoN)
Prof Julie Byles (UoN)
Dr Zumin Shi (Uni of Adelaide)

The Association Between Dietary Patterns and Nutrition - Related Non-Communicable Diseases (NR-NCDs) Among Older Chinese in China and Australia

Gina Dillon

Supervisors: Prof Rafat Hussain (UNE)
A/Prof Deborah Loxton (UoN)

Intimate Partner Violence in Australia - Impact of Rurality on Vulnerability, Prevalence and Effects

Tazeen Majeed

Supervisors: Prof Julie Byles (UoN)
Ms Peta Forder (UoN)

Life course impact of chronic diseases on patterns of workforce participation: A gendered approach

Gwilae Cho

Supervisors: Prof Isabel Higgins
Dr Sarah Jeong
Prof Margaret McMillan
Dr Jane Conway

Development of care standards for older South Koreans in residential facilities

Amy Ashman

Supervisors: Prof Clare Collins
Dr Kym Rae
Dr Leanne Brown
Dr Megan Rollo
(mentored by Alexis Hure)

Optimising dietary intake and nutrition-related health outcomes in Indigenous mothers and their children

Nicole Reilly

Supervisors: Prof Marie-Paule Austin (UNSW)
A/Prof Deb Loxton (UoN)

Assessment of mental health during the perinatal period: equity of access and clinical effectiveness

Lucy Leigh

Supervisors: Prof Irene Hudson
Prof Julie Byles

A Unified Approach for Treatment of Complex Missing Data Mechanisms in Longitudinal Latent Variable

Andra Dabson

Supervisors: Prof Dimity Pond
Prof Parker Magin

Medical Students, Gender and Patient-Centredness

Martina Zangger

Supervisors: A/Prof Deborah Loxton
Dr Colin James
Dr Jane Rich

From Assault to Verdict: Comprehensive Court Preparation for Survivors of Sexual Assault

Lyn Francis

Supervisors: A/Prof Deborah Loxton
Colin James (School of Law)

Exploring social supports/support services and decisions to leave or change with women who have experienced domestic partner violence

Xenia Dolja-Gore

Supervisors: Prof Julie Byles
A/Prof Deborah Loxton
Prof Cate D'Este

Modifiable predictors of mental health service utilisation for Australian Women

Maha Alsalami

Supervisors: Prof Julie Byles
Ms Peta Forder
Dr Milton Hasnat
Mr Mark McEvoy

Medications Use and Mental Health Outcome

Richard Morrison

Supervisors: Prof John Germov
Pam Nilan
Prof Julie Byles

The Mental Health Experiences of Early Retired Men in the Hunter

Katie de Luca

Supervisors: Prof Lynne Parkinson
Prof Julie Byles
Fiona Blyth
Henry Pollard

The profile of pain in older women

Wendy Blair

Supervisors: A/Prof Ashley Kable
Dr Evan Doran
Dr Helen Courtney-Pratt

How Registered Nurses Recognise Unsafe Practice

Miran Kim

Supervisors: Isabel Higgins
Sarah Jeong
Margaret McMillan

Nurses' Perception and Roles for Cancer Pain Management in the South Korea Healthcare Context - Critical Ethnographic Approach

Jun Lai

Supervisors: Prof John Attia
Dr Alexis Hure
Mr Mark McEvoy

The association between dietary patterns, nutritional factors, and depression among older Australians

Joanne Harmon

Supervisors: Prof Isabel Higgins
Peter Summons
Sian Maslin Prothero

What aspects of nursing culture impact on nursing practice during pain assessment and management of older people in acute care? and What are the culturally

mediated facilitators and barriers to practice?

Sophie Dilworth

Supervisors: Prof Isabel Higgins
Vicki Parker
Brian Kelly
Jane Turner

Facilitating the development of psychological support skills through clinical supervision

Bernadette Mathias

Supervisors: Prof John Marley (UQ; UoN conjoint)
Prof Linda Worral (UQ)
Dr Christopher Allan (UoN)

The effect of choral singing on the health and quality of life of community-dwelling stroke survivors and their carers

Thomas Lo

Supervisors: Prof Lynne Parkinson
Dr Michelle Cunich
Prof Julie Byles

The Cost of Arthritis Associated with Health-care Utilisation Among Older Women in Australia

Margaret Rolla

Supervisors: Dr Michael Dickinson
Professor Dimity Pond
Dr Anne Llewellyn

The Power of Drawing: Art for Health's Sake

Graeme Horton

Supervisors: C/Prof Parker Magin
A/Prof Grant Blahski (University of Melbourne)
Professor Constance Pond
Dr Malcolm Ireland

The attitudes of Australian medical students to the inclusion of the topic of "Health Impacts of Climate Change" in the medical school curriculum"

Amy Anderson

Supervisors: A/Prof Deborah Loxton
Dr Alexis Hure
Frances Kay-Lambkin

Assessing alcohol use in pregnant women using data from the Australian Longitudinal Study on Women's Health

Debra Deasey

Supervisors: Dr Ashley Kable
Dr Sarah Jeong

How do nurses' knowledge of ageing and attitudes towards older persons influence clinical practice and therapeutic interactions in Emergency Department settings?

