

CENTRE FOR COMMUNITY HEALTH AND WELLBEING

# ANNUAL REPORT 2024

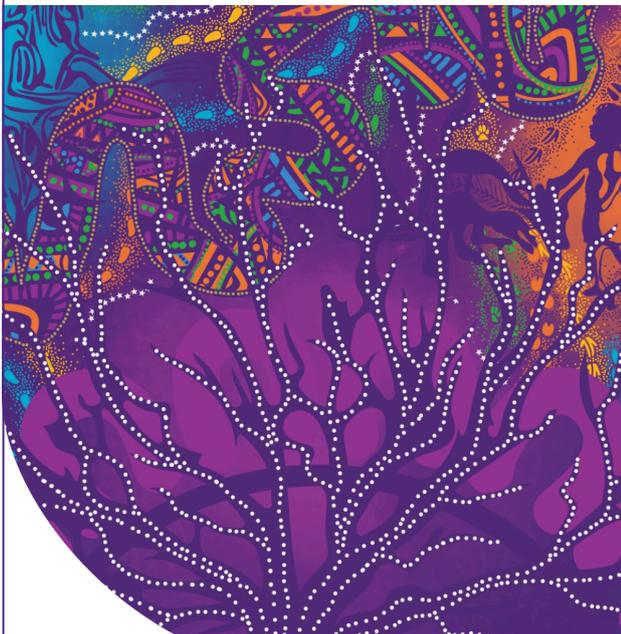


THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA

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## ACKNOWLEDGEMENT OF COUNTRY



The Centre for Community Health and Wellbeing acknowledges the Traditional Owners and their custodianship of the lands on which we meet, research and work: The people of the Yagara/Yugara Language Group.

We pay our respects to their Ancestors and descendants, who continue cultural and spiritual connections to Country.

We recognise their valuable contributions to Australian health, wellbeing and community spirit.

# FROM THE DIRECTOR

The Centre for Community Health and Wellbeing (CCHW) has made significant strides in 2024 toward its mission of fostering happy, healthy communities. Through ground breaking research, community engagement, and strategic collaborations, the CCHW has established itself as a leader in community-driven health initiatives within UQ and Greater Springfield.

## Key Achievements

- **Research Excellence:** CCHW published 18 peer-reviewed journal articles and 16 articles in *The Conversation*. The Centre also saw the first PhD graduation since its establishment in Springfield.
- **Community Engagement:** Over 800 connections were made between Springfield and UQ, reinforcing the CCHW's role as a community-embedded research centre. Appearances in traditional media reached 24, increasing public awareness of CCHW's initiatives.
- **Strategic Partnerships:** Major collaborations included the ***Springfield Healthy Hearts*** initiative, supported by a dedicated Alliance, and the launch of the ***LinkMeToHealth*** app, a digital platform enhancing health system navigation in Springfield.
- **Funding Success:** The CCHW secured \$620,000 in new funding across multiple projects, including a \$330,000 gift from The Mater Foundation. Our media-based research outputs amassed an estimated advertising value of \$3.6 million.

The CCHW remains committed to setting the new standard of community-engaged research, strengthening diverse partnerships and expanding its impact through innovative health initiatives. With a strong foundation in Springfield, the Centre aims to drive long-term improvements in health and wellbeing outcomes through evidence-based interventions for people, their families and the community.

**Professor Lauren Ball**  
**Director**  
**UQ Centre for Community Health and Wellbeing**



# 2024 SNAPSHOT



Clockwise from top left: The CCHW in Robelle Domain; The UQ Vice Chancellor’s Strategic Discussion in Springfield; The CCHW HDR candidates meeting for coffee in Springfield; A panel discussion between partners of the Springfield Healthy Hearts Alliance.

|   |  |   |
|---|--|---|
| <p><b>18</b></p> <p>Peer reviewed articles published</p>      | <p><b>24</b></p> <p>Appearances in traditional media (TV, radio, newspaper, magazines)</p> | <p><b>5</b></p> <p>Co-design workshops in Springfield</p>                                     |
| <p><b>23</b> Research Students and Volunteers</p>             |  | <p><b>9</b> PhDs in progress</p>  |
| <p><b>800+</b></p> <p>Springfield and UQ connections made</p> | <p><b>16</b></p> <p>Conversation articles published</p>                                    | <p><b>\$ 3.6mil</b></p> <p>Estimated Advertising Value of media attention from the Centre</p> |

# THE CCHW STRATEGY

## VISION

Happy, healthy communities.

