# Prevention Research Collaboration



Bi-annual report July 2021-June 2023

Celebrating 20 years of innovation to breakthrough impacts in public health

We recognise and pay respect to the Elders and communities – past, present, and emerging – of the lands that the University of Sydney's campuses stand on. For thousands of years they have shared and exchanged knowledges across innumerable generations for the benefit of all.

# Prevention Research Collaboration (PRC)

Bi-annual report July 2021-June 2023

A message from the PRC Director and SAB Director X

# Reflecting on 20 years of innovations and impacts in public health

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Lisa, please check contents is in the correct order as you like. We will update the page numbers at second draft stage "I feel privileged to lead an amazing group of talented researchers, whose passion and commitment to all things prevention continue to astound."

> Philayrath Phongsavan Director PRC

# A message from the PRC Director and SAB Director





#### PRC Annual Report 2021-2023

As the Prevention Research Collaboration (PRC) celebrates its 20 years of chronic disease prevention research and engagement, we brought together a collection of content celebrating the PRC's history and importance within the research, practice and policy community.

This commemorative double issue contains reflections from distinguished public health and prevention influencers who have made and shaped the PRC in the past two decades. It honours their vision and their audacity to create and sustain something that only others dared to dream.

We are also humbled by a generation of researchers and collaborators who have generously shared their personal reflections of the PRC's impact on their own research, thinking, and practice. They are among many others in our community who have not been identified but have contributed immensely to the expansion and achievements of the PRC over the years.

We invite you to flick through these pages – to reminisce and to connect with us as we consider future opportunities for chronic disease prevention.

**Philayrath Phongsavan** Director, PRC

Don Nutbeam Chair, SAB PRC



Reflecting on 20 years of innovations and impacts in public health

# 20 years of innovations to breakthrough impacts in public health

**NHMRC Program Grant** - Physical Activity and **Public Health Co-location of NSW Centres** for Physical Activity & Health, Public Health Nutrition, and **Overweight & Obesity** 

## 2004 -

**MAJOR EVENTS** 

 $\rightarrow$ 

PROJECTS

**NSW Schools Physical** Activity & Nutrition Surveys (SPANS) WHO STEPS Study in Nauru Television food advertising study

2005 -



PRC move to **Charles Perkins Centre PANORG Grant** 2014-2019

## 2014 -

Make Healthy Normal campaign evaluation

**Foundation Future** Leader Fellowship Grant 2017-2021 **NSW Prevention Research Support Program Grant** 

**National Heart** 

## 2017

2017-22

**Evaluation of NSW** Healthy Food and Drink in Health Facilities



**SPort and Recreation INTervention** 

## 2016 -

Tonga tobacco control campaign evaluation

Centre for Research Excellence in the Early Prevention of Obesity in Childhood (EPOCH)

Lancet Series on Physical Activity and

ARC Evaluation Practice and Use Study

Evaluation of Healthy Weight for Life

#### Aboriginal Knock Out Challenge evaluation

2015 -

**NSW Office of Sport Grant** 2019-2022 **PANORG Grant** 2019-2023

## 2019 -

Move it AUS evaluation Implementation and Scale Up Research (ISU-TAPPC)

**Teachers Health Foundation Grant** 2020-2023

## **2020** -

Citizen Science in Prevention project Intervention Scalability Assessment Tool (ISAT)\*

The International Agency for Research on Cancer, World Health Organization translated the ISAT into French for use in Morocco.\*



## 2018

Evaluation of the **NSW Active Kids** voucher scheme Australian Perceptions

of Prevention Survey

Australian Systems Approach to Physical Activity (ASAPa)

Evaluation of Shisha No Thanks Campaign

Health 2016\*

Maintenance Program



NSW Health Research Capacity Building Grant 2009–2013 Physical Activity Nutrition & Obesity

Nutrition & Obesity Research Group (PANORG) established

## 2009 -

NSW Get Healthy service evaluation

NHMRC Sitting Less Moving More Program Grant



Swap It, Don't Stop It campaign evaluation



Potter Foundation Grant 2023-2025

## 2023 -

Systematic review of digital interventions for older people Scale-up Reflection Guide\*

Can exercise help counteract genetic risk of disease? Prospective cohort study using UK Biobank data.\*

## 2006 -

Evaluation of Aboriginal SmokeCheck project Australian Physical Activity Network established Global Physical Activity Network launched 2006-2016 International Physical Activity and Public Health courses

## **2007** —

Munch & Move evaluation Evaluation of ParticipACTION, Canada

#### Measure Up Australia campaign evaluation Physical Activity and

Public Health Courses

2008

#### NSW Population Health Research Support Grant 2013-2017

## 2013 -

Online food and beverage marketing study The Australian Prevention

Partnership Centre (PRC co-produce evidence for prevention system)

## 2012 -

ARC food sponsorship of sports study WHO Centre for Physical Activity Nutrition & Obesity launched NSW Quitline evaluation Lancet Series - Physical Activity & Health 2012\*

NSW Office of Sport Grant 2022-2023 NSW Prevention Research Support Program Grant 2022-2026 NHMRC Investigator Grant Ding EL2 NHMRC Investigator Grant Manera EL1 NSW Prevention Research Support Program Grant 2022-2026

## 2021

2021-2023

Wagga Wagga Active Travel Plan evaluation

iMove Collaborative Centre Research Grant

The Early Prevention of obesity in childhood - translate (EPOCH-Translate)

#### 2022 -

Generation Vape study Her Sport Her Way evaluation Healthy Male, Young Men's Help Seeking Study Joint associations of social health and movement behaviours with mortality and cardiovascular disease an analysis of 497,544 UK Biobank participants.\*

\*publications

# Emeritus Professor Adrian Bauman, AO Director PRC 2004-2019

The PRC evolved from three research groups co-located in the School of Public Health. Starting in 2004, this co-location occurred between the Centre for Physical Activity and Health, the Centre for Public Health Nutrition and the Centre for Overweight and Obesity.



Over the next eight years, increasing cross-disciplinary work led to the merger of the three research groups into the PRC, a single entity that focused on health promotion and disease prevention research. I had the privilege and pleasure of leading this collaborative group over the past decade.

The PRC was multidisciplinary from the start and had twin strategic objectives of publishing high-quality research and conducting policy informing research. The latter was in partnership with New South Wales Department/Ministry of Health (Centre for Population Health) and with NGOs and similar policy groups elsewhere. This led to diverse research outputs, including systematic reviews, evaluating complex interventions and conducting qualitative research to better understand barriers to prevention. The PRC was often supported by large-scale scientific grants, from the NHMRC and similar funding agencies alongside partnership funding from Government and NGOs. While initially recognised for its expertise in obesity prevention, nutrition and physical activity, more recently the PRC has been supported by the Australian Prevention Partnership Centre to undertake programs of research in implementation science, systems approaches, and the application of evaluation methods to complex programs. In addition, work in tobacco control has increased, as has mental and social health, and work on health equity. The future has many possibilities, and diversity in methods and system-relevance will likely be key features of an ongoing PRC.

# Adjunct Associate Professor Lesley King Executive Officer, PRC 2004-2012

During the early years of its formation, a new policy-relevant research group was established within the PRC to address the emerging problem of child obesity.



I was appointed as Executive Officer of this program: the 'Centre for Overweight and Obesity', later rebranded as PANORG (Physical Activity, Nutrition, Obesity Research Group). Over the 10 years that I was in this role, multiple research projects and a range of evidence translation initiatives were undertaken to support NSW policy and practice.

From its inception, the PRC was distinctive in its focus on translating research into practice, collaborating with government and non-government agencies and publishing applied evidence and implementation research. The mix of different research streams and methodologies, as well as funding sources within PRC, has also been a key feature, contributing to a virtuous cycle of funding inputs and valuable impacts. Through its wide body of work over 20 years the PRC has, and continues to, influence the design of the healthy eating and active living portfolio of programs implemented across NSW. Early, but long-reaching examples include generating relevant descriptive information through SPANS (school students' surveys) investigating and documenting the extent of unhealthy food marketing to children and a pilot study of the Munch and Move intervention with early childhood services.

As well as this specific line of influence, the PRC has been a key player in maintaining an evidence-based approach to policy and program development in general, and specifically in population health in NSW and beyond. All of this has gone hand in hand with the development of an impressive, but dispersed, PRC alumni, which includes Ministry of Health Biostatistician and Public Health trainees who had placements at PRC.

# Adjunct Associate Professor Bill Bellew Executive Officer, PRC 2014-2017

As a senior bureaucrat in the NSW Ministry of Health in the early 2000s I was involved in the establishment and funding of the PRC and its predecessor organisations in public health nutrition, physical activity and obesity.



It was notable that when I later pursued Masters and Doctoral studies in Public Health at the University of Sydney, a number of those who were my lecturers were affiliated with the PRC in some way. Moving forward in time, after a period of working in global public health for the Bloomberg initiative, WHO and others, I joined the PRC as the Executive Officer, following Dr Blythe O'Hara. In 2023, after 20 years of involvement I was humbled to be made an Honorary Associate Professor, enabling me to maintain my connection with the PRC and University of Sydney.

Across these 20 years, the public health policy and practice contributions of the PRC have been expansive. There has been the evidence briefing, intervention design, and evaluation of the Get Healthy Coaching and Information Service. Alongside this, the development of the program logic model, policy guidance and evaluation of the Healthy Food and Drink in NSW Health Facilities for Staff and Visitors. The evidence review, cross-government briefing and evaluation of the multi-million dollar Active Kids voucher scheme in NSW, has been a world leading effort. Moving on, the PRC has also led national and global thinking about systems approaches to physical activity through the Australian Systems Approach to Physical Activity (ASAPa) program of work. And right up to the present, the PRC has had a major influence on the formation and implementation of vaping control policy at State and Federal levels.