Judy Jobling

Supervisors: Prof John Forbes
Prof Cate D'Este

Mammographic Density as a Biomarker for the Efficacy of Treatment of Endocrine Therapies Used to Prevent Breast Cancer Events in Randomised Controlled Clinical Trials

Parivash Eftekhari

Supervisors: Prof Julie Byles
Peta Forder

Asthma in older Australians: The impact on Mortality, Morbidity, Health Service Use and Social Functioning

2013 Completions

Dr Melissa Harris

When life's a pain: Perceived stress and psychosocial factors in women with arthritis transitioning from midlife to older age

Supervisors: A/Prof Deborah Loxton and Prof Julie Byles

Arthritis represents an ongoing public health challenge. This disease contributes substantially to global healthcare expenditure and is a major cause of disability, limited mobility and chronic pain. The overarching aim of this thesis was to examine the contribution of perceived stress and associated psychosocial factors to the burden of arthritis and disease onset in a cohort of women transitioning from midlife to older age. In order to achieve these aims, a multi-method approach was applied.

Women from the 1946-1951 cohort of the Australian Longitudinal Study on Women's Health (ALSWH) provided the sampling frame for all analyses contained within this thesis. Specifically, the first study aimed to determine the relative importance of psychosocial factors in arthritis diagnosis. This study focused on 10,509 women who responded to questions on arthritis in the fifth survey of the ALSWH conducted in 2007. Findings from this analysis indicated that arthritis was characterised by widespread psychosocial concerns, particularly relating to chronic stress and poor mental health. Following the adjustment for behavioural, demographic and health-related characteristics, anxiety was the only psychosocial factor associated with arthritis (OR=1.4, 95% CI=1.2, 1.7; $p<0.001$).

The second quantitative analysis aimed to examine the role of perceived stress as a risk factor for arthritis development. This analysis focused on 12,202 women from the 1946-1951 cohort who completed at least one ALSWH survey in either 2001, 2004 or 2007. Longitudinal analyses were modelled using Generalised Estimating Equations, with and without a time lag. Findings from these analyses indicate that perceived stress is a strong risk factor for arthritis, with both minimal (OR=1.7, 95%CI=1.5, 2.0; $p<0.001$) and moderate/high (OR=2.4, 95%CI=2.0, 2.9; $p<0.001$) levels of perceived stress contributing to the onset of arthritis three years later.

In order to provide a holistic view, the psychosocial experience of women with arthritis was qualitatively explored. This method provided a complementary approach to the quantitative analyses and allowed for the expansion and clarification of pertinent issues and provided the scope to examine factors that were not able to be examined at an epidemiological level. In-depth semi-structured telephone interviews using a realist-oriented framework were conducted with a sub-sample of the 1946-1951 cohort.



The aim of the first qualitative analysis was to explore the lived psychosocial experience of women with arthritis paying particular attention to identifying and clarifying psychosocial challenges to, and resources that facilitate, the adjustment to arthritis, including coping perceptions. The findings indicated that the emotional burden of arthritis is considerable, and the process of psychological adjustment complex. Importantly, women transitioning from midlife to older age have psychological difficulties associated with pain and functional impairment. Coping with pain and limitation involved the implementation of a myriad of strategies including a strong focus on self-management. Psychological adjustment over time was attributed primarily to cognitive and attitudinal factors. This was a dynamic 'day to day' process involving a constant struggle between grieving physical losses and increasing dependence amidst symptom management.

The second qualitative analysis aimed to extend the quantitative findings regarding perceived stress by exploring the stress appraisal process. The findings indicate that while women transitioning from midlife to older age experienced stressful life events varying in intensity and chronicity over the life course, they attributed particular meanings to the experience of stress and its role in chronic disease. For participants, coping with stress appeared to involve both static attitudinal coping processes developed early in life, coupled with stressor-dependent cognitive and support-based responses. Coping with stress over the life course, however, was complex, with women describing a dualistic process involving both a reduction in the ability to cope with ongoing stress over time, coupled with a degree of personal growth.

The findings from this multi-method thesis add to the current understanding of the burden associated with arthritis and highlight the important role of psychosocial factors in this process, particularly for women as they transition from midlife to older age. Findings from this thesis also provide the most convincing evidence to date regarding the role of perceived stress in the onset of arthritis. These findings highlight the insufficiencies associated with viewing arthritis within a biomedical model, both in terms of pathophysiology and disease management and have implications for clinical interventions, public health education and policy.

Dr Catherine Chojenta

Prevalence, antecedents and perceptions of efficacy of treatments of postnatal depression in Australia

Supervisors: A/Professor Deborah Loxton and A/Professor Jayne Lucke

While new motherhood is socially perceived to be a time of great elation and joy, this life stage is also a time of great risk for mental health problems and emotional difficulties. For women, these problems can have long-term impacts including putting them at risk for ongoing mental health problems and dissatisfaction with motherhood. This in turn may reduce infant-mother bonding which can have impacts on the infant's mental health and intelligence even into childhood. The most common form of mental health morbidity in the perinatal period is postnatal depression, affecting between 10-20% of mothers in Australia (National Health and Medical Research Council 2000).

This thesis fills a gap in the current literature by examining both the proximal and distal factors related to postnatal depression in Australia by using longitudinal data collected on a national, broadly representative, sample of women. A longitudinal, multi-methods design was employed to examine the complex associations between risk factors and to also explore the lived experience of new mothers who have experienced postnatal depression.

