

NSW Centre for the Advancement of Adolescent Health

1999-2003 Report

**NSW CAAH is funded by
The NSW Health Department**

caah
the childr^en's hospital at Westmead
NSW Centre for the Advancement
of Adolescent Health

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Executive summary

The *NSW Centre for the Advancement of adolescent Health (CAAH)* has been established to provide an organised, multi-sectoral approach to improving the health of young people in NSW. The Centre represents a unique alliance between health care, academic and advocacy bodies concerned with the health and wellbeing of young people in NSW, Australia and beyond. This report, covering the period 1999-2003, encompasses the Centre's work in five key focus areas:

Focus Area 1: Consulting with young people

CAAH is dedicated to the concept of empowering young people to be the makers of their own destinies with the full support of caring adults. CAAH has prioritised youth participation in health by: *NSW Youth Advisory Council* representation on its Advisory Board; stakeholder consultations and workshops (one in collaboration with the *NSW Commission for Children and Young People*); focus groups with in-school and out-of-school young people as part of a State-wide research project; special youth-run *Youth Health Forums*; and linkage with other youth-oriented organisations.

Focus Area 2: Education, training and awareness-raising

CAAH has improved the health of young people by enhancing the quality of care they receive through the education and training of health professionals. Major initiatives include: *Youth Health Forums*, community health education sessions held 4 -5 times per year; training programs and resources for General Practitioners and linkage with other GP training bodies; postgraduate courses and fellowships for doctors, nurses and allied health professionals; undergraduate training in medicine and other disciplines. In a clearinghouse capacity, CAAH promotes via its website a range of education and training activities in NSW and interstate. The Centre also fosters awareness and understanding of youth health needs within the broader community through books and magazines, presentations at conferences and seminars, and talks for parent and community groups.

Focus Area 3: Research and development

CAAH improves the health and health care of young people by conducting and promoting research into the issues affecting their health. To this end, CAAH has embraced three research programs: access to health care services; physical activity/overweight and obesity; and, sexual and reproductive health. CAAH fosters and maintains links with other research groups in Australia and overseas.

Focus Area 4: Monitoring and consulting on government policies

CAAH advances the health and wellbeing of young people by: providing consultation to NSW Health on the health issues affecting young people and optimal approaches to care; monitoring and supporting government policies; and collaborating with other government departments. CAAH advocates for adolescent health in NSW as well as at national and international levels.

Focus Area 5: Networking and partnerships

CAAH works primarily through collaboration, networking and partnership formation. CAAH has established professional links with: adolescent health and medical services; non-government & professional organisations; universities and academic centres; arts organisations working in education and community settings; and international organisations and networks.

Background

The *NSW Centre for the Advancement of Adolescent Health* is a public health initiative of the Department of Adolescent Medicine at The Children's Hospital at Westmead. As a key recommendation of the NSW youth health policy, *Young People's Health: Our Future (1998)*, CAAH was launched by the Minister for Health in December 1998 to provide an organised, multi-sectoral approach to improving the health of young people in NSW.

CAAH seeks to provide leadership in achieving this goal through:

- Advising the Department of Health on key issues for young people in NSW
- Developing guidelines for best practice in adolescent health care
- Conducting and coordinating community projects and applied research
- Undertaking interdisciplinary education and training
- Building networks and partnerships in support of adolescent health.

With dedicated funding from the NSW Department of Health (\$130,000 pa), CAAH's programs have been conducted in partnership with the University of Sydney, the NSW Association for Adolescent Health, The Australian Centre for Health Promotion, the Transcultural Mental Health Centre and many other professional and community groups. Centre management is outlined in Appendix 1.

A *Performance and Funding Agreement for the Management and Operation of the NSW Centre for the Advancement of Adolescent Health* was co-signed by NSW Health (Health Administration Corporation) and The Children's Hospital at Westmead in December 1998 (See Appendix 2). The Agreement was for a five-year term and expires on 30 June 2003. Subject to satisfactory performance, a new five year Agreement will be developed.

Scope of CAAH's work

CAAH recognises the complexity and diversity of the population of young people (aged between 12 and 24) living in NSW and the multitude of issues and groups needing to be considered. According to the 2001 Census, there are 1,109,554 young people in NSW (of whom 63.8% live in Sydney). These include disadvantaged and 'at-risk' young people including: those of Indigenous background (2.7%), young people living in rural and regional areas (36.2%), homeless, unemployed, migrant, refugee, early school leavers, young people in the juvenile justice system (1,700), those living with a disability (70,700), young parents, culturally and linguistically diverse young people and young people marginalised by their sexuality. Approximately 25% of total young people aged 15-24 speak a language other than English at home.

Another challenge has been the multisectoral and multidisciplinary environments in which CAAH has sought to work and the wide range of individuals and groups with whom we have liaised and collaborated. These include health and youth workers, teachers, academic, political, religious and business leaders, arts workers, families, friends and young people themselves. CAAH has needed to consider metropolitan, rural and remote locations in NSW and the importance of connections, not only within the State, but also at national, regional and global levels.

In this context, and with the funding constraints placed on the Centre, CAAH's achievements are remarkable. The commitment and dedication of staff, including use of much unpaid time by the individuals involved, has made this progress possible.

Mission

The mission of NSW CAAH is to protect and promote the health of young people living in New South Wales through research, policy development, promoting good practice, developing and sustaining effective networks, educating professionals, informing and empowering young people and their carers and engaging in advocacy on behalf of young people.

Setting the direction

“Here & Now”: A report card on the health of young people in NSW

The *Here & Now* consultation day in June 1999 brought together a wide range of people and organisations as part of a process of building a consensus on improving the health of young people in NSW. The objectives were:

- To provide a report card on the state of health of young people in NSW
- To consult with key stakeholders about priority concerns and approaches to improving the health and health care of young people
- To build networks and partnerships in support of young people
- To attract media attention and broad community support for improving the health of young people

People from almost every scientific and clinical practice discipline, government service, non-government organisation and agency relevant to the health and well-being of young people were brought together for *Here & Now*. More importantly, the views and interests of young people were well represented and attentively received. A series of workshops represented the key components of the day and were intended to identify current practice and initiatives, good practice and ways in which we might close the gap between current and best practice. Finally, a “hypothetical” was run to further explore issues around challenges to the delivery of health care services to young people. This consultation formed the basis of the first strategic plan of the NSW Centre for the Advancement of Adolescent Health.

Strategic and Operational plans

The Strategic and Operational Plans were developed to guide the activities of CAAH and to provide a yardstick against which to measure progress (See Appendix 3). The Strategic Plan consists of a mission statement, goals and objectives based on the outcomes of the *Here & Now* consultation day, our professional judgement and feedback from the Advisory Board. The Operational Plan is a detailed work program that addressed each of the objectives in terms of: the actions required; responsibility; target dates for completion of the task; the resources required and; performance indicators.

While many of CAAH's specific activities reflect opportunities related to the special interests and skills of key Centre staff and the various networks and relationships that have been established, our ‘envisioned future’ remains essentially true to the four primary goals of the NSW Youth Health Policy, *Young People's Health: Our Future*:

- To improve the health and well-being of young people
- To improve access to health services by young people
- To improve the quality of services provided to young people
- To promote partnerships both within and outside the health system.

Focus Area 1

Consulting with young people

Objective

Consult with young people and facilitate their active participation in activities related to their health and health care.

Rationale

CAAH endorses the participation of young people at all levels of planning and decision making. We encourage and facilitate the creation and strengthening of connections between young people and their families, schools and communities.

CAAH's achievements:

Project 1: "Here & Now": A report card on the health of young people in NSW

As described above, youth participation was a key element in CAAH's inaugural stakeholder consultation, *Here & Now*, held at The Children's Hospital at Westmead in June 1999. Representatives from the *NSW Youth Advisory Council* contributed to planning for the day, made presentations, conducted workshops and participated on the panel. The following action statement was made: *A framework to guide effective youth participation across all sectors, disciplines and health issues needs to be developed as a model of good practice...The workshop agreed that young people are the experts of their own experience and should have a clear role in service planning.*

Project 2: Youth Consultation & Participation Workshop

This workshop was held in April 2000 in collaboration with the *NSW Commission for Children and Young People*. The following key agencies were involved: NSW Centre for the Advancement of Adolescent Health; Chronic Illness Peer Support Program (ChIPS) at the Centre for Adolescent Health, Melbourne; Centre for the Prevention of Psychological Problems in Children and Young People; NSW Commission for Children and Young People; Department of Education and Training; Department of Immigration (Multicultural Affairs); Inspire Foundation (Reach Out!); Muslim Aid Australia; Islamic Council of NSW; Office of Children and Young People, The Cabinet Office; Youth Accommodation Association; Youth Action Policy Association; Student Representative Councils. The workshop report outlines plans for improving mechanisms for youth consultation and is downloadable from our website, www.caah.chw.edu.au. The Centre conducted a workshop entitled *Youth consultation: Making it work* at the 3rd Pacific Rim NZAAHD Conference held in Christchurch, New Zealand, 25-28 June 2000.

Project 3: The Access Study – youth focus groups

The *Access Study* (described in detail under *Research and development*) focuses on improving access to quality health care services for young people in NSW. An important element of the needs analysis conducted in Phase 1 (2000-2001) was focus group discussions with in-school and out-of-school young people and service providers including GPs, CHC staff and youth health workers. The Centre's research report *Access to health among NSW adolescents*, is available from CAAH.

Project 4: Youth Health Forums during Youth Week

A committee of energetic young people under the direction of Kate Toohey (inaugural CAAH Advisory Board member) convened special *Youth Health Forums* during Youth Week 2001 (*Young people participating in their communities*) and 2002 (*Bring it on*). Both events were highly successfully attracting many young people in addition to the usual professional audience (for a more detailed account of *Youth Health Forums*, see Focus Area 2). CAAH is joining with *National Divisions Youth Alliance* (NDYA) in an online forum in April 2003 exploring access to General Practice for young people. The forum will directly involve young people.

Project 5: Miscellaneous youth participation activities

CAAH reviewed the document *Taking Participation Seriously* prepared by *NSW Commission for Children and Young People* and has liaised in regard to follow-up activities for the health sector. CAAH advocates for the participation of young people in its health professional training activities and supports a range of arts projects involving young people (See *Networking with arts organisations* in Focus Area 5).

Focus Area 2

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ducation, training and awareness-raising

Objectives

Undertake interdisciplinary education and training for adolescent health workers and other professionals involved with the care and support of young people and their families; undertake activities that raise awareness and foster better understanding within the broader community of the health needs of young people.

Rationale

CAAH trains professionals in order to improve the health of young people by enhancing the quality of care they receive. CAAH promotes interdisciplinary and intersectoral collaboration in working with young people via education and training and provides information about training opportunities. CAAH also seeks to convey through presentations and the media, positive aspects of young people, and foster understanding of their developmental and health needs.

