



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 find more information [here](#).

We are keeping on our toes here at Healthy Communities, that CQU is undertaking under the Healthy Communities initiative.

You can also find some information on some of the events.

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

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

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

### Research News # 1

Congratulations to postgraduate student Ajay Kumar, recipient of a Postgraduate Award in Immunology at CQU.

Ajay is the sole Australian recipient of a Postgraduate Award from the American and Australian Societies for Microbiology. He is a member to attend and present at the national meeting. He is also a recipient to visit the research lab of a research fellow at the American Society for Microbiology annual meeting in 2008, a meeting that typically attracts between 1000 and 1500 people.

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

In further news, Dr Mitch Duncan, in his new role as a Healthy Communities, recently travelled to Auckland from Auckland University of Technology. The purpose of the visit was to study the environment during their journey to and from work. The study focused on Geographic Information Systems and accelerated the built environment and how these factors interact with the environment during walking and cycling to work. Results of the study 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 from residents.

The cost-sharing participation feature of the survey allows us to collect high quality data from a sizeable state-wide sample. The Queensland Social Survey serves the research needs of many organizations. Community groups and government agencies can use 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, using sample management features of the CATI system, sampling by gender is used to ensure an equal representation of men and women. The survey also follows ethical research protocols and trained interviewers.

### Services and Deliverables





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

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

### **Cost Sharing**

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

### **Applications for the 2008 Queensland So**

For more information on the 2008 Queensland Miss Christine Hanley Manager, [Population Research Laboratory](#), Central Queensland University Phone: (07) 4 Email: [c.hanley@cqu.edu.au](mailto: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](mailto:s.lockie@cqu.edu.au)

Professor Kerry Mummery  
Head, Population Research Laboratory  
Email: [k.mummery@cqu.edu.au](mailto:k.mummery@cqu.edu.au)

## **CQU Events**

As alluded to in the introduction above, the s Healthy Communities. We are trialling several about Healthy Communities but also the broad events have more of a 'CQU focus', most are Healthy Communities as well.

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

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.

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## **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** Phone: 4920 6879 Email: [ben\\_norden@health.com.au](mailto:ben_norden@health.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

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## **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.

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## **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 are 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 electronic. The possibility of delivering the newsletter as either a printed 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. 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, there are no restrictions or constraints on the content. It is an easy transformation into the format of this newsletter.

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.