Prior history of mental health conditions were particularly evident as having a significant impact on risk of postnatal depression, as was long-term experience of stressful life events and lack of social support. In addition health and stressful life events in pregnancy and postpartum such as breastfeeding, emotional distress during labour and sleep deprivation had an impact on the occurrence of postnatal depression. The results indicated that understanding a woman's mental health history is very important in the detection of those who are most vulnerable to postnatal depression. These findings also indicate that treatment and management of depression and anxiety earlier in life may have a positive impact on the incidence of postnatal depression.

The findings of this project can direct future mental health clinical guidelines regarding postnatal depression and support the premise of early intervention for mental health problems. By preventing first incidences of mental health problems, recurrences such as those in the perinatal period should be reduced, which in turn will have a positive impact on mother-infant bonding, and on maternal health outcomes and infant outcomes.

2013 PhD Classes and Topics

8 May – The confirmation process

14 August – Stats Analysis

26 June – Data Management

28 August – Stats Writing

10 July – Statistical Methods

4 September – Qualitative Research

24 July - Abstract Writing

11 September – Practice Presentations

31 July – Ethics Applications

25 September – Practice Presentations



Meredith Tavener, Catherine Chojenta, Parivash Eftekhari, Martina Zangger, Suman Lahiry, Ellie Gre

Public Health Implications of an Ageing Population

EPID6660 Gradschool.edu.au

This course addresses the intersection between public health and ageing, and takes a population view of ageing from across a number of public health perspectives. These include the demographic transition and the impact on population profile, health and welfare costs, and health care delivery; the need to refocus public health priorities to address the changing needs of an ageing population; psychosocial and behavioural aspects of ageing and their impact on health and well being; epidemic and emergent conditions of ageing and their prevention and management; and the use of probabilistic approaches to provide more rational, effective and safe health care for older people.

The course is designed for health care planners and health care providers and aims to provide an understanding of the basic principles underlying demographic and epidemiological trends in an ageing population, the implications for health care and welfare services, health promotion and illness management; and to provide skills for the interpreting and applying research in population and clinical settings for older people, including the involvement of older people and their carers in clinical and health care decisions.



Module 1	Introduction to Public Health Implications of an Ageing Population – gives an introduction and overview to the area of population health and ageing. Discusses global implications of ageing; introduces Australia’s demographic trends, and provides an overview of content to be covered in other modules.
Module 2	Ageing and the Body – explores and explains age-related disease, burden of illness and trends, and the concepts of disability and impairment.
Module 3	Perspectives on Ageing – discusses the many perspectives of ageing, such as psychological, economic, and social perspectives. What is it like to be an older person?
Module 4	Diversity in Ageing – Provides stimulus to consider and analyse ways in which existing models of best practice might be applied to diverse ageing populations, such as multicultural, Aboriginal and Torres Strait Islander (ATSI) and gay, lesbian bisexual, transgender or intersex (GLBT) populations.
Module 5	Needs, Priorities and Choices – explores priority setting, resource allocation, decision making, and equity issues, at the individual and health system levels. Describes needs and appropriate research methods for needs assessment.
Module 6	Health ageing – describes recent research and gaps in health promotion for older people, screening programs, capacity for living, healthy ageing, and OH&S and older workers.
Module 7	Issues and Options in Service Delivery – discusses current and innovative service models, including discussion of costs, outcomes, workforce, philosophy, informal carers, volunteers, and access.
Module 8	Responses to an Ageing Population – presents case studies of policy responses to population ageing (local, national, state, international) including consideration of their impact on health outcomes and equity.
Module 9	Participation and Self-Determination – discusses the role of advocacy for older people, at the individual and organisational level, including using media and influencing policy.
Module 10	The Social Context of Ageing – explores the social realities of ageing by exploring the meaning of community, housing, family and social networks, income, abuse, transport issues, and the contributions of older people.

Events and Visitors



Academic & Student Development Workshops

Paper Writing Workshops

Paper Writing Workshops provide space and access to support to assist researchers in writing papers to be submitted for publication in peer reviewed journals.

23 May 25 July 17 September,

23 September 4 November 28 November

Literature Searching Workshop

5th December

Research Methods Workshop

12 August

Statistical analysis planning or learning to speak stats

Many people who belong to the PRCGHA make use of large longitudinal survey and/or administrative and/or linked health datasets. As each dataset increases in size – so does the complexity of the potential statistical analyses that can be conducted. While the particulars of analyses might differ, the need for a clear analysis plan at the outset of a research project is universal – whether writing a grant application, conducting further data collection, or proceeding with an analysis.

RCGHA held a one day workshop to assist researchers in developing a statistical analysis plan. This workshop catered for researchers with a solid background in statistics who wish to develop research proposals that utilise large longitudinal survey and/or administrative datasets.

HMRI Open Day,

26 September

RCGHA Expo 2013:

Collaboration

24 October



Visitors



- ✚ WHO interns, **Heather Heseikin and Tristan ODriscoll**, from the University of Madison, Wisconsin USA Master of Public Health program and Pharmacy program, participated in collaborative research involving analyses of patterns of health, illness and health service use as reported in the WHO Study on Global AGEing and Adult Health (SAGE)

This WHO project looked at risk factors associated with fall-related injuries in older adults in low and middle income countries. Heather & Tristan presented their findings on 8 May 2013.

