



CENTRAL QUEENS
HEALTHY CO

May 2008

IN TOUCH

Volume 1, Number 3

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Interesting & Useful web sites

<http://cssr.cqu.edu.au/FCWViewer/view.do?page=581>
Population Research Lab - CQU

<http://www.10000steps.org.au/>
10000 Steps

Welcome

A warm welcome to our newest list subscribers to the CQ Healthy Communities newsletter. You can subscribe [here](#).

We are keeping on our toes here at Healthy Communities, and we are excited about the work that CQU is undertaking under the Healthy Communities initiative.

You can also find some information on some of our recent events.

As I've mentioned in previous issues, the aim of the newsletter is to provide an outlet for you and your organisation to share information within the scope of Healthy Communities.

Details on how you can contribute to the newsletter are available on our website.

Breakfast with the Prof

On 23 April, Prof Kerry Mummery from CQU Rockhampton on the topic Electronic Chronic Disease Surveillance and Prevention. With high attendance, the event was booked out several weeks in advance. The event was very accommodating with our requests and was a precursor to several other events at various locations throughout the rest of this year. This was the first event of this newsletter.

Kerry appeared on WIN News in Rockhampton and the interest in his topic.

Research News # 1

Congratulations to postgraduate student Ajay Kumar, who has been awarded a Postgraduate Research Scholarship in Immunology at CQU.

Ajay is the sole Australian recipient of a Postgraduate Research Scholarship from the American and Australian Societies for Microbiology. He is a member to attend and present at the national meeting of the American Society for Microbiology annual meeting in 2008, a meeting that typically attracts between 1000 and 1500 researchers.

This esteemed award entitles Ajay to all airfares and a substantial funding for a two week visit to a research laboratory (Ohio State Hospital in Columbus, Ohio), following the completion of his research.

In further news, Dr Mitch Duncan, in his new role as Director of Healthy Communities, recently travelled to Auckland from Auckland University of Technology. The purpose of the visit was to assess the environment during their journey to and from Auckland. Dr Duncan is a Geographic Information Systems and accelerated learning specialist. He has built environment and how these factors interact with the built environment during walking and cycling to work. Results of the visit will be published in the next issue. Well done Mitch. Read more about Mitch's other work.

<http://www.bom.gov.au/weather/qld/>
Bureau of Meteorology – Queensland Weather Warnings

<http://www.asc.asn.au>
Australian Association of Science Communicators

<http://www.cqu.edu.au/>
Central Queensland University's home page

<http://www.health.qld.gov.au/>
Queensland Health

<http://www.health.gov.au/>
New Australian government's Department of Health and Ageing

<http://www.healthycommunities.cqu.edu.au/>
CQ Healthy Communities

<http://www.adobe.com/products/reader/>
Download Adobe's latest version of its PDF Reader here

Contact Us

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Research News # 2: Women prescriptions

Rockhampton district women are invited to participate in a research project at Central Queensland University.

Dr Mitch Duncan is keen to hear from women interested in physical activity.

Those participating will complete all activity in the Rockhampton district at the beginning and end of the project.

Participants will be asked to complete either a physical activity or a sedentary activity program.

Potential participants should contact Dr Duncan on 49309371.

Research News # 3: Population and Social Science Research - Queensland

The Population Research Laboratory

The [Centre for Social Science Research](#) established to serve the needs of both university and non-university research. The PRL is a fully integrated research laboratory operating Ci3 software from Sawtooth Technology. It has completed more than 40 large-scale projects utilising the CATI system, which has been conducted on an annual basis.

The Survey

The 2008 Queensland Social Survey (QSS-2008) is a series of surveys aimed at obtaining public opinion on a range of issues affecting residents.

The cost-sharing participation feature of the survey allows researchers to collect high quality data from a sizeable state or local area. The Queensland Social Survey serves the research needs of government organizations. Community groups and government agencies can obtain a reliable, credible, and relatively low-cost data source. The survey will be conducted in July/August of this year.

The 2008 Queensland Social Survey Sampling

The 2008 Queensland Social Survey sample consists of two main components:

- South-East Queensland (Brisbane and Moree)
- The remainder of the State (Other Queensland)

In the initial phase of a two-stage sampling process, a probability sampling by gender is used to ensure an equitable distribution of the sample. The ethical research protocols and trained interviewers are used to ensure the quality of the data.

Services and Deliverables



Prof Bob Miles - speaker at the first Research Unplugged event on 29 May

PRL staff provide assistance to clients in questionnaire analysis and presentation of the data. Clients provide the client data set consists of the sponsored questions including age, gender, marital status, education, household income, individual income, household size and commonwealth elections and sample demographic questions associated with each question. PRL provides frequency distributions, selected cross

Cost Sharing

The cost for a submission to participate on the survey is the submitted questions in terms of standard question units. One question is rated as one question unit. More questions are provided to potential participants. Written cost estimates are provided to potential participants in the survey a minimum set of five questions is available for single sample areas, i.e. only Br

Applications for the 2008 Queensland Survey

For more information on the 2008 Queensland Survey contact Miss Christine Hanley
Manager, [Population Research Laboratory](#), Central Queensland University Phone: (07) 4671 4671
Email: c.hanley@cqu.edu.au

Also available for contact are:
Associate Professor Stewart Lockie
Director, Centre for Social Science Research
Email: s.lockie@cqu.edu.au

Professor Kerry Mummery
Head, Population Research Laboratory
Email: k.mummery@cqu.edu.au

CQU Events

As alluded to in the introduction above, the survey is part of the Healthy Communities. We are trialling several events about Healthy Communities but also the broader community events have more of a 'CQU focus', most are related to Healthy Communities as well.