Reflecting upon all of this, if I were to Tweet what I think is distinct about the PRC team and its work, the messages would be: #OrganisationalCulture #Excellence #CommunityOfPractice #Multiple Competencies #TranslationFocus #PolicyCatalyst #LearningOrganisation #Talent\_Incubator #NicePlaceToWork #HoteICalifornia #Family.

# Professor Louise Baur, AM Co-Director, PRC 2013-2016

My association with the PRC goes back to its earliest manifestations. I came to the team as an academic general paediatrician based at The Children's Hospital at Westmead, with a strong clinical and research focus on obesity.



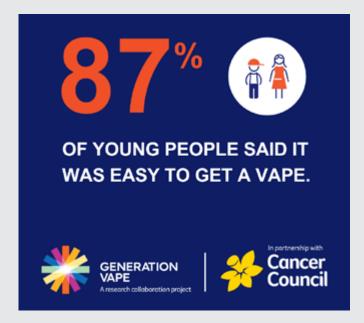
It was through the PRC that I was able to work with skilled epidemiologists such as Adrian Bauman, Lou Hardy, Seema Mihrshahi and many more, including on the NSW Schools Physical Activity and Nutrition Surveys. I learnt a great deal about health promotion and the evaluation of public health interventions through working with Lesley King (the excellent Executive Officer of the PRC), and many others in the PRC team. I also had the opportunity to interact with health economists, obesity researchers such as lan Caterson, several physical activity and nutrition researchers, as well as a diverse range of policy decision-makers at state, Federal and international levels; thus facilitating the policy-relevant research that is characteristic of the PRC.

I had some wonderful PhD students who were linked to the PRC and were enormously supported by its collegial environment. These include Bridget Kelly (now Associate Professor at UoW), Elizabeth Denney-Wilson (now Professor in School of Nursing at the University of Sydney), Li Ming Wen (now Clinical Professor in Sydney School of Public Health), and the recently graduated Dr Emma Esdaile. As a result of the support and collaborations I experienced through the PRC I was able to establish the NHMRC CRE in the Early Prevention of Obesity in Childhood (CRE EPOCH), funded initially from 2016 to 2021, and then again from 2022-2026. The work of EPOCH has grown markedly. It's been tremendous to see the diversity of research and capacity building that has occurred across several Australian states and now internationally. I've also grown my experience in international public health alongside my work with the PRC. I am currently President of the World Obesity Federation (2022-2024) and would not be able to handle our work with WHO and many countries without the background that the PRC has given me.



# Research in action

# Tobacco and vaping prevention research by Associate Professor Becky Freeman



Tobacco control policy and program relevant research, which also encompasses vaping, is a key priority of the PRC.

This incudes a focus on: assessing trends in vaping behaviour knowledge, attitudes, and beliefs, measuring impact of e-cigarettes on smoking behaviours, evaluating tobacco control campaigns, exposing and analysing tobacco industry marketing and communication tactics both in Australia and in Indonesia, and developing policy tools to regulate tobacco and vaping digital media marketing.

Major pieces of work have included the current Generation Vape study (2021-2024), a collaborative research project between the PRC, Cancer Council NSW, and Australian State and Federal government health departments. In addition, the use of social media and marketing strategies for vaping products has been the focus of research conducted with partners from Curtin University, and a tobacco and vape advertising monitoring study has been undertaken with partners from Deakin University. Several PhD scholars have completed their training within this program of research (Christina Watts PhD, Ayu Swandewi PhD, Lilian Chan PhD).

A signature feature of this work been the broad policy and societal impacts achieved. The Generation Vape study results have directly informed the new vaping regulations announced by Minister Butler in May 2023. Technical reports prepared for the World Health Organisation Framework Convention on Tobacco Control [FCTC] have informed strategies to monitor and regulate tobacco industry advertising and interference in tobacco control policy. New guidelines have been prepared to assist the 180 Parties to the WHO FCTC to strengthen tobacco advertising legislation to encompass online and social media. The team has also provided expert advice to Health Ministers, NHMRC, health departments, research groups, and community organisations on tobacco and vaping research and policy, best practice, and campaign development and evaluation. Moreover, there has been regular engagement with the news media to disseminate research findings, raise awareness on the health impacts of advertising, and advocate for vaping and tobacco control policies.

# Australian Systems Approach to Physical Activity (ASAPa) project by Professor Ben Smith

ASAPa has been a multi-phase program of research to inform whole-of-systems approaches to tackling physical inactivity.

The PRC coordinating team was Adrian Bauman, Tracy Nau, Bill Bellew and Ben Smith, and the work drew deeply on the methodological, intervention and policy analysis expertise they had acquired over several decades. ASAPa was funded from the Medical Research Future Fund, awarded through The Australian Prevention Partnership Centre (TAPPC) over 5 years (2018-2022).

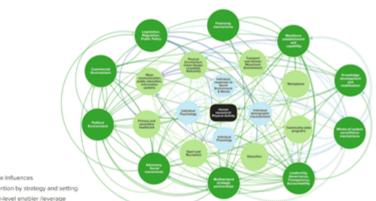
In its initial phase ASAPa engaged the National Physical Activity Network of policy makers and commenced a review of physical activity policies and programs at national, state and territory levels. This provided a basis for the first whole-of systems map for physical activity, which was disseminated via video and social media and published in the peer-reviewed literature. Another landmark output was

Getting Australia Active 3: A systems approach to physical activity, that presented a synthesis of intervention evidence, with summary briefs for policy makers and practitioners.

The national review of physical activity policies highlighted the largely unexplored potential for laws and regulations to extend the impact and sustainability of physical activity promotion strategies. This led to ASAPa research to determine the legal instruments that could be utilised to address this priority, and the subsequent development of the Regulatory Approaches to Movement, Physical Activity, Recreation, Transport and Sport (RAMPARTS) framework. A comprehensive mapping exercise was also conducted to assess the nature and scope of laws and regulations related walking and cycling across Australian jurisdictions.

Later phases of ASAPa included an audit of physical activity monitoring approaches, and consultation with policy makers to build national consensus around a comprehensive and standardised physical activity surveillance system. A further undertaking was a systematic review of how systems approaches are understood and applied to physical activity. This highlighted an urgent need to move beyond description to implementing and evaluating systems interventions.

Consistent with the mission of PRC to achieve policy and population impacts, there was extensive effort towards knowledge mobilisation within ASAPa, with all publication and resources continuing to be available through TAPPC.



level enabler /leverage

# SPort and Recreation INTervention and Epidemiology Research (SPRINTER) group by Dr Lindsey Reece

In 2016 SPRINTER was established with a vision to shape Australia's sport and physical activity system through the generation and translation of cutting-edge research and evaluation.

Bridging the gap between science and service, academia, and policy, SPRINTER took a black and white strategic plan to a colourful reality, collaborating at all levels across the sport system, still flourishing in 2023.

Through the years, SPRINTER has contributed to significant research and political sporting programs. In 2016, NSW Government announced Active Kids the first universal voucher program of its kind in Australia to promote participation in structured physical activity and sport for children outside school. An integrated evaluation, designed by SPRINTER, has shown the impact of the Active Kids program, significantly increasing physical activity and sport participation for all children in NSW and reaching a large proportion of those with previously lower uptake

by environment, socioeconomic and cultural factors. This world leading evaluation, in scale and complexity, produced 10 peer reviewed publications from Active Kids, supported numerous government reports and briefings, and generated media appearances regarding the program.

Other key highlights include analyses of population data sets to understand participation trends and the power of sport to foster gender inclusive sporting environments in NSW. SPRINTER supported the Her Sport Her Way strategy in NSW from inception, providing the evidence-based foundations, whilst ensuring success and impact of the strategy could be articulated throughout.

More than ever before, policymakers and strategic leaders must draw on the best available evidence to navigate their way through complex and changing environments, to prioritise population health and wellbeing, and advocate for the value of sport to all Australians. SPRINTER's reputation as a centre of research excellence continues to grow at State and Federal level as well as internationally. SPRINTER's success and ambition has always been supported by a culture of excellence within the PRC and in its physical location in the Charles Perkins Centre.



# NSW School Physical Activity and Nutrition Surveys (SPANS) by Dr Louise Hardy

SPANS was a landmark program of research that comprised serial, cross-sectional surveys of NSW school children aged 5-16 years (n = 5000-8000) beginning in 1997, and repeated in 2004, 2010, and 2015.

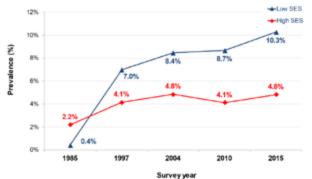
The survey was conducted by the PRC under the auspices of the NSW Ministry of Health. The purpose of SPANS was to investigate the prevalence and trends in overweight, obesity and weight-related behaviours (indicators of physical activity, cardiorespiratory and muscular fitness, fundamental movement skills, school travel, sedentary activities, diet and dietary behaviours, sleep, and dental health) among NSW school children. Importantly, survey data were reported by age, sex, socioeconomic status, cultural background, and place (urban/rural). A school environment survey was included to identify aspects of the school physical environment, facilities, policies and practices associated with physical activity participation and fundamental movement skills.

The data collected through SPANS was used to inform policy, practice and planning related to child and adolescent health, and its findings were influential in a range of statewide initiatives. Data gathered on the distribution of overweight/obesity highlighted the need for targeted interventions and programs among children from low socioeconomic areas, culturally diverse backgrounds, and of Aboriginal and Torres Strait Island heritage (informing the Go4Fun program). Information collected on school canteens led to the development of school policies on healthy options, sales, and strategies for including health foods (including the Fresh Tastes @ School strategy).