- ✚ **Felicia Frimodig** from Lund University, Sweden, Master's programme in Public Health Internship participated in collaborative research in our Centre. This included working with WHO development of fact sheets for the Western Pacific Region WPR. 10 December 2012 to 31st January 2013.
- ✚ **Janina Tauer** University of Hohenheim Stuttgart Germany 29th June to 2nd August 2013 participated in collaborative research with the RCGHA.

✚ In September 2013 we had a working visit from **Tina Navin** from the Centre for Epidemiology and Evidence, Population Health Division NSW.

Tina had previously worked at the RCGHA on a project looking at agreement between self-report data and hospital admissions data for chronic diseases such as arthritis, diabetes, stroke and heart disease, for the 1946-51 and 1921-26 cohorts.

Tina visited our centre in 2013 to undertake further analysis on the data for a paper titled: “The identification of diabetes, heart disease, hypertension and stroke in mid- and older-aged women: comparing self-report and administrative hospital data records” (currently under review), on which Tina is first author. This paper highlights the importance of ascertaining accuracy of data about chronic disease prevalence in ageing populations that can inform public health policy.

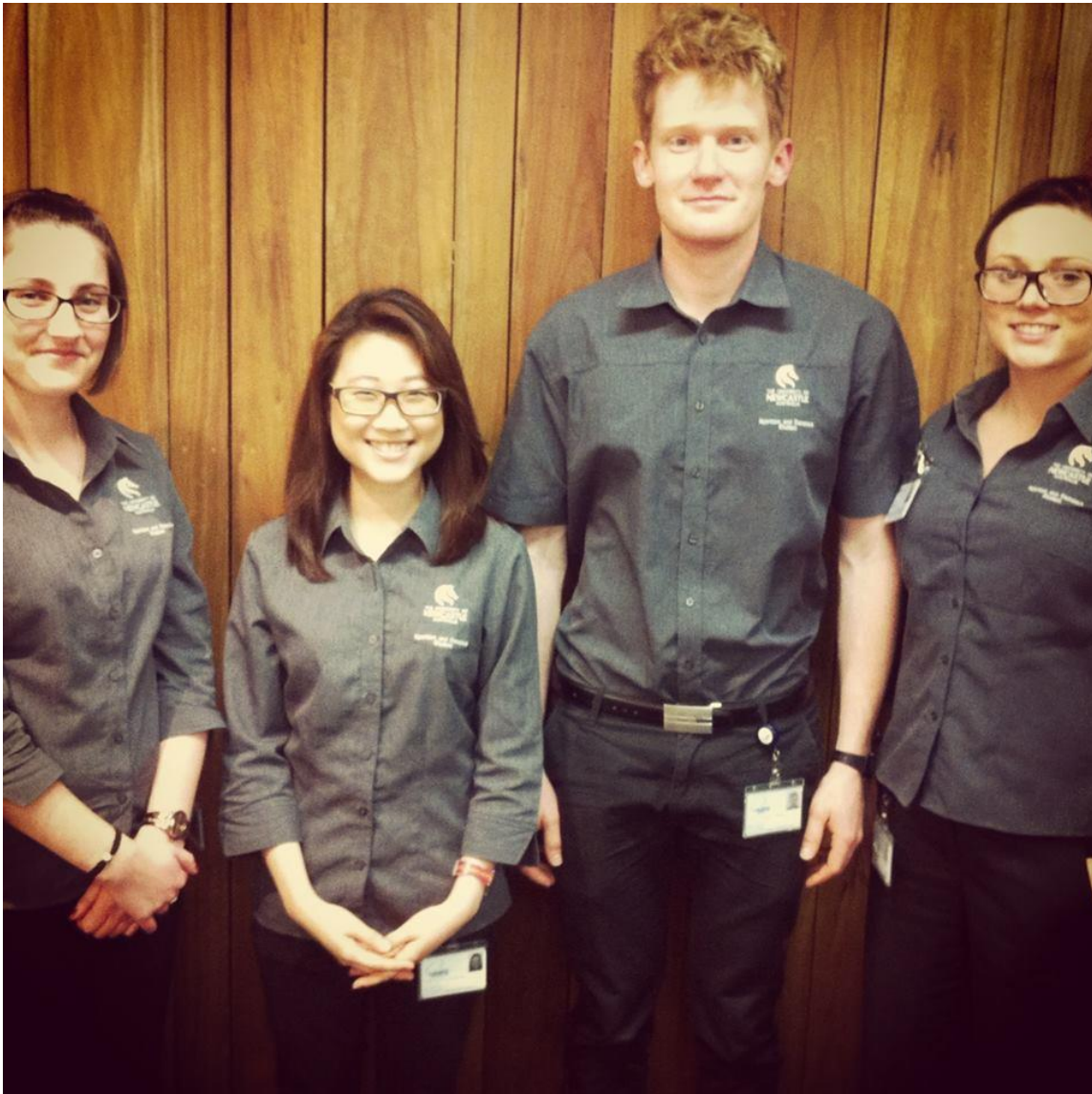


✚ **Amanda Thijsen**, Research Masters student from the University of Groningen, The Netherlands visited RCGHA during April and May 2013. Amanda analysed and coded the written free-text comments by women who reported a stroke in the Australian Longitudinal Study on Women’s Health older cohort (1921-26) survey 1 and 2 using NVivo10. These NVivo projects can be used in other studies. Amanda is writing two papers on the stroke data with Meredith Tavener.