A number of events has been organised including unplugged science cafes, and a capacity building

Here is a rough schedule of the events in progress added to the lists as they become confirmed.

Seminar Series

- 2 May [Dr John McGrath](#)
- 9 May [Assoc. Prof Stewart Lockie](#)
- 16 May [Dr Cristina Caperchione](#)
- 23 May Assoc Prof Lee Di Milia
- 6 June Dr Matt Rockloff
- 18 July Heather Nancarrow
- 15 August Dr Andrew Fenning

Research Unplugged

29 May Prof Bob Miles
31 July Ms Karena Burke
25 Sept Assoc Prof Stewart Lockie
27 November Ms Heather Nancarrow

Capacity Building Series

30 May Dr Mitch Duncan

Research Showcase

2 June Various CQU speakers

Note that where practical events are recorded are highlighted above.

More events are planned with more seminar events are primarily based and organised from other CQU campuses can organise their own

And don't forget, if you have an event that you distribute appropriate flyers or notices via our

If you would like any further information about CQ Healthy Communities.

Date claimers and communi

Community Health Mt Morgan is holding "Lighten Up" people who want to improve their health and active, manage stress and make long-term lifestyle changes. 9 am. To book for Lighten Up telephone 493

A reminder that Community Health Rockhampton "Lifestyle" program. The group started its 7 week Rockhampton telephone 49206991.

The Healthy Infant Network, Rockhampton, will be held at the Circle of Security presented by Mr Joe Coe. Annex – Corner of North and West Streets, Rockhampton. Morning tea provided. **Please RSVP by Wednesday 10th May** Phone: 4920 6879 Email: ben_norden@healthrockhampton.com.au

A reminder that the Rockhampton Road Runners 'Run Yourself' event this coming Sunday 25th May. Start from Victoria Park (Riverbank side) and finish from Victoria Park (Riverbank side) and further details contact Glenn on 0419 28

Expert Guide

Readers who have CQU email accounts can take the Expert Guide via the following link:

<http://www.expertguide.com.au/InfoPages/Join.aspx>

Expert Guide is the only central place where you can connect with thousands of academic and professional research centres, museums, CRCs, industry/health organisations across Australia.

On the lighter side

THE FINAL WORD ON NUTRITION

What's Hot!

After an exhaustive review of the research literature

- 1. Japanese eat very little fat and suffer fewer heart diseases*
- 2. Mexicans eat a lot of fat and suffer fewer heart diseases*
- 3. Chinese drink very little red wine and suffer fewer heart diseases*
- 4. Italians drink excessive amounts of red wine and suffer fewer heart diseases*
- 5. Germans drink beer and eat lots of sausages and suffer fewer heart diseases*
- 6. The French eat foie-gras, full fat cheese and suffer fewer heart diseases*

CONCLUSION: Eat and drink what you like. Stay healthy!

Web site updates

The [Healthy Communities](#) web site is now off-line. Some notable changes will be made to the site in the near future. CQU and developments within the Centre for Health Research

Visitors to the site can also subscribe to the [Healthy Communities Research Network](#) newsletter.

CQU staff can sign on to the [internal mailing list](#).

News items relevant to [Healthy Communities](#) will be posted on this page.

Clicking on the [What's Hot](#) link on the homepage will take you to this page.

Articles and information relating to research findings under consideration for being added to the site.

Details on how to access all the above can be found on the [Healthy Communities](#) web site. The web site address is: <http://www.healthycommunities.org.au>

Getting In Touch

If you have already done so, thank-you! Other ways to get in touch. You may prefer a print version rather than an electronic version. The possibility of delivering the newsletter as either a print or electronic version is the overwhelming 'winner' at this stage!

Important: make one choice only.

Click below to forward your preference.

[Electronic delivery](#)

[Printed document](#)

If you choose the Printed option, please provide a mailing address.

Contributing to In Touch

Don't forget that if you wish to highlight an article or research finding relevant to [Healthy Communities](#), please forward it to the Centre for Health Research. You can also post information you would like to be included in the newsletter to 18, CQU Rockhampton, Bruce Highway, North Rockhampton, QLD 4700.

Please note that images will be scaled down to fit the format of the newsletter. .doc or .rtf formats. Importantly, other than the format, the content should be free of any restrictions or constraints that make the transformation into the format of this newsletter difficult.

Note also that articles may be edited to fit within the format of the newsletter.

The next edition of *In Touch* is due in June.