SPANS findings which revealed a high prevalence of overweight/ obesity among children entering school showed that weight-related behaviours are established at home, and led to the development of healthy eating and physical activity programs for the early childhood sector (the statewide *Munch & Move* program). Insights from SPANS also informed an initiative to incorporate fruit and vegetable breaks in primary schools to address children's low consumption of these foods *(Crunch & Sip)*.

In addition to these diverse impacts, SPANS research has generated over 40 peer review publications focusing on adiposity, fundamental movement skills, dietary intake, sedentary behaviour and physical activity in children and adolescents, adding to the evidence based to tackle these global health priorities.

30-year temporal trends in NSW child obesity by survey year & socioeconomic area



# Physical Activity Nutrition Obesity Research Group (PANORG) by Dr Margaret Thomas

From 2009 to 2023 the PRC has been awarded funding by the NSW Ministry of Health to undertake research and evaluation projects through PANORG that support the promotion of physical activity and nutrition, and prevention of overweight and obesity.

The collaborative working relationship between the Ministry and the PRC has enabled PANORG to deliver high quality evidence and information to inform state-wide population health policy and program planning and implementation.

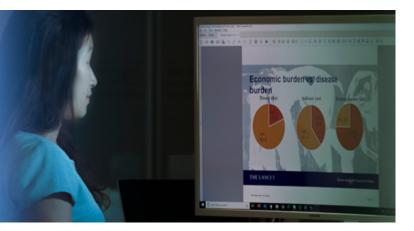
In recent years the PANORG team have designed and undertaken evaluations, conducted rapid and systematic literature reviews, prepared evidence syntheses and undertaken secondary analyses of population health data. From late 2017-2022 the team had a major role in the evaluation of the state-wide implementation of the 'Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework'. The evaluation of this important policy initiative to improve the food and drink offerings in all NSW public hospitals and health facilities, comprised multiple quantitative and qualitative studies. PRC staff were responsible for conducting and writing up the findings of five of the seven individual process and impact evaluation studies. Dr Leonie Cranney completed much of the design and implementation of the studies and published three papers to meet the requirements of her PhD. In 2021, the team worked closely with the Ministry to support a review of most of the existing state-wide population health programs, undertaking literature reviews and evidence syntheses for programs such as 'Munch & Move', 'Go4Fun' and 'Stepping On'. A comprehensive literature review of interventions for childhood overweight and obesity

and a systematic review of digital interventions for older people around physical activity and nutrition are providing valuable evidence to support planning for state-wide interventions.

Currently, PANORG staff are developing a Best Practice Framework for planning, implementing and evaluating population health prevention programs, and designing an evaluation framework for the NSW Healthy Eating and Active Living (HEAL) Strategy 2022-2032. Other major projects to address policy and practice priorities include an RCT of an online HEAL intervention for older people, and an analysis of the delivery and reach of the statewide Get Healthy Service.



# Epidemiology and chronic disease prevention by Associate Professor Melody Ding



The global rise in chronic diseases can be largely attributed to environmental, social and behavioural risk factors.

Epidemiology is an important tool to understand the role these risk factors play in disease aetiology and respectively, prevention. Research undertaken by PRC team members in the area of chronic disease epidemiology centres around understanding the distribution, trends, and health consequences of behavioural risk factors.

For example, studies have been conducted to examine the dose-response relationship between physical activity and health-related outcomes, the relationships between neighbourhood environmental attributes and health behaviours and outcomes, and to explore novel risk scores and profiles for predicting diseases and mortality. Within this program of research, A/Prof Melody Ding and collaborators led the world's first estimate of the economic burden of physical inactivity and the first synthesis on the global prevalence of loneliness.

This work has been funded by the NHMRC, Heart Foundation, NSW Health, Ian Potter Foundation and others through various competitive funding schemes. It has been used widely to inform national and international public health and clinical guidelines, position statements, and policies, and generate broad media coverage, reaching millions of people around the world. The importance and impact of this research has been recognised in numerous awards, such as the American Heart Association Most Impactful Publication of the Year.

Currently, work being led by A/Prof Ding is applying systems modelling methods, which represents a transition from 'problem-focused' to 'solution-focused' research. The team is currently mapping the systems of physical inactivity, identifying scalable and sustainable solutions that have the potential to improve population physical activity levels, and synthesising their co-benefits on health, society and the environment. The team is co-designing evidence with stakeholders from various disciplines and sectors to understand the landscape of the physical activity system in Australia and build models to simulate intervention effects to aid decision-making.

## Meet some of our early-mid career researchers



#### Dr Bronwyn McGill

I have been with the PRC since 2009 and am currently a Research Fellow in Evidence for Policy & Practice with the Physical Activity Nutrition and Obesity Research Group (PANORG) as well as with the Generation Vape project. I am an experienced applied population health researcher with a focus on the evaluation of chronic disease prevention interventions to improve risk factors such as physical inactivity and unhealthy eating. My PhD evaluated a weight loss maintenance intervention for participants with chronic disease, in partnership with private health insurance and a practice-based service provider.

My current postdoctoral research in the PRC spans a range of chronic disease prevention evaluations. These all involve collaborations with policy makers and advocacy groups, reflecting my strength in pragmatic research partnerships. I draw on my expertise in using mixed methods for evaluation, and critical review and appraisal of evidence to inform primary and secondary prevention efforts, and policy and practice decisions.

"I am extremely fortunate to have been mentored by a team of highly regarded evaluation experts at the PRC who have supported me in developing strong evaluation expertise."



#### Dr Melanie Crane

I am a Senior Research Fellow who has been with the PRC since 2013 when I commenced my PhD evaluating the health impacts of active transport infrastructure. I have co-led the evaluation capacity unit of the Australian Prevention Partnership Centre at the PRC, developing strong evaluation expertise. Through teaching, advising policy partners and conducting complex program evaluations I have become a leading expert in complex program evaluation and natural experiment design. More recently I have led the Prevention Centre's research program on implementation and scale-up, developing policy tools, building capacity and new research to address key gaps in understanding program implementation and sustainment of chronic disease prevention interventions from population and systems perspectives.

Through the PRC I have fostered interests in prevention in the built environment, gaining research funding from the University and industry partners including Transport for NSW and NSW Health to develop the Sydney Travel and Health Study and to explore health and environmental sustainability impacts of the way we live, move and work in our cities. I'm also involved in teaching across the School of Public Health and other interdisciplinary courses within the University.

"We need to tackle the causes of chronic diseases by working with policy partners and multiple disciplines to find transformative solutions."





#### Dr Karine Manera

After several years tutoring alongside PRC colleagues in the Master of Public Health program, I officially joined the PRC as a Postdoctoral Research Fellow in 2020. My position involves the PRC and broader University's expansion to the Westmead Precinct, and I have extensive collaborations with the Western Sydney Local Health District and Children's Hospital at Westmead.

My research expertise spans qualitative methods, epidemiology, patient-reported outcomes and consumer involvement in research. I utilise these methods to improve the health and well-being of people with chronic diseases through better patient-centred care, management and prevention. The PRC has supported my development as an independent and emerging research leader. Since starting with the PRC, I have been awarded over \$700,000 in grant funding including an NHMRC Emerging Leader Investigator Grant in 2022.

#### Dr James Kite

I am currently a Lecturer, having joined the PRC in 2014. I am heavily involved in teaching within the School of Public Health, including as Academic Coordinator of the Masters of Public Health (MPH) program and Unit Coordinator of one of the core units in the MPH. I use my position to contribute to the development of higher education pedagogy and was recently awarded Fellow of the Higher Education Academy in recognition of my achievements and commitment to higher education.

My research expertise is in the evaluation of social marketing and mass media campaigns for non-communicable disease prevention, with an increasing focus on the use of social media in such campaigns. I also examine the role that media play in influencing health-related outcomes, including weight stigma. My growing reputation has led to appointments as an Expert Advisor on Quit Tasmania's Tobacco Control Social Marketing Program Evaluation Advisory Group and the Obesity Collective's Weight Stigma Special Interest Group.

"Through working at the PRC, I have received formal and informal support, guidance and encouragement that has enabled me to achieve my research goals."

"Working at the PRC has been a wonderful experience. There has always been a very strong atmosphere of trust and collegiality in the team and there is no doubt in my mind that I would not be where I am today without the support PRC has provided." Image low res.





#### Dr Philip Clare

I am a biostatistician and epidemiologist, specialising in the use of causal inference methods for observational data analysis, and with a career focus on increasing the use of novel statistical methods in public health research. I joined the PRC in late 2020, after completing my PhD in biostatistics at the National Drug and Alcohol Research Centre.

As the PRC's Senior Biostatistician, I have the pleasure of being involved in a wide range of research projects, from epidemiology to program evaluation to intervention research, as well as supervising biostatistics trainees as part of the NSW Health Biostatistics Trainee program. I also conduct research on the health impacts of alcohol and other substance use, and the importance of early prevention to avoid both acute and chronic alcoholrelated harm.

#### Dr Karen Lee

I initially started at the PRC in 2014 as a research assistant and subsequently completed my PhD with the PRC in 2021. I am currently a Postdoctoral Fellow in Implementation and Scale Up research, which builds on my PhD research. My research interests are in implementation, scale up and evaluation of chronic disease prevention, obesity and physical activity programs. I'm particularly interested in examining how scaling up decisions and processes can be improved to achieve population health benefits.

To date, I have successfully produced a number of policy relevant and internationally recognised tools and guidance in the area of scalability and scale-up. Prior to starting in academia, I worked extensively across both public and private sectors in the area of program and policy evaluation and health service redesign. I continue to be supported by the PRC to develop policy and practice relevant tools into the implementation and scale up of public health interventions to improve population health.

"Over almost 3 years at the PRC, I have been impressed by both the breadth and scope of work conducted by the group, but also by the shared commitment to the conduct of research with the potential for real impact and lasting change."