## MISSION

Help communities live and age well through world-class knowledge creation, application, and translation.

## VALUES AND PRINCIPLES

Springfield and the surrounding Western Growth Corridor are always at the centre of our research direction and decision making.

Our work occurs through genuine community engagement and partnership.

The quality of our work exceeds world standards, ensuring longevity and enduring success, and provides a demonstrable return on investment in the eyes of our funders and partners.

## BEACON OVER FIVE YEARS

Communities are supported to live well through community-driven, evidence-based programs that make a healthy lifestyle the enduring standard. There's a team of researchers operating in Springfield and the surrounding corridor with a vibrant, positive culture, continuously engaging with community members, local businesses, health services and government stakeholders. Our team's research is nationally and internationally recognised for having a tangible positive impact on community. We are a flagship example of sincere engagement between UQ and local communities. Our team is seen as a setting where PhD candidates, early-career researchers and mid-career researchers can thrive and grow under a highly effective research leader with a positive environment and culture. The program is an authentic example of how knowledge leadership can create a better world.

# RESEARCH HIGHLIGHTS

## 1. Springfield Healthy Hearts

In March 2024, UQ, Springfield City Group, and The Heart Foundation co-hosted a full-day workshop involving representatives from Health and Wellbeing Queensland, The Mater Hospital, Darling Downs and West Moreton Primary Health Network, Queensland Health, and residents and health professionals in Springfield. The workshop established a resolution and vision that Springfield has the potential to be Australia's exemplar city for the Heart Foundation's Vision 2050 "Health for Every Heart". Opinions shared by community members and stakeholders informed the plan for Springfield Healthy Hearts to address (1) prevention and early detection, (2) diagnosis and treatment, (3) support and care, and (4) research, monitoring and evaluation. Following the momentum of the workshop, a Springfield Healthy Hearts Alliance has been convened, and Springfield Healthy Hearts was launched at the 2024 annual medical practitioner networking event hosted by Springfield City Group.

Working with the Alliance, Prof Lauren Ball and the broader UQ team have been shortlisted for a Heart Foundation Catalyst Partnership Grant for Springfield Healthy Hearts.



L to R top: The CCHW team represents The Heart Foundation at Coastrek, a charity walk, in Noosa in July; A Springfield Healthy Hearts marketing logo; Celebrating the start of the Springfield Healthy Hearts Alliance.

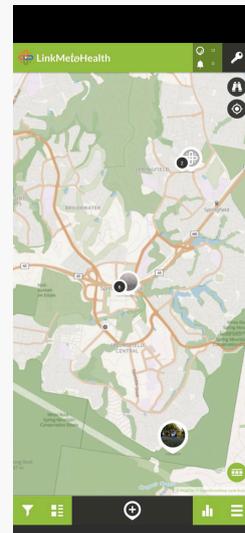
L to right bottom: Participants of the first workshop between all Springfield Healthy Hearts partners. Heart Foundation CEO David Lloyd and Prof Lauren Ball at the 2024 annual medical practitioner networking event.

# RESEARCH HIGHLIGHTS

## 2. LinkMeToHealth

Since starting our community engagement in Springfield, a common requests we have heard is support to have up to date information about health care services that are available locally. Specifically, community members have told us that they want to have access to information about health and wellbeing services including their location, scope, cost, referral requirements and what to bring.

In response, the CCHW has created a digital platform and app (pictured right), in partnership with consumers of Springfield, to help improve the navigation of Springfield's health system. The first co-design workshop was held in July with 15 members of Springfield where each person was able to share what they believe the 'LinkMeToHealth' app should do for them in Springfield. This app, now live on the app store, is now in its testing and trialling phase.



We will continue to hold workshops to discuss the feasibility and useability of the app in Springfield, and look forward to producing a high quality digital twin of Springfield's health system so all users can navigate their health with confidence.



The first (above) and second (right) co-design workshops to design and build **LinkMeToHealth**, Springfield's health system navigator app.

# RESEARCH HIGHLIGHTS

## 3. The CCHW's First PhD Graduation

In 2024, the UQ Centre for Community Health and Wellbeing celebrated its first PhD graduation and conferral since its establishment. PhD candidate Karly Bartrim submitted her thesis titled, "Are We Ready for the Future? An Exploration of Australian Dietitians' Competence, Preparedness, and Experiences Working in Aged Care."

