Welcome to the sixth edition of the School of Population Health Newsletter!

Our Newsletter facilitates communication within the School. We aim to put out an issue every quarter and depend on you to support your Newsletter through interesting, informative and constructive contributions that we will all want to read. Huge thanks to everyone who has contributed so far, the response has been fantastic, and please keep items coming in.

Head of School’s message

Dear SPH colleagues

We are well into the year 2010 and much activity has occurred. The preparation and submission of research grant applications was even more frenetic and agonising than usual because of the challenges for both applicants and the NHMRC office in using the new NHMRC on-line research grants management system which clearly had several major technical problems. My congratulations go to all applicants for their hard work not only in preparing the applications but also persevering with the new system. We did not have a good success rate last year so let’s hope that this round will be better for us.

I could not fail to mention the freak Perth Storm that came upon us recently with little warning. Thanks to all the teaching and administrative staff (especially Annette Stewart) for their quick and careful actions in dealing with the Perth storm. Although our Nedlands campus suffered the full onslaught of the storm the damage caused and the disruption to activities was relatively minor compared to other groups such as the Faculty Office. Many staff however (including me) had considerable damage to their cars due to the hail and flooding. Best wishes with dealing with the insurance companies. Other parts of this newsletter provide more graphic detail of the storm and its consequences.

We are already half-way through the first teaching semester. All the teaching programs appear to have made a good start with all units running smoothly (although of course there were a few late changes needed due to the Perth storm). The nursing program had its first intake in July 2009 and there was second intake in February 2010. Managing, coordinating and delivering all the units for these two cohorts has been a challenge and Rosemary Saunders and her team are to be congratulated for how well this has been done.

In addition to coordination and delivery of current program units, many of the teachers have also invested time in developing course and unit proposals for the population health major in the new BSc in the new course structures that will commence in 2012. There is a separate notice and vote of thanks to all those involved in this elsewhere in the Newsletter.

As you all know, Professor Judith Finn who held the position of Professor of Nursing Research that was half-funded by Sir Charles Gairdner Hospital, left the School late last year to take up a new position in Adelaide. Steps are now underway to recruit a new Professor in Nursing that will also be half-funded by SCGH and this position will provide leadership in education and research in nursing within the School and Faculty. Teaching staff that are leaving the school around mid-year are Rachael Moorin, Keith Lui and Marion Kickett. These staff have all made valuable contributions to the school’s academic programs and a suitable “farewell” will be organised. Please welcome new lecturer Julie Saunders.

A somewhat unplanned future change to the School is that the Discipline of Social Work and Social Policy which currently sits within the School of Social and Cultural Studies in the Faculty of Arts, Humanities and Social Sciences and which runs the Master of Social Work degree will be transferred to the School of Population Health beginning 2012. A review of the social work program in 2007 recommended that this group and degree would be better aligned academically and structurally in the Faculty of Medicine, Dentistry and Health Sciences where there were similar postgraduate courses and where greater synergy and sharing with other health programs would be facilitated. There have been discussions over the last 12 months and the university executive and Deans made the decision that transfer to the School of Population Health was the best option. The introduction of social work and social policy to the School will clearly broaden our scope and offers the opportunity for more efficiencies in the delivery of our postgraduate coursework programs. Preparation and planning for the transfer of this group will occur over the next 18 months.

The School’s Strategic Plan entitled “Partnerships that make a difference” was developed and endorsed in 2009 and over we are in the first stages of defining and implementing actions to achieve these strategic changes within the School. In addition, during 2010 we will commence a series of approaches with our important external stakeholders to discuss how we can better work together to achieve mutual benefit and in line with our new strategic directions. Special thanks to D’Arcy Holman who is coordinating this partner engagement process and all staff are urged to participate in this process.

Special thanks to the PHPS (Louise Schreuders president) for their active and continuing support of academic activities in the School, including convening the SPH seminar program. Thanks to Sarah Ward for taking on the role of Seminar...
Convenor and the program of seminars for 2010 that is being developed looks like being just as good as the 2009 program which was very successful and well received. Special thanks also to the Health Science Society and the Health Science Alumni who proactively develop and support a range of activities that promote social and professional interactions within and between health science students, former students and population health staff, including fundraising ventures for good causes. A major event coming up is the UWA Health Ball on 21 May 2010. If you have not already done so, please consider getting a table together for this event. Congratulations to the Health Science Alumni for the development and recent successful launch of The Health Science Careers booklet that includes a number of profiles of graduates and is an excellent resource on careers available to Health Science graduates.

Best wishes for a productive and successful 2010, and don’t forget to take recreation leave at suitable times throughout the year.

Matthew Knuiman

**Update on School planning for UWA’s ‘New Courses 2012**

UWA will change the way students are taught in 2012; there will be a generalist three year degree for undergraduates and professional degrees will be taught at postgraduate levels. For the school, this will mean no more Bachelor of Health Science degree nor an undergraduate medical degree. Whilst this may seem a negative, in reality it is an enormous opportunity for the school to expand its student population - we will have our own Population Health major in the Bachelor of Science which we hope will have broad appeal to those students previously destined for Health Science or the new postgraduate courses of Medicine, Dentistry, Podiatry etc. A number of our undergraduate units will also be made available as ‘broadening’ units for students undertaking other degrees, hopefully leading to a couple of large classes for us.

At the postgraduate level, we have a distinct advantage over other schools since we already have graduate certificates and diplomas, the Master of Public Health, MPH Practice, MPH (Nursing) and Master of Nursing Science as well as future opportunities for proposing new Masters programs. We will also have the Master of Social Work with us by then too.

In addition to the Academic process which Matthew discusses below, there are many things for us to think about and plan for such as what resources we will need, (space, staff, tutors) and, most importantly, how do we get the biggest fair share of students doing our course and units. For the latter, we will be working on a marketing campaign to put ‘Population Health’ in the minds of the public, particularly amongst high school students. Any suggestions, ideas, connections, opportunities will be gratefully accepted.

Peta Tilbrook
School Manager’s message

It has been an eventful first quarter of the year, starting sadly with Denise’s death in January. With her absence and Fiona’s loooonnngggg holiday, I lost my late night work buddies which bought home the loss of Denise even more to me. Jannette also left us for greater things, running her own business.

On the positive side, Admin has been joined by Rhett and Tammy who have come from HR and Research Services; they add to the broad knowledge and experience our Admin team have.

Financially, the school came through 2009 reasonably well with a deficit much smaller than predicted, due in part to the massive Summer School we ran. Well done everyone for working within the financial constraints that we have.

For 2010, the year becomes more interesting as time passes; as Matthew mentions, we will have the discipline of Social Work and Social Policy joining us in the next year or so, our Nursing course will be going part-time and July intakes will continue after all due to increasing student demand. In addition, there is of course the ‘New Courses 2012’ program which will keep us all busy with paperwork and work on the new postgraduate medicine degree is yet to commence so plenty of fun ahead for us all!

Peta Tilbrook

Staff changes

Rhett Brennan is our Admin Officer, working with us on Tuesdays and Wednesdays taking care of our Master of Nursing Science students and handling a lot of the website updates.

Tammie Mackay is our new Admin Officer (Finance), working with us on fulltime. She came to us from Research Services.

Jannette Barrett Admin was sad to see Jannette go, although we know she’ll have fun developing her own business. As she said, “Even though I am finishing work here, my association with you all will not end. I’ve been at UWA for 26 years and keep turning up here and there and of course Diane and I will always be friends”.

Congratulations!

Anita Furhmann
Anita was a joint student with the School of Music. She has completed her PhD entitled ‘Respiratory health and lung function of wind and brass musicians’. She is now working at Guildford Grammar School and really enjoying it. Her supervisors were Phil Weinstein, Peter Franklin, Suzanne Wijsman and Darryl Poulsen.