"Working with the PRC provides me access to world leaders in chronic disease prevention research who are willing to mentor and support all researchers at any stage of their career."

# "For twenty years the PRC has been

an inspiring and influential leader in supporting evidence-informed decision making; both through the applied, policy-relevant nature of the research that it leads, and in the nature of its partnerships that translate the best available research to inform prevention policy and practice. The Prevention Centre and many other agencies around Australia have benefited greatly from that expertise."

## **Reflections from our** *affiliates*



#### Professor Chris Rissel Flinders University

I have always been involved with PRC, either as a staff member, collaborator, beneficiary, or honorary appointment. The PRC was an early champion of active travel, conducting research demonstrating how active travel was feasible, cost-effective, and sustainable. This work attracted new researchers to PRC and required new methods to be applied.

PRC has also always been a true supporter of the NSW Local Health Districts – providing training and technical research support, and collaborating on many different health promotion intervention trials. This engagement contributed to the NSW health promotion environment being a world leader. The partnership with NSW Health has been a major asset for both organisations, leading to many academic and health outcomes. "The PRC is that rare collection of inclusive researchers that just gets on well, is innovative and very, very productive."

#### Professor Margaret Allman-Farinelli

#### Professor of Dietetics, The University of Sydney. PRC Strategic Advisory Board Member (2014-current)

After a hiatus in my academic career, I completed an MPhil n Public Health with Emeritus Professor Adrian Bauman and was introduced to the PRC. I undertook casual work with the PRC before I re-entered full time work as the first Associate Professor in Nutrition and Dietetics at Sydney. The relationship with PRC did not stop there but continued to grow over the years with collaboration on many research projects by providing the expert nutrition input.

I have enjoyed being on the PRC Advisory group and since 2019 as a co-director of the PANORG program. What is notable about the PRC is its culture. I have seen many researchers come and go, but I believe all look back fondly on the PRC and realise how it set them up for success. Continuing selfless and strong leadership is key to the PRC success. This, combined with the collaborative culture and doing things together with a common aim of bettering community health and public health systems sustains the PRC.

"The productivity and contribution to State, National and International health by the PRC punches well above its weight of staff. Collaboration and strong sense of social justice are central to its culture."

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#### Nicole Kajon

#### Director Health Promotion Central Coast LHD. PRC Strategic Advisory Board Member (2014-current)

I have had the pleasure of being a PRC Strategic Advisory Board member for 9 years. The Central Coast Health Promotion team have collaborated on the evaluation of a major project with the PANORG team, with the support of the Centre for Population Health, and participate in capacity building workshops and events.

The PRC brings together a diverse range of perspectives, with the Leadership actively reflecting on the direction of the centre to remain a leader in influencing prevention policy and practice. The heavy hitters of the prevention arena around the table bring a high level of expectation around delivering a body of work that advances the knowledge base and prevention action in a meaningful and significant way.



"I believe PRC has set the pace in terms of creating a cross-discipline approach to addressing chronic, wicked problems and the genuine drive to build capacity across the profession has already resulted in a significant legacy."



"I will be forever grateful for the opportunity to work at the PRC, and I continue to collaborate with many of the team to this day."

#### Associate Professor Karen Milton University of East Anglia

I visited the PRC in 2013 while completing my PhD at Loughborough University, UK. It was a fantastic experience to meet the team and learn more about the innovative research that the group was leading. During my visit, discussions led to the possibility of returning to Sydney for a Postdoctoral position throughout 2014, so I returned to the UK to pack my bags! 2014 at the PRC proved to be instrumental in shaping my future career path.

I had collaborated on a range of novel, interesting and policy relevant projects that pushed boundaries in research with a real focus on scalable change in the field. Of note was the collaborative atmosphere and sense of teamwork at the PRC, facilitated by the establishment of the Charles Perkins Centre, designed with innovation and collaboration at its core. The PRCs reputation and positioning in the field is exemplified by its status as a WHO Collaborating Centre, which I am proud to be a part of.

#### Professor Cathie Sherrington

#### Institute for Musculoskeletal Health, Sydney School of Public Health, The University of Sydney

PRC is unique in bringing together research, evaluation and policy impact. PRC has developed and maintained strong relationships with leaders and practitioners in multiple sectors. PRC takes a genuinely collaborative approach. The benefits of such approaches are only now being broadly recognised and many researchers now talk about "co-design". PRC has been using these methods for many years. I have collaborated on multiple projects with PRC members so have seen first-hand the supportive collaborative culture fostered in PRC. The leaders are extremely generous in sharing their time and expertise.

PRC is one of the few organisations that has genuinely contributed to keeping prevention on the government agenda.



"I have learnt a great deal from esteemed colleagues at the PRC. They have taught me about prevention theory, methods and partnerships. I hope to be able to collaborate with the PRC for many years to come."



#### Dr Kathy Chapman CEO, Macular Disease Foundation Australia

I'm so proud of the partnership established between PRC and Cancer Council. Together we built an impressive body of Australian research illustrating the pervasive influence of junk food marketing to children across a range of media – TV, internet, magazines, and junior sport. This collaboration was focused on policy relevant research, and our combined skills meant we brought together evidence and advocacy. Research evidence is always the fuel to light the advocacy fire and achieve change.

Collaborating with PRC inspired me to go on and do my own PhD. Working with Lesley King, Adrian Bauman, Louise Baur, Bridget Kelly and the wider PRC team taught me so much about analytical thinking, framing research, plus getting on and doing what needed to be done.

"Congratulations on 20 years of PRC and exceptional public health research which has shone a bright light on how to address obesity at the systemic level."



#### Dr Dominic Lees

#### Principal Data Analyst, NSW Department of Education

I was involved with the PRC for a six-month placement in the second half of 2019 as part of the Biostatistics Training Program run by the NSW Ministry of Health. It was one of the best placements I had throughout the entire program – everything about the PRC spoke to the passion, dedication, and ability of the researchers within it for their work.

In particular, I loved that I got to work on a number of completely different (but all fascinating) research projects, which challenged me statistically, and I made continuing ongoing friendships while there. I don't think I found quite the same level of collegiality, helpfulness, and passion for research anywhere else in my program, and I loved it so much that I extended my placement by another six months (which were rudely interrupted by COVID). "My time in the PRC showed me the best of academia, where passion, critical thinking, and ability come together to make a difference."



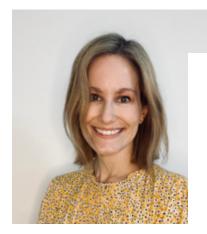
## Tiffany Petre

#### **Director, The Obesity Collective**

The PRC's expertise in social marketing and mass media campaigns and the influence of media on health has been particularly valuable to the work of the Obesity Collective. The team have supported our priority area of weight stigma, through evidence reviews, data analysis, and expert advice on evaluation. We have used these insights to develop more impactful strategies and projects, including our ongoing efforts to develop a weight stigma campaign and resources for healthcare professionals.

What stands out most about the PRC is its people and willingness to support ongoing systems and collective action projects, which has required a certain agility from the team. They are knowledgeable and go above and beyond to help, which has been wonderful for a charity organisation like the Obesity Collective. We work to leverage the expertise of groups like PRC to be able to deliver on our goals and that is why our collaboration is only continuing to grow and strengthen.

"Thank you to the PRC team who have been approachable, informed, collaborative, and always willing to help. We value their dedicated focus on realworld impact and improving health and wellbeing outcomes for Australians. We look forward to working with them for many years to come."



#### Dr Stephanie Partridge The University of Sydney . Senior Research Fellow, National Heart Foundation Future Leader Fellow, School of Health Science

As a continuing collaborator of PRC, I have noticed what sets PRC apart is its distinct expertise in public health and prevention research, which remains unrivalled. The team comprises individuals with diverse backgrounds and skill sets, fostering a friendly and collegial environment conducive to collaboration and innovation.

The PRC has garnered a strong reputation for research that places a robust emphasis on translation, ensuring that findings are effectively translated into real-world practices. This dedication to translating research into action is evident through the enduring partnerships with government organisations that value and implement their research outcomes.

"I am grateful to be a collaborator of PRC and contribute to a team that is making significant strides in public health and prevention, and I am excited about the future contributions we will make together."

## Dr Putu Ayu Swandewi Astuti

#### Senior Lecturer, Department of Public Health and Preventive Medicine, Udayana University, Bali

My four years with PRC were one of the most significant parts of my academic journey. I came to Sydney for my PhD alongside my husband who was also doing his PhD, our 3 children and awaiting the birth of our 4th child, 4 months after landing in Sydney.

It was a lot to handle but with the academic support and camaraderie from my supervisor and PRC friends, I knew I could make it across the finish line. The working environment at PRC enabled me to make my time in the office productive and effective. I was continually inspired by the productivity and expertise of the PRC team and their mission to improve public health globally. I continue to adopt the skills, methods and work ethic gained during that time to my work now in Bali, Indonesia. I look forward to engaging in further collaborations with PRC in the future and being part of the innovative and wonderful work PRC produces.



"PRC atmosphere and productivity will always inspire me to keep learning and to improve my work."

#### Julie Anne Mitchell

My relationship with PRC started in 2014 as a founding member of its Advisory Board. From the outset PRC modelled an inclusive mindset, constantly seeking input into how best to serve the public health sector, while remaining cognisant of the 'real world' political, economic and social challenges faced by organisations.

Promoting the importance of physical activity is a cornerstone of Heart Foundation messaging and our engagement with the PRC around this issue is long standing. We engaged PRC to guide a study to generate evidence about sit-stand workstations, and to frame key messages from the findings. This answered immediate questions, but also fed into a broader zeitgeist around workplace wellness that continues to this day.



"The strength of PRC is that it has fostered strong relationships with a diverse range of public health academics so that it can scramble teams to respond to requests or tender proposals quickly and effectively."