Karly chose to mark the significant achievement alongside her Nanna, pressing the 'submit' button together. Karly then celebrated her graduation in December with her supervisors.

Over the past three years, Karly has enthusiastically worked to understand and share the importance of dietitians working in aged care.

Given the current reforms to Australia's aged care sector, Karly's work is exceptionally important and timely.

The Royal Commission into Aged Care Quality and Safety recommends improving the food and nutrition delivered in the aged care sector and strengthening the workforce that cares for older adults.



Dr Karly Bartrim and her primary supervisor, Prof Lauren Ball.



Dr Karly Bartrim submitting on her thesis alongside her Nanna.

What was missing from these recommendations was an understanding of dietitians' competency: their knowledge, skills, attitudes, preparedness, and experience working with older adults in aged care.

Karly's PhD consisted of four phases to address how to ensure all older Australians have access to timely and equitable nutrition care. Through a research review, a survey and interviews, Karly has been able to make multiple recommendations for policy, healthcare practice and research to help prepare dietitians for work in aged care.

# ENGAGEMENT HIGHLIGHTS

The Centre of Community Health and Wellbeing is now well and truly established within the city of Springfield. Here are some of the engagement highlights from 2024:

## 1. TEDXUQ

Both Prof Lauren Ball and lecturer Dr Breanna Lepre represented the Centre during the TEDxUQ event in August 2024. Lauren and Bree spent the first half of 2024 meticulously preparing for this momentous event. Bree took the opportunity to discuss her research around nutrition education in medicine. Lauren capitalised on the event to share the Springfield story and discussed how UQ and Springfield work together as a 'Communiversities.' That is, a university strategically placed within a community to serve the priorities of that community. Both talks have now been viewed a collective 2,150 times on YouTube.



L to R top: Prof Lauren Ball presents her TEDXUQ talk. The presenters of TEDXUQ take a selfie.

L to R bottom: The members of the CCHW at the TEDXUQ event. Dr Breanna Lepre presents her TEDXUQ talk.

# ENGAGEMENT HIGHLIGHTS

## **2. Vice Chancellor Regional Roadshow**

The city of Springfield and the Centre were happy to host UQ's Vice Chancellor and President Professor Deborah Terry AC, as well as Provost and Senior Vice-President Professor Mark Blows and Veronica Pritchard (Program Director of the Queensland Commitment) in September 2024. The VC visited Springfield as a part of her Regional Roadshow, whereby a Springfield-specific Strategic Discussion was held at Brookwater Golf Club between UQ alumni and Springfield locals and leaders. Here, UQ confirmed it's commitment to having a presence in Springfield over the longer term, and it was the Centre's pleasure to share our progress, success and plans during the discussion.

## **3. HMNS Springfield Excursion**

In September, staff members of the School of Human Movement and Nutrition Sciences (HMNS) travelled from UQ St Lucia to Springfield. Staff were given a 45-minute bus tour of Springfield Central, guided by Dr Richard Eden – the Executive General Manager for Education and Smart City Enterprises in the Springfield City Group. Following the bus tour, attendees were escorted to Level 2 of Springfield Tower where they engaged in two hours of strategic planning, guided by Prof Lauren Ball, Prof John Cairney, Prof Gen Healy, and Paul Treschman. The insights gained from this strategic planning day reflect the enthusiasm among HMNS for Springfield as a hub of health, sport and community services. This exciting excursion of HMNS to Springfield has led to three projects, now in the planning phase, that will strengthen UQ's presence and impact in Springfield, including a living longitudinal study, sport in Springfield, and health and wellbeing services direct to the community.



Staff of The School of Human Movement and Nutrition Sciences visit the Centre for Community Health and Wellbeing in Springfield

# FUNDING SUMMARY

In 2024, our CCHW team members were a part of eight successful funding applications from diverse organisations. Our funding success covers national schemes, as well as highly-focussed UQ strategic investments. The amount listed refers to the scheme value, but does not include co-funding and in-kind support that our partners generously provide for research. This funding will support our Centre activities in 2025 and beyond.