Karen Martin was a joint student with the School of Sport Science, Exercise and Health. She completed her PhD entitled ‘School, classroom and child-level correlates of children’s class-time and recess physical activity’. Her examiners described it as an excellent thesis and meritorious in many ways. Her supervisors were Alex Bremner, Billie Giles-Corti, Michael Rosenberg & Jo Salmon. Karen is now working with Centre for the Built Environment and Health.

Sarah Foster is currently completing corrections on her PhD thesis which is entitled ‘The relationship between sub-urban design, perceptions of safety, and walking’. Sarah’s supervisors were Billie Giles-Corti and Matthew Knuiman. She is now working as a Research Associate with the Centre for the Built Environment and Health.

Irwani Ibrahim was a joint student with Emergency Medicine. She is currently completing corrections on her MPH thesis entitled ‘Characteristics and outcomes of patients presenting to the emergency department with sepsis’. Her supervisors are

Kew Chew submitted his PhD thesis entitled ‘Male erectile dysfunction: its prevalence in Western Australia and its association with sociodemographic factors, cigarette smoking, alcohol consumption and cardiovascular disease’ last October but is still awaiting reports; hopefully it won’t be too much longer! His supervisors are Judith Finn, Peter Thompson, Konrad Jamrozik and Bronwyn Stuckey.

Jacinta Francis has submitted her PhD thesis entitled ‘Associations between public space and mental health in new residential developments’ on February 3, only three weeks prior to the birth of her son, a fantastic achievement on a very tight deadline! Jacinta’s supervisors were Billie Giles-Corti, Lisa Wood and Matthew Knuiman.
Faculty of Medicine, Dentistry and Health Sciences Excellence in Teaching Awards

The Award Ceremony for the Faculty of Medicine, Dentistry and Health Sciences Excellence in Teaching Awards was held at Fraser's Function Room on Monday, 29 March 2010.

Associate Professor Jane Heyworth was awarded an ‘Individual Excellence in Teaching Award’ in the last round. Jane is a very experienced and talented teacher and educator and the award is very well-deserved.

Faculty of Medicine, Dentistry and Health Sciences Student Prize Winners for 2009

The Award Ceremony for the Faculty of Medicine, Dentistry and Health Sciences Student Prizes was held at the UniClub on Thursday 22 April.

Huge congratulations to the 2009 Health Sciences and Postgraduate prize winners.

School of Population Health Prizes for Excellence in Public Health

A) The student who achieves the highest aggregate mark for the first two public health units in the Public Health major sequence of the Bachelor of Health Science or Bachelor of Health Science combined degrees with a major in Public Health. Presented by Prof Matthew Knuiman, Head of School.

Winner – Miss Kate Ryan

School of Population Health Prizes for Excellence in Public Health

B) The student who achieves the highest aggregate mark for two of three health research methods units in the Public Health major sequence of the Bachelor of Health Science or Bachelor of Health Science combined degrees with a major in Public Health. Presented by Prof Matthew Knuiman, Head of School.

Winner – Miss Rachel Dennis

The CJD Holman Prize for Excellence in Public Health

The C. D. J. Holman Prize for Excellence in Public Health is awarded to the student who achieves the highest aggregate mark for the four Level 3 public health units in the Public Health major sequence of the Bachelor of Health Science or Bachelor of Health Science combined degrees with a major in Public Health. Presented by Prof Matthew Knuiman, Head of School.

Winner – Miss Annie Gan

The Faith Stewart Book Prize in Health Science

The prize is awarded to the student who obtains the highest mark for the Learning Portfolio component of the Level 3 Health Industry Practicum. Presented by Prof Matthew Knuiman, Head of School.

Winner – Miss Courtney Hodder

WA Department of Health Prize for Honours Dissertation in Public Health

The prize is awarded to the student with the highest mark in the dissertation component of the Honours program in population health. Presented by Mr Jim Dodds, Director, Environmental Health.

Winner - Miss Ruth Young

Konrad Jamrozik Prize for Excellence in the Master of Public Health

The prize is awarded to the student who, among those completing the requirements for the Master of Public Health degree, has the highest weighted average mark across all units taken for this course. Presented by Konrad’s son, Zeb Jamrozik

Winner – Mr Timothy Roberton

School of Population Health Postgraduate Student Association Prize for Excellence in the Master of Public Health Coursework Programme

This prize is awarded to the postgraduate student who, amongst those completing the course for the Master of Public Health degree in the year, has the highest aggregate mark for the core units during their enrolment in the Master of Public Health degree. Presented by Mrs Louise Schreuders, representative of the School of Population Health Postgraduate Student Association

Winner - Mr Timothy Roberton

School of Population Health Postgraduate Student Association Prize for the Greatest Contribution to the Formal and Informal Activities of the School

This prize is awarded to the postgraduate student who has made the greatest contribution to the formal and informal activities of the School. Presented by Prof Matthew Knuiman, Head of School.

Winner – Mrs Louise Schreuders
Prominent SPH public health and nursing academic has moved to Adelaide

After more than a decade of outstanding teaching and research in SPH Judith Finn, resigned from UWA and returned to Adelaide

Winthrop Professor Judith Finn
RN, BSc(Adel), MEdStud(Adel), GradDipPH(Adel), PhD(UWA)

Judith has had three ‘phases’ in her career at UWA. The first phase, 1997 -2001 encompasses a period as Research Officer/Associate in the Unit of Clinical Epidemiology and the Centre for Health Services Research during which she also completed her PhD. For several of these years she was also Coordinator of Nursing Research at Royal Perth Hospital and by this time already had a desire to lift the standard and status of nursing research, something that she pursued during all her time with us. The second phase, 2002-2006, was her time as Senior Lecturer in Clinical Epidemiology during which she worked tirelessly to expand and improve the postgraduate education programs offered by the School. She was Coordinator of Postgraduate Teaching 2003-2008 and also Deputy Head of School 2004-2007 (with a focus on teaching programs) and was recognised for her efforts that went well beyond what was normally expected by winning the School Citizenship Award in 2005. Her third phase was 2007 – 2009 as Professor of Nursing Research which was a split-funded partnership between the School and the Centre for Nursing Research at Sir Charles Gairdner Hospital. During this time she led and championed the introduction of new nursing courses MPH(Nursing), MNursRes and MNursSci. Her efforts in developing a discipline of nursing and supporting and promoting research to underpin evidence-based nursing practice was recognised through the 2009 “Researcher of Year” award from the Nurses and Midwives Board of Western Australia.

Clearly Judith made an enormous contribution to public health and nursing at UWA and it is unfortunate for us that Judith has decided to embark on yet another phase in her career that takes her interstate. However, Judith has many colleagues and friends in the School and throughout the state and also family here so she will no doubt make trips back to WA and maintain ongoing links with the School. We wish Judith all the best with her new life and position in Adelaide.

Matthew Knuiman

New book

What’s new about the New Public Health?

Lambert Academic Publishers have published Niyi’s second book titled; “What’s new about the New Public Health?” in January 2010. In the book, Niyi traces the history of public health from its origins, when it was integral to societies’ social structures, through the Sanitary Movement and Contagion eras, when it evolved as a separate discipline, to the “New Public Health” era, when Population Health and revised Primary Health Care concepts achieved prominence. He examines seven previous public health eras in relation to their dominant paradigms, action frameworks and legacies. The emerging era of Population Health-New Primary Health Care is also analysed in terms of its distinctive conceptual framework and potential for achieving a core objective of Public Health: Social Justice.

The book is available via Amazon.com, and from ‘Books on Demand’: http://www.bod.de/index.php?id=296&objk_id=315508
Master of Nursing Science Relay for Life Team - Morning Tea 11am Friday 30 April (that’s next week!)

The Master of Nursing Science student group are involved in the Relay For Life from May 1st to May 2nd. Relay For Life is a Cancer Council fundraiser that asks teams to carry a baton around a track, in this case the new WA Athletics Stadium, for 24 hours. It’s about people getting involved (it’s not a race, or even a run), with the motto ‘Celebrate! Remember! Fight Back!’

The team is made up of Melanie Montgomery (pictured), Dante Giacomin, Jane Turner, Nathan Bowen and organiser Simon Roebeck.

To sponsor our team, it’s easiest to google ‘relay for life 2010 WA’, choose the Perth event, and search for the ‘UWA Master of Nursing Science’ team - or you could go to http://wa.cancercouncilfundraising.org.au/TeamPage.aspx?teamID=33398&langPref=en-CA

The SPH Social Club will be having a morning tea for the MNursSci team so come on down and make a donation for this great fundraiser.

Global Corporate Challenge 2010 - get involved!

Global Corporate Challenge 2010 – commences Thursday 20th May

The Global Corporate Challenge (GCC) 2010 program commences on Thursday 20th May and concludes 16 weeks later on Tuesday 7th September. In 2009 UWA had 14 teams (98 persons) entered. UWA participants did well with our daily step average per person (8,822 steps) being ahead of our industry average (8,795 steps) and close to the Australian average (8,854 steps). Persons interested in nominating or joining teams are welcomed to contact Safety and Health (6488 3938). More information will be provided in due course http://gettheworldmoving.com/
School excitement -
The Great Perth Storm

On a usually sunny day on March 22nd Peta and I sat down to commence our hand over for the School Manager role. All of a sudden rocks of hail started falling from the sky. Hand over ceased, Peta went into emergency mode then ran away to enjoy a well earned holiday in Paris. Staff and students watched the hail storm in amazement and wonder before suddenly realizing this could be worse than just a small storm. The grounds were covered in hail and looked like it had been snowing. It was quite beautiful in parts. The carparks were flooded with cars at a stand still for hours due to the high water levels. Cars were damaged and looked like golf balls and windows were smashed. Some were pleased when it dawned upon them that they had agreed value insurance while others were devastated as they realized they were not insured and really wish they were.... Mixed emotions all round and of course the big question “how on earth do we get home tonight?”... The flood in the carpark in Clifton street suddenly went away.... A rush of water swept under the Clifton street building creating a large whole underneath, staff and students ran for cover and then slowly trailed away with some going to enjoy a beverage at the Captain Stirling and others risking the traffic jams to get home and check their houses for damage.

So for me with no hand over and a crisis to deal with it was sink or swim for the next few weeks! Welcome back Peta!!

Annette Stewart
It came out of nowhere,
srsly, you needz to runz

One look at his yearbook photo and there was no doubt:
Bob would one day make his fortune by selling used cars.
Conferences and travel

Julie Marsh attended the 6th World Congress on the Developmental Origins of Health and Disease
Santiago, 19-22 November 2009

It was hard to convince my colleagues, never mind my family, that a trip to Santiago could be anything other than a great holiday. Work? Yeah, right. Chile is an exceptional country, not only for the stunning landscapes and rich history but in its commitment to early-life interventions to combat both perinatal mortality rates and the rising incidence of adult complex diseases. The conference was opened by the President of Chile who committed to joining the society at the completion of her presidential term in a few months time.

The developmental origins of health and disease (DOHaD) is a relatively new research field originating from epidemiological research relating poor birth weight to later risk of metabolic and cardiovascular disease. Environmental conditions in utero and during early life can lead to poor adult health. These environmental insults may affect not only the exposed individual but also their descendants. My interest in this field related to how our genetic profile may interact with these environmental exposures.

The conference included speakers from a large range of disciplines, including government and international policy makers, public health researchers, clinicians, biologists, economists and geneticists. Each presenter added a crucial jigsaw piece to the overall picture which I would summarised as:

1. Interventions in high-income countries may not be appropriate for lower-income countries. The child needs to survive to adulthood before we start to worry about late onset diseases.
2. Higher growth in utero and in infancy may protect against adult disease related to the metabolic syndrome (CVD, diabetes, etc.) but this increases the risk of other adult disease such as some cancers. There is a narrow window for the ideal growth trajectory.
3. We need to develop better biological models, which are likely to be different for males and females. Males develop a proportionally smaller placenta (to allow for greater body growth in utero) than females and are thus more sensitive to maternal nutrition.
4. We need to further develop economic models using lifetime outcomes to illustrate the benefits of intervention during the perinatal period.
5. We need to work together.

Of course some of the important work was conducted before the conference and during the breaks. The Raine Study researchers work in close collaboration with the Generation R (Rotterdam, Netherlands) and ALSPAC (Bristol, UK) researchers so Santiago provided an ideal opportunity for a rare face-to-face get together to prioritise projects and standardise analytic protocols. I have enclosed a team building photograph of the Raine and Gen-R researchers sharing a near-death experience white water rafting with the Chilean National Team. The water was ice cold as it flows from the melted snow from the ice-capped mountains that surrounded Santiago.

I would like to extend a huge thank-you to the Population Health Postgraduate Society for the conference travel award, and the Centre for Genetic Epidemiology & Biostatistics, without both of whom this amazing experience would not have been possible.

Khadra presented at the 2009 ANZSOC

The 22nd Australian and New Zealand Society of Criminology Conference at the University Club of Western Australia. It is 10 years since the first ANZSOC Conference was held in this State on the beautiful UWA campus, and we are fortunate in now having the facilities of the UWA Club available to us.

The conference title – Crime and justice challenges in the 21st century: Victims, offenders and communities – encapsulates several enduring issues facing criminal justice researchers and practitioners in the early 21st Century and we are privileged to have a distinguished group of speakers help us address these issues. It is a sign of the growing strength of criminological research in Australia to be presented with such a set of challenging papers as we seek to improve our understanding of social policy and practices surrounding crime, victimisation and offending.

Khadra’s topic was “Influence of offence severity, multiple offending, socioeconomic status and Aboriginality on post-release mortality in Western Australia (WA) prisoners: a whole-population linked data study”.

This study used a whole-population linked health and justice data to examine influence of offending and socio-demographic characteristics on post-release mortality among prisoners released from WA prisons (1994-2004).

Khadra’s conclusions were that WA former inmates were at higher risk of mortality during the first few years after release. Post-release mortality was significantly associated with age, socio-economic status, offence type, and recidivism.
Vicky and D’Arcy at the Manitoba Centre for Health Policy’s 20th Anniversary Conference

On the 8th and 9th of March 2010 D’Arcy Holman and Vicky Gray represented SPH at the Manitoba Centre for Health Policy’s 20th Anniversary Conference. They were joined by nearly 20 Australians from data linkage centres and universities across the nation and over 300 people from around the world.

D’Arcy chaired a breakout session showcasing the work of some members of the International Health Data Linkage Network (IHDLN) of which UWA holds the inaugural directorship. In her role as Acting Director of the IHDLN, Vicky arranged and helped facilitate the second official international meeting of the network which was attended by over 50 people and a great success.

Established in December 2008, the IHDLN facilitates communication between linkage centres and users committed to the systematic application of data linkage to produce community benefit in the health and health-related domains.

For more information about the Network or if you are interested in joining our mailing list please contact victoria.gray@uwa.edu.au.

Following the conference and meetings, Vicky enjoyed some time out exploring the beautiful Canadian Rocky Mountains travelling from Winnipeg to Banff (photo below near Bow falls in Banff), Lake Louise, Jasper and then to Vancouver to catch the end of the Paralympic Winter Games. Highlights included her hike up Tunnel Mountain with cleats and all in Banff; her snow-shoeing adventure through the mountains at Lake Louise; and her overnight train ride (with bed and all!) to Vancouver.
Travel

Fiona’s Arizona Adventure

In January-February this year I had a holiday in Mexico and Arizona. Arizona was to catch up with friends, because it seemed so close after travelling all that way... tis the Australian way., after all.

Mexico involved 1000 miles, great food, wonderful markets and Mayan, Toltec and Aztec ruins, from Chichen Itza to Mexico City. Plus snorkelling, strange food and stranger drinks, pyramids, rainforests, stories and interesting religions.

Arizona included moonlight cross-country skiing, tobogganing, hiking, desert gardens, shopping, fantastic food, a sprained ankle, new friends, a surprise asthma attack halfway up Camelback mountain, and hiking into then out of the Grand Canyon (28 miles in 3 days - pretty good for someone as deskbound as I am).

The trip was something of a group effort: thanks to Peter Buzzacott for lending me his backpack, Liz for the training advice, Billie for motivating me and making me do Jacob’s Ladder at 6am, another friend for walking Kings Park Kokoda with me, Peta for letting me take the extra time and for trusting me to come back again (she knew I had to be back for the Pixies concert at the Belvoir), the whole front office for listening to me obsess about it for months. It was a wonderful trip. Now I want to do it all over again.
Peter Buzzacott deep cave diving

Peter’s latest trip was a blast, although they did not reach their goal. He will be forming a new team and making a second attempt next year.

Western Australia has some of the very best cave diving in the world. This cave is called Murra El Elevyn and it is not far from the Cocklebiddy Roadhouse, about 1000kms east of Perth. In fact, it even has its own time zone, 45-minutes ahead of Perth. We are all members of the Cave Divers Association of Australia (CDAA) and we had a permit from DEC to explore that cave.

We made four dives and during the last dive we made an exciting discovery which I am hoping to present at the 19th International Subterranean Biology Conference in Slovenia in September. At night we had a small campfire and stargazed, the pressures of work and thesis deadlines temporarily forgotten.

To experience some of the action, check out his adventure at www.youtube.com/watch?v=qvz_XUEGIXg

You may need to forward this to your home account as UWA generally blocks youtube. It is well worth seeing, however. Unless you’re badly claustrophobic. In which case the management of this newsletter takes no responsibility.

Niyi’s vist to West Bengal

Niyi spent 10 days visiting many landmarks in West Bengal in January 2010. From the tea-growing Himalayan mountain region of Daarjeling to Calcutta’s Presidency General Hospital where Nobel Prize winner Ronald Ross discovered malaria as the vector for mosquitoes; from the splendid museums and intrigue-soaked Bengali movies to excellent cuisines, West Bengal is undoubtedly a cultural icon of India. Sharp contrasts in lifestyles between the megacity of Calcutta (population 14.5 million) and vibrant but less populated coastal cities like Digha make India truly incredible!
Peta’s Escaping Nature’s Fury to Nature’s Beauty

As Annette said in her Hail Storm story, I left Perth the night of the hail storm for Paris, unfortunately via Hong Kong and London making it a mere 30 hour journey. My sister Jen and I were going to stay with one of her college friends, Lisa, who was marrying a local Frenchman, Bonnie. Her house was literally in the middle of rural France, surrounded by lush green fields and cows. Since spring had begun, we delighted in the daily transistion of tree blossom and flowers with almost a different colour appearing each day.

We spent our time between sightseeing and helping Lisa with wedding preparations, nothing was hurried nor on time since you never knew who you would meet and have to have a drink with....fortunately the glasses were very small since everyone wanted to buy a drink for the ‘Wallabies’ visitors.

Wine is exceptionally cheap there, we jokingly did a wine tasting of Rose with prices ranging between $1.50 and $15.00 - unbelievably, the $1.50 bottle of rose won! French food was fantastic of course and we ate as many different things as possible. Interestingly, Lisa’s wedding dinner was English Roast Beef, Trifle etc, which was a good thing since it ended up that Jen and I cooked it [didnt wash up though]. The wedding was a bit chaotic but fun with the “highlight” of the night being unexpectedly whisked off down the road to see a calf being born.....It was sad to finish such a fun and different holiday. We flew out from Frankfurt airport after the volcano eruption.....a few hours later, it would have meant spending a week in Frankfurt’s Qantas Club ... mmmm.

SPH ACTIVITIES

Rottnest Channel Swim

The 2010 Rottnest Channel Swim was held on 20 February 2010. This was the 20th anniversary swim. The swim is 19.7km (if you swim in a straight line!) starting from Cottesloe beach and finishing at Thompsons Bay. This year there were over 200 solo swimmers, about 140 duos (I did a duo) and more than 400 teams (4 people). Conditions were not ideal, particularly for the second half of the swim, with a reasonably large swell (2m) and early seabreeze. Ideally there would be no swell, a light easterly and no (or a very late) seabreeze. This year the swim took between 4.5 hours (winner) and 10.5 hours to complete.

SPH participants included Peter Franklin (pic right), Siobhan Hicking, the Nautical Smiles team Paula Hooper, Fiona Bull, Nicole Edwards and Sarah Foster. If I’ve missed anyone, I do apologise. Footage of the fateful day can be found here: www.youtube.com/watch?v=E1hJ2mdnsk8 courtesy of Siobhan.
Chris Young took part in the annual HBF Freeway Bike Hike for Asthma, which took place on Saturday 21 March, doing the 30km ride and raising $155 for the Asthma Foundation.

This event represents a unique opportunity to cycle on the southbound lanes of the Kwinana and Mitchell Freeways free from vehicles. It is also the only time the Graham Farmer Tunnel is open to cyclists as part of the 30km event starting from Belmont Park Racecourse, still a novelty to enjoy.

The event caters for all types of cyclists from those who race to families with young children.

The Freeway Bike Hike, now in its 6th year, was created as a unique fundraising event for the Asthma Foundation of Western Australia and has evolved into WA's largest mass participation cycling event. After five years it is now a regular fixture on the WA sports and community calendar and is WA's largest single day cycling event and the third largest cycling event in Australia, involving more than 8,000 participants.
Knowing where you belong is the key

Resilience is a key factor that helps Aboriginals rise above the past and successfully live between two cultures and achieve in today’s society, says University of WA researcher Marion Kickett.

A strong sense of connection with family and their land together with the opportunity to tell their story and forgive often long-held grievances were crucial foundations for developing this, she said.

For her PhD study Ms Kickett, a lecturer in the school of population health, conducted wide-ranging interviews using the tradition of yarning, with 10 men and 10 women who had been working for at least 10 years — some who have achieved senior roles and higher education — searching for common elements that had contributed to their success.

“Everyone said it was important to know who they were, who their people were and where their country or land was, who they were connected to such as relatives — where they fit in,” Ms Kickett said.

“A lot of people, if they didn’t have that, felt hopeless. They felt helpless so might have been drawn to drink or drugs. But once they had found where they belonged they were more able to pull their life together.”

Ms Kickett said every study participant said telling their story and being able to forgive past injustice allowed them to move forward with their lives.

“It was healing for them to get it out. Others talked about beginning to heal from the anger and hurt of the past — legacies of the colonial experience and racism — and that they couldn’t start healing until they had forgiven.”

Acquiring the education and skills that helped build a successful life then often followed.

Ms Kickett hopes her findings will provide the basis for developing healing workshops to help Aboriginals develop a greater sense of resilience.

“I don’t think we as Aboriginal people are healing as we should. We need to be letting go of all the pain, the anger and hurt. Many are still holding on to that and they are never going to move forward or be as resilient if they are going to hold on to that.”

She said her father had taught similar wisdom using the analogy of a willy-willy storm in a Dreamtime story. He said: “Hold the good in like a willy-willy but let go the bad — don’t hold your anger in.”

He said: “Hold the good in like a willy-willy but let go the bad — don’t hold your anger in.”
Kids’ book teaches ravages of scabies

AN endemic health condition, which affects up to 70 per cent of pre-school aged children in remote indigenous communities, is the subject of a new child's picture book launched in Broome.

Author Courtney Hodder, who studies health science at the University of Western Australia, said scabies was found in endemic proportions in many remote indigenous communities with a prevalence rate of up to 50 per cent in children and 25 per cent in adults.

Ms Hodder worked with WoundsWest to produce the book as part of her final year industry practicum.

She said the illustrated book, Billy and the Magical Baob Tree: A Fight with a Nasty Mite, was written for children aged five to eight years and simplifies the lifecycle, signs and symptoms, spread, management and prevention of scabies.

"Scabies is a serious public health problem that is transmitted by direct contact with infected persons and clothing," she said.

"Crusted scabies, a rare infection by Sarcoptes scabiei, has a 50 per cent mortality rate at five years."

Ms Hodder said she chose the project because she thought it could make a difference by stopping the cycle of scabies in remote communities. It was initiated by WoundsWest, a collaborative partnership between WA Health, Curtin University and Silver Chain which aims to improve wound assessment, prevention and management.

WoundsWest education project officer Juliet Keaton said the overall aim of the book was to improve the quality of life in indigenous communities.

"It is hoped over time the effect of the book will be to reduce the stigma of scabies by educating kids to recognise they have scabies and how simple it is to be free of scabies," Ms Keaton said.
Pets are a natural remedy

Fluffy, Fido and Tweety and their friends pay for their keep by boosting their owners’ mental and physical health

LEIGH DAYTON
SCIENCE WRITER

WHILE Bella isn’t a public health expert, the miniature schnauzer does lend a paw to someone who is, her owner Lisa Wood.

According to Wood, while she and her human colleagues worldwide produce enormous personal and community health benefits, Bella is a wiggy, furry reminder that it’s time to bring scientific rigour to a wealth of intriguing, often contradictory findings.

“It’s important to drill down into the benefits,” claims Wood, deputy director of the University of Western Australia’s Centre for the Built Environment and Health.

That’s as, research dating to the 1980s suggests that pet ownership has positive benefits on people, for instance promoting cardiovascular and mental health and reducing allergies and stress. Unfortunately, many of the studies haven’t been replicated, aren’t considered solid or produce equivocal results. Similarly, anecdotal evidence abound about the effectiveness of pet therapy in the management of conditions as diverse as depression, spinal injury, autism and Alzheimer’s disease.

Recently, though, researchers such as Wood have begun following up the leads, using more convincing methods. Last year, for instance, researchers with Japan’s Azabu University demonstrated that after dog owners play with their pets they experience a surge in oxytocin, a feel-good hormone linked to bonding and infant care.

And in the US, a team led by Shirin Mobasser of the Centre for Health Promotion and Disease Prevention reported last year that more than a quarter of pet owners who smoke would try to quit if they knew smoking harmed their cat, bird or dog.

More significantly, University of Melbourne researcher Bruce Headey has teamed up with German researcher Markus Grabka to quantify the health correlates of pet ownership using national survey data in Australia, Germany and, surprisingly, China.

Headey, with the university’s Institute of Applied Economic and Social Research, explains: “China is of special interest because until 1992 pets were banned as a silly bourgeois extravagance. Since they lifted the ban, dog ownership is about 10 per cent in big cities. . . . Our sample of 3000 people shows that when dogs were introduced to people with no history of pet ownership, the effect on health was.”

According to Headey, data from China’s “natural experiment” lacks similar results from Australia and Germany. Compared with pet-free people, those who live with other species benefit from better overall health, get more exercise, sleep better, take fewer days off work and see their doctor less.

“This has quite big implications for health savings,” Headey claims. “If we suddenly abolished Australia’s dogs and cats and their owners started going to the doctor the same as the rest of the population, health costs would go up.” How much? “That would jack up health costs by $3.66 billion annually.”

Meanwhile, Peggy McCord — chief of the Maryland-based National Institutes of Health’s child development and behaviour branch — and her deputy chief James Griffin have initiated a human-animal interaction research program to nail down the benefits of pets. In 2008 they teamed up with the Waltham Centre for Pet Nutrition, a British division of pet food giant Mars, to fund rigorous scientific study in the field.

It’s more welcomed by Wood, a self-described “real world-oriented” researcher who wants experts to have enough solid data to make health policy recommendations. That’s why she’s trying to unravel the mechanisms by which pets affect community and social networks, which in turn influence human health.

“That’s pretty nebulous,” she laughs, adding that Bella inspires her to find tangible ways of quantifying the indirect, as well as the direct, benefits of pet ownership.

Case in point: dog walking. Both Wood and her colleague Hayley Christian of UWA’s school of public health have conducted studies, crunched numbers and analysed the benefits to individuals and neighbourhoods of “dog-walking behaviour.”

Christian says: “Dog owners are physically more active than non-walkers and are more likely to meet exercise requirements.”

Along with UWA co-workers Matthew Knuiman and Billie Giles-Corti, she last year published the results of a study involving 773 Perth residents. They found that compared with recreational walkers, dog walkers do enough walking to meet the recommended 31 minutes of weekly walking.

Moreover, since they followed walking and non-walking participants for a year and included people who’d just acquired a canine companion, Christian’s group an...
Lisa Wood, seen above with her pet Bella, is trying to unravel the mechanisms by which pets affect community and social networks.

served a long-running question: are dog owners simply more active than non-owners or does getting a dog make them more active?

“The biggest fact was the dog. The dog provided the daily cue,” says Christian, who hopes to follow up the findings with a health promotion program involving veterinarians as advocates for dog-walking.

Dogs are social glue, Wood adds. Also collaborating with Giles Coti, as well as UWA’s Max Bulsara and Darcy Bosch, she used a survey of 339 WA residents to confirm the ripple effect of pets on communities. Pets of whatever species — from dogs and cats to birds, fish, guinea pigs, pocket pigs, rabbits and even snakes — boost co-operation, trust, civic engagement and a sense of “suburban friendliness”, they reported.

“Like the baby in the pram, sometimes it’s the pet that precipitates interaction,” Wood says, noting that looking after pets while neighbours go away can be as effective as taking pets to the park. It’s the presence of pet animals in a community, seen or unseen, that counts, claims Wood, who’s detailing her work in an upcoming book by the NICHID, The Role of Pets in Children’s Lives. Hendy and Grabka have also contributed to a forthcoming NICHID book, How Animals Affect Us. Their answer is no surprise. Despite the outlay on pet food, visits to the vet and the occasional animal accessory, pets are worth the money. They keep people healthy. They’re also fun to have around. Ask Bella.
ABC 702 Sydney (National Australia) radio

Leigh Dayton, Science writer for The Australian discusses the benefits of pets and the influence of animal and human companionship. She discusses research by Dr Bruce Heady, Institute of Applied Economics & Social Research, University of Melbourne, who calculated that Australia’s healthcare costs will rise $3.86b if all the dogs and cats were taken out of peoples homes. Dayton talks about Lisa Wood’s, School of Population Health at the University of Western Australia, research into how pet ownership changes the social relationships and sense of community in an area and therefore peoples health. Delroy says animal behaviourist Paul McGreevy is coming into the show next week.

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Wednesday 3 February 2010

Interviewees: Leigh Dayton, Science writer, The Australian
Duration: 14:13

Summary ID: W00037732394

2GB (Sydney) radio

Afternoons - 12/02/2010 - 01:53 PM

Chris Smith

Smith says dogs are great companions who help people sleep better and get more exercise and interviews Dr Lisa Wood, Dep Director, Uni WA Centre For Health, whose studies show dogs cause the release of feel good hormones in humans. Wood says she is surrounded by cats at the moment but has a dog at home. She says her research showed the benefit of pet ownership included a social aspect, getting people out and about and meeting neighbors, meeting people in the park, and also the incidental exercise. Wood says there is emerging research showing there are mental health and well being benefits too. She says studies have shown pet therapy has been shown to help with old people’s ailments such as alzheimers and for bringing out opinions in a therapy context. She says a new book, The Role Of Pets in Children’s Lives comes out in a few months, published in the USA, will have a chapter prepared by herself.

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Wednesday 3 February 2010

Interviewees: Dr Lisa Wood, Dep Director, Uni WA Centre For Health
Duration: 5:52

Summary ID: S00037853963

MX (Sydney)
12-Feb-2010

Page: 4
General News
Region: Sydney
Circulation: 96253
Type: Capital City Daily
Size: 35.72 sq.cms
Frequency: MTWTF--

Get ready for puppy love

Looking for love? Forget the pub and get a dog.

The Australian Veterinary Association says pets can be the ideal ice-breaker when it comes to meeting others, even a partner.

According to a study by the University of Western Australia’s School of Population Health, more than 50 per cent of dog owners and 40 per cent of pet owners meet people in their area because of their pet.

The Sydney Cats and Dogs Home is holding a Puppy Love event on Sunday.

The Singles Volunteer program will help people to meet while painting kennels or creating treats for rescued animals.


MX Brisbane
12-Feb-2010

Page: 4
General News
Region: Brisbane
Circulation: 40609
Type: Capital City Daily
Size: 39.56 sq.cms
Frequency: MTWTF--

● DOGGED DESIRE

Partners a pet project

Looking for love? Forget the pub and get a dog.

The Australian Veterinary Association says pets can be the ideal icebreaker when it comes to meeting others.

AVA president Dr Mark Laurie said pets could help you strike up a conversation and meet like-minded people.

“By regularly taking your dog to the park you can meet like-minded people, and this provides a great opportunity to strike up a conversation with someone you like the look of.”

According to a study by the University of Western Australia’s School of Population Health, more than 50 per cent of dog owners and 40 per cent of pet owners meet people in their area because of their pet.
Plea for pet pals
Aged can benefit from relaxed bans

By FELICITY WILLIAMS and LINDA CANN

BANS on pets must be relaxed as the population ages and more people move to high-density living, experts say.

Lisa Wood, an academic specialising in communities and health at the University of WA, wants retirement villages, apartment blocks, rental properties and local councils to lift restrictions on pets because of their benefits to owners and the broader community. She said this had become even more urgent as baby boomers retired and moved into apartments or retirement villages.

“In the past, a lot of those places haven’t allowed pets and one of the things we’re advocating is that those places and local governments that perhaps set some of the bylaws will think laterally about that,” she said. “It does bring companionship and social benefits.”

Ms Wood, who will speak at a Parks Victoria congress in Melbourne next week, said pets not only improved their owner’s mental and physical wellbeing, but also acted as a “social glue”, keeping communities together.

Pet owners were more likely to exchange favours with neighbours, get to know people in their suburb and consider their neighbourhood to be more friendly, her research found.

About 40 per cent of pet owners said they had met people through their animals. Walking the dog was the most likely to initiate contact.

Tenants Advice Service of WA spokesman John Perret said landlords should keep an open mind about tenants having pets.

“It’s hard to make a generalised comment about all situations — it depends on the type of pet and the reasons why the tenant has the pet,” Mr Perret said. “But we would say people need to be reasonable and there is scope under the Residential Tenancies Act for bonds for pets.”

WHERE PAWS FEAR TO TREAD

OUT AND ABOUT
- Except for seeing-eye dogs, pets generally aren’t allowed in restaurants, pubs, shops and theatres.
- All dogs must be leashed in public except in designated off-leash areas in public parks and beaches.

RENTAL PROPERTIES
- Tenants must obtain their landlord’s consent before getting a pet.
- Many leases have a “no pets” clause.

RETIREMENT VILLAGES
- Pet policies are set by the owners’ corporation, resident committee or owner-occupier.
- Some have a blanket ban on all pets, while others restrict number, size or type.
- Some allow residents to bring their pet when they move in but don’t allow them to replace the animal when it dies.
Optimising learning

ACADEMIC success and good health are outcomes most parents and schools prioritise and strive to attain for their children and students, but many don’t know there is an even more significant link between the two.

According to the Department of Sport and Recreation (DSR), parents and teachers should be looking at increasing the time children spend in sport or physical activity as a strategy to potentially optimise their learning.

"With a new year now upon us, and with parents being a major influence in their child’s participation in sport and recreation, parents are being urged to make it their resolution to encourage their children to be more physically active – whether it be joining a local sport or recreation club, throwing a frisbee in the park or walking them to school," said DSR director general Ron Alexander.

A review of Australian and international research by UWA academic Karen Martin surrounding the relationship between physical activity and academic success supports the theory that children who are more physically active are more likely to achieve better academically.

At the time of the study or at follow up, the great majority of university-based, internationally published research in this field found a positive association between children’s levels of physical activity, or sport, and cognitive functioning or academic success.

The review found study groups that received extra physical education from a trained specialist or specially trained generalist teacher had an advantage over control groups, in teacher ratings of classroom behaviour.

Study results showed increased learning per unit of time when children were engaged in higher levels of physical activity, and supported the theory that increasing physical activity has a positive effect on learning.

For more information, see the ‘Value of Sport and Recreation’ section on the DSR’s website at www.dsr.wa.gov.au

Parents can also find sport and recreation clubs in their local area using the ‘Find a Club’ tool on the ‘Clubs’ section of the website.

SHOULD I GO TO CLASS TODAY?

- Begin
- Is there a test?
  - Yes → Will you pass this class regardless of your score on this test?
    - Yes → Go to class, it's your teacher's fault.
    - No → You're screwed, try not to crash on the desk.
  - No → Go to the boot, drink and make fun of your classmates.

- Does your professor have graded "Class Participation"?
  - Yes → Do they test over the stuff they talk about in Lecture?
    - Yes → Go to class, get up your test, record, go home, pass out.
    - No → Do you professor take attendance?
      - Yes → You're screwed, try not to crash on the desk.
      - No → Are you kidding? It's pardilence Week ok.
  - No → Does you professor take attendance?
    - Yes → You're screwed, try not to crash on the desk.
    - No → Are you kidding? It's pardilence Week ok.
“Learn from my mistake” jokes

When doing electrical work and accidentally dropping a screw down your sleeve, remember to tell your co-worker before trying to wriggle it out. He may think you’re getting an electrical shock and break your both legs with a 2 by 4 when trying to get you loose from the wiring. #LFMF

A text from my wife. “NTS: a block of cheese in a computer bag looks like a hunk of C4 and will cause a full alert at the airport.” #LFMF

Try to remember the major events in your friends’ lives, even those you don’t see often. Otherwise you risk asking your old pal how her fiancé is doing, and being informed that he is, in fact, “still dead”. #LFMF

Wait a few minutes after the popcorn comes out of the microwave before putting the unpopped kernels in your mouth. Just because they haven’t popped yet doesn’t mean they won’t… #LFMF

If you bring your trash cans into the garage at night so the raccoons won’t get in the trash, make sure there isn’t a raccoon already hiding in the trash can. They can jump pretty high when you take the lid off. #LFMF

Don’t flee from police unless you are in good shape. When you jump a barbed wire fence, get your shoelaces caught and end up hanging up side down, the only thing between you and freedom is a sit up. #LFMF

If you need to walk into another room to scream out of frustration, at least make sure there isn’t a meeting going on in there first. #LFMF

C_BEH happenings

Sixteen staff and students at the C_BEH were some of the 120,000 Australians from 2,400 workplaces who made this year’s A Taste of Harmony the biggest, best & most delicious year ever!

A Taste of Harmony is about recognising and celebrating the rich cultural diversity that exists in Australian workplaces.

An initiative of The Scanlon Foundation, A Taste of Harmony took place during the week of 15 - 21 March 2010 and coincided with National Harmony Day.

A Taste of Harmony encourages all workplaces to celebrate their diversity by gathering colleagues together over a delicious lunch made up of foods from different lands.

Our talented and diverse workplace celebrated with an array of mouth watering delights including “skippy meatballs” (Australian), capsicum and tomato curry (Nepalese), Rogan Josh and rice (Indian), and pancakes and maple syrup (Canadian)

WA expertise sought for NSW Healthy Built Environments Program Advisory Board

NSW Health officials recently launched a new initiative with UNSW planning experts at the University of New South Wales to investigate relationships between health and the built environment.

The UNSW City Futures Research Centre has won $1.5m in funding from the NSW Health Department to set up the NSW Healthy Built Environments Program (HBEP), the first such collaboration between health officials and planning academics. This Centre will be a ‘sister-centre’ to the Centre for the Built Environment and Health, and Professor Billie Giles-Corti recently attended her first Advisory Board meeting as a Foundation Board member of the new program.

As Australia faces increasing health costs from an ageing population and rising rates of obesity, diabetes and lifestyle diseases, health professionals are seeking to influence the design of cities to make them more supportive of healthy ways of living. Launching the new program, NSW Deputy Premier and Minister for Health Carmel Tebbutt said planning requirements had changed considerably in recent years to take into account factors such as promoting social welfare and building cohesive communities.

“This program will take the next step, and examine how design and environmental factors such as access to public transport, car dependency, the amount of green space, and number of cycleways and walking paths influence the health of residents,” Ms Tebbutt said.

**Academic and Community Achievement Award**

- Nominations now open

Nominations are now called for for the UWA Population Health Postgraduate Society Academic and Community Achievement Award.

The UWA School of Population Health and the Population Health Postgraduate Society would like to recognise the academic and community achievements of their postgraduate research and coursework students, through the Academic and Community Achievement Award. Last year's inaugural award was Fatima Haggar.

We strongly encourage staff and postgraduates to nominate someone (or themselves) they consider worthy of this award (according to the criteria below and instructions attached), as it will be regarded highly both in the School and by future employers. All nominees will be announced and the winner will receive recognition with a framed certificate for their efforts, a cash prize and their name placed on the honour board located on the first floor of SPH.

The winner will be announced at the upcoming UWA Health Ball on Friday 21st May 2010 at the Hilton Argyle Ballroom.

The selection criteria for the award are as follows:

- The nominee should display achievement in TWO OR MORE of the following areas:
  - Shows positive character/exemplified leadership qualities and/or shows enthusiasm for the Public Health field.
  - Participates and contributes to overall School, University and community activities.
    (ie supports School seminars, presentations, social events, professional association membership, voluntary or charity work)
  - Demonstrates consistent academic performance and engages with classroom discussion.
  - Contributes to research activities
    (ie publications, presentations, conference/work shop/seminar attendance)

Nominators should address these selection criteria for the nominee using the Nomination Form template.

Please forward completed nominations to Victoria Gray, School of Population Health, UWA in either her pigeon hole/mailbox or email to victoria.gray@uwa.edu.au.

If you have any queries please do not hesitate to contact Victoria at the above address or phone 6488 7379.

Nominations close on Thursday 6th of May 2010 at 4PM
HSA news
- Graduate book launch

The UWA Health Science Alumni launched their Health Science Careers Graduate Profile Book at a special event held at The Wembley in April, along with 30 graduates, staff and industry representatives. The book showcases the career profiles of a broad range of our graduates and offers some insights from some of our employers. This is particularly important as it helps to answer the tricky question of “What do you become when you graduate with a Health Science degree?”

Creating the book was a key vision of the HSA when it was launched in 2008. We are thrilled to have made that vision a reality in less than two years - it is a major achievement for the Health Science Alumni and the degree.

Thank you to everyone who made this book a possibility: the Health Science Alumni for coordinating and creating the book; the graduates who shared their vocational stories and career advice; the industry representatives who shared their experiences working with our graduates; and to Jane and the Faculty for their on-going support and funding.

The book is targeted at prospective and current students interested in a career in public health, as well as our graduates and industry members.

There will be some copies available in the front office for anyone keen to check them out.

Vicky and Ania
UWA Health Science Alumni Communications Officers
hsa@sph.uwa.edu.au
UWA Health Ball 2010

DJ GOFF & PROOF THE BAND

THEME: Colours of Autumn
Parmelia Hilton Hotel, Argyle Ball Room
Friday 21st May, 7 pm to midnight

Tickets:
$105 for HSS and PHPS members
$110 for HSA members
$120 for others

Earlybird price of $975
for tables of 10
submitted by 14/4/10

18+ Event

Raffle on the night:
Win a night’s stay at the Parmelia Hilton

Tickets available from:
- HSS - Alex Clark - clarka07@student.uwa.edu.au
  or your HSS year rep
- Staff - Victoria Gray - victoria.Gray@uwa.edu.au
- PHPS - Louise Schreuders - louise.schreuders@uwa.edu.au
- HSA - hsa@sph.uwa.edu.au
Social Committee news - Pop Goss

Coming soon:
Relay for Life Morning Tea
11am Friday 30 April
Come along for a great morning tea, courtesy of SPH's Master of Nursing Science student team and support them in their fundraising. Get to know some of our nursing students and make them feel part of the School.

Cancer Council Biggest Morning Tea
10am Tuesday 25 May
The Social Club will be putting on morning tea in the courtyard (weather permitting) to raise funds for the Cancer Council. Last year was a great success with some wonderful blueberry and plain scones and we hope to do the same this year. Bring your tea cups and some cash and hang out with your SPH mates in the garden, this time without the hail. We hope.

Australia’s Biggest Morning Tea is one of Cancer Council’s leading fundraising events and the largest, most successful event of its kind in Australia. Over $70 million has been raised since it first began in 1994. The concept is simple, host a morning tea for your friends or workmates and raise funds to help the fight against cancer.

Taking suggestions here
Sometime in October
This space left deliberately vacant - if you have an idea on what to put in it, please let your Social Club know. That’s Georgie Dolphin, Fiona Maley, Margaret Mathews, Vicky Gray, Rhett Brennan, Gina Wood, Elina Spina, Anna Hynde, Svein van Oyen and Steve Ridout.

Multicultural luncheon
Sometime in September
Ramadan ends on Friday 10 September this year, which seemed like a great reason to have a multicultural lunch around then. Bring a plate of fabulous food and sample other fabulous food that other people have brought to share. What could be better?

Food Bank/Carry a can to work
Sometime in July
This is a charity function we ran last year with great success. So naturally we’ll do it again. Running for a few days, perhaps a week, you can bring in a can or two to donate to the Food Bank, who deliver food via various community groups to those who need it. We’ll think up some way to make it worth your while - we always do.

Cupcake Day for the RSPCA
Sometime in August
Ah we love cupcakes. Last year we collected food and donations for the Shenton Park Dog Refuge. This year we’ll collect food, toys and donations for both dogs and cats, perhaps the home for distressed gentle ferrets too. So bake some cupcakes and/or bring your appetite and join in the fun and frivolity. See if you can beat Rhett in the extreme cupcake eating challenge.

Melbourne Cup lunch
Tuesday 2 November
You know the drill - bring a plate with food on it, wear a hat, have a flutter and watch the race. Sweeps ably run by Margaret and Steve. This year we may add some extra excitement - stay tuned.

SPH Christmas Party
2009’s Christmas Party was awesome. We know because we were there. We’ll be running it again this year at the UniClub. It’s looking like it will be on Tuesday 14 December, purely because that was the best date available, and not because we don’t like whomever is teaching that day (apologies D’Arcy and David - perhaps you can tag team?) or whomever is starting their holiday early. Actually, with those latter ones we might be feeling a little jealousy.
All too much?
Coming NEXT WEDNESDAY

Your SPH Social Committee is proud to present our monthly
HUMP DAY DRINKS

5pm Wednesday 28 April
Where? The Capitan Stirling Hotel, Stirling Highway
Come and join us for a drink and some polite conversation!
We’ll do our best to find some.

Walking Group:
In an effort to resurrect the walking group a bunch of us will
leaving from SPH reception at 4.45 PM for a leisurely stroll to
the pub! Join us or meet us there!
Joke du jour: the US healthcare reform paranoia

Youtube du jour
http://www.youtube.com/watch?v=K0DCPKSSbwM
http://www.youtube.com/watch?v=g5hPb4KOrKg&mode=related&search
**Brand new people**

**Introducing Cooper**

Jacinta Francis and her partner Aaron, had a son - Cooper James Jambu – he was born 10.40am on the 27th February (3.4 kg or 7 lb 8oz). Cooper is described as ‘beautiful’.