CAAH's achievements:

Project 1: Youth Health Forums

Youth Health Forums are a priority activity of CAAH. Initiated in 1996, they were initially a collaborative networking and training activity of the combined clinical Departments of Adolescent Medicine at The Children's Hospital at Westmead and Westmead Hospital. The formal establishment of CAAH in 1999 provided the capacity for expanding the organising committee and enhancing the administration and promotion of *Youth Health Forums*. CAAH wishes to acknowledge the foundation work of, and contribution to the Forums provided by the Department of Adolescent Medicine at Westmead Hospital and the clinical staff of the Department of Adolescent Medicine at The Children's Hospital at Westmead.

Youth Health Forums are held in the Education Centre at Westmead Hospital four to five times per year and provide quality educational and networking opportunities for individuals working with, or interested in, the holistic health care needs of young people. The target audience includes health professionals, youth workers and representatives from education, accommodation and welfare sectors. Attendances vary between 60 and 110 people from throughout metropolitan Sydney and beyond. The objectives of the Forums are:

- To present and discuss contemporary issues in youth health
- To present information that enhances knowledge and skills
- To exchange information regarding services available to young people
- To establish and strengthen referral pathways by bringing together workers from different settings
- To facilitate access between community and hospital services
- To promote best practice in relation to adolescent health and welfare

Youth Health Forums are organised by a dynamic committee representing the following stakeholder organisations: NSW Centre for the Advancement of Adolescent health; Departments of Adolescent Medicine at CHW and Westmead Hospital; High Street Youth Health Service; NSW Association for Adolescent Health; Transcultural Mental Health Centre; and Western Area Mental Health Service. Each *Youth Health Forum* is evaluated and reports analysed to assist planning. To date, responses

have been overwhelmingly positive with participants rating sessions highly in terms of relevance and interest and individual presentations generally as good to excellent.

In 2001, two *Youth Health Forums* were video-conferenced to rural centres: In July, *Food and Mood* was transmitted to Dubbo and Nowra attracting 31 rural youth workers; in September, *Preventing Youth Suicide* was received in Nowra, Lismore, Mudgee, and Queanbeyan accessing a further 38 people outside of Sydney.

“Special Youth Health Forums” have been held from time to time, involving additional subcommittees or individuals in the planning. These have included the involvement of young people (at least one YHF per year) and, more recently, a subcommittee of Aboriginal health workers was convened to organise a special one-day YHF addressing Koori Youth health (March 2003). See Appendix 4 for the themes addressed since inception in 1996.

Project 2: Training General Practitioners

The training of general practitioners at all levels of post-graduate experience has been a major focus of CAAH’s work in education and training. General practitioners are recognised as a major provider of primary health care in Australia for young people, and specific training in adolescent health has been shown to be effective in improving GP attitudes, knowledge and skills in working with young people. In recognition of these facts, a strategic approach towards GP training was developed in 1999 after extensive consultations with Professors of General Practice at The Universities of Sydney and NSW, clinical academics and education providers at the Centre for Adolescent Health, Melbourne, medical educators at the Royal Australian College of General Practitioners, the Alliance of NSW Divisions of General Practice and practising GPs.

CAAH’s objectives have been to simultaneously provide basic training to GPs to achieve a uniform level of adolescent health consultation skills across the state, to train trainers, and to raise awareness of youth health issues amongst GPs through a range of media. With resources limited to one half-time education and training coordinator, these objectives have been partially met.

Between 1999 and 2002, CAAH provided direct training (basic and/or advanced) to 16 out of 36 Divisions of General Practice across NSW. Where CAAH was unable to provide training, we assisted Divisions to find other trainers or provided training resources. A further 3-4 Divisions were assisted in this way. CAAH also undertook a range of other in-service training activities that were not Division-based. Training has also been provided at the GP basic training level via the Royal Australian College of General Practitioners. Train-the-trainer work will be undertaken via a project entitled *Enhancing the Skills of General Practitioners for Young People from Culturally Diverse Backgrounds*, in partnership with *Transcultural Mental Health Centre* and the Northern Rivers Division of General Practice. A GP resource kit will be produced by mid 2003, with an accompanying train-the-trainer package. CAAH encourages interdisciplinary training and youth participation where possible and can offer advice about how to develop this.

Several articles were written in popular GP media between 1999 and 2003 to raise awareness of youth health issues amongst GPs (see Appendix 5) and several presentations were made to GPs and about general practitioners and young people, both locally and overseas (see Appendix 7).

Project 3: Post Graduate Courses & Fellowships

Master of Public Health

Adolescent Health and Health Promotion (Michael Booth, Coordinator) is a course offered as an elective subject within the University of Sydney Master of Public Health. This two unit (14 hour) subject:

- Describes the epidemiology of the health of young Australians
- Describes the physical, cognitive, social-cognitive and social development of young people
- Describes the key determinants of health behaviours among young people
- Presents key theories of adolescent health behaviours

- Discusses the strengths and weaknesses of different settings for health interventions, and
- Guest lecturers describe the current state-of-play in mental health, drug use and misuse, sexual health, access to health services, programs for homeless and alienated young people and the Internet as a setting for health promotion.

Graduate Diploma in Adolescent Health and Welfare (CAH)

The *Centre for Adolescent Health* in Victoria runs this two-year course, which can be taken by distance education, within the University of Melbourne. CAAH has negotiated a *Memorandum of Understanding* to provide supervision for NSW students and to explore the provision of mentoring, direct training and the development of learning modules. Melissa Kang coordinated the development of, co-wrote, and edited a new subject entitled *Sexual Health* (introduced 2002) and has worked as the subject coordinator.

Fellowships in Adolescent Medicine

The Departments of Adolescent Medicine at The Children's Hospital at Westmead and Westmead Hospital provide high quality, comprehensive training to physicians in both hospital and community based settings. A wide array of health and medical services (including transition services) is provided to young people and their families through the respective *Adolescent Medical Units* and affiliated sub-specialty departments, as well as outreach medical clinics at local youth services.

CAAH provides advanced trainees with support and guidance in clinical research, community health education, advocacy and professional networking and helps prepare them for service development and leadership roles. In addition to local advanced trainees, fellowships on an honorary basis have been offered to paediatricians from hospitals in Hong Kong, New Zealand, Switzerland, UK, the Philippines and Malaysia. As a result of these training opportunities, doctors have established new services for adolescents in their own countries.

The 6-month or 12-month training program focuses on the acquisition of competencies in adolescent health care and skills in management to provide comprehensive services for adolescents. The training objectives for the Fellowships in Adolescent Medicine are:

- To develop skills in communicating with adolescents and understand the principles of a family-oriented approach to assessment and management of clinical issues
- To develop skills in the assessment and management of common and specialised clinical problems in adolescents in both hospital and community-based settings
- To gain an understanding of the range of health issues affecting adolescents from different population groups and learn about innovative methods of health care delivery to these groups
- To enhance clinical judgement in developing a multi-disciplinary approach in the management of an adolescent patient
- To gain an understanding of and participate in health promotion, groupwork, creative and educational activities for young people
- To undertake a research or developmental project and contribute to professional teaching and health care planning
- To learn to be an effective educator and an advocate for the needs of adolescents

Project 4: Undergraduate training

University of Sydney Medical Program

Adolescent health clinicians have contributed to the development of the adolescent health components of the University of Sydney Medical Program. Problem-based learning cases dealing with adolescent issues are integrated into the course throughout Years 1-4. In Year 4, week five is more-or-less devoted to lectures and discussions on the following topics:

- A developmental perspective on adolescence
- An overview of adolescent sexuality
- Clinical approach to the adolescent patient
- Recognising the adolescent at risk

- Impact and management of chronic illness and disability
- Lifestyle and precursors of adult disease

The adolescent topics are integrated with the themes of the Course (Basic and Clinical Sciences, Personal and Professional Development, Community-Doctor and Patient-Doctor) and there is a clinical Problem Based Learning (PBL) case dealing with an adolescent with a chronic illness and complicating psychosocial issues. Some students undertake clinical placements in the Adolescent Medical Units at either CHW or WMH where they experience the multidisciplinary work at inpatient and outpatient levels and visit a community-based adolescent service.

CAAH has contributed a chapter (Care of the adolescent) to the major undergraduate medical text, *Practical Paediatrics* (see Appendix 5).

Undergraduate training in the region

We have worked with *World Health Organisation* (Western Pacific Regional Office) and the *University of the Philippines Open University* on a curricular integration project targeting nursing and medical schools in the Region. The consultation involved an analysis of data from a survey undertaken in 16 countries and the preparation of detailed report for dissemination throughout the Region: A Framework for the Integration of Adolescent Health and Development Concepts into Pre-Service Health Professional Educational Curricula. This work was presented (*Training for Adolescent Health and Development: Experiences from the Western Pacific Region*) at a special symposium sponsored by WHO at the 23rd International Congress of Paediatrics, Beijing, China, September 2001.

CAAH was invited to provide the Inaugural James Cook University Medical Students' Association lecture (*Courageous Innovation: Pioneering a hospital-based adolescent health service*) at the School of Medicine, James Cook University, Townsville, Queensland, October 2001. We have also given a Grand Rounds lecture entitled *Teaching adolescent health down* under to the staff and students of the Division of Adolescent Medicine at the Children's Hospital of Los Angeles (March 2002)

Project 5: Collaboration with other Centres

CAAH works in collaboration with other centres to strategically plan for and facilitate efficient delivery of education and training. CAAH signed a Memorandum of Understanding with the *Centre for Adolescent Health* (CAH), Melbourne in 2001. This document outlines areas for collaboration including training needs assessments, curriculum development and review, resource development and sharing, shared supervision of students undertaking post graduate training and delivery of training. The *Centre for Youth Health* in Auckland, New Zealand, has a similar Memorandum of Understanding with CAH. The education and training coordinators of the three Centres have met formally and informally over the past 4 years to discuss regional and local training initiatives, share resources and discuss future directions.

Project 6: Developing clearinghouse capacity

CAAH has worked to develop clearing-house capacity for education and training activities. This project was felt to be equally as important as all other CAAH education and training projects. The vast array of education and training activities around the State made us wary of unnecessary duplication, a view that was clearly echoed and articulated at the *Here & Now* consultation day in June 1999. Using a 'snowballing' technique (asking one source of information where more information could be found), a database of courses and training activities has been compiled and promoted via the CAAH website. Limited resources have meant that the database is far from exhaustive but this will grow over time.

Project 7: Books and magazines

Through a series of books and other publications we inform the public about adolescent health issues:

- Books for parents and young people by (the late) Bronwyn Donaghy (*Anna's Story; Leaving Early; Unzipped*) were researched and written in collaboration with Centre staff. These, together with Bronwyn's many presentations and high media profile throughout Australia,

constantly called attention to the existence and work of the *NSW Centre for the Advancement of Adolescent Health* and highlighted important areas of concern in adolescent health.