| Funder   | Purpose  | Awardee  | Amount           |
|--|--|--|------------------|
| Mater Foundation   | To co-design a Springfield longitudinal study                      | Prof Lauren Ball   | \$330,000        |
| National Health and Medical Research Council - Medical Research Futures Fund   | A Consortium for Primary Care in Australia                         | Prof Lauren Ball and Dr Amy Kirkegaard (Secondary investigators) | \$5,199,815      |
| UQ Health Research Accelerator   | Conduct co-design workshops in Springfield for LinkMeToHealth      | Prof Lauren Ball, Dr David Chua, Dr Kirsten Adlard               | \$10,000         |
| Gallipoli Medical Foundation   | Active Choices - Veterans Health in Springfield                    | A/Prof Nick Gilson and Prof Lauren Ball                          | \$270,000        |
| UQ School of Human Movement and Nutrition Sciences Small Grant   | Design a nutrition service for older adults                        | Dr Karly Bartrim   | \$3,000          |
| Faculty of Health and Behavioural Sciences Consumer and Community Involvement and Knowledge Exchange and Translation Accelerator Grant | Co-design workshops in Springfield for LinkMeToHealth              | Dr David Chua and Dr Kirsten Adlard                              | \$2,000          |
|  | Improving sport and physical activity participation in Springfield | Dr Michalis Stylianou  | \$2,000          |
| UQ School of Human Movement and Nutrition Sciences Collaborator Grant  | Develop a community-led research model                             | Dr Amy Kirkegaard  | \$3,000          |
| <b>Total (to the CCHW):</b>  |  |  | <b>\$620,000</b> |

# 2024 ACADEMIC OUTPUTS

## Peer reviewed journal articles:

1. **Ball L** and Langley-Evans S. (2024), A changing of the guard: reflecting on the past and looking to the future at JHND. Journal of Human Nutrition and Dietetics.
2. **Davidson A**, Morgan M, **Ball L**, Reidlinger R. (2024), Patients' experiences of and roles in interprofessional collaborative practice in primary care: a constructivist grounded theory study. Primary Health Care Research & Development.
3. Ryding H, Mitchell L, Rigby R, **Ball L**, Hobby J, Williams LT. (2024), Effectiveness of dietetic care for cancer survivors in the primary care setting: A systematic review and meta-analysis of randomised controlled trials. Journal of Cancer Survivorship.
4. Albarqouni L, Greenwood H, **Barnes K**, Clark J, **Ball L**. (2024), Long-term effect of salt substitution for cardiovascular outcomes: A systematic review and meta-analysis. Annals of Internal Medicine.
5. **Ball L**, **Crowley J**, & **Lepre B**. (2024), Beyond education and training: Is a new paradigm required to better support general practitioners to feel competent in nutrition care? Australian Journal of General Practice.
6. Heafala A, **Ball L**, Rundle-Thiele S, Mitchell L. (2024), 'Through education we can make change': a design thinking approach to entry level dietetic training regarding eating disorders. Nutrition & Dietetics.
7. **Bartrim K**, **Wright O**, Moyle W, **Ball L**. (2024), Dietitians' perceptions of employment models used in Australian Residential Aged Care Facilities. Australasian Journal on Ageing.
8. Heafala A, Rundle-Thiele S, **Ball L**, Mitchell L. (2024), Co-creating eating disorder education solutions: a design thinking approach to dietetics curricula in Australia. Nutrition & Dietetics.
9. Brickley B, Advocat J, Chai L, Bowden M, Reiger E, **Ball L**, Ng R, Sturgiss E. (2024), What next for behaviour change professional development in General Practice? Insights from an Environmental Scan and Workshops. BJGP Open.
10. MacPherson N, Ta B, **Ball L**, Gunatillaka N, Sturgiss E. (2024), What makes a good general practice consultation: an exploratory pilot study with people from a low socioeconomic background. British Journal of General Practice.
11. Roberts S, Marshall A, Bromiley L, Hopper Z, Byrnes J, **Ball L**, Collins P, Kelly J. (2024), Patient-led, technology-assisted malnutrition risk screening in hospital: a feasibility study. Clinical Nutrition.
12. Clark P, Williams L, Lee J, **Ball L**. (2024), Delphi Plus: A novel methodology for identifying evidence-based data standards for health service decision-making. Health Services Management Research.