"The combination of research excellence with the friendly and inclusive culture of PRC has played an important role in shaping my research career."

#### Associate Professor Hidde van der Ploeg Department of Public and Occupational Health of Amsterdam, Netherlands

I was a member of PRC from 2005 to 2012 and had an adjunct position until 2021. I worked on a range of different projects focused on physical activity, sedentary behaviour and public health. This included work on the ABS time use surveys, the 45 and Up study, sedentary behaviour interventions in the workplace, the NSW household travel survey, the role of primary care in the promotion of physical activity, and physical activity in different patient populations (e.g. colon and lung cancer, gestational diabetes, traumatic brain injury and post-traumatic stress disorder).

From my experience, PRC has a strong focus on doing impactful research based in strong collaborations with practice. This makes the work highly relevant and more easily transferable to practice. The PRC also has a strong focus on innovative research, for example by building bridges with non-health sectors over the past two decades.



## Professor Lucie Rychetnik Co-Director, The Australian Partnership Centre

For over a decade The Australian Partnership Prevention Centre (Prevention Centre) has collaborated with the Prevention Research Collaboration (PRC). We have shared chief investigators who contributed to establishing the Prevention Centre in 2013, and over the years many PRC researchers have collaborated with the Prevention Centre on internationally significant programs of research. These projects included the development of The Intervention Scalability Assessment Tool (ISAT) for use to determine the scalability of evidence-based interventions; applying systems-based approaches to boosting physical activity by the Australian population; and testing innovations in legal mapping to assess the laws that influence walking and cycling.

The PRC's expertise in prevention research methodologies and policy and program evaluation has also added tremendous value overall to the work of the Prevention Centre. Big congratulations to the PRC on your 20th year milestone and we look forward to continuing these partnerships for many years to come.



## Professor Emmanuel Stamatakis

#### Professor of Physical Activity, Lifestyle, and Population Health, The University of Sydney

The PRC was my first Australian academic home, it gave me an opportunity to explore and extend my collaborations and research in physical activity epidemiology in a new country. I enjoyed working with a multidisciplinary group of diverse cultural backgrounds, but the thing I enjoyed the most was the intellectual freedom and opportunity to investigate new ideas and understand research impact. I can say with confidence that the steadfast support and inclusive environment of the PRC during my early years at the University of Sydney shaped certain aspects of my career.



#### Professor Li Ming Wen

#### Director of Research & Evaluation Hub, Population Health, Sydney LHD. PRC Strategic Advisory Board Member (2014-current)

The PRC and the Health Promotion Unit (HPU) at the Sydney Local Health District (SLHD) have a long history of productive research collaborations spanning over 20 years, under the leadership of successive HPU Directors, such as Chris Rissel, Karen Beford, Anna Whelan, and Lisa Simone as well as Renee Moreton, General Manager of Population Health. I have served on the PRC Strategic Advisory Board since 2012, providing a local health district policy and practice-based perspective.

The PRC has developed a reputation for co-creating knowledge with health practitioners and policy-makers, developing and applying innovative evaluation research methods, and providing evidence with practical application to public health issues. Many of my staff have worked closely in a range of projects with the PRC. In particular, through the successful grant applications for the NSW Health TRGS and NHMRC Partnership grants, we have worked together in designing telehealth interventions using telephone and text messaging, and evaluating the CHAT trial and the Healthy Beginning programs, a SLHD flagship program in early intervention to prevent childhood obesity. Currently the PRC also provides invaluable advice on the development of an interactive web-based Healthy Beginnings program funded by MRFF 2021-24.

"The PRC has played a unique and significant role in bridging the gap between academic research and research practice at a local level since its establishment. The PRC understands the critical need to balance scientific rigour with practical application. This characteristic distinguishes the PRC as an important academic entity to the Australian health system."

## Two years at a glance



# It takes a village

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# PRC's Executive Team Leading us through strategic and operational decisions



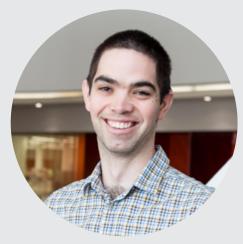
Professor Philayrath Phongsavan



**Professor Ben Smith** 



A/Professor Melody Ding



Dr James Kite Joined 2023



Dr Margaret Thomas



Lisa Avery



A/Professor Becky Freeman Joined 2023



Dr Bronwyn McGill Joined 2023



Catherine (Cathie) Kiernan



Emeritus Professor Adrian Bauman Stepped down 2022



Professor William (Bill) Bellew) Stepped down 2022



Dr Lindsey Reece Stepped down 2021

# **PRC Strategic Advisory Board**

It is with thanks to our board members who continue to provide invaluable knowledge and insights into public health and strategic direction year after year.

#### PRC Strategic Advisory Board Secretariat

Professor Don Nutbeam, Chair	Sydney Health Partners and University of Sydney	2017-current
Lisa Avery, Committee Officer	Prevention Research Collaboration, University of Sydney	2014-current

#### PRC Strategic Advisory Board Members

Member	Position and Organisation	Term
Dr Andrew Milat	Director, Evidence and Evaluation, NSW Ministry of Health	Member 2014-current
Sian Rudge	Head, Evidence for Action Division, Sax Institute	Member 2014-current
Nicole Kajons	Director, Health Promotion, Central Coast Health District	Member 2014-current
Lesley King	Principal Consultant, Lesley King Consultancy	Member 2014-current
Vladimir Williams	Analyst, Maternal, Child and Family Health, NSW Ministry of Health	Member 2014-current
Professor Philayrath Phongsavan	Director, Prevention Research Collaboration, University of Sydney	Member 2014-current
Emeritus Professor Adrian Bauman	Professor, Prevention Research Collaboration, University of Sydney	Member 2014-current
Professor Margaret Allman-Farinelli	Professor of Dietetics, University of Sydney	Member 2014-current
Professor Louise Baur	Professor of Child & Adolescent Health, incorporating the Douglas Burrows Chair of Paediatrics	Member 2014-current
Professor Tim Gill	Professor, Boden Institute of Obesity, Nutrition, Exercise and Eating Disorders, University of Sydney	Member 2014-current
Professor Li Ming Wen	Director Of Research & Evaluation Hub, Population Health, SLHD NSW Health	Member 2014-current
Professor Bill Bellew	Professor, Prevention Research Collaboration, University of Sydney	Member 2014-current
Julie-Anne Mitchell	Director Health Strategy, National Heart Foundation of Australia	Member 2014-2022
Dr James Kite	Lecturer and Research Fellow, Prevention Research Collaboration, University of Sydney	Member 2019-current
Meredith Claremont	Executive Director, Centre for Population Health, NSW Ministry of Health	Member 2019-current
Professor Ben Smith	Deputy Director, Prevention Research Collaboration, University of Sydney	Member 2020-current
Karen Jones	Chief Executive, NSW Office of Sport	Member 2020-current

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Professor Don Nutbeam



Lisa Avery



Dr Andrew Milat



Sian Rudge



Nicole Kajons



Lesley King



**Vladimir Williams** 



Professor Philayrath Phongsavan



Emeritus Professor Adrian Bauman



Professor Li Ming Wen



Professor Margaret Allman-Farinelli



**Professor Bill Bellew** 



**Professor Louise Baur** 



**Professor Tim Gill** 



**Dr James Kite** 



Meredith Claremont



**Professor Ben Smith** 



Julie-Anne Mitchell

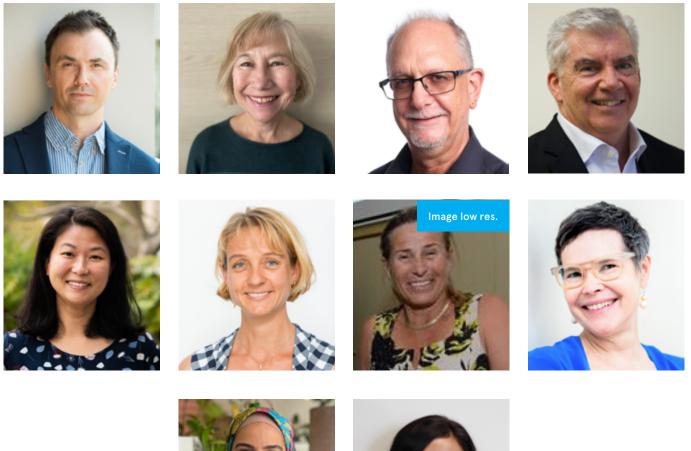
Karen Jones

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# Affiliates

### **Our affiliates**

Title/Name	Where they are from	Year
Andrew Milat	NSW Ministry of Health	2015-current
Lesley King	Lesley King Consulting	2015-2021
Chris Rissel	Flinders University (Northern Territory)	2016-current
Tom Carroll	Carroll Communications	2017-current
Josephine Chau	Macquarie University	2018-current
Karolina Engelen	University of Wollongong	2018-2023
Louise Hardy	Royal Australian College of Physicians (Retired)	2018-current
Jo Mitchell	Policy by Proxy	2020-current
Sarah Taki	Sydney Local Health District	2020-current
Seema Mihrshahi	Macquarie University	2020-current







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Title/Name	Where they are from	Year
Limin Buchanan	Sydney Local Health District	2020-current
Nicholas Petrunoff	National University of Singapore	2021-current
Eloise Howse	The Australian Prevention Partnership Centre	2021-current
Lindsey Reece	Australian Sports Commission	2021-current
Anne Grunseit	University of Technology Sydney	2022-current
Nicole Rankin	University of Melbourne	2022-current
Li Ming Wen	Sydney Local Health District	2022-current
Michelle Lim	Scientific Co-Chair of Ending loneliness together	2022-current
William Bellew	University of Sydney (Retired)	2023
Julie Anne Mitchell	University of Sydney (Adjunct)	2023





