✚ **Lina-Kathrin Zeller** from the University of Hohenheim, Germany visited our Centre from 4th September to 1 November 2013. While she was here, Lina completed her bachelor thesis on the topic - *Drivers of health care use and costs in older age*. Lina also undertook a systematic review about the costs of chronic disease and hopes to co-author a paper with Catherine Chojenta in due course.



✚ In September, 2nd year **Nutrition and Dietetic students** from the University of Newcastle spent 5 weeks at HMRI on their second year dietetic placement, which was to develop recommendations for a DVD expansion of the Recipes for Life cookbook as part of the Cooking for One or Two program. The group concluded that the DVD should be educational, that focuses on back-to-basics cooking in a step-wise fashion. Participants also conveyed that they wanted to learn more about food safety, cooking for special dietary requirements, how to read food labels and re-use leftover meals or ingredients to prevent wastage.



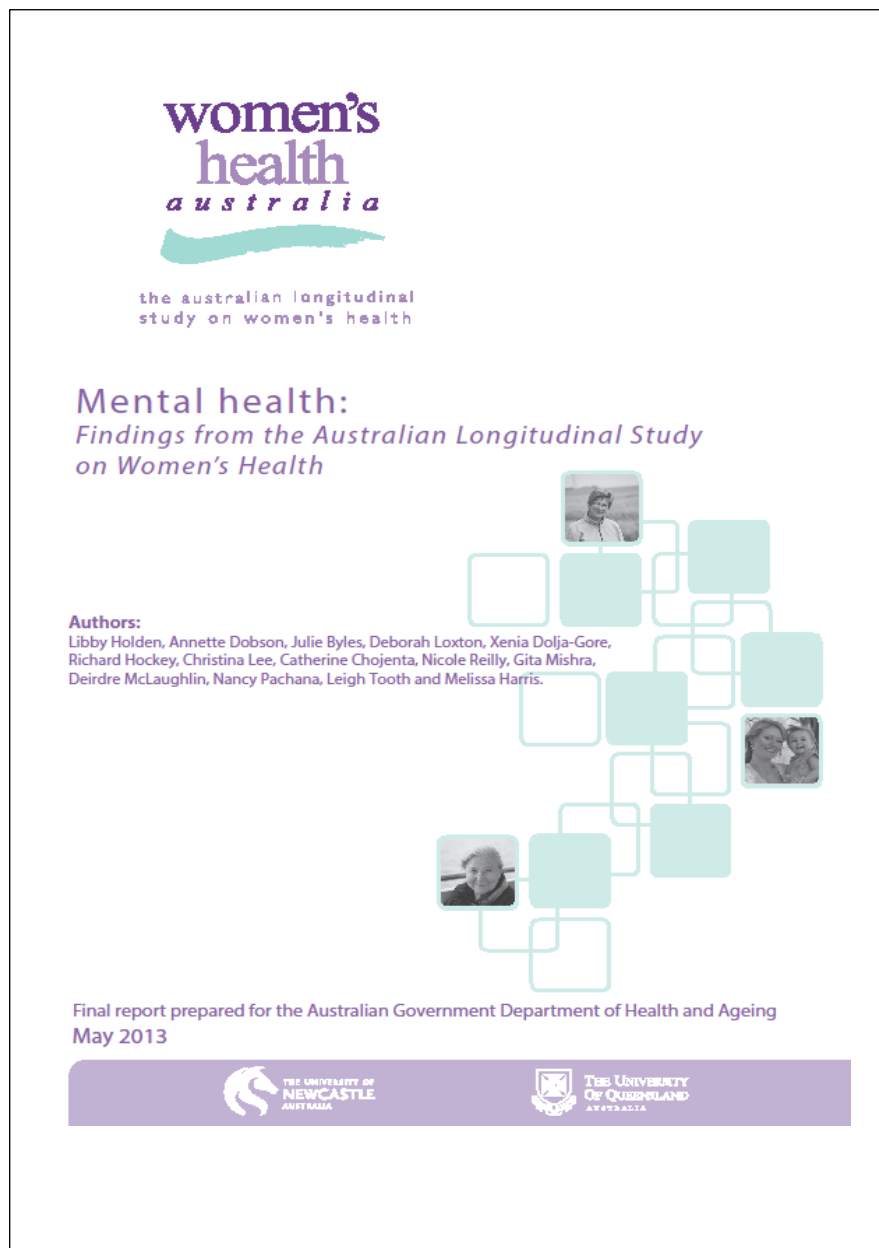
(L- R): Megan Roberts, Andrea MinLi Ng, James Morris and Stephanie Grubb.

Dissemination



Reports

Mental Health: Findings from the Australian Longitudinal Study on Women's Health



A major report on the study findings, focusing on the mental health of women in the original cohorts was submitted to the Department of Health, and we are awaiting release of this report in 2014.

See alswh.org.au for reports, publications, and further information

The long-term impact of intimate partner violence on mental health

The psychological impact of intimate partner violence (domestic violence) continues to affect victims long after the violent relationship ends according to research from a recently published report on the mental health of Australian women.

The report, *Mental health: Findings from the Australian Longitudinal Study on Women's Health* shows that mid-aged women who experience intimate partner violence have poorer mental health than women who never experience it, even 12 years after the violent relationship ends.

One of the authors of the report, Associate Professor Deborah Loxton, from the University of Newcastle, said the research shows that even if domestic violence ceased from this moment onwards, the health burden of domestic violence for women who have experienced it would persist.