- *Deeper Dimensions: Culture, youth and mental health*: This monograph (edited by Marie Bashir and David Bennett) resulted from a collaborative project between TMHC and CAAH in the area of multicultural adolescent health. The monograph was launched at The Children's Hospital at Westmead in July 2000 (Melissa Kang was the keynote speaker).
- *Parenting: The teenage years*: CAAH played a key role in contributing to this magazine prepared by the *NSW Department of Community Services* in collaboration with relevant other government departments, NGOs and individuals. Over 750,000 copies have been made available to parents throughout New South Wales.
- *Facing Food: A booklet about healthy eating for young people with a dietary disorder*: CAAH contributed to the preparation of this booklet for the Department of Adolescent Medicine at CHW. CAAH is developing a dissemination strategy for information resources about adolescent health (such as *Facing Food*) and also exploring the feasibility, in collaboration with *Transcultural Mental Health Centre*, of preparing a booklet in other languages for parents and young people on *adolescent physical and psychosocial development*.
- *What to do when your children turn into teenagers* (by David Bennett & Leanne Rowe) is a book whose abiding message is that "we have the power to bring about change, not only with our own or other people's teenagers, but with governments, the media and society at large." It will be launched in mid-2003.

Project 8: Promoting adolescent health at conferences and seminars

CAAH has maintained a high profile at conferences and seminars, both in Australia and internationally, by presenting papers and workshops on a diverse range of topics, as well as giving talks to parent and community groups (For details, see Appendix 6).

Project 9: Media coverage and image-building

CAAH advocates for the positive portrayal of young people and youth health issues in the media. Several CAAH activities have received media attention and Centre personnel have provided articles and interviews on contemporary topics of interest to the public.

Focus Area 3

R Research and development

Objective

Develop mechanisms to ensure that public health and community practice and primary health care service delivery are informed by contemporary research findings

Rationale

CAAH recognises the importance of better understanding the issues affecting young people's health and embraced three research programs: access to health care services; physical activity/overweight and obesity; sexual and reproductive health.

CAAH's achievements:

Program 1: Access to health care

Project 1: "Mental health and resilience among young people: examining barriers to mental health care"

Research Team: Reed M, Adamson I, Pinter M, Bennett DL. NSW Health, Centre for Mental Health
Date: 1997-1998. Report launched in Blacktown on 8th December 1999
Investment: \$100,000

Description: The project targeted the Blacktown Local Government Area (BLGA) of Sydney's Western suburbs, collecting information from young people, community members, representatives of adolescent and mental health services, general practitioners, and various government and non-government organisations about the barriers confronting young people in their attempts to access mental health services, and methods for reducing these barriers and promoting more effective service utilisation.

The Centre launched the report *Lessening the load: Strategies for improving the mental health and resilience of young people* (Stennett J, Adamson I) at Blacktown on 8th December 1999.

Project 2: "Access to health care among New South Wales adolescents - The Access Study, Phase 1"

Research Team: Booth ML, Bennett DL, Kang M, Usherwood T, Alperstein G, Quine S, Beasley L. NSW Health
Project Officer: Bernard D
Date: 2001-2002
Investment: \$112,492.

Description: The NSW youth health policy Young People's Health: Our Future has four primary goals: to improve the health and well-being of young people; to improve access to health services by young people; to improve the quality of services provided to young people; to promote partnerships both within, and outside the health system. Phase 1 of The Access Study was focused on understanding access to quality health care services for young people in NSW with a view to improving their health

and well being. Qualitative methods (primarily focus groups) were utilised to discover the various factors that influence help-seeking behaviours and access to primary health care among adolescents as well as seeking to understand the factors that enhance or inhibit service provision from the perspective of service providers. Focus groups included in- and out-of-school adolescents, GPs, community health centre staff and youth health service staff. Questions were developed on the basis of the published literature, the expertise of the advisory group, pilot focus group discussions and issues arising during the course of the groups.

The study was supported by an advisory group of relevant academics, youth health and education experts and a broader reference group including representatives of NSW Department of Education and Training, NSW Centre for Mental Health, the community health sector, rural and metropolitan general practitioner organisations, youth health services and youth health co-ordinators from rural and metropolitan Area Health Services. (The findings have informed the development of Phase 2 of the study and been informative for youth health services in understanding young people's views on service provision.)

CAAH has promoted the findings of this study through wide dissemination of the report, *Access to health care among NSW adolescents*, and presentations at seven conferences in 2002 (for details, see Appendix 7).

Project 3: "Access to health care among young people in New South Wales. Phase 2: Development of youth friendly health care – a coordinated approach."

Research Team: Kang M, Bernard D, Quine S, Alperstein G, Usherwood T, Kerr-Roubicek H, Ferrari G, Bennett DL. NSW Health
Date: 2002-2003
Investment: \$134,000

Description: Phase 2 is about quality service provision to young people including the promotion of partnerships with a view to determining those aspects of quality services that can be evaluated and replicated across the State. The study uses the needs identified by young people in Phase 1, the published literature, advice by the Chief Investigators and Reference Group members and the 'quality domains' developed to inform the project about criteria against which good practice can be measured. Specifically, it will identify, describe, collate and evaluate initiatives of primary health care by Divisions of General Practice, Community Health Centres, Youth Health Services and Non-Government Organisations to identify options for sustainable models of primary health care that may be piloted for more rigorous evaluation with a view to wider implementation. Guidelines on *Primary Health Care for Young People* will be developed from this research.

Program 2: The physical activity and overweight/obesity research program

Significant health risks are associated with inadequate physical activity and with being overweight or obese during childhood and adolescence. Between them, physical inactivity and overweight/obesity have strong associations with all six of the national and state health research priority areas. Substantial state resources have been invested into understanding and promoting physical activity through initiatives such as the *NSW Premier's Physical Activity Task Force* and the *Premier's Gold Medal Fitness Program*. The magnitude of the threat to the health of the population posed by overweight was recently recognised by the NSW Minister for Health when he conducted the *NSW Childhood Obesity Summit*, the first summit since the Drug Summit, held five years ago.

Project 1: The development of overweight and bone density among adolescent girls: A 3-year prospective cohort study

Research Team: Booth ML, Bass S, Cowell C, Caterson I, Berry G. National Health and Medical Research Council
Date: 2000-2002
Investment: \$273,000

Description: This prospective cohort study was designed to better understand the relative contributions of different types of physical activity, time spent in sedentary pursuits, and food habits to the development of overweight and bone density among adolescent girls.

CAAH has contributed to 8 other research projects on physical activity and overweight/ obesity research (see Appendix 8 for details of this research and Appendices 5 and 7 for publications and presentations on these topics).

Program 3: Sexual and reproductive health research program

Sexual health was one of the six key health issues identified in the *NSW Youth Health Policy* (1998) as needing to be addressed. To date in Australia there has been relatively little research undertaken into the sexual health of young people, the social, behavioural, emotional and biological factors that impact on their sexual health and emerging sexual identities, and the major determinants of sexual behaviour and risk. CAAH has undertaken three projects in adolescent sexual health.

Project 1: Prevalence of lower genital tract *Chlamydia trachomatis* infection amongst adolescents attending a youth health service in Western Sydney – pilot study

Research Team: Kang M, Johnson V, Estcourt C, Short D, Tideman R and Mindel A.

Date: 2000

Description: In 2000/1 CAAH was involved in a collaborative pilot study with the *STI Research Centre* (STIRC), Westmead Hospital, and *High Street Youth Health Service* in Western Sydney, to determine the prevalence of *Chlamydia trachomatis* infection amongst young people (16 - 25).

Project 2: Prevalence of lower genital tract *Chlamydia trachomatis* infection amongst adolescents attending youth health services in NSW

Research Team: Mindel A, Kang M, Short D, Gilbert L.

Date: 2001

Investment: \$78 000

Description: Following the pilot study, a further study was subsequently funded by NSW Health to expand this research to include two further youth health centres in NSW (one rural, one urban). CAAH and STIRC will continue to work together to develop and implement research projects specific to young people and sexually transmissible infections.

Project 3: The sexual health concerns of young women writing to *Dolly* magazine

Research team: Kang M

Date: 2000

Description: Content analyses of several hundred letters to a popular teenage girls magazine disclosing readers' concerns about health and sexual health.

For a listing of publications and presentations on this aspect of the Centre's work, see Appendices 5 and 7.

Focus Area 4

M

onitoring and consulting on government policies

Objectives

Advise NSW Health on key issues for young people in NSW, collaborate with other government departments and act as an advocate for adolescent health in NSW and, where appropriate, at national and international levels

Rationale

CAAH works in partnership with relevant government departments to advance the health and wellbeing of young people.

CAAH's achievements:

Project 1: Providing consultation to NSW Health

Through a process of consultation with relevant experts and stakeholders, CAAH advises the NSW Health Department about health issues affecting young people, emerging issues or policies which impact on young people's health, and the most effective ways of delivering a range of health services to young people. The overarching goal is to develop a macro framework for improving the health of young people in NSW.

In May 2002, CAAH brought together around 20 individuals concerned with the health and wellbeing of young people, representing a wide range of governmental, NGO and community sectors. The purpose of assembling this key informants group was to review the evidence and collective experience of resilience-based prevention and intervention initiatives, including *Families First*, and develop a case for presentation to government on *Investing in the health of young people*. This initiative led to the Centre being invited to work with the *Office of Children and Young People* in support of the *Better Futures Regional Framework*.

Project 2: Monitoring government policies

CAAH has played a significant role in advancing key aspects of the NSW youth health policy, *Young people's Health: Our Future (1998)* through: developing guidelines for better practice in primary health care delivery (via the Access Study, Phases 1 and 2); and curriculum development for GP training.

We recognise our current resource limitations in terms of monitoring and developing government policies, but continue to work closely with NSW Health, the *Office of Children and Young People* and the *NSW Commission for Children and Young People*, with particular reference to issues of adolescent health and wellbeing.

Project 3: Collaborating with government departments

Department of Health, Primary Health and Community Branch

This Department of Health funds the *NSW Centre for the Advancement of Adolescent Health* via the *Primary Health and Community Branch*. The Branch has responsibilities for policy development in the areas of child and adolescent health, multicultural health, men's health, women's health, non-government organisations, disability and the aged. Policy Manager, Mr Michael Kakakios (who sits on CAAH's Advisory Board and remains in close touch with the Centre's activities and processes), and his staff, have demonstrated a major commitment to the health of young people and strongly supported the Centre since its official launch in December 1998. In September 2002, CAAH made a presentation to NSW Health staff on the outcomes of the Access Study Phase 1.

Department of Health, Centre for Mental Health

In advance of receiving its recurrent funding from NSW Health, CAAH was awarded a grant by the *Centre for Mental Health* to undertake a study leading to a report entitled *Lessening the load: Strategies for improving the mental health and resilience of young people* (launched in December 1999). In November 2002, CAAH briefed Centre Director Prof Beverley Raphael and other key staff about its current work and plans with a view to identifying areas for future collaboration.

Department of Education and Training

CAAH links strongly with DET through its active relationship with Advisory Board member Ms Rosemary Davis, Chief Education Officer of the PD/H/PE Key Learning Area (CAAH provided feedback to the redrafted Year 7-10 syllabus) and Ms Helen Kerr-Roubicek, Manager of Student Welfare (and a Chief Investigator for Access Study, Phase 2).

The Cabinet Office, Office of Children and Young People

The *Office of Children and Young People* is a New South Wales Government agency which provides policy advice to the Premier and the Minister Assisting the Premier on Youth. The Office also coordinates the development of policies and programs which affect the lives of children and young people in NSW. As part of The Cabinet Office, the *Office of Children and Young People* is at the centre of Government policy making processes and is thus able to consider and contribute to policy proposals put forward by all Government departments or agencies.