# Grants, awards, peer and industry acknowledgements *Our award-winning researchers*

#### Grants

Recipient(s)	Year	Grant
Crane M, Grunseit A, Thomas M	2021	iMOVE Australia, a Commonwealth Cooperative Research Centre (CRC) and Transport for NSW (TfNSW), to conduct an evaluation of the Wagga Wagga Active Travel Plan cycleway/walkway
Owen K, Reece L	2021	Research partnership to increase capacity for evidence based strategic planning by Basketball NSW for its new Strategic plan 2022-2025 and FIBA Women's basketball world cup legacy program for women and girls and indigenous participation
Grunseit A, Bauman A, Milat A	2021	Applying reverse translation to the parkrun phenomenon to identify effective, sustainable methods for scaling-up public health interventions
Sherrington C, Hassett L, Tiedemann A, Harvey L, De Barros Pinheiro M, Howard K, Phongsavan P, Haynes A	2021	Promotion of evidence-based physical activity for older adults and people with disabilities by health professionals
Hassett L, Williams G, Sherrington C, Tweedy S, Wolfenden L, Crotty M, Howard K, Haynes A; Bauman A, Simpson G, Scheinberg A, Clanchy K, Tiedemann A, Vassallo G, Rushworth N	2021	From injury to long-term physical activity for people living with traumatic brain injury
Smith B, Kaur K, Newman C, Gammack S	2021	Supporting physical activity adherence following Stepping On to prevent falls in Western Sydney Local Health District
Smith B, McLachlan R, Marshall B, Moss T, Halim N	2021	National Men's Health Survey 2021
Baur L, Hesketh K, Golley R, Laws R, Campbell K, Denney-Wilson E, Brown V, Seidler AL	2021	The early prevention of obesity in childhood - translate (EPOCH-Translate)
Ding M	2021	Creating an active Australia through active systems. Co-production of multi-sectoral population physical activity strategies
Manera K	2021	Partnering with patients to assess and address loneliness in chronic kidney disease
Baur L	2021	Transforming the prevention and treatment of child and adolescent obesity
Laird Y	2021	Extending the reach and impact of the Citizen Science in Prevention Project
Freeman B	2021	Generation Vape
Tiedemann A, McKay H, Sherrington C, Hassett L, Wolfenden L, Bauman A, Phongsavan P, Smith B, Oliveira J, Kite J, Prakash A, MacKey D, Gould J, Brady B	2021	Choose to Move Sydney
Owen K	2021	Sport NSW Disability Inclusion Project
Foley B, Owen K	2021	Tennis NSW: Gender equity pilot project
Foley B, Owen K	2021	Netball NSW: Membership study
Foley B, Owen K	2021	Basketball NSW: Membership study

Recipient(s)	Year	Grant
Foley B, Owen K	2022	Provision of policy and evaluation services to the ASC for the development of a sporting schools program logic and evaluation framework
Ding M	2022	Co-production of multi-sectoral chronic disease prevention strategies: A 'whole-of-system' evidence-based approach for decision-making
Backholer, K, Kelly, B, Freeman, B, Carah, Martino, F, Bhatti, and Peeters, A	2022	DIGITAL-YOUTH: An intelligent systems approach to monitoring harmful online advertising to children and youth
Joncey, J, Wolf, K, Leaver, T, Freeman, B, McCausland, KL, Leavye JE, Girdler, SJ, & Mullan	2022	Capacity building to combat harmful industries: E-cigarettes and other electronic novel products
Joncey, J, Leaver, T, Wolf, K, Freeman, B	2022	Exploratory research to examine the factors associated with young people's access to e-cigarettes and other novel tobacco products to inform strategies to prevent access and uptake
Phongsavan P, Bauman A, Ding M, Smith B, Allman-Farinelli M, Hayes A, Baur L, Freeman B, Sherrington C, Tiedemann A	2022	NSW Health Prevention Research Support Program (PRSP)
Freeman B, Watts C	2022	Generation Vape: E-cigarette use among young people in NSW and Australia across phases 1 to 6
Manera K, Nicdao MA, Sud K, Guha C, Scholes-Robertson N, Tong A, Howell M	2022	Co-production of interventions to improve loneliness and social isolation in patients with chronic kidney disease
Partridge S, Champion K, Mihrshahi S, Redfern J, Cheng HL, Gardner L, Singleton A, Jay O, Hyun K, Thornton L, Raeside R, Skinner J, Chau J, Wardak S	2022	Adolescent-led transformation of prevention and public health research using citizen science
Tiedemann A, Hassett L, Phongsavan P, Bauman A, Houssami N, Howard K, Rosenbaum S, Luscomb G, Kwasnicka D, Gilchrist H, Biswas RK, McKeon G, Wallbank G, Sherrington C, Haynes A, Pinheiro M. Stabback T, Haufort K, Linney S	2023	Active Women over 50: an effectiveness-implementation randomised controlled trial
Tiedmann A, Bauman A, Phongsavan P, Sherrington C, Hassett L, Haynes A, De Barros Pinheiro M, Houssami N, Wallbank G, Howard K, Biswas R	2023	The effectiveness, cost-effectiveness and implementation potential of a virtually delivered physical activity program to keep women over 50 engaged in physical activity
Newtown N Gardner L, Stockings E, Freeman B, Champion K, Matthew Sunderland M, Stapinski L, Thronton L, Debenham J, Teesson M, Chapman C, Birrell L, Slade T, Rowe AL	2023	The use of electronic cigarettes (vapes) among adolescents, which has drastically increased in recent years, making it a public health priority
Partridge S, Champion K, Redfern J, Thornton L, Cheng H, Singleton A, Hyun K, Jay O, Phongsavan P	2023	Adolescent-led transformation of preventive and public health research using citizen science
Tiedemann A, Hassett L, Phongsavan P, Bauman A, Houssami N, Howard K, Luscombe G, Gilchrist H, Wallbank G, Sherrington C, Haynes A, De Barros Pinheiro M	2023	Research effective promotion of physical activity among women aged 50+ living in rural, regional and remote NSW

## Awards and acknowledgements

Recipient(s)	Year	Description of Award or Acknowledgement
Adrian Bauman	2021	Officer of the Order of Australia For distinguished service to public health, to the prevention of chronic disease and to tertiary education.
Melody Ding	2021	Co-Chair of the SEMCAN (University of Sydney Early & Mid-Career Academic Network - 2 year appointment)
SPRINTER	2021	Faculty Makers and Shapers Awards for Outstanding Research for the Active Kids Evaluation
Leonie Cranney	2021	Paulette Isabel Jones PhD Completion Scholarship
Bridget Foley	2021	ISPAH ECN Awards - Trainee Award - Bridget Foley (Australia) Oral Presentation A2.3 Effects of the Active Kids voucher program on children and adolescents' physical activity
Leonie Cranney	2021	Paulette Isabel Jones PhD Completion Scholarship
Karen Lee	2021	Member Spotlight: Profile of Karen Lee in ISBNPA Newsletter
Adrian Bauman	2021	Sydney academics recognised in highly cited researchers list 17 November 2021 -Number of highly cited researchers grows
Lisa Avery	2021	Sydney School of Public Health "Above and Beyond" prize for professional staff
Anne Grunseit	2021	Outstanding Teaching
Bridget Foley Karen Lee Lilian Chan	2021	Research Early Career Researcher Best Paper
Bridget Foley	2021	Short Video Competition
<b>Sprinter Team</b> Lindsey Reece, Bridget Foley, Kat Owen Cat Rose, Adrian Bauman	2021	Vice Chancellor's Award for Outstanding Research Engagement and innovation
Adrian Bauman	2021	Clarivate Highly Cited Research List
Karen Lee	2021	Early & Mid-Career Researcher spotlight: Karen Lee
Karine Manera	2021	People's Choice Award - Westmead Research Hub EMCR Symposium
Karine Manera	2021	1st Place (Post-Doctoral Category) – CPC EMCR Symposium
Louise Baur	2021	Fellowship of the Nutrition Society of Australia
Louise Baur	2022	International NGO Position - President, World Obesity Federation 2022-2024
Louise Baur	2022	NHMRC Elizabeth Blackburn Investigator Grant Award - Public Health (Leadership)
Leonie Cranney	2022	SHP Award for translational research addressing a health priority.
Lucy Corbett	2022	Charles Perkins Centre Early and Mid-Career Researcher Professional Development Award
Melody Ding	2022	Vice Chancellor Awards - Outstanding Mentoring and Leadership
Stephanie Partridge	2022	Vice Chancellor Awards - Outstanding Research Engagement and Innovation
Adrian Bauman	2022	Clarivate Most Cited & Top 2% in field (Stanford Uni Study)
Lucy Corbett	2022	People's Choice Award - SEMCAN Viral Bites Award Ceremony
Daniel Surkalim	2022	2nd Place – SECAN Viral Bites Award Ceremony
Melody Ding	2022	Australia's top 20 researchers under 40
Melody Ding	2022	NSW Ministerial Award for Rising Stars in Cardiovascular Research
Becky Freeman	2023	Becky Freeman invited to the NSW Health E-cigarette expert panel to assist the Centre for Population and Health to interpret and respond to recently published evidence.