A recent ABS report highlights the significance of this problem, showing that approximately 133,000 women experienced IPV in 2012 alone.

This new report adds to the ABS findings by providing detailed information on the characteristics associated with increased risk of IPV, as well as the long-term consequences of this experience.

Researchers also found that young women with poor mental health had a higher chance of later experiencing intimate partner violence (IPV).

The study has followed 40,000 young, mid-age and elderly women for the past 17 years and has recently added a fourth cohort of about 15,000 women aged 18-23. The longitudinal nature of the study allows researchers to track changes and trends in individual behaviour, mental and physical health, and many other variables.

The Australian Longitudinal Study on Women's Health is funded by the Australian Government Department of Health and is a collaborative project conducted by the University of Queensland and the University of Newcastle.

Media Releases

Media Release – February 6, 2013

Young women make healthy use of social media

Researchers from the University of Newcastle and University of Queensland are using social media to encourage young women to contribute towards one of Australia's most significant studies on women's health.



Facebook, Tumblr, Twitter and YouTube are the new tools for recruiting Gen Y women from across Australia for the [Australian Longitudinal Study on Women's Health](#) (ALSWH).

Since 1996, the study has collected data from more than 40,000 women who are now in their 30s or older. Findings contribute to knowledge on women's health and wellbeing in Australia and are used to inform health policy.

Questions asked are on a range of health topics including weight, physical activity, use of tobacco, illicit drugs and alcohol, sexual behaviour, patterns of contraceptive use, experiences of pregnancy and childbirth, access to health services and future life goals in relation to education, travel, area of residence, work, family and children.

University of Newcastle's Professor Julie Byles*, co-director of the ALSWH, said the findings were used to inform policy and highlight opportunities for improving the health behaviours of women at different life stages. "A recent report for the Australian Government Department of Health and Ageing compared national guidelines with actual data provided by study participants, showing that fewer women than ever are meeting guidelines for healthy weight," Professor Byles said.

"Women who were aged 18-23 when the study began, and who are now aged between 34 and 39 years, have gained the most weight over the course of the study, with 45 per cent of this age group now overweight or obese."

Media Release - March 8, 2013

Women's longitudinal study finds postnatal depression predictor

Women who have suffered previous bouts of depression and anxiety are at significantly higher risk of developing postnatal depression, a project aligned to the Australian Longitudinal Study on Women's Health (ALSWH) has found.



Catherine Chojenta, a PhD gender and health student who has worked on the study since 2001, examined a cohort of 14,000 women from around Australia, of whom 15 per cent had experienced postnatal depression.

"The most significant predictor for postnatal depression was a history of poor mental health," Mrs Chojenta said. "Having the predictor now allows us to identify those most at risk and intervene earlier, even before pregnancy ... in their teenage years and early adulthood.

"Untreated, postnatal depression can last for years but is usually detected within the first 12 months. There is a lot of assistance available through GPs and midwives if women feel they need it."

Stressful events during pregnancy and labour, along with subsequent lifestyle changes, were not found to be a significant contributor. For many new mothers the feeling of resentment towards their child, and their situation, came as a surprise.

"Talking to women about the efficacy of treatments we found that many would use medications but they weren't well managed," Mrs Chojenta said.

"There is a debate about whether certain medications cause pregnancy complications or harm the newborn child – we didn't look at that particular aspect. What we're looking for are alternate methods for treatment because many weren't happy with the available options."

As ALSWH participants begin to enter their 40s, the next phase of the ongoing study will evaluate whether older age is a risk factor.

Having won an HMRI travel award last year, Mrs Chojenta will be attending an international Psychology Conference in Stockholm in July, where the impact of perinatal mental health on infancy will be discussed.

She will also visit the Swedish Institute for Social Research to look at comparisons with the Stockholm Birth Cohort.

Catherine Chojenta is a member of the HMRI Public Health research program. The Australian Longitudinal Study of Women's Health is conducted by the Priority Research Centre for Gender Health and Ageing. HMRI is a partnership between the University of Newcastle, Hunter New England Health and the community

Media Release - November 19, 2013

Study shows 80% of pregnant women imbibing alcohol

Research academic **Amy Anderson** is studying alcohol consumption in expectant mums.



Research from the Australian Longitudinal Study on Women's Health (ALSWH) has revealed that eight in ten expectant mothers consume alcohol during their pregnancy.

Speaking today at the [Australasian Fetal Alcohol Spectrum Disorders Conference](#), HMRI researcher Amy Anderson from the University of Newcastle said that the drinking rates uncovered over a nine-year period were 64 per cent higher than other studies.

"We analysed data from almost 2000 pregnant women in the youngest cohort of the ALSWH, using figures from 2000, 2003, 2006 and 2009. Ages ranged from 22 to 37," Ms Anderson said.

"We are mostly talking low-level alcohol consumption of one to two drinks at a time and all were drinkers prior to pregnancy – the figures are closer to 70 per cent when you add the non-drinkers."

In 1992 the National Health and Medical Research Council recommended that pregnant women abstain from drinking, however the guidelines changed in 2001 to allow light drinking during pregnancy – in 2009 they reverted back to a no-alcohol policy.

"The majority of our cohort would be considered compliant if we were looking at the 2001 recommendations but the current guidelines advise abstaining because we don't know what a safe level of consumption is," Ms Anderson said.