CAAH has liaised with OCYP over matters of mutual interest including policy development, training initiatives and community education (*Youth Health Forum*). Centre staff have contributed to *Policy on Vulnerable Young People* and served on the subcommittee developing the health section of the *Youth Policy 2002-2006*.

In mid-2002, OCYP invited CAAH to undertake joint planning for a roundtable discussion forum on the subject, *Better Futures for Young People: What works? Why?* CAAH's role includes preparing the discussion paper for the delegates to the roundtable and facilitating the day. CAAH has been invited to sit on the *Youth Inter-agency Taskforce*, chaired by The Hon Carmel Tebbutt MLC, which advises on *Better Futures Regional Strategy*.

Youth Advisory Council

CAAH has close links with the *Youth Advisory Council (YAC)*, a high level committee of young people advising the Premier and the Minister Assisting the Premier on Youth in regard to policy matters concerning young people. YAC identifies two young people to sit on CAAH's Advisory Board.

Department of Juvenile Justice

Since its inception, CAAH has maintained close links with the *Department of Juvenile Justice*. The previous Director General, Mr Ken Buttrum, was a participant at CAAH's inaugural stakeholder consultation *Here & Now* in 1999 and has continued to brief CAAH on matters related to young people at risk. In early 2003, CAAH entered into official discussions with the Department's new Director General, Mr David Sherlock and senior staff of *Corrections Health*, concerning the health and health care of young people under the supervision of the Department. A partnership between CAAH/The Children's Hospital at Westmead and DJJ has been initiated in terms of collaboration in research (representation on the Collaborative Research Unit), GP training and service development issues.

Police Service Ethnic Affairs Unit

During 2000, CAAH contributed to a training program for police officers on the fundamentals of adolescent development and liaised with *Transcultural Mental Health Centre* concerning the information needs of police dealing with youth from various cultural, ethnic and family backgrounds. The aim was to improve relationships between police and young people with a view to decreasing violence and increasing community strengths.

Ministry for the Arts

CAAH has liaised with the Ministry (Jan Irvine) in identifying ways to support, through partnerships, projects linking the arts with resilience-building education and health initiatives.

Focus Area 5

N

etworking and partnerships

Objective

Facilitate or participate in local, state, national and international networks in support of adolescent health and health care

Rationale

CAAH is committed to the principles and practice of networking and partnership formation and has established active professional links with many non-governmental and academic groups to further the cause of adolescent health in NSW, Australia and beyond. It is largely through such relationships with relevant stakeholders, that CAAH has been able to work to make a positive contribution to advancing the health and health care of young people.

CAAH's achievements:

Project 1: Linking with adolescent health and medical services

Department of Adolescent Medicine, The Children's Hospital at Westmead (CHW)

The Department evolved from Australia's first hospital based *Adolescent Medical Unit* and has remained at the forefront of developments in the field and adolescent health and medical care for the past 25 years. As well as pioneering a holistic, integrated and creative model of adolescent health care linking in-patient, ambulatory care and community services, the Department has undertaken focussed research, provided undergraduate and postgraduate education and training, organised major conferences, and supported policy planning activities at both state and national levels. The establishment of the *NSW Centre for the Advancement of Adolescent Health* at CHW represented a natural progression from these activities to embrace a broader agenda in public health within NSW and beyond.

Department of Adolescent Medicine, Westmead Hospital

The *Department of Adolescent Medicine* at Westmead Hospital, commencing with the establishment of Australia's first adolescent ward in 1981, is a centre of excellence in adolescent health care in Western Sydney. The two Departments work as close allies with collaborative activities at clinical, academic and developmental levels. The *Centre for Research into Adolescent's Health* (CRASH) was established in September 2001 in association with *The Millennium Foundation* to coordinate clinical research initiatives on the Westmead campus, especially around eating disorders, ADHD and adolescent pregnancy. Simon Clarke represents these organisations as well as adolescent health care in Western Sydney on CAAH's Advisory Board.

Area Health Services

CAAH made site visits to approximately half of the State's Area Health Services, to brief Area personnel on CAAH's activities and initiate working relationships. Several of these Areas prepared reports on their adolescent health activities for the Centre's website. CAAH has established close links with *Western Area Health Service* via contributions to strategic planning (*Plan 2010: Improving the Health of Children and Young People in Western Sydney*, November 2001) and, more recently, in relation to local developments in *Families First* and *Community Solutions and Crime Prevention Strategy*. Building on the collaborative *Youth Health Forum* held in March 2003, CAAH is also working closely with WSAHS to develop and strengthen initiatives in support of Indigenous young people in Western Sydney.

Transcultural Mental Health Centre (TMHC)

TMHC is a state-wide Centre whose mission is to work in partnership with consumers, carers, community and mental health services, to improve the mental health status of people of culturally and linguistically diverse backgrounds living in NSW and ensure access to optimal quality mental health services. TMHC has worked in close collaboration with CAAH since its inception, supporting developments in adolescent health through clinical, academic and community development initiatives.

- TMHC seconded a psychologist to work in collaboration with Department of Adolescent Medicine and CAAH to raise the profile of multicultural adolescent health care.
- TMHC invited Marie Bashir and David Bennett to edit *Deeper Dimensions: Culture, Youth and Mental Health*, No. 7 in the TMHC monograph series; the monograph was launched at The Children's Hospital at Westmead in July 2000.
- TMHC provided funding in 2002 for CAAH to develop GP training resources.
- CAAH and TMHC personnel co-convened the key topic area of *child and adolescent health and wellbeing* at *Diversity in Health and Sharing Global Perspectives*, an international conference organised by TMHC in Sydney in May 2001.
- In December 2002, CAAH was invited to join their Monograph Editorial Board.

Diversity Health Institute, WSAHS

The *Diversity Health Institute* consolidates a range of existing and newly created services and programs under one banner, with each maintaining its independent identity and flexibility. It works in partnership with communities and specific population groups, health service consumers, service providers, NGOs and academics to promote optimal quality health care in our culturally diverse society. As many of the Institute's services and projects include a focus on young people's health and wellbeing, CAAH has entered into preliminary discussions about appropriate areas for collaboration and mutual support.

Community health centres and youth health services

CAAH has engaged with community-based health and youth services as part of its comprehensive Access Study, enabling networking and relationship formation in both metropolitan and rural areas. A particularly close relationship exists between CAAH and *High Street Youth Health Service* with representation on CAAH's Advisory Board and Phases 1 and 2 of the Access Study.

Children's Hospital Institute for Sports Medicine (CHISM)

CAAH has initiated preliminary discussions with CHISM about its community-based activity program including GP training. CAAH facilitated a meeting with senior Rotarian Jack Elliott to explore funding and partnership options.

Project 2: Linking with non-government and professional organisations

NSW Association for Adolescent Health (NAAH)

NAAH is the peak NGO committed to promoting the health and well being of young people aged 12 to 25. The principles guiding the actions of the Association are a holistic approach to health, intersectoral collaboration, empowerment and social justice. CAAH maintains a strong collaborative relationship with NAAH in terms of regular meetings, mutual support, shared activities and joint planning. NAAH's Executive Officer sits on CAAH's Advisory Board, plays a major role in the *Youth Health Forum Organising Committee* and advises on all matters related to the youth health sector. CAAH contributed to the planning of NAAH's *Dual Diagnosis Forum* in 2002.

Inspire Foundation/ReachOut!

The *Inspire Foundation* is "an Internet-based foundation that inspires young people to help themselves, get involved and get online". They do this through a series of projects that help young people get through tough times, provide opportunities for young people to volunteer and get involved in their communities, and ensure access to the Net for young people who have never had access before. In 2001 CAAH was invited to be a content sponsor with *ReachOut!* in the areas of: sexual health, chronic illness, access and communication. Jonathon Nicholas represents *Inspire Foundation* and *ReachOut!* on CAAH's Advisory Board.

Australian Medical Association (AMA)

The *AMA Youth Health Advocate Program* has two major aims: to generate awareness of important youth health issues; and to improve the relationship between young people and the medical profession. CAAH has remained in close contact with the Program via its *Youth Health Advocate*, Ms Joanne Murray in relation to these activities and the recommendations (*National Youth Health Priorities 2001*) arising out of their *National Youth Summit* at which CAAH was represented.

National Divisions Youth Alliance (NDYA)

NDYA is a new program, managed under the auspices of the *Australian Divisions of General Practice (ADGP)*, which works in partnership with GPs, GP Divisions, young people and other stakeholders, to support general practice in improving health outcomes for young people. Apart from general information sharing and mutual support, CAAH is involved with NDYA in a range of collaborative projects and activities:

- NDYA is represented (by Verity Newnham, National Coordinator) on CAAH's National Reference Group for Phase 2 of the Access Study; CAAH and NDYA conducted some joint rural and urban visits to GP Divisions in 2002.
- NDYA is represented on the joint *Transcultural Mental Health Centre/CAAH* project involving the preparation of 'GP training packages'.
- CAAH is represented on NDYA's National Reference Group
- CAAH presented to and participated in NDYA's NSW Focus Group held in Sydney in 2002 with Division youth health staff and GPs.
- CAAH was prominently involved at NDYA's conference *Youth in Mind: Youth mental health care in General Practice* in Brisbane in Nov 2002, presenting on CAAH's Access and Chlamydia studies.
- CAAH has been invited to participate in planning for the *Pre-conference Workshop - Primary Health Care Research Information Service* in June 2003 in support of Australian general practice and primary health care research, evaluation and development. The proposal is to hold a workshop to discuss evaluation of youth health programs within Divisions of General Practice and will feature a report on CAAH's Access Study, Phase 2.

Association for the Welfare of Child Health (AWCH)

CAAH participated in a roundtable discussion forum (17th October 2002) on *Caring for Children and Adults on the Same Ward*. CAAH is familiar with the Association's *Health Care Policy Relating to Children and their Families* (revised July 1999) and is interested in collaborating with AWCH in regard to their *Guidelines for Hospital-based Child and Adolescent Care* (July 1998). AWCH advocates for a holistic, family-oriented approach to child and adolescent health care.

Royal Australasian College of Physicians (RACP)

CAAH joined with *Centre for Adolescent Health* in Melbourne and *Centre for Youth Health* in Auckland in organising the RACP 2001 Cottrell Conference on *Youth Suicide Prevention* held in New Zealand and participated in the conference. CAAH's ongoing relationship with RACP concerns advocacy for training opportunities in adolescent health care for trainees in Paediatrics and Adult Medicine.

Coalition for Australia's Children

CAAH is a member of this coalition of over 50 non-government organisations advocating for the wellbeing of children and young people in Australia. The Coalition is currently considering issues related to the *Convention on the Rights of the Child*.

Commission for Children and Young People

CAAH maintains communication with the Commission in areas of mutual interest including youth participation, vulnerable groups of young people, and training initiatives in youth health. Discussions have been held in regard to a range of potential future collaborative projects.