13. **Ball, L.** (2024) Medical certificates: More than just paperwork. Australian Journal of General Practice.
14. **Kirkegaard A**, Anderson N, Irwin Chris, Vincze L. (2024), Quality evaluation of nutrition policies in early childhood education and care services in Nerang, QLD. Health Promotion Journal of Australia.
15. Molderings N, Mitchell L, Williams L, **Kirkegaard A.** (2024), Entrepreneurship in dietetics: exploring the experiences of new graduate dietitians in a mentoring circle. Nutrition & Dietetics.
16. Kataoka M, Adam L, **Ball L, Crowley J**, McLean R. (2024), Nutrition in University Dental and Oral Health Curricula: A Scoping Review. European Journal of Dental Education.
17. Farley, M, Boytar, A, **Adlard, K**, Salisbury, C, Hart, N, Schaumberg, M, Jenkins D, and Skinner, T. (2024), Interleukin-15 and high-intensity exercise; relationship with inflammation, body composition, and fitness in cancer survivors. The Journal of Physiology.
18. **Tan Z, Pashley A, Ball L, Wright O, Bartrim K.** (2024), Food, nutrition and dining information on residential aged care facility websites: A website analysis. Australasian Journal on Ageing.

## Articles published via The Conversation

1. Pickle, anyone? 3 possible reasons women get cravings during pregnancy (January 29). **Prof Lauren Ball and Dr Katelyn Barnes.**
2. Why ban ham from school canteens? And what are some healthier alternative for kids' lunches? (February 13). **Prof Lauren Ball.**
3. If you're worried about inflammation, stop stressing about seed oils and focus on the basics (February 21). **Prof Lauren Ball and Dr Emily Burch.**
4. Considering taking a weight-loss drug like Ozempic? Here are some potential risks and benefits (April 2). **Prof Lauren Ball and Dr Emily Burch.**
5. No, beetroot isn't vegetable Viagra. But here's what else it can do (April 12). **Prof Lauren Ball and Dr Emily Burch.**
6. I can't afford olive oil. What else can I use? (May 20). **Prof Lauren Ball and Dr Emily Burch.**
7. Michael Mosely used science communication to advance health and wellbeing. We can learn a lot from his approach (June 10). **Prof Lauren Ball and Dr Kirsten Adlard.**
8. Cheeky diet soft drink getting you through the work day? Here's what that may mean for your health (July 19). **Prof Lauren Ball and Dr Emily Burch.**
9. Ricezempic: is there any evidence this TikTok trend will help you lose weight? (August 5). **Dr Emily Burch and Prof Lauren Ball.**

10. Cottage cheese is back and all over TikTok. Two dietitians explain why social media's obsessed (August 23). Prof Lauren Ball and Dr Emily Burch.
11. What is type 1.5 diabetes? It's a bit like type 1 and a bit like type 2 - but it's often misdiagnosed (August 27). **Dr Emily Burch and Prof Lauren Ball.**
12. Considering taking Wegovy to lose weight? Here are the risks and benefits - and how it differs from Ozempic (August 28). **Prof Lauren Ball and Dr Emily Burch.**
13. How we think about 'obesity' and body weight is changing. Here's why (September 19). **Evangeline Gardiner, Dr Amy Kirkegaard, Dr Breanna Lepre, Prof Lauren Ball and A/Prof Mark Robinson.**
14. Autistic people and those with ADHD are more likely to have eating disorders. Here's why - and how this affects their treatment (September 30). **Dr Breanna Lepre and Prof Lauren Ball.**
15. Scurvy is largely a historical disease but there are signs it's making a comeback (October 23). **Prof Lauren Ball.**
16. Is thirst a good predictor of dehydration? (November 1). **Prof Lauren Ball and Kiara Too.**

Our strong relationship with the Conversation has meant that Prof Lauren Ball, with support from her team, wrote **four of the ten top UQ articles** in 2024. Lauren also wrote the **most articles** for the magazine from UQ, and was the **most read author** from UQ in 2024. All of our 2024 articles amassed over **250 million reads**, bringing an advertising equivalent to UQ of over **\$3.6 million**.

# ACKNOWLEDGEMENTS

The Centre for Community Health and Wellbeing would like to sincerely thank Springfield's residents, workers and visitors for their input, participation and partnership in 2024. We especially acknowledge:

- UQ staff, higher degree by research candidates and students of The Centre.
- Springfield City Group for their deep and productive partnership.
- Springfield community members who have inputted into our work, participated in studies and hear about our research outcomes.

We sincerely thank all groups, organisations and partners we have worked with in 2024:



## Get in touch:

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