"Our study time points allowed us to assess the different guideline effects, and there's evidence that the guidelines do have an impact – women were more likely to drink under the low-alcohol guidelines as opposed to the no-alcohol guidelines, which suggests a no-drinking message should be maintained.

"Pre-pregnancy alcohol use was the largest predictor. If women were drinking once a week or binge drinking they were much more likely to drink during pregnancy, so this needs to be addressed prior to pregnancy with women of child-bearing age."

Previous research has shown that high-level consumption of alcohol by a woman while pregnant can lead to neural development disorders, however Ms Anderson says the evidence is inconclusive at the lower drinking scale.

Amy Anderson is a research academic in the HMRI Public Health program, supervised by Associate Professor Deborah Loxton. HMRI is a partnership between the University of Newcastle, Hunter New England Health and the community.

Conference Publications

Cho G, Jeong S, McMillan M, Conway J, Higgins I, Kwon K, 'Future directions for care of older people in residential aged care facilities in South Korea', Global Science and Technology Forum, Singapore (2013)

Chojenta C, Loxton DJ, Lucke J, Forder P, 'A longitudinal analysis of the predictors and antecedents of postnatal depression in Australian women', Archives of Women's Mental Health, Paris, France (2013) [E3]

Day JL, Higgins I, Keatinge D, 'Family member experiences during an older loved one's delirium', Emerging Researchers In Ageing, Sydney (2013) [E3]

Fu JJ, McDonald VM, Simpson JL, Higgins I, Mao B, Gibson PG, 'Validation of the New Gold Combined Assessment in an Australian COPD Cohort, Respiriology (2013) [E3]

Gallagher R, Osmotherly PG, Chiarelli PE, 'Idiopathic normal pressure hydrocephalus. Is there a role for physiotherapists in management?', Proceedings of the Australian Physiotherapy Association Conference 2013, Melbourne (2013) [E3]

Gresham E, Bisquera A, Hure A, Byles J, A Systematic review and meta-analysis of Dietary Intervention during pregnancy on maternal hypertensive disorders and preterm delivery, Annals of Nutrition and Metabolism (2013) [E3]

Herbert D, Harris ML, Loxton D, Lucke J, 'Contraceptive use and unintended

pregnancy among 18-23 year old women in Australia: the first findings of the CUPID study', European Journal of Contraception and Reproductive Health Care, Copenhagen, Denmark (2013) [E3]

Jackson CA, Mishra GD, Byles J, Tooth L, Dobson A, 'Moderate agreement between self-reported stroke and hospital-recorded stroke in two cohorts of Australian women: a validation study', Cerebrovascular Diseases (2013) [E3]

Johnston CL, Newstead CJ, Walmsley S, MacDonald-Wicks L, Chiarelli P, 'Physiotherapy student clinical placements in the aged care setting: practitioner attitudes and support needs.', Journal of Physiotherapy, Melbourne, Australia (2013) [E3]

Lai JS, Hiles S, Hure AJ, McEvoy M, Attia J, Systematic review and meta-analysis of dietary patterns and depression Observational studies, Annals of Nutrition and Metabolism (2013) [E3]

Loxton D, Chojenta C, 'Intimate partner abuse and perinatal mental health', Archives of Women's Mental Health, Paris, France (2013) [E3]

McDonald VM, Wood LG, Baines P, Higgins I, Gibson PG, 'Obesity in COPD Protective for Osteoporosis?', Respiriology (2013) [E3]

O'Brien AP, Giles M, Parker V, Higgins I, Keatinge D, Guest E, Clancy R, 'Growing a nursing and midwifery research future in the Hunter New England Local Health District (HNELHD)', HNE Handover, Newcastle, NSW (2013) [E3]

Parsons VLM, O'Brien LM, James CG, Loxton DJ, 'Paramedics under mental health legislation in Australia', Abstracts of the XXXIIIrd International Congress on Law and Mental Health, Amsterdam, The Netherlands (2013) [E3]

Tembo A, Parker V, Higgins I, 'The lived experience of critically ill patients in intensive care-A phenomenological inquiry', Australian Critical Care (2013) [E3]

Publications

Journal Articles

Adams J, Sibbritt D, Broom A, Loxton D, Wardle J, Pirotta M, Lui C, 'Complementary and Alternative Medicine Consultations in Urban and Nonurban Areas: A National Survey of 1427 Australian Women', Journal of Manipulative and Physiological Therapeutics, 36 12-19 (2013) [C1]

Adili F, Higgins I, Koch T, 'Older women and chronic illness: Transitioning and learning to live with diabetes', Action Research, 11 142-156 (2013) [C1]

Allen J, Inder KJ, Harris ML, Lewin TJ, Attia JR, Kelly BJ, 'Quality of life impact of cardiovascular and affective conditions among older residents from urban and rural communities', Health and Quality of Life Outcomes, 11 (2013) [C1]

Anderson AE, Hure AJ, Forder P, Powers JR, Loxton DJ, Kay-Lambkin FJ, 'Predictors of antenatal alcohol use among Australian women: A prospective cohort study', BJOG: An International Journal of

Obstetrics and Gynaecology, 120 1366-1374 (2013) [C1]

Baker AT, Byles JE, Loxton DJ, Graves A, McLaughlin D, Dobson A, 'Utility and acceptability of the modified telephone interview for cognitive status in a longitudinal study of Australian women aged 85 to 90', Journal of the American Geriatrics Society, 61 1217-1220 (2013) [C1]