The ANZ Adolescent Health Consortium

CAAH plays a leadership role in the Consortium since it was first convened In March 2002, on the occasion of *Expanding the Vision of Youth Health and Wellbeing*, the 1st Australian and New Zealand Adolescent Health Conference in Melbourne. The meeting linked four Centres: *Centre for Adolescent Health* (Melbourne), *Centre for Youth Health* (Auckland), *NSW Centre for the Advancement of Adolescent Health* (Sydney); and *Centre for Research into Adolescents' Health* (Sydney) to share information on clinical services, research and education and explore areas of potential collaboration.

The *ANZ Adolescent Health Consortium* was established as an advocacy body for youth health in the Region and a commitment made to collaborate in the organisation of annual adolescent health conferences in Australia and New Zealand. The consortium now includes, in addition to the four centres, the *AMA Youth Advocacy Program*, *National Divisions Youth Alliance* (NDYA), *New South Wales Association for Adolescent Health* (NAAH), *Australian Association for Adolescent Health* (AAAH) and Departments of Adolescent Medicine at The Children's Hospital at Westmead and Westmead Hospital. Further meetings of the Consortium were held in Sydney in April 2003 and in Brisbane, November 2002, at the *Youth in Mind* (ADGP) conference. There are plans to establish second monthly online meetings.

Point Zero Youth Services

CAAH supports *Point Zero Youth Services* through direct representation on its Board and some participation in its programs. *Point Zero* is an NGO that creates programs for young people, their families, schools and the community throughout Sydney and across NSW. It provides a referral service (in the areas of adolescent and family issues, drug and alcohol concerns, social, emotional, behavioural, psychological, educational, employment, housing and school issues), case management, communication forums through school communities, family mediation and family support. Point Zero Director Rachel Newhouse participated in CAAH's Key Informant workshop in June 2002.

The Smith Family

CAAH has liaised with Ms Elaine Henry (Chief Executive Officer) and Dr Rob Simons (National Manager Strategic Research and Social Policy) in relation to their association with the *Australian Research Alliance for Children and Youth (ARACY)* and *Partnerships in Health Promotion (PIHP)*, both organisations having a bearing on The Smith Family's development of programs for adolescents across Australia. In November 2002, CAAH was represented at the launch, hosted by The Smith Family, of *Honouring Our Commitment, a policy paper about Realising Australia's Commitment to Young People* prepared by Applied Economics for the Dusseldorp Skills Forum.

CAAH resonates with the goals of The Smith Family which are about societal change to ensure a fair go for all. So that current disadvantage does not mean a lifetime of exclusion from mainstream activities, they aim to increase the personal and collective resources of individuals, their families and communities. The *Learning for Life* program, established as a pilot in 1988, has grown to provide support to 20,000 students a year in primary, secondary and tertiary studies. In keeping with the approach of using education as the key to ensuring our children's future health and well-being, The Smith Family is working with indigenous communities to help keep their kids in school. CAAH is keen to link into and support these initiatives.

Project 3: Linking with universities and academic centres

Centre for Adolescent Health (CAH)

CAAH has close professional links with CAH, a centre of excellence in adolescent health based in Melbourne. *Memoranda of Understanding* have been negotiated by CAAH in relation to education and training (September 2001) and the preparation and delivery of sexuality modules for the *Graduate Diploma of Adolescent Health* (2002).

The University of Sydney

Department of Public Health and Community Medicine: The Centre has collaborated with Associate Professor Susan Quine (Chief Investigator) in Phases 1 and 2 of the Access study and in the writing of several papers for publication.

Australian Centre for Health Promotion: The Centre is widely recognised for its expertise and leadership in education, research, advocacy and networking within NSW, Australia and internationally. CAAH has worked in collaboration with the Centre's Director, Ms Marilyn Wise (a member of CAAH's Advisory Board) to develop the discussion paper entitled *Better Futures for Young People*.

Discipline of Paediatrics and Child Health: CAAH has close links with *Paediatrics and Child Health* at The Children's Hospital at Westmead via its clinical academic staff and the collaborative work undertaken in research and student teaching (including development and maintenance of the adolescent health curriculum for *University of Sydney Medical Program*).

Discipline of General Practice: CAAH works closely with the University Department of General Practice based at Westmead Hospital through shared staff and collaborative projects. Professor Tim Usherwood, Professor of General Practice, is an Advisory Board member and a Chief Investigator for the Centre's Access studies.

Sexually Transmitted Infections Research Centre: CAAH is involved in collaborative research projects with STIRC.

The University of NSW

CAAH links with UNSW via Professor Adrian Bauman (Director of the Epidemiology Unit at Liverpool Hospital) who is a member of CAAH's Advisory Board

Project 4: Linking with arts organisations

Creative Well and CLACIA

Creative Well is a media arts project established at The Children's Hospital at Westmead in 1997. Based in the Department of Adolescent medicine, Creative Well focuses on children and young people with recurrent and long-term admissions. Through the use of story telling, illustration and film making, the project creates the opportunity to use alternative languages beyond illness in the hospital context - through the construct of 'the language of well being'.

Based upon the concepts of collaborative protocols, supporting creativity, sustainability and working on a continuum, *Creatively Linking Community through its Arts* (CLACIA) has evolved from *Creative Well* to link artists and arts facilitators with community groups in collaborative projects and activities. In 2003, CAAH successfully applied for a grant from the Australia Council, *Community Cultural Development Unit* (\$48,759) to enable CLACIA Director Helen Zigmond to further develop the project.

Rock Eisteddfod Challenge

CAAH has remained closely connected with the activities of REC and *Croc Festival* since 1999. In 2002, CAAH facilitated a meeting including REC, *The Bell Shakespeare Company* and *Creative Well* to explore possibilities for collaboration in resilience-enhancing activities in high schools through the arts.

The Bell Shakespeare Company

'Shakespeare has universal appeal, that's what's magical about it. No matter what their cultural background, kids everywhere understand it.' Alison Ingram.

The Bell Shakespeare Company conducted a pilot programme in 2002 entitled *Shakespeare in Action* to work with young people considered to be 'at risk' in both metropolitan and regional centres. The programme uses Shakespeare to provide a transformational experience for disadvantaged young people, improving their core literary competency and delivering self esteem, motivation and communication. CAAH agrees that "young people considered at risk of failure in the education system and the broader community are best served by providing ongoing projects that encourage the discovery of personal potential through activity". CAAH has established links with Alison Ingram, Director of *Shakespeare in Action*, and is exploring ways to support the programme.

The Australian Theatre for Young People (ATYP)

ATYP and Campbelltown City Council are developing an alternative education program for local young people. This will focus on 'at risk' young people who have dropped out, or are dropping out of the traditional educational system. A group of 16 local young people will work with a team of four professionals (two performing artists, a writer and a social worker) to develop a range of performing arts skills and subsequently present a theatre performance to young people in high schools throughout the region. CAAH is entering into a partnership with ATYP and Campbelltown City Council in order to support the project in 2003.

Project 5: Linking with international networks

International consultancies

In March 2000, CAAH undertook a professional consultancy to explore opportunities for Singapore to develop or strengthen its activities in adolescent health care (providing the *1999 HMDP Visiting Expert on Adolescent Medicine*). Lectures and tutorials at KK Women's and Children's Hospital and National University Hospital were provided and a report prepared for the Government of Singapore.

Placements and visits

CAAH and the Department of Adolescent Medicine have hosted highly placed international professionals interested in exploring models of adolescent health care, research, training and advocacy.

- Dr Saidatul Norbaya bt Buang from *Ministry of Health* in Malaysia, with funding from WHO's Regional Office in Manila, Philippines, had a three week placement in 2001.
- Ms Sharifah Tahir, Coordinator of the Adolescent Program, Western Pacific Regional Office of *World Health Organisation* visited in 2002 to consolidate links with CAAH and its international networks.
- CAAH hosted visits by groups of Doctors from Vietnam (2000) and China (2001), organised by Marie Stopes International.
- In 2001, CAAH participated in a meeting with a delegation from the Government of Ireland to compare government policies on child and adolescent health.

Society for Adolescent Medicine (SAM)

SAM focuses its major efforts on *the promotion of the development, synthesis, and dissemination of scientific and scholarly knowledge unique to the developmental and health needs of adolescents*. Adolescent Medicine consultants from both CHW and Westmead Hospital attend SAM's Annual Meeting in the United States, networking with colleagues from around the world and acquiring cutting edge information on adolescent health and medical care. In this manner, CAAH is kept well informed about international developments and activities relevant to its mission.

International Association for Adolescent Health (IAAH)

IAAH was established at the 2nd *International Symposium on Adolescent Health* held in Sydney in 1987. Its goals are more global and less academically oriented than SAM's as it links with and supports many national and regional societies. CAAH actively supports IAAH, both globally and regionally. For example, CAAH is represented on the Organising Committee for IAAH's Asia-Pacific Regional Congress in Hong Kong in January 2004: *Towards Healthy Adolescence – Intersectoral Collaboration*.

World Health Organisation (Western Pacific Regional Office)

CAAH maintains links with WHO's *Western Pacific Regional Office* in Manila, Philippines, in the aftermath of the consultancy on undergraduate curricula undertaken in May 2000. The main contact is Ms Kathy Fritsch, Regional Director of Nursing.

International promotion and presentation

CAAH has contributed publications to a wide range of international books and journals, organised international conferences and presented on its work at international conferences and seminars (see Appendices 5, 6 and 7).

APPENDICES

Focus Area 6

Appendix 1

Centre Management

A management team consisting of key staff of CAAH have managed the Centre on a day to day basis, meeting monthly to direct, monitor and record the Centre's activities. Roles and responsibilities have changed over time as a result of restructures in early 2001 and early 2002 but overall momentum has been maintained.

The Advisory Board

The Advisory Board was established in accordance with the requirements of the *Performance and Funding Agreement*. Meetings were held three times a year. The role of the Board is to:

- Provide critical comment and advice on the Centre's strategic planning
- Provide and facilitate contact with individuals and organisations relevant to the achievement of the Centre's strategic goals
- Provide advice on funding opportunities and financial management
- Participate directly in the Centre's projects as time and interest permit
- Bring to the attention of the (Management Team) any adolescent health projects being planned or operated within NSW
- Provide a quality assurance mechanism for the Centre's programs.

Patron

Her Excellency Professor Marie Bashir AC, Governor of New South Wales, resigned from the Advisory Board upon being appointed as Governor in March 2001 and consented to be the Patron of the *NSW Centre for the Advancement of Adolescent Health*.

Members of the Board

Name	Organisation	Tenure
• Her Excellency Prof Marie Bashir AC	Former Director, Mental Health Services, Central Sydney Area	September 1999 - March 2001
• Mr Harry Bauer	Management Consultant, Bauer & Associates Pty Ltd	September 1999 - Present
• Prof Adrian Bauman	Head, Epidemiology Unit Liverpool Hospital (University of NSW)	September 1999 - Present
• Ms Lisa Beasley	Former Coordinator, High Street Youth Health Service, Harris Park	September 1999 - December 2002
• Clin A/Prof David Bennett AO	Head, Department of Adolescent Medicine (CHW) and NSW CAAH, Chair of Advisory Board	September 1999 - Present
• Dr Michael Booth	Former Coordinator, NSW CAAH Former Head, Research and Development, NSW CAAH	September 1999 - March 2001 March 2001 – February 2002
• Dr Simon Clarke	Medical Director, Adolescent Medical Unit (WMH) and Head, Centre for Research into Adolescents' Health (CRASH)	June 2002 – Present
• Mr Simon Davies	Member, Youth Advisory Council, NSW	June 2002 – present
• Ms Rosemary Davis	Chief Education Officer PD/H/PE Key Learning Area, NSW Department of Education and Training	November 2000 - Present
• Ms Bronwyn Donaghy (deceased)	Author and Media Consultant	September 1999 - July 2002
• Ms Georgie Ferrari	Former Executive Officer, NSW Association for Adolescent Health	November 2000 - December 2002
• Ms Abigail Elliot	Executive Officer, NSW Association for Adolescent Health	April 2003-Present
• Mr Michael Kakakios	Policy Manager, Primary Health and Community Care Branch, NSW Health	September 1999 - Present
• Dr Melissa Kang	Head of Education and Training, NSW CAAH Acting Coordinator Project Manager	April 2001 – February 2002 February 2002-July 2002 July 2002 – Present
• Ms Maggie Ma	Member, Youth Advisory Council, NSW	June 2002 – October 2002
• Mr Abd Malak	Director, Multicultural Health for Western Sydney, Australian Transcultural Mental Health Network	September 1999 - Present

- Mr Jonathan Nicholas Manager of Reachout!, Inspire Foundation June 2002 – Present
- Prof Don Nutbeam Former Department Head, Dept of Public Health and Community Medicine, University of Sydney September 1999 - July 2000
- Mr Robert Salt Former Member, Youth Advisory Council, NSW Community Aboriginal Health representative September 1999 - December 2002
January 2002 – Present
- Ms Carolyn Sullivan Former Content Coordinator, Inspire Foundation January 2002 – June 2002
- Ms Kate Toohey Former Member, Youth Advisory Council, NSW September 1999 - December 2001
- Prof Tim Usherwood Professor of General Practice, The University of Sydney September 1999 - Present
- Ms Marie Wilson Director, Aboriginal Health Western Sydney Area Health Service January 2002 - Present
- Ms Marilyn Wise Director, Australian Centre for Health Promotion August 2000 - Present

Tribute to Bronwyn Donaghy

In appreciation of Bronwyn's major contribution to CAAH and the promotion of adolescent health throughout Australia, both as an author and acclaimed public speaker, the Advisory Board has endorsed a proposal to establish a *Bronwyn Donaghy memorial young people's writing competition*.

Centre Staff

Clinical A/Prof David Bennet AO MBBS, FRACP (Honorary)

Head, NSW Centre for the Advancement of Adolescent Health

Other appointments:

Head, Department of Adolescent Medicine, The Children's Hospital at Westmead

Clinical A/Prof, Department of Paediatrics and Child Health, University of Sydney

Honorary Staff Physician in Adolescent Medicine, Westmead Hospital

Regional Vice President (Oceania), International Association for Adolescent Health

Clinical Lecturer Melissa Kang MBBS, MCH (Part-time)

Head of Education and Training January 1998 - March 2001

Acting Coordinator March 2001 - August 2002

Project Manager August 2002 - June 2003

Other appointments:

Clinical Lecturer, Department of Paediatrics and Child Health, University of Sydney

Career Medical Officer, Department of Adolescent Medicine, The Children's Hospital at Westmead

Clinical Senior Lecturer Michael Booth BAppSc (Biomedical Science), BSc (Psych Hons), MPH, PhD (Full-time until February 2002)

Coordinator June 1999 - March 2001

Head of Research and Development March 2001 - January 2002

Left CAAH in February 2002

Other appointments:

Clinical Senior Lecturer, Department of Paediatrics and Child Health, University of Sydney

Clinical Senior Lecturer, Department of Public Health and Community Medicine, University of Sydney

Ms Ken Yap BBA (Hons), MCom (Full-time)

Administrative Officer May 1999 - June 2002

Marketing and Administrative Assistant July 2002 - present

Ms Diana Bernard BSS, Grad.Dip ECS, MPH (Part-time)

Project Coordinator, Access Study, Phase 2

Previously Project Officer, Access Study, Phase 1

Ms Louise Hardy RN BA MPH (Hons) (Full-time)

PhD Student working with Michael Booth April 2000 - present (*The development of overweight and bone density among adolescent girls: a 3-year prospective cohort study*)

Ms Helen Zigmund LUDDA MA (Part-time)

Director, *Creatively Linking Community through its Arts* (CLACIA)

Other appointments:

Director, Creative Well Project, Children's Hospital at Westmead

We gratefully acknowledge the dedication and commitment of staff to implementing the vision and ambitious aspirations of the *NSW Centre for the Advancement of Adolescent* and our enormous appreciation of the consultative support provided by the following individuals:

- Garth Alperstein - consultation on *Families First* and *Better Futures* roundtable 2002-2003
- Gail Anderson – consultation on adolescent health education
- Harry Bauer (Bauer & Associates Pty Limited) – guidance on strategic planning 1999-2003
- Peter Chown - preparation of GP training package and facilitator of roundtable on *Better Futures* for Young People: What works? Why? 2002-2003
- Bronwyn Donaghy (the late) - media and promotion consultant 1999-2002
- Georgie Ferrari – consultation on issues concerning youth health and the youth sector 2000-2002
- Jan Kang - consultant on multicultural issues, document preparation and strategic planning 2000-2003
- Barry Taylor - facilitator of *Key Informant Workshop*, May-September 2002
- Marilyn Wise - preparation of *Better Futures for Young People, a discussion paper*, September 2002-January 2003
- Bob Blum (Prof and Director, Div of General Pediatrics and Adolescent Medicine, University of Minnesota) provided consultation on the direction and management of CAAH in July 2000.

CAAH clinical support group

In 2002, CAAH established a regular forum (three meetings per year) for the sharing of information among adolescent health staff working on the Westmead campus. As well as enhancing communication among the various clinical units and centres (CAAH & CRASH), this coalition of service providers is working towards collaborative profile raising and other shared initiatives in the service of adolescent health and medical care. Members of both clinical Departments of Adolescent Medicine have contributed in various ways to the concepts and work of the Centre.

Other supporters

A number of prominent individuals, outside of the Centre's Advisory Board, have provided guidance and encouragement to the work of the Centre, both directly and through their own commitment to and advocacy for the health and wellbeing of young people. These include:

- Mr Ken Buttrum AM, previous Director General of NSW Department of Juvenile Justice
- Ms Gillian Calvert, NSW Commissioner for Children and Young People
- The Rev Bill Crews AM, Chairman of The Exodus Foundation
- Ms Joanna Capon, Honorary Curator, The Children's Hospital at Westmead Art Gallery
- Dr David Dossetor, Chair, Division of Psychological, Developmental and Rehabilitation Medicine, The Children's Hospital at Westmead
- Ms Kim Field, Stream Director, Primary and Community Health Services, WSAHS
- Dr Siun Gallagher, Director of Health Services Development and Population Health, WSAHS
- Ms Irene Hancock, National President, Association for the Welfare of Child Health

- Mr Jack Heath, Executive Director, Inspire Foundation
- Ms Elaine Henry OAM, Chief Executive Officer, The Smith Family
- Mr Jim Hyde, Director of Health Policy, Royal Australasian College of Physicians
- Ms Gail Le Bransky, Senior Principal Policy Officer, Office of Children and Young People
- Prof Stephen Leeder, Dean, Faculty of Medicine, University of Sydney
- Professor Ken Nunn, Director of Child and Adolescent Mental Health Services network
- The Hon Dr Brendon Nelson MP, Federal Minister for Education, Science and Training
- Professor Kim Oates AM, Chief Executive, The Children's Hospital at Westmead
- Mr John Pascoe AO, National President, Duke of Edinburgh Awards, Member, Board of Management, Children's Hospital at Westmead
- Prof Beverley Raphael AM Director, Centre for Mental Health, NSW Health
- Mr Peter Sjoquist, Executive Producer, Rock Eisteddfod Challenge Pty Ltd
- Dr Greg Stewart, Deputy DG Public Health and Chief Health Officer, NSW Health
- The Hon Carmel Tebbutt MLC, Minister Assisting the Premier on Youth
- Dr John Yu AC, Chancellor, University of NSW

The Centre's website: www.caah.chw.edu.au

Appendix 2

Performance Agreement

NSW Centre for the Advancement of Adolescent Health

SCHEDULE 1

OBJECTIVES

- 1.1 Developing guidelines for best practice in the delivery of health and medical care young people and their families.
- 1.2 Assist the NSW Department of health to identify evidence based interventions to evaluate the effectiveness of services and programs targeting young people and their families.
- 1.3 Establish or strengthen relationships with Area Health Services and other professional and representative bodies to strengthen adolescent health at primary, secondary and tertiary levels of the health system in NSW.
- 2.1 Conduct and co-ordinate community development projects and applied research to advance the health care of young people and their families.
- 2.2 Established a network of experienced researchers from affiliated centres in NSW to share skills and information, facilitate collaborative projects and co-ordinate strategic planing in adolescent health research.
- 2.3 Provide support for community education programs, including advice on planning, evaluation and co-ordination.
- 3.1 Undertake interdisciplinary education and training for adolescent health workers and other professionals involved with the care and support of young people and their families.
- 3.2 Provide appropriate education courses and seminars to update professional knowledge and skills in adolescent health. Close liaison with the Victorian Centre for Adolescent health will be essential in meeting this objective.
- 3.3 Work in alliance with other professional bodies to identify gaps and foster the development of comprehensive, interdisciplinary training in adolescent health and medical care at undergraduate, postgraduate and continuing education levels.
- 3.4 Undertake activities that raise awareness and foster better understanding within the broader community of the health needs of young people.
- 4.1 Facilitate or participate in local, state, national and international networks in support of adolescent health and health care.
- 4.2 Act as a reference point within NSW and Australia via NSW Centre for Advancement of Adolescent Health's linkages with other professional bodies to advance the health of young people.
- 5.1 Contribute to the development, implementation and review of policies relevant to the health care of young people and their families.

- 5.2 Provide a coherent professional resource for advice on the development, implementation and monitoring of health and other government policies impacting on the health and welfare of young people and their families in NSW.
- 5.3 Link young people and their families as well as relevant services into the processes of policy development.

SCHEDULE 2

FUNCTIONS OF THE PROGRAM

1. Best Clinical Practice

- 1.1 Work in collaboration with Community Health Accreditation Standards Program (CHASP) in the creation of best practice guidelines, benchmarks and outcome measures in adolescent health care delivery.
- 1.2 Assist NSW Health in developing a service planning tool for adolescent health care in NSW.
- 1.3 Liaise with Area Health Services in regard to the implementation of the NSW youth health policy and with Divisions of General Practice and other relevant organisations in advancing the public profile and cause of adolescent health care in NSW.

2. Research

- 2.1 Undertake community development projects that foster family involvement and the concept of 'communities that care'.
- 2.2 Identify community development projects pertaining to the health and health care of young people and their families being undertaken by other centres in NSW.
- 2.3 Develop collaborative projects and applied research that link the NSW Centre for the Advancement of Adolescent Health with other centres (eg: the Transcultural Centre for Mental Health) and sectors concerned with the health and welfare of young people and their families.
- 2.4 Publish in peer reviewed journals relevant research on the health and health needs of young people.
- 2.5 Undertake at least two major research projects in each calendar year which may be applied research, community development projects or other relevant projects as appropriate to advance the health of young people and to improve the ways in which health services are designed and delivered to young people.

3. Education and Training

- 3.1 Provide regular youth health forums targeting all hospital and community based workers who provide services to young people and their families with a view to updating knowledge and skills, facilitating information exchange and strengthening the youth health network in NSW.
- 3.2 Contribute to the planing and implementation of adolescent health components within the Graduate Medical Program at the University of Sydney and other tertiary institutions as appropriate.
- 3.3 Advocate for opportunities for doctors to undertake specific training in adolescent health care by linking hospital based adolescent services with professional colleges, specifically the Royal Australian Collage of General Practitioners (RACGP), and the Royal Collage of Physicians (RACP).

- 3.4 Advocate for opportunities for community health and allied health professionals to undertake specific training in adolescent health care.
- 3.5 Develop a postgraduate qualification in Adolescent Health Care in collaboration with the Department of Adolescent Medicine and the Education Centre at The Children's Hospital at Westmead, the NSW Institute of Psychiatry, the Department of Public Health and Community Medicine and the National Centre for Health Promotion at the University of Sydney and other relevant academic bodies as required.
- 3.6 Support the publication of books and the production of other materials for the general public which improve awareness and understanding of the health needs, health service needs and health issues facing young people.

4. Networking

- 4.1 Work in close collaboration with the Australian Association for Adolescent Health (NSW Branch) in negotiated projects of mutual interest that strengthen adolescent health care in NSW.
- 4.2 Identify and support existing efforts to create and maintain youth health networks in NSW including the creation and maintenance of the NSW Youth Health Network.
- 4.3 Contribute to program planning and implementation of adolescent health conferences and seminars being undertaken by other agencies and organisations in NSW (eg: the Australian Association for Adolescent Health, the Transcultural Mental Health Centre, juvenile justice programs, the Victorian Centre for Adolescent Health).
- 4.4 Establish and maintain links and information sharing with other adolescent health centres in Australia, the Pacific Rim (including Canada, USA and Latin America) and Europe.
- 4.5 Establish and maintain official links with local, national (eg AAAH, AMA, RACGP, RACP) and international (International Association for Adolescent Health, International Pediatric Association, Society for Adolescent Medicine, World Health Organisation etc) professional organisations relevant to the health and health care of young people and their families.

5. Policy Support

- 5.1 Contribute to the development, implementation and review, where possible of policies having relevance to the health and health care of young people and their families in NSW.
- 5.2 Act as an advocate for adolescent health in NSW and, where possible, at national and international levels.
- 5.3 Advise the NSW Department of Health of priority health issues affecting young people, emerging issues or policies which impact on young people's health, and the most effective methods of delivering a range of health care services to young people.

Appendix 3

Strategic and Operational Goals and Objectives

Goals

- 1 To ensure effective management of the Centre to optimise its contribution to improving the health of young people
- 2 To develop mechanisms to ensure that the activities of the Centre are appropriately informed by the experiences of a representative group of young people living in NSW
- 3a To ensure that current, representative data are available on the health and health-related behaviours of young people, on the perceptions, concerns and interests of young people and on health service accessibility and acceptability
- 3b To conduct, to facilitate and to support fundamental and applied research in areas of the greatest health and population need
- 3c To develop mechanisms to ensure that public health and community practice and primary health care service delivery are informed by contemporary research findings
- 3d To facilitate communication, coordination and a planned approach to adolescent health in NSW
- 4 To promote the health literacy of young people by providing a widely accessible source of health-related information and opportunities to develop life skills
- 5 To provide support for the development of sound, evidence-based policy at the school, area health service, local and state government levels, and by non-government organisations
- 6 To enhance knowledge of and ease of access to health care and other services for young people, particularly for those who are currently most poorly served
- 7a To initiate and maintain a systematic program of training for health service professionals, particularly general practitioners
- 7b To provide post-graduate courses in adolescent health appropriate to demand
- 8 To provide effective advocacy on behalf of young people, as appropriate
- 9a To facilitate improved communication and understanding between the health and other relevant sectors in order to maximise the contribution they make to improving the health of young people
- 9b To develop mutually beneficial relationships with key agencies at the state, national and international levels and to ensure regular information exchange
- 9c To support schools and other educational institutions to effectively support young people with chronic health problems and to effectively promote the health of young people

* Health literacy : ability to gain access to understand and use information in ways which promote and maintain good health

- 10 To identify and respond to inequalities in health, inequalities in opportunities to promote health and inequalities in access to primary health care services

Objectives

- 1 Centre management
To maximise the effectiveness of the Centre through: optimal management of the material resources; efficient management of information needs; fostering the professional development of the Centre's staff; encouraging regular contact with leading professionals and organisations from Australia and overseas; and ensuring the Centre maintains a high organisational profile

To invite an external performance audit of the Centre every three years
- 2 Youth consultation
To identify, initiate and maintain a mechanism to allow consultation with a representative sample of young people on health issues, in partnership with the appropriate agencies
- 3 Research and monitoring
To establish an adolescent health and needs assessment surveillance system in collaboration with the appropriate national and state agencies

To establish a program of research into physical activity, dietary habits and the reduction and prevention of overweight

To establish a program of research into adolescent sexual health

To establish a program of research on effective service delivery with a focus on the role of Community Health Centres

To prepare, or contribute to, at least one monograph per year to ensure that practice is informed by current research findings
- 4 Promoting the health literacy of young people
To develop and maintain a website which will provide: a comprehensive range of health-related information relevant to the needs and interests of young people; access to information on government services; access to information on physical, mental and social health services; an opportunity to express views about all health issues
- 5 Policy
To contribute to the development of evidence-based policy: for local, state and federal governments; for non-government organisations; and for schools
- 6 Access to health services
To work in collaboration with government and other agencies to promote equitable access to physical and mental health services
- 7 Education and training
To maintain the Youth Health Forum program to ensure that professionals from health and other sectors and the parents and carers of young people have access to current information

To maintain and promote the program of interdisciplinary training for health care professionals, with emphasis on the needs of general practitioners and community health centre staff

To provide information on formal education and training opportunities in NSW relevant to the health of young people.

To offer accessible post-graduate training in adolescent health for public health professionals

- 8 **Advocacy**
To provide effective advocacy on behalf of young people, in the context of the strategic framework of the New Children's Hospital
- To work collaboratively with the media to raise awareness, foster understanding and promote positive image of young people and their health needs.
- 9 **Networking**
To work closely with the school and tertiary education sectors to improve communication and understanding between health and education professionals
- To work in collaboration with the education sector to enhance the effectiveness with which school and college staff support students with chronic health problems and protect and promote the health of young people
- To develop and maintain relationships with area health services and with key government and non-government agencies at the local, state, national and international levels and to ensure regular information exchange

Appendix 4

Youth Health Forums 1996 - 2003

Date	Topics
April 16 1996	Meeting the Needs of Young People
May 21 1996	Adolescent Mental Health Issues
June 18 1996	Arts and Health
July 16 1996	GPs and Young People
August 20 1996	Eating Disorder in Adolescents
September 17 1996	Alternative and Complementary Therapies
October 15 1996	Working with Young People and Their Families
March 18 1997	Creative Ways of Managing Young People with Chronic Illness
May 20 1997	Youth Health in School Settings
July 15 1997	Priorities in Adolescent Mental Health
September 16 1997	Promotion of Mental Health
January 29 1998	Mental Health Issues in Juvenile Justice
March 17 1998	Sexual Health – What’s Neglected
May 5 1998	Sexuality- how do you feel?
June 15 1999	Y2K – Young People + towards 2000 + Koori Health (and you thought Y2K was just about computers?)
August 17 1999	It’s a girl’s decision- but who’s in charge?
October 19 1999	Living Dangerously – young men’s health
March 21 2000	Mental Health : a focus on prevention
May 16 2000	Integrating school and health
July 6 2000	Preventing at-risk behaviours
July 18 2000	Culture, youth and mental health
September 5 2000	Child and adolescent fitness and fatness
November 21 2000	Drugs and other bruises – the impact of the drug summit
March 20 2001	Counselling for Jung People – is it all a big Freud?
April 3 2001	Young People participating in their communities
July 17 2001	Food and Mood
September 18 2001	Keeping kids in school
November 20 2001	Preventing youth suicide
April 11 2002	Bring in on
May 23 2002	The health – education interface
September 17 2002	What’s new on AD(H)D: Sit still and listen
March 4 2003	Koori youth access: How open is your door?

Youth Health Forum



Tuesday
4th
March
2003

Koori Youth Access: How open is your door?



Chairperson : *Ms Marie Wilson*
Director, Aboriginal Health, Western Sydney Area Health
Registration

0830 – 0900

0900-0910 *Welcome to the country*
Auntie Gloria Matthews

0910– 0925 *Opening address*
Dr Greg Stewart, Deputy Director-General, Public Health
and Chief Health Officer, NSW Health

0925-0950 *Setting the scene*
Mr Tony McAvoy, Barrister

0950- 1015 *Aboriginal Young People in Western Sydney: What do we*
know about them?
Dr Shanti Raman, Area Paediatric Advisor, Western
Sydney Area Health Service

1015 – 1035 *Youth, family and violence*
Mrs Letetia Harris-Davis, Policy Analyst, Aboriginal
Health Branch, NSW Health

1035-1055 *Morning tea*

1055-1105 *Local Dance Group, Willmot Primary School, Mt Druitt*

1105-1135 *Voices of youth: their stories*
young man speaker, young woman speaker

1135-1155 *Determining self-healing and care*
Ms Pearl Wymarra, Emotional Health and Social Well Being,
Aboriginal and Torres Strait Islander Communities

1155-1255 *Panel Discussion: Social justice for Koori young people*
Facilitator: Ms Suzanne Ingram, Senior Project Officer, WSAHS
Panellists: Superintendent Bruce Newling, Local Area Commander of Mt Druitt
Police, Ms Marjorie Anderson, Manager, Aboriginal Unit, Department of Juvenile
Justice, and all other speakers.

1255-1330 *Lunch*

1330-1500 *Concurrent sessions and workshops*

1. *Interviewing racism- The impact on Aboriginal young people –*
Ms Mareese Terare, Coordinator, Centre for Education Against Violence
2. *Promoting free and easy Internet access for young people –*
Ms Sally McFarland, Training Manager, Inspire Foundation
3. *Arts, health and school interface: The Croc Festival™ Creative Collaborations -*
Ms Morag Lark, Associate Producer, Croc Festival™

1500-1600 *Closing ceremonies – Shady players of Aboriginal Street Theatre Troupe*
Closing remarks: Dr Siun Gallagher, Director, Service Development & Population Health, WSAHS

Venue: Education Block, Westmead Hospital, Cnr Hawkesbury and Darcy Roads, Westmead

Cost: No Charge

This special Youth Health Forum is proudly sponsored by
Aboriginal Health, Western Sydney Area Health

(Please note that registration is still required for both certificate of attendance
and catering purposes).

Parking: Available in Westmead Hospital Visitors' carpark (\$5 coin Entry)

RSVP: Friday 28th February, 2003. Complete attached registration form and return by post or fax to YHF
Organising Committee, NSW Centre for the Advancement of Adolescent Health, The Children's
Hospital at Westmead, Locked Bag 4001, Westmead NSW 2145

Enquiries: Ms Ken Yap *Phone:* (02) 9845 3338 *Fax:* (02) 9845 0663 Or Email: Wuiy@chw.edu.au

ABN No: 53 188 579 090
CAAH website : www.caah.chw.edu.au

The YHF Organising Committee includes representatives from; Children's Hospital School, CHW; Department of Adolescent Medicine, CHW; Department of Adolescent Medicine at Westmead Hospital, High Street Youth Health Service; NSW Association for Adolescent Health; NSW Centre for the Advancement of Adolescent Health, CHW, Transcultural Mental Health Centre; Western Sydney Area Mental Health Service.

This special Youth Health Forum has been organised with the assistance of an Indigenous subcommittee representing Aboriginal Health, Western Sydney Area Health, Aboriginal Health Branch, NSW Health, Centre for Education Against Violence, Daruk Aboriginal Medical Services Co-op, Department of Education and Training (Parramatta/Blacktown and Mt Druitt/Penrith District Offices), Rock Eisteddfod Challenge Pty Ltd, TraXside Youth Health Service

Acknowledgment: Aboriginal Graphics from CULCHA Disc



Appendix 5

Publications

Adolescent health, health promotion and health care delivery

Booth ML, Bernard D, Quine S, Kang MS, Usherwood T, Alperstein G, Bennett DL (2003). Access to health care among Australian Adolescents: Young people's perspectives and socio-demographic distribution. *Journal of Adolescent Health* (peer reviewed, in press)

Bennett DL, Tonkin R (2003) International developments in adolescent health care, *Journal of Adolescent Health* (peer reviewed, in press)

Bennett DL (2003) Care of the adolescent, Chapter 14 in *Practical Paediatrics* Fifth Edition, Editors MJ Robinson and DM Roberton, Churchill Livingstone, ISBN 0 443 07139 X, 106-116. (book chapter)

Thwaite P, Bennett DL, Pynor H, Zigmond H. (2003). Art and "the language of wellbeing" in adolescent health care, *Annals, Academy of Medicine, Singapore*, 32(1):71-77. (review article, peer reviewed)

Szyndler JE, Towns S, Hoffman RC, Bennett DL (2003). Clinical assessment, management and outcomes of a group of adolescents presenting with complex medico-psychosocial conditions. *Annals, Academy of Medicine, Singapore*, 32(1):51-57. (review article, peer reviewed)

Better Futures for Young People – a discussion paper. Wise M, Bennett DL, Alperstein G, Chown P. (2002). NSW Centre for the Advancement of adolescent health, The Children's Hospital at Westmead.

Booth M, Bernard D, Quine S, Kang M, Usherwood T, Alperstein G, Beasley L, Bennett DL. (2003). Access to health care among NSW adolescents. Sydney: NSW Centre for the Advancement of Adolescent Health. The Children's Hospital at Westmead. ISBN 0-95779-513-0 (published report)

A Framework for the Integration of Adolescent Health and Development Concepts into Pre-Service Health Professional Educational Curricula (2002). Bennett DL. WHO consultant. WHO Western Pacific Region. (published report)

Bennett DL, Kang M. (2001). *Communicating with adolescents in general practice.* In Merck, Sharp and Dohme University Program for General Practitioners, Background Notes, The Missing Link: Adolescent mental health in general practice. Alpha Biomedical Communications: Sydney 2001, pp37-45. (book chapter)

Bennett DL, Eisenstein E. (2001) *Adolescent Health in a Globalised World: A picture of health inequalities.* In: Alderman EM, Brown RT (Eds.), *Adolescents, Families and Societies in the New Millennium.* Adolescent Medicine: State of the Art Reviews. Philadelphia PA: Hanley & Belfus, 12(3):411-426. (book chapter)

Bennett DL, Kang M. (2001). *Adolescence.* In Oates RK, Currow K, Hu W (Eds.), *Child Health: A Practical Manual for General Practice.* (book chapter)

Bennett DL, Tonkin R. (2001). Adolescent health care and international developments in the past 30 years. *International Journal of Adolescent Medicine and Health*, 13(4), 265-285. (peer reviewed)

Bennett DL, Merrick J. (2001). Tribute to Emanuel Chigier, *International Journal of Adolescent Medicine and Health*, 13(1), 2-3. (invited editorial)

Bashir M, Bennett DL. (2000) (Editors) Deeper Dimensions: Culture, Youth and Mental Health, No. 7 in the monograph series, Transcultural Mental Health Centre, Sydney. (monograph)

Bennett DL, Bauman A. (2000). Adolescent mental health and risky sexual behaviour. *British Medical Journal*, 2000, 321:251-252. (invited editorial)

Kang M, Alperstein G, Dow A, Bennett DL, Van Beek I, Martin C. (2000). Prevalence of tuberculosis amongst homeless young people in Central and Eastern Sydney, *Journal of Paediatrics and Child Health*, 36, 382-384. (peer reviewed)

Mitchell J, Palmer S, Booth ML, Powell-Davies G. (2000) A randomised trial of an intervention to develop health promoting schools in Australia: The south western Sydney study. *Australian and New Zealand Journal of Public Health*, 24(3), 242-246.i (peer reviewed)

Bennett DL (Autumn 2000). Youth health in a changing world, *Healthlink*, pp. 1, 3. (non-peer-reviewed)

Bennett DL (2000) Caring for Our Youth, *Living Today*, 4(4): 7. (non-peer-reviewed)

Booth M, Bennett DL (1999) Here & Now: A report card on the health of young people in NSW, NSW Centre for the Advancement of adolescent Health, The New Children's Hospital, Westmead. (Report available from CAAH)

Booth ML, Wise M, Stephenson J. Report to the National Heart Foundation of Australia, Children and Youth Planning Committee. (1999). *Children and Youth Planning Committee Options Paper*. (unpublished report)

Stennett J, Adamson I. Lessening the load: Strategies for improving the mental health and resilience of young people. (1999) NSW Centre for the Advancement of adolescent Health, The New Children's Hospital, Westmead. (Report available from CAAH)

Physical activity and nutrition

Booth ML, Okely AD, Chey T, Bauman A. The reliability and validity of the Adolescent Physical Activity Recall Questionnaire. *Medicine and Science in Sports and Exercise* (peer reviewed, in press).

Booth ML, Chey T, Wake M, Norton K, Hesketh K, Dollman J, Robertson I. Change in prevalence of overweight and obesity among young Australians, 1969-1997. *American Journal of Clinical Nutrition* (peer reviewed, in press)

Kohn M, Booth ML. *The spectrum of disordered eating: Anorexia nervosa, bulimia nervosa and obesity*. In Fisher M, Jacobson M, Golden N (Eds.), Philadelphia PA: Hanley & Belfus. (book chapter, in press)

Booth ML. (2002) Physical activity among children and adolescents: The research agenda. *Journal of Science and Medicine in Sport*, 5(3), 241-243. (?letter to the Editor)

Booth ML, Okely AD, Bauman AE, Macaskill P. (2002). Epidemiology of physical activity participation among New South Wales school students. *Australian and New Zealand Journal of Public Health*, 24(4), 371-374. (peer reviewed)

Okely AD, Patterson JW, Booth ML. (2001) Relationship of cardio-respiratory endurance to fundamental movement skill proficiency among adolescents. *Pediatric Exercise Science*, 13, 380-391. (peer reviewed)

Booth ML, Okely AD, Chey T, Bauman A. (2001) The reliability and validity of the WHO Health Behaviour in School Children (HBSC) survey physical activity questions: a population study. *British Journal of Sports Medicine*, 35, 263-267. (peer reviewed)

Okely AD, Booth ML, Patterson JW. (2001) Relationship of physical activity to fundamental motor skill ability among adolescents. *Medicine and Science in Sports and Exercise*, 33(11), 1899-1904. (peer reviewed)

Booth ML, Wake M, Armstrong T, Chey T, Hesekth K, Mathur S. (2001) The epidemiology of overweight and obesity among Australian children and adolescents, 1995-1997. *Australian and New Zealand Journal of Public Health*, 25(2), 162-169. (peer reviewed)

Booth ML, Wake M, Armstrong T, Tien Chey, Kylie Hesketh, Sushma Mathur. (2001). The prevalence of overweight and obesity among young Australians. *Australasian Society for the Study of Obesity 2001, June*. (non-peer-reviewed)

Booth ML. Preventing overweight and obese children and adolescents. (2001). *Australian Health Consumer*, 2, 18-19. (non-peer-reviewed)

Booth ML. (2000) Assessing physical activity: An international perspective. *Research Quarterly for Exercise and Sport*, 71 (2 Suppl), S114-S120. (peer reviewed)

Booth ML (contributing author). (2000) Recommendations for nutrition and physical activity for Australian children. *Medical Journal of Australia*, 173(Suppl.), S1-S16. (peer reviewed)

Kang M, North F and Schlumbom V. Facing Food: a booklet about healthy eating for young people with a dieting disorder. The Children's Hospital at Westmead Publications, 2000 (booklet)

Pratt M, Ainsworth B, Booth ML, Craig C. (1999). Can public health surveillance of physical activity be standardised internationally? *Medicine and Science in Sports and Exercise*, 31(Suppl.), S389. (published abstract)

Sexuality and reproductive health; drug abuse

Kang M, Davies E and Robinson E (Eds). Sexual Health. Distance education subject. Graduate Diploma of Adolescent Health and Welfare, University of Melbourne. Centre for Adolescent Health, NSW Centre for the Advancement of Adolescent Health, Australian Research Centre in Sex, Health and Society, 2002.

Kang M. Substance abuse in teenagers – trends and consequences. *Australian Family Physician* 2002; 31 (1):8–11. (peer reviewed)

Kang M. An approach to adolescent drug use. *Australian Family Physician* 2002; 31 (1): 14 – 17. (peer reviewed)

Bennett DL, Bauman A. (2000). Adolescent mental health and risky sexual behaviour. *British Medical Journal*, 321, 251-252. (invited editorial)

Kang M. Sex Files: exploring sexuality through *Dolly* magazine. *Youth Studies Australia* 2000; 19 (4): 28-33. (non peer reviewed)

Kang, M. I can't tell my mum and I'm scared to go to the doctor. *J Adolesc Health* 1999;24(2):154. (peer reviewed)

Appendix 6

Organisation of conferences and seminars

Towards Healthy Adolescence – Intersectoral Collaboration. IAAH Asia-Pacific Congress on Adolescent Health, Bennett DL on Organising Committee, in collaboration with Hong Kong College of Paediatricians, HK School of Nursing, The HK Polytechnic University and HK Paediatric Nursing Association, January 2004.

The Art and Science of Advancing Adolescent Development. Clarke S, Convenor, Bennett DL on Organising Committee representing *NSW Centre for the Advancement of Adolