

## Publications

### 2023

1. Gilchrist H, Haynes A, Oliveira JS, Sherrington C, Clementson L, Glenn J, Jones J, Sesto R, Tiedemann A. 'My words become my hands': Yoga instructors' experiences of adapting teleyoga in the SAGE fall prevention trial-A qualitative analysis. *Digit Health*. 2023 Jul 6;9:20552076231185273. doi: 10.1177/20552076231185273.
2. Baldwin JN, Pinheiro MB, Hassett L, Oliveira JS, Gilchrist H, Bauman AE, et al et al Physical activity research: time to scale up! *British Journal of Sports Medicine* Published Online First: 17 May 2023. doi: 10.1136/bjsports-2022-106361
3. Haynes A, Gilchrist H, Oliveira J, Sherrington C, and Tiedemann A. Avoiding God's Waiting Room: Lessons from the Lived Experiences of Older People who Use Digital Technology to Support Physical Activity. *Physical Activity and Health* 2023 7(1): 24–42. <https://doi.org/10.5334/paah.221>
4. Gilchrist H, Haynes A, Oliveira JS, Grunseit A, Sherrington C, Bauman A, Shepherd R, Tiedemann A. The value of mind-body connection in physical activity for older people. *Journal of Aging and Physical Activity* 2023 31(1):81-88. <https://doi.org/10.1123/japa.2021-0503>

### 2022

5. Haynes A, Gilchrist H, Souza De Oliveira J, Sherrington C, Tiedemann A. "I wouldn't have joined if it wasn't online": understanding older people's engagement with teleyoga classes for fall prevention. *BMC Complimentary Medicine and Therapies* 2022 22:283. <https://doi.org/10.1186/s12906-022-03756-1>
6. Baldwin J, Hassett L, Pinheiro M, Oliveira J, Gilchrist H, Bauman A, Bull F, Willumsen J, Officer A, Tiedemann A, Sherrington C. Impact of physical activity programs and services for older adults: a rapid review. *International Journal of Behavioral Nutrition and Physical Activity* 2022 19:87. <https://doi.org/10.1186/s12966-022-01318-9>
7. Haynes A, Gilchrist H, Souza De Oliveira J, Lord, S, Grunseit A, Sherrington C, Tiedemann A. What helps older people persevere with yoga classes? A realist process evaluation of a COVID-19-affected yoga program for fall prevention. *BMC Public Health* 22:463. <https://doi.org/10.1186/s12889-022-12818-5>

### 2021

8. Haynes A, Gilchrist H, Souza De Oliveira J, Sherrington C, Tiedemann A. Using realist evaluation to understand process outcomes in an COVID -19 impacted yoga intervention trial: a worked example. *International Journal of Environmental Research and Public Health* 2021 18(17): 9065. <https://doi.org/10.3390/ijerph18179065>
9. Pinheiro M, Oliveira J, Tiedemann A, Hassett L, Baldwin J, Costa N Gilchrist H, Wang B, Kwok W, Albuquerque B, Pivotto L, Carvalho-Silva A, Sharma S, Gilbert S, Bauman A, Sherrington C. Physical activity programs and services for older adults: a review of effectiveness from primary studies 2021 (Commissioned report for World Health Organization)

### 2015

10. Gordon R, Jones S, Barrie L, Gilchrist H. Use of brand community markers to engage existing lifestyle consumption communities and some ethical concerns. *Journal of Macromarketing* 2015 35(4): 419-434. <http://dx.doi.org/10.1177/0276146714564873>

### 2014

11. Ullman J, Sullivan G, Gilchrist H. Sexual Orientation, Gender and Inclusive Education: The Impact of Learning Environment and Social Support for Lesbian, Gay, Bisexual and Transgender Children and Youths. In: *Global Perspectives on Gender & Sexuality in Education: Raising Awareness, Fostering Equality, Advancing Justice*. Brown, Elinor (Ed) 2014 Information age Publishing (Book chapter).

### 2012

12. Gilchrist H, Smith K, Magee CA, Jones SC. A hangover and a one-night stand: Alcohol and risky sexual behaviour among female students at an Australian University. *Youth Studies Australia* 2012 31(2): 35-43. <http://dx.doi.org/10.1177/0276146714564873>
13. Jones SC, Gilchrist H, Gregory P, Barrie L. It might be illegal but I'll do it anyway: the problem of underage alcohol supply. *Drug And Alcohol Review* 31(S1): 22-22. <https://doi.org/10.1111/j.1465-3362.2012.00514.x>
14. Jones SC, Gilchrist HE, Gregory CJP, Barrie LR. Supply Means Supply: Measuring the Effectiveness of an Underage Drinking Intervention Targeting Secondary Supply. Centre for Health Initiatives, University of Wollongong. Commissioned report for NSW Police
15. Jones SC, Robinson L, Gilchrist H, Barrie L. Supply means supply-what does 'supply' mean? Consumer responses to a campaign targeting secondary supply of alcohol to teenagers. *New Zealand Marketing Academy Conference 2012: Proceedings*; Lee, R. Eds.; Ehrenberg-Bass Institute for Marketing Science, Edith Cowan University: Australia; pp 1-7.