# **PhD Candidates**

# Congratulations to our dedicated and hard-working PhD Candidates

## **PhD Candidates**

PhD Candidate	Thesis title	Awarded
Brett Pollard	Movement and the office: trying to detect it	2022
Mahalakshmi Ekambareshwar	Process evaluation of the CHAT trial	2022
Lilian Chan	Evaluating digital health campaigns	2022
Leonie Cranney	Creating healthy food retail environments in hospitals: acceptability, feasibility and impact of a policy approach	2022
Karen Lee	Scaling up public interventions	2022
Daniel Surkalim	Loneliness in the Millennium: A Profile of Loneliness and Interventions Across the Lifespan	2023
Emma Esdaile	Australian policy levers for obesity prevention in early childhood	2023
Bridget Foley	An evaluation of a government-led financial incentive program addressing the cost barrier to structured physical activity participation for children and adolescents	2023
Mengyun (Susan) Luo	Behavioural, social health and well-being among middle-aged and older adults in China.	2023



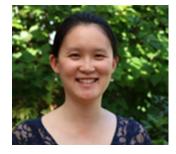
















# Education and capacity building July 2021 – June 2023 teaching

PRC staff members are active contributors to teaching and capacity building in the School of Public Health and beyond. Between July 2021 and June 2023, their contributions included the following.

Course/unit name	Staff member	Role
Disease Prevention and Health Promotion	Philayrath Phongsavan James Kite Yvonne Laird Bronwyn McGill Anne Grunseit Margaret Thomas Karen Lee Daniel Surkalim Lucy Corbett Mariam Mandoh Melanie Crane Adrian Bauman Lindsey Reese Bridget Foley Katherine Owen Don Nutbeam	Co-ordinator/lecturer/tutor Co-ordinator/lecturer/tutor Tutor Tutor/Lecturer Tutor/Lecturer Tutor/Lecturer Tutor Tutor Tutor Tutor Tutor Lecturer Lecturer Lecturer Lecturer Lecturer Lecturer
Tobacco control in the 21st Century	Becky Freeman Christina Watts James Kite Putu Ayu Swandewi Astuti Abby Smith	Co-ordinator/lecturer/tutor Lecturer/Tutor Lecturer/Tutor Lecturer Lecturer Lecturer
Public Health Program Evaluation	Anne Grunseit Yvonne Laird Adrian Bauman Ben Smith Mel Crane	Co-ordinator/lecturer/tutor Co-ordinator/lecturer/tutor Lecturer/tutor Co-ordinator/lecturer/tutor Lecturer
MD Population Health	James Kite Yvonne Laird Ben Smith Thanh-Binh Nguyen-Duy Christina Watts Becky Freeman	Seminar co-ordinator/lecturer Lecturer Lecturer Lecturer Lecturer Lecturer Lecturer
MD Critical Care	Ben Smith	Lecturer
Pharmacy Services and Public Health	James Kite Philayrath Phongsavan	Lecturer Lecturer
Graduate Diploma in Indigenous Health Promotion	Philayrath Phongsavan	Lecturer
Graduate oppoma in indigenous Health Promotion	Philayrath Phongsavan	Lecturer

#### University of Sydney teaching

Course/unit name	Staff member	Role
Public Health Capstone/Special Projects	James Kite Melanie Crane Christina Watts Becky Freeman Philayrath Phongsavan Adrian Bauman Melody Ding Bronwyn McGill Yvonne Laird Stephanie Partridge Karine Manera	Supervisor Supervisor Supervisor Supervisor Supervisor Supervisor Supervisor Supervisor Supervisor Supervisor Supervisor
Lifestyle and Chronic Disease Prevention	Ben Smith Yvonne Laird Philayrath Phongsavan Adrian Bauman Bill Bellew Stephanie Partridge Becky Freeman Melody Ding	Supervisor Co-ordinator/lecturer/tutor Co-ordinator/lecturer/tutor Lecturer/tutor Lecturer/tutor Lecturer Lecturer Lecturer
Chronic Disease Prevention and Control	Yvonne Laird Melanie Crane Adrian Bauman Karine Manera	Co-ordinator/lecturer/tutor Co-ordinator/lecturer/tutor Lecturer/tutor Lecturer
Public Health Advocacy	Becky Freeman	Co-ordinator/lecturer/tutor
Climate Change and Public Health	Melody Ding Melanie Crane	Co-ordinator/lecturer/tutor Lecturer
Introduction to Biostatistics	Katherine Owen Mengyun Luo	Tutor Tutor
Physical Activity and Population Health	Daniel Surkalim Melanie Crane Adrian Bauman	Co-ordinator/lecturer/tutor Lecturer Lecturer
Sustainable Development and Population Health	Daniel Surkalim Melanie Crane Alec Cobbold	Tutor Lecturer Tutor
Community and Public Health Nutrition	Becky Freeman	Lecturer
Health Challenges: Physical Inactivity	Emmanuel Stamatakis	Lecturer
Transport, sustainability and health	Melanie Crane	Lecturer/coordinator
Research Grants: Theory and Practise	Karine Manera	Lecturer
Nutrition Research Project	Bronwyn McGill Margaret Thomas Leonie Craney	Supervisor Supervisor Supervisor

# Capacity building workshops

Workshop title	Coordinator/instructor	Date(s) run
Introduction to scaling up public health interventions for LHDs	Karen Lee Melanie Crane Adrian Bauman	April 2022
Sporting Schools workshops for the Australian Sports Commission	Katherine Owen Bridget Foley	August 2022
Her Sport Her Way grant evaluation workshops	Katherine Owen, Bridget Foley	February 2022 and 2023

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# Seminars and talks A sample of our health-related seminars, workshops and talks

#### Seminars, workshops and talks

Seminar title	Presenters	Partner Institution/Group	Date
Mutual Methods Mentoring # 5	Anne Grunseit Philip Clare	Internal	March 2021
Recruitment and engagement of citizen scientists	Yvonne Laird	Prevention Research Collaboration (PRC)	March 2021
Mutual Methods Mentoring #6	Anne Grunseit Katherine Owen	Internal	April 2021
Introduction to Evaluation	Anne Grunseit Katherine Owen	NSW Ministry of Health	April 2021
Wellbeing South Australia in April 2021 "Citizen science for public health"	Yvonne Laird	Multiple attendees	April 2021
Embedding citizen science approaches in collected and practice in prevention	Yvonne Laird	Multiple attendees	April 2021
Building evaluation and research practice and use in community health workshop – Castle Hill	Ben Smith	Western Sydney Local Health District (WSLHD)	April 2021
Building evaluation and research practice and use in community health workshop – Blacktown	Ben Smith	Western Sydney Local Health District (WSLHD)	April 2021
Building evaluation and research practice and use in community health workshop – Merrylands	Ben Smith	Western Sydney Local Health District (WSLHD)	April 2021
Building evaluation and research practice and use in community health workshop – Mt Druitt	Ben Smith	Western Sydney Local Health District (WSLHD)	April 2021
WSLHD Health Promotion Team Workshop: Partnerships for prevention research and evaluation in WSLHD – North Parramatta	Ben Smith Philayrath Phongsavan Margaret Thomas Yvonne Laird Bridget Foley	Western Sydney Local Health District (WSLHD)	April 2021
Citizen science for public health	Yvonne Laird	Multiple attendees	May 2021
Launched a Community of Practice on Citizen Science in Prevention. First public event "Citizen Science for a Greener Adelaide"	Yvonne Laird	Multiple attendees	May 2021
Mutual Methods Mentoring #7	Anne Grunseit Karen Lee Abbey Haynes (LMH)	Internal	June 2021
4th Annual Sprinter Symposium		NSW Office of Sport	June 2021
The Lancet Webinars: Global Launch of the Lancet Series on Physical Activity 2021	Pamela Das Melody Ding Esther van Sluijs Kathleen A Martin Ginis Adrian Bauman Andrea Ramirez Varela Alejandra Jauregui de la Mota Jasper Schipperjn	Multiple attendees	July 2021

Seminar title	Presenters	Partner Institution/Group	Date
The Implementation Debate	Adrian Bauman Heather McKay Luke Wolfenden Nicole Rankin Andrew Milat Rachel Sutherland	The Australian Prevention Partnership Centre (TAPPC)	August 2021
Building Capacity for Citizen Science Amongst Policy and Practice Stakeholders in Public Health	Yvonne Laird	Multiple attendees	August 2021
What's endangering public health in urban environments?	Melanie Crane Stephanie Partridge	Multiple attendees	September 2021
Emerging Leaders Network Primary School Play Space and Children's Physical Activity project	Anne Grunseit Eve Clark	Multiple attendees	October 2021
Evaluation Workshop	Anne Grunseit	Justice Health	December 2021
Sport and Physical Activity Research and Teaching Network (SPARTAN)	Melody Ding Kieron Rooney	Multiple attendees	December 2021
Logic Modelling	Margaret Thomas	Multiple attendees	January 2022
Lunchtime meet and greet with Professor Heather McKay	Heather McKay	University of British Columbia - Canada	February 2022
Study design for public health program evaluation workshop	Adrian Bauman	Multiple attendees	February 2022
The struggle behind the success - why one third of people register but don't attend parkrun	Anne Grunseit	Multiple attendees	February 2022
Somewhere over the rainbow Is evaluation worth the effort?	Ben Smith	Western Sydney Local Health District (WSLHD)	June 2022
Community of practice of researchers in Early Prevention of Obesity in Childhood	Louise Baur (EPOCH)	Multiple attendees	August 2022
Essentials of Evaluation	Ben Smith	Western Sydney Local Health District (WSLHD)	August 2022
WSLHD Integrated and Community Health Evaluation Skills Program (7 x 90 minute workshops)	Ben Smith Margaret Thomas	Western Sydney Local Health District (WSLHD)	August 2022
Developing Research and Evaluation skills	Margaret Thomas Bronwyn McGill	Internal	September 2022
Supporting systems approaches to accelerate progress on physical inactivity in Australia	Adrian Bauman William Bellew Tracy Nau Ben Smith Melody Ding	Multiple attendees	September 2022
Mutual Mentoring Meeting (MMM) #8 on Age period cohort analysis	Philip Clare Anna Sordo	Internal	September 2022
Leading the Way for Translating Early Childhood Obesity Prevention Interventions	CERI	EPOCH Translate, TAPPC	September 2022
Introduction to program evaluation	Adrian Bauman	Multiple attendees	October 2022