Blumfield ML, Hure AJ, Macdonald-Wicks L, Smith R, Collins CE, 'Micronutrient intakes during pregnancy in developed countries: systematic review and meta-analysis', Nutrition Reviews, 71 118-132 (2013) [C1]

Byles J, Tavener M, Robinson I, Parkinson L, Warner Smith P, Stevenson D, et al., 'Transforming retirement: new definitions of life after work.', Journal of Women & Aging, 25 24-44 (2013) [C1]

Byles JE, Forder PM, Grulich A, Prestage G, "'It's okay to ask." Inclusion of sexual orientation questions is feasible in population health surveys', Australian and New Zealand Journal of Public Health, 37 390-391 (2013) [C1]

Byles JE, Gibson R, Leigh L, Curryer C, Robinson I, Banks E, et al., 'Psychological distress and comorbid physical conditions: Disease or disability?', Depression and Anxiety, (2013)

Coles T, Byles J, Dow B, Tavener M, 'Advances in gerontology research and education: Perspectives from the Australian Association of Gerontology',

Australasian Journal on Ageing, 32 40-45 (2013) [C2]

DiGiacomo M, Davidson PM, Byles J, Nolan MT, 'An Integrative and Socio-Cultural Perspective of Health, Wealth, and Adjustment in Widowhood', Health Care for Women International, 34 1067-1083 (2013)

Dilworth S, Higgins I, Parker V, Kelly B, Turner J, 'Finding a way forward: a literature review on the current debates around clinical supervision.', Contemp Nurse, 45 22-32 (2013) [C1]

Downs S, Marquez J, Chiarelli P, 'The Berg Balance Scale has high intra- and inter-rater reliability but absolute reliability varies across the scale: a systematic review', Journal of Physiotherapy, 59 93-99 (2013) [C1]

Drew MK, Osmotherly PG, Chiarelli PE, 'Imaging and clinical tests for the diagnosis of long-standing groin pain in athletes. A systematic review', Physical Therapy in Sport, 15 124-129 (2014)

Halland M, Koloski NA, Jones M, Byles J, Chiarelli P, Forder P, Talley NJ, 'Prevalence Correlates and Impact of Fecal Incontinence Among Older Women', Diseases of the Colon & Rectum, 56 1080-1086 (2013) [C1]

Harris ML, Loxton D, Sibbritt DW, Byles JE, 'The Influence of Perceived Stress on the Onset of Arthritis in Women: Findings from the Australian Longitudinal Study on Women's Health', Annals of Behavioral Medicine, 46 9-18 (2013) [C1]

Herbert DL, Loxton D, Bateson D, Weisberg E, Lucke JC, 'Challenges for Researchers Investigating Contraceptive Use and Pregnancy Intentions of Young Women Living in Urban and Rural Areas of Australia: Face-to-Face Discussions to Increase Participation in a Web-Based Survey', Journal of Medical Internet Research, 15 (2013) [C1]

Higgins I, van der Riet P, Sneesby L, Good P, 'Nutrition and hydration in dying patients: The perceptions of acute care nurses', Journal of Clinical Nursing, (2013)

Hosseinpoor AR, Stewart Williams JA, Gautam J, Posarac A, Officer A, Verdes E, et al., 'Socioeconomic inequality in disability among adults: a multicountry study using the World Health Survey.', Am J Public Health, 103 1278-1286 (2013) [C1]

Hure AJ, Powers JR, Chojenta CL, Byles JE, Loxton D, 'Poor Adherence to National and International Breastfeeding Duration Targets in an Australian Longitudinal Cohort', PLoS One, 8 (2013) [C1]

Koloski NA, Jones M, Wai R, Gill RS, Byles J, Talley NJ, 'Impact of Persistent Constipation on Health-Related Quality of Life and Mortality in Older Community-Dwelling Women', American Journal of Gastroenterology, 108 1152-1158 (2013) [C1]

Loxton D, Chojenta C, Anderson AE, Powers JR, Shakeshaft A, Burns L, 'Acquisition and Utilization of Information About Alcohol Use in Pregnancy Among Australian Pregnant Women and Service Providers', Journal of Midwifery & Women's Health, 58 523-530 (2013) [C1]

Loxton D, Powers J, Fitzgerald D, Forder PM, Anderson A, Taft A, Hegarty K, 'The Community Composite Abuse Scale: Reliability and validity of a measure of intimate partner violence in a community survey from the ALSWH', *Journal of Women's Health Issues and Care*, 24 (2013)

Loxton D, Robertson J, Walkom EJ, 'Costs of medicines and health care: a concern for Australian women across the ages.', *BMC Health Services Research*, 13 (2013) [C1]

Lucke JC, Herbert DL, Watson M, Loxton D, 'Predictors of Sexually Transmitted Infection in Australian Women: Evidence from the Australian Longitudinal Study on Women's Health', *Archives of Sexual Behaviour*, 42 237-246 (2013) [C1]

McDonald VM, Higgins I, Gibson PG, 'Insight into Older Peoples' Healthcare Experiences with Managing COPD, Asthma, and Asthma-COPD Overlap', *Journal of Asthma*, 50 497-504 (2013) [C1]

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McDonald VM, Higgins I, Wood LG, Gibson PG, 'Multidimensional assessment and tailored interventions for COPD: respiratory utopia or common sense?', *THORAX*, 68 691-694 (2013) [C1]

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