**Introducing Joe**

Joel Stuart Fuller was born 6.37pm on Thursday 10th December. 9lb 7oz, 54 cm in length. His Dad, Stuart Fuller worked at SPH for 10 years and I’ve been there for nearly 7, so a few people might be interested in the news.

He’s nearly 4 & 1/2 months now but here is a mega cute (yep biased I know) photo we took of him when we were seeing how long he was at 8 weeks.

I’ll be back to work at the start of August.

**Introducing Abbas**

Syed Hussain and his wife Ira are the proud parents of a baby boy. Abbas was born at 7:41 p.m. on the 1st of March 2010, weighing 2.6 kg.

**Introducing Elliot**

Chantal Ferguson (Ecology and Health’s Chantal Tomkins) and husband Tom are pleased to announce the birth of their son Elliot on Friday the 26th March. He weights 3.4 kilos (7.5 lb). They are all very well and Elliot is great.
In remembrance: Denise Bracken

I think I've seen most of you since my return from New Zealand but in case our paths haven’t crossed I want to tell you that the wake held in Denise’s sister’s home according to Maori tradition and her funeral were beautiful. People stayed with her from the time of her arrival back in NZ and whilst there was much sadness and disbelief they were also happy moments as people recalled time spent with Denise.

The funeral was held in a beautiful wooden church in Pahiatua the small North Island town where Denise was born and grew up. Her mother Joyce still lives there along with Denise’s 2 sisters and 2 of her 3 brothers. Luckily her brother David was able to make the connections from Tonga to be there for the funeral. Her family are beautiful people and I’ve now met them all including many neices, nephews, cousins and schoolfriends. The church was packed and was a mixture of Christian and Maori traditions and customs as many of Denise’s extended family and her two sons are Maori. Her ex-mother-in-law is a Maori elder and gave a most beautiful eulogy in English followed by one of the boy’s friends in Maori. Then a group of the boys’ friends sang a Maori song which had everyone in tears. Six of Denise’s neices carried her into the church and Trevor, her sons Adrian and Haden and her 3 brothers carried her out. It was very moving. Many of her former colleagues from the University of Waikato made the 10 hour round trip to attend and it seemed as if most of the town were there too.

I had the great honour of speaking on behalf of the School about Denise’s impact on us all. Afterwards over a cup of tea and too many homemade cakes many people commented that having just seen her on her holidays they knew that Denise loved Perth and working at UWA and were delighted to know that the love and respect was reciprocated. I have a dvd of the funeral if you would like to borrow it or perhaps we could watch it as a group.

Some of you had the opportunity to see Trevor when he came into the office last week upon his return from NZ. I know he appreciated your kind words and thoughts and I also know that many of you were assisted in the grieving process by talking with Trevor. But even though I’ve seen her and attended her funeral and met all her family I still find it incredibly hard to believe that she won’t just walk into the office again.

Janette and I spent a few hours on Sunday with Trevor and Adrian (Denise’s eldest son) and they were honoured to have a Memorial Service here at UWA.

Di Valli

At the get together last Monday morning for our dear Denise, it was agreed that we aim to raise $450 to sponsor a child in a school in India in Denise’s name for the next year. This is a donation that she started in December and we thought it would be appropriate for the School to honour this wish and continue with this rather than sending flowers.

I have been in contact with Rishi Kumar, the founder of the Balmaitri School and Children’s Home to which Denise had made her donation (www.balmaitri.org), advising him of the fundraising in Denise’s honour. I have copied the two emails below that I received from Rishi. He proposes that we put the money towards the construction of a library at the school which will serve all the children for years to come and that he will put a commemorative plaque in the wall for Denise.

I was thrilled with Rishi’s suggestion. Can you imagine how Denise’s partner, children and family in New Zealand will feel to know that she is being commemorated in this way at a remote village school, on a dusty road in the foothills of the Himalayas? I volunteer at the school every year so will be able to take photos on my trip at the end of the year if construction is completed by then.

Anyone wishing to make a donation or arrange child sponsorship can contact me on janobarr@gmail.com.

I will ask Diane to advise Denise’s family. Diane said the funeral was really beautiful and very well attended. The family were so thrilled to have Diane there representing us at this incredibly sad and unbelievable time.

Thank you so much on behalf of Rishi and the children at the Balmaitri School and Children’s Home.

Jannette Barrett
Konrad Jamrozik remembered

Konrad Jamrozik was a very prominent person in the history of public health at UWA and there are many of us who know him as friend and/or colleague. Sadly, Konrad was diagnosed with a malignancy in September 2009 and lost his battle with this disease on 24 March 2010. A funeral service for family, friends and colleagues was held in Adelaide on 31 March 2010. A number of SPH staff attended the funeral.

Konrad commenced his medical training in Adelaide and completed it in Hobart in 1978 before going to Oxford to do a doctorate on GPs and smoking cessation advice. He then spent a year or so in PNG before returning to Australia and taking up a post as Research Fellow in Clinical Epidemiology at UWA joining people like Michael Hobbs, Judith Stratton, Bruce Armstrong, and Fiona Stanley who led the academic Public Health Unit which was part of the Department of Medicine at that time. He was at UWA from 1984 to 2000 and during that time rose from Research Fellow/Lecturer to Professor. During his time at UWA he was a leader in the education of medical students (he designed and conducted a trial of problem-based learning for medical students) and public health students (he taught a number of epidemiology-type units in the postgraduate program) and had broad research interests in epidemiology, health promotion and public health. He was a leader of the cardiovascular epidemiology group within the Department/School and was passionate about smoking control (he is a self-described part-time activist but full-time advocate for tobacco control) and rowing and cycling amongst other things.

He left UWA in 2000 to take up the Chair in Primary Care Epidemiology at Imperial College, London, then came back to Australia in 2004 as Professor of Evidence-based Health Care at the University of Queensland and then in 2007 completed the circle with his move back to Adelaide to be Head of School of Population Health and Clinical Practice at the University of Adelaide.

Konrad's talents, passion and achievements are well known and admired both nationally and internationally. He has held many important and influential positions in tobacco control including Chair of the Australian Council of Smoking and Health and Chair of the National Heart Foundation's Tobacco Control Committee and has made numerous submissions and contributions on tobacco control that have influenced policy, practice and legislation. His 30 years of anti-smoking efforts were recently recognised by the award of the Nigel Gray Medal at the 2009 Oceania Tobacco Control Conference and he also won the PHAA (WA) President’s Award for 2009.

The School of Public Health has recognised his contributions to postgraduate public health education at UWA through a MPH student prize in his name. Konrad was aware of this tribute. If you would like to make a donation to this prize please contact the SPH front office.

The School also organised a special memorial celebration for Konrad on 21 April 2010 at the UWA Boatshed. Current and former UWA staff and postgraduate students who knew him well, as well as other academic and professional colleagues from around WA, attended this memorial celebration of his contributions to public health. Tributes were made by Judy Stratton (former Professor in Public Health at UWA), Michael Hobbs (Emeritus Professor, School of Population Health), and Michael Daube (Professor in Public Health Advocacy at Curtin university) who each knew and worked with Konrad for over 25 years.

The event was very well received. One of the attendees said, “To me he was perhaps the bravest and most committed researcher into Public Health that I have ever come across. He was always prepared to put himself on the line in exposing some of the very heavyweight perpetrators of ill-health and by so doing provided a beacon of light in encouraging lay people who were trying to battle the same sociopathic entities. Oh, that we could produce many more Konrads!”

The School acknowledges that public health has lost a great ambassador and scholar and offers its condolences to his family.

Matthew Knuiman