### 2011

16. Gilchrist H, Jones SC, Barrie L. Experiences of emergency department staff: Alcohol-related and other violence and aggression. *Australasian emergency nursing journal*. 2011;14(1):9-16. <https://doi.org/10.1016/j.aenj.2010.09.001>

### 2010

17. Gilchrist, H and Sullivan, Gerard. Integrating theory and method to promote social change: the case of young women and physical activity. In *Qualitative Journeys: Student and mentor experiences with research*. Minichiello, V and Kottler, J. (Eds). 2010 Sage, Thousand Oak (book chapter).

### 2007

18. Fullagar S, Gilchrist H, Sullivan G. The construction of youth suicide as a community issue within urban and regional Australia. *Australian e-Journal for the Advancement of Mental Health*. 6. <http://dx.doi.org/10.5172/jamh.6.2.107>
19. Gilchrist H, Howarth H, Sullivan S. The Cultural Context of Youth Suicide in Australia: Unemployment, Identity and Gender. *Social Policy and Society* 6(2): 151-163. <http://dx.doi.org/10.1017/S1474746406003423>

### 2006

20. Gilchrist H, Sullivan G. The Role of Gender and Sexual Relations for Young People in Identity Construction and Youth Suicide *Culture Health and Sexuality* 2006 8(3): 195-209 <http://dx.doi.org/10.1017/S1474746406003423>
21. Gilchrist H, Sullivan G. Barriers to help-seeking in young people: community beliefs about youth suicide. *Australian Social Work* 2006 59(1): 73-85. <http://dx.doi.org/10.1080/03124070500449796>

22. Gilchrist H. Senate Committee Report into Women in Sport and Recreation in Australia. 2006. Published submission.

### 2004

23. Gilchrist H. How do constructions of gender influence young women's physical activity participation and experiences? *Redress - Journal of the Association of Women Educators* 2004 13(2): 10-16. (Non-peer reviewed journal)

### 2001

24. Gilchrist H. The Physiotherapist's Role in Palliative Care. in: Howarth, G and Leaman, O (Eds.) *The Encyclopaedia of Death and Dying* 2001 London: Routledge. (Encyclopaedia entry)

### 1997

25. Gilchrist H, Sullivan G, Heard R. Attitudes of Australian Physiotherapy Students Towards AIDS. *Physiotherapy Theory and Practice* 1997 13(4): 265-278.  
<http://dx.doi.org/10.3109/09593989709036473>

## Presentations

### 2023

1. *Physical activity programs and services for older adults: a review of effectiveness from primary studies*. Oral presentation at International Society for Behavioral Nutrition and Physical Activity (ISBNPA) Conference, Uppsala, Sweden. June 2023
2. *Is Dance exercise in Disguise? An impact evaluation of the RIPE and Come dance programs targeting fall prevention and wellbeing*. Oral presentation at NSW Annual Fall Prevention and Health Ageing Forum. May 2023

### 2022

3. *The importance of the mind-body connection in physical activity for older people – findings from the SAGE yoga trial*. Oral presentation at Australian Association of Gerontology National Conference, Adelaide November 2022
4. *Use of behaviour change techniques (BCTs) in physical activity programs and services for older adults: findings from a rapid review*. Virtual poster presentation at Australian Society of Physical Activity Conference, Melbourne, Australia November 2022
5. *The use of behaviour change techniques in physical activity programs and services for older adults* Oral presentation at International Society for Physical Activity and Health (ISPAH) Congress, Abu Dhabi, UAE October 2022
6. *Understanding older people's engagement with online yoga classes: What works for whom and why?* Poster presentation at International Society for Physical Activity and Health (ISPAH) Congress, Abu Dhabi, UAE October 2022

## Curriculum Vitae

Heidi Gilchrist  
[heidi.gilchrist@sydney.edu.au](mailto:heidi.gilchrist@sydney.edu.au)  
+61 402039301

7. *The use of behaviour change techniques in physical activity programs and services for older adults* Virtual poster presentation at International Society on Behavioural Nutrition and Physical Activity Conference, Phoenix Arizona May 2022

### 2021

8. *What's so good about yoga? A realist theory from the SAGE trial.* Virtual Presentation at Australia and New Zealand Falls Prevention Conference, Auckland December 2021.

### 2008

9. *Body projects: the influence of gender on young women's physical activity* Oral presentation at Public Health Congress, Brisbane, Australia. July 2008.

### 2007

10. Gerard Sullivan and Heidi Gilchrist: *Sexual Orientation, Marginalization and Youth Suicide* Invited presentation at the World Congress for Sexual Health Sydney, Australia April 2007

### 2006

11. *Young women and physical activity: the influence of constructions of gender* Presentation at University of Sydney Faculty of Health Sciences "From Cell to Society 5" Conference, Leura (short-listed for best research award) November 2006

### 2003

12. *How do constructions of gender influence young women's physical activity participation and experiences?* Oral presentation at New Zealand and Australian Association for Research in Education (NZAARE) Conference, Auckland December 2003
13. *The role of gender and sexual relations for young people in identity construction and youth suicide.* Oral presentation at New Zealand and Australian Association for Research in Education (NZAARE) Conference, Auckland December 2003
14. *Young women, physical activity and constructions of gender* Oral presentation at Australian and New Zealand Leisure Studies Conference, Sydney June 2003
15. *Young women's understandings of physical activity and its role in their leisure and work lives after they have left high school* Oral presentation at PESA Conference, Sydney (Post-graduate Education Students Association) May 2003

### 2002

16. *School's out: homosexuality, bullying and suicide* Oral presentation at AARE Conference, Brisbane December 2002
17. *Sexual orientation, marginalisation and youth suicide: Implications for schools* Oral presentation Health Indifference 4: Fourth National Lesbian, Gay, Transgender and Bisexual Health Conference, Sydney October 2002
18. *Developing predictors of physical activity among young women* Presentation at the NSW Institute of Educational Research Forum, Sydney May 2002
19. *Developing predictors of physical activity among young women* Poster presentation at The Australian Health Promotion Conference, Sydney June 2002

## Grants

1. Tiedemann A, Hassett L, Phongsavan P, Bauman A, Houssami N, Howard K, Rosenbaum S, Luscombe G, Kwasnicka D, **Gilchrist H**, Biswas RK, McKeon G, Wallbank G. Active Women

## Curriculum Vitae

Heidi Gilchrist  
[heidi.gilchrist@sydney.edu.au](mailto:heidi.gilchrist@sydney.edu.au)  
+61 402039301

over 50 in rural, regional, and remote areas: an effectiveness-implementation trial. MRFF Grant (APP2024387) 2023-2027 **\$1,218,977**

2. **Gilchrist H**, Tiedemann A, Sherrington C, Haynes A, Souza de Oliveira J, Merom D. Is dance exercise is disguise? Evaluation of the RIPE dance program for people aged 60+AAG RM Gibson ECR grant 2022-2023 **\$6,900**
3. **Gilchrist H**. EMCR Boost Faculty Publication and Travel Grants Scheme **\$4000**
4. Oliveira J, Sherrington C, Tiedemann A, Richards B, Naganathan V, Seibel M, Needs C, Jennings M, Pinheiro M, Haynes A, Costa N, **Gilchrist H**, Hassett G. Implementing supported referral to community-based fall prevention exercise into osteoporosis clinics: A co-design tailored strategy involving multiple stakeholders; ANZMUSC Seeding grant 2021-2023 **\$19,974**
5. **Gilchrist, H** Alcohol sponsorship of sporting events: exposure awareness and attitudes of young people; 2009-2011 UOW URC ECR Grant **\$12,062**
6. Jones SC, **Gilchrist H**. Alcohol Sponsorship of the National Rugby League: What is its impact on young males? 2010-2011 NSW Health Drug and Alcohol Grant **\$19,829**
7. **Gilchrist H**, Smith K. Alcohol attitudes and behaviours of Australian male university students: are they linked to risky sexual behaviours? 2010-2011 CHI Small Grant **\$3,000**
8. Jones SC, **Gilchrist H**, Stillfried G. Measuring the effectiveness of underage drinking interventions. 2009-2010 URC Partnership Grant with NSW Police **\$58,113**
9. **Gilchrist H**. Constructions of health risk in television advertisements: what is their impact on people's health understandings and lifestyle choices? 2009-2010 CHI Small Grant **\$3,000**
10. **Gilchrist H**. Alcohol attitudes and behaviours of Australian female university students: are they linked to risky sexual behaviours? 2009-2010 HBS ECR Small Grant **\$3,000**
11. Jones SC, Gilchrist H. Building an evidence base to reduce alcohol related crime in the Illawarra. 2009-2010 South Eastern Sydney Area Health Service Grant **\$5,000**

## Awards

1. Gilchrist H. 2002-2005 Australian Postgraduate Award Recipient, University of Sydney
2. Gilchrist H. 2002-2005 Supplementary Scholarship by College of Arts and Social Sciences, University of Sydney
3. Gilchrist H. 2002, 2003, 2005 Faculty of Education Postgraduate Research Funding Grant (\$1,500) University of Sydney
4. Gilchrist H. 2003 Thomas T. Roberts Traveling Fellowship (\$10,000), University of Sydney
5. Gilchrist H. 1994 Awarded University Medal, Faculty of Health Sciences, University of Sydney

# Curriculum Vitae

Heidi Gilchrist  
[heidi.gilchrist@sydney.edu.au](mailto:heidi.gilchrist@sydney.edu.au)  
+61 402039301

6. Gilchrist H. 1994 Winner of 'The Alcusai Prize for Research' Awarded for the best undergraduate research project, Faculty of Health Sciences, University of Sydney

## Media

IMH Chats Podcast December 2022. In conversation with Rik Dawson

## Positions held

- 2022-present Full-Time Teaching and Research Academic (Level B) in Public Health (continuing), School of Public Health, University of Sydney
- 2022-present Master of Public Health (MPH) Academic Program coordinator, School of Public Health, University of Sydney
- 2023 – present Unit Coordinator, PUBH5036 Public Health: Critical Challenges, School of Public Health, University of Sydney
- 2021-present Institute for Musculoskeletal Health and Sydney Musculoskeletal Health flagship researcher
- 2022 Unit Coordinator PUBH5040 Practice Placement in Public Health, School of Public Health, University of Sydney
- 2011 -present Self-employed private practice physiotherapist
- 2021- 2022 Postdoctoral Research Associate (0.6 FTE) Institute for Musculoskeletal Health, School of Public Health, Faculty of Medicine and Health, University of Sydney
- 2022 Tutor, Public Health: Critical Challenges School of Public Health, Faculty of Medicine and Health, University of Sydney
- 2021 Tutor, Research Methods for Multidisciplinary Practice School of Health and Society, Faculty of Arts Social Sciences and Humanities, University of Wollongong
- 2021 Lecturer, Public Health, Master of Public Health (MPH) Program Academic Coordinator (0.4 FTE) University of Sydney

*April 2011 - September 2020 Academic career interruption due to carer duties*

- 2009-2011 Postdoctoral Research Fellow (0.8FTE) Centre for Health Initiatives, University of Wollongong
- 2010 Acting Director, Centre for Health Initiatives, University of Wollongong
- 2010 Research stream leader for "Critical marketing and media analysis" Centre for Health Initiatives, University of Wollongong
- 2010 CHI Representative on Faculty Research Committee Centre for Health Initiatives, University of Wollongong
- 2009-2010 Unit coordinator "Mass media and population health" 2009-2010
- 2007-2009 Lecturer (0.8 FTE)(Community and Doctor Theme), School of Public Health, University of Sydney

## Curriculum Vitae

Heidi Gilchrist  
[heidi.gilchrist@sydney.edu.au](mailto:heidi.gilchrist@sydney.edu.au)  
+61 402039301

- 2006 Associate Lecturer (0.6 FTE) (Community and Doctor Theme), School of Public Health, University of Sydney
- 2000-2004 Research Assistant, School of Policy and Practice, Faculty of Education and Social Work, University of Sydney

### **Fellowships, professional memberships, and contributions to an academic field**

Australian Registered Physiotherapist  
Australian Physiotherapy Association (APA)  
Institute for Musculoskeletal Health Member  
Sydney Musculoskeletal Health Member  
International Society of Behavioural Nutrition and Physical Activity (ISBNPA) member  
Australian Association of Gerontology (AAG) member  
International Association of Gerontology (IAAG) member  
Australia and New Zealand Falls Prevention Society member  
Australian Society for Physical Activity (ASPA) member

### **Committees and Representation**

- Coordinator and Chair (Joint) Population, Aging and Health Seminar Series Faculty of Medicine and Health, University of Sydney
- Sydney School of Public Health Education Advisory Committee

### **Teaching**

2022- present Full-Time Level B Teaching and Research Academic in Public Health (continuing), School of Public Health, University of Sydney

- Supervision:

2022-present capstone students (final year MPH research projects)

- Teaching experience:

2022 – present Public Health: Critical Challenges  
2022 Practice Placement in Public Health  
2021 Public Health Achievements and Challenges  
2021 Research Methods for Multidisciplinary Practice  
2011 Advanced Studies in Behaviour Change  
2010, 2011 Mass Media and Population Health  
2007, 2008, 2009 Problem Based Learning  
2009 Communicable Disease Control  
2007 Evidence Based Medicine