Seminar title	Presenters	Partner Institution/Group	Date
Obesity in Asia Pacific. Where we are now and the journey ahead.	Louise Baur	The Australian Prevention Partnership Centre and CERI (EPOCH Translate)	October 2022
Developing systems – informed evaluation of health promotion programs: case studies from Denmark	Ulla Toft Anders Blaedel Hansen Jane Nautrup Østergaard Charlotte Demant Klinker Adrian Bauman	Multiple attendees	October 2022
Developing systems-informed evaluation of health promotion programs	Adrian Bauman	Internal	October 2022
Towards tobacco free by 2030	Becky Freeman	The Australian Prevention Partnership Centre (TAPPC)	October 2022
Harnessing system science to tackle child and adolescent overweight and obesity	Louise Baur	The Australian Prevention Partnership Centre (TAPPC)	November 2022
Understanding the laws that influence our built environments	Tracy Nau	Multiple attendees	November 2022
Emerging Leaders Prevention Research Case Studies	Yvonne Laird	The Australian Prevention Partnership Centre (TAPPC)	November 2022
Loneliness Is Everyone's Business. Aligning Evidence, Practice and Policy	Michelle Lim	Affiliate - ORC	November 2022
PRC-MoH Networking Colloquium	PRC	NSW Ministry of Health	December 2022
Choose to Move Program in Canada	Heather McKay	University of British Columbia – Canada	February 2023
WSLHD Adolescent Team Evaluation Skills Program (8 x 90 minute workshops)	Ben Smith Melanie Crane Margaret Thomas	Western Sydney Local Health District (WSLHD)	February 2023
Scaling up 101	Karen Lee	Internal	April 2023
2nd Public Health Stakeholder Roundtable Discussion on Tobacco Control in Australia	Becky Freeman	Multiple attendees	April 2023
Physical Activity Systems Mapping Workshop	Melody Ding Binh Nguyen Adrian Bauman	Multiple attendees	April 2023
Support Australian men in prevention and help seeking	Ben Smith Robert Palmer	Healthy Male, Men of Malvern	April 2023
Introduction to Program Evaluation	Adrian Bauman	Sax Institute	May 2023
Helen O'Connor Symposium 2023	Binh Nguyen	SPARTAN	May 2023
Mutual Methods Mentoring #9	Katherine Owen Lucy Corbett	Internal	May 2023
Evidence, Experience and Expertise: Countering the Commercial Determinants of Health	Becky Freeman	Public Health Association of Australia	May 2023
Applying Citizen Science Approaches in Prevention	Yvonne Laird	The Australian Prevention Partnership Centre (TAPPC)	May 2023
NSW Falls Prevention & Healthy Ageing Network Annual Falls Forum	Anne Tiedemann	The Australian Prevention Partnership Centre (TAPPC)	May 2023
Evaluation for Local Health Districts	Margaret Thomas, Ben Smith, Karen Lee, James Kite, Lucy Corbett		May 2023
Sydney School of Public Health Research Seminar Series: June Seminar	Becky Freeman	Generation Vape	June 2023

"Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed it is the only thing that ever has."

**Margaret Mead** 

# **Committees and societies**

#### Professor Philayrath Phongsavan

Member, Sydney School of Public Health Academic Board, Faculty of Medicine and Health, The University of Sydney	2015-current
Co-President, Australian Health Promotion Association (NSW/ACT Branch Committee)	2021-2022
Expert Member, WHO Collaborating Centre for Physical Activity, Nutrition and Obesity	2021-current
Core Member, Central Promotion Committee (Level D), The University of Sydney	2022-current
Member, SPARTAN Leadership Group, Sport and Physical Activity Research and Teaching Network, Faculty of Medicine and Health, The University of Sydney	2022-current
Vice-President, Australian Health Promotion Association (NSW/ACT Branch Committee)	2023-current

### **Professor Ben Smith**

Editorial Advisory Board, Health Promotion Journal of Australia	2013-current
Board Director, Healthy Male	2018-current
Scientific Advisory Committee, Ending Loneliness Together	2019-current
Member, Sydney School of Public Health Academic Board, Faculty of Medicine and Health, The University of Sydney	2019-current
Associate Editor, Editorial Board, Public Health Research and Practice	2019-current
Chair, Management Committee, Healthy Male	2020-current
Expert Member, WHO Collaborating Centre for Physical Activity, Nutrition and Obesity	2021-current

## A/Professor Melody Ding

Executive Committee Member, Global Observatory of Physical Activity	2020-current
Steering Committee, Lancet Series on Physical Activity and Health, 2024	2021-current
Co-Chair, Sydney Early & Mid-Career Academic Network	2021-current
Emerging Leader Committee, Australian Cardiovascular Alliance	2021-current
Co-Chair, Sydney Physical Activity Teaching and Research Network	2022-current
Senior Associate Editor, Journal of Physical Activity and Health	2022-2023
Co-Convenor, Sport and Physical Activity Research and Teaching Network (SPARTAN), Faculty of Medicine and Health, The University of Sydney	2022-current
Co-Editor In Chief, Journal of Physical Activity and Health	2023-current

## A/Professor Becky Freeman

Expert Advisory, WHO working group to develop specific guidelines to address cross-border tobacco adverting, promotion and sponsorship	2020-current
Expert Member, Cancer Council and National Heart Foundation National Tobacco Issues Committee	2020-current
Expert Member, NHMRC Electronic Cigarettes Working Committee	2020-2022
Member of CINSW Vaping Communications Advisory Panel	2022-current
Member of NSW Health E-cigarette Expert Panel	2023-current

## Dr James Kite

Founding Member of the Prevention Research Collaboration Early & Mid-Career Academic Peer Support Group	2015-current
Committee Member, NSW/ACT Branch, Australian Health Promotion Association	2018-current
Committee Member, Early Career Academic and Postgraduate Subcommittee (ECAPS), Council of Academic Public Health Institutions Australasia (CAPHIA)	2019-2021
Committee Member, Social Marketing Program Advisory Group, Quit Tasmania, Cancer Council Tasmania	2020-current
Member, The University of Sydney Academic Board	2020-2021
Expert Advisor, Weight Stigma Special Interest Group, The Obesity Collective	2021-current
Member, Faculty of Medicine and Health Board, The University of Sydney	2022-current

# Dr Philip Clare

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Member of Statistical Society of Australia	2016-current
Member of International Society for Clinical Biostatistics	2016-current
Member of American Statistical Association	2016-current
Deputy Statistics and Methodology Editor at Addiction	2020-current
Member of Charles Perkins Centre Early & Mid-Career Researcher Initiative Committee	2021-current
Member of Statistics and Methodologies Advisory Board for the Journal of Physical Activity and Health	2023-current

## Dr Katherine Owen

Committee member, Prevention Research Collaboration Early & Mid-Career Academic Peer Support Group	2018-current
Committee Member, Sydney School of Public Health Early & Mid-Career Academics	2022-current
Board Member, Journal of Physical Activity and Health	2023-current

#### Dr Karine Manera

Member, Prevention Research Collaboration Early & Mid-Career Academic Peer Support Group	2020-current
Associate Editor, Editorial Board, Peritoneal Dialysis International	2020-current
Women's Health Research, Translation & Impact Network Emerging Leaders Committee	2021-2022
Committee Member, Sydney School of Public Health Early & Mid-Career Academics	2022-current
Member, Centre of Research Excellence-Partnering with Patients with Chronic Kidney Disease to Transform Care and Outcomes (CRE-PACT) Training Committee	2023-current

#### **Dr Karen Lee**

Co-Chair, Asia-Pacific Society for Physical Activity – Scaling up Physical Activity Special Interest Group	2020-2021
Committee Member - Asia-Pacific Society for Physical Activity - Scaling Up Physical Activity Special Interest Group	2022-current
Committee Member – International Society of Behavioural Nutrition and Physical Activity	2023

## Dr Binh Nguyen-Duy

Committee Member, Prevention Research Collaboration Early & Mid-Career Academic Peer Support Group	2016-current
Society Member, International Society of Behavioral Nutrition and Physical Activity	2020-current
Advisory Board Member, Sydney School of Public Health Early & Mid-Career Academics group	2022-current

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# **Publications**

PRC researchers, partners and affiliates published over 308 peer-reviewed publications in July 2021- June 2023 encompassing a varied range of chronic disease prevention related topics.

Full list of publications is available at:

 https://unisyd-my.sharepoint.com/personal/ catherine\_kiernan\_sydney\_edu\_au/\_layouts/15/onedrive.

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# Our supporters and funders

We gratefully acknowledge the following organisations whose ongoing support allow us to make a real impact in the world of health research.

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- Cancer Council NSW
- Cancer Council Victoria
- Cancer Institute NSW
- Department of Health Australian Government
- Hockey Australia
- Ian Potter Foundation
- National Heart Foundation Australia
- Nepean Blue Mountains LHD
- Netball NSW
- NHMRC
- NSW Ministry of Health
- NSW Office of Sport and Recreation

- Paddle Australia
- Parkrun
- SA Health
- South East Sydney LHD
- South West Sydney LHD
- Sydney Health Partners
- Tasmanian Department of Health
- Tennis NSW
- The Australian Prevention Partnership Centre
- The Children's Hospital at Westmead (Sydney Children's Hospitals Network)
- University of Sydney Global Engagement Office
- University of Tasmania
- VicHealth
- Western Sydney LHD
- Wheelchair Sports NSW



Prevention Research Collaboration Level 6, The Hub The Charles Perkins Centre The University of Sydney NSW 2006

sydney.edu.au/medicine/public-health/prevention-research +61 2 8627 1850 prc.admin@sydney.edu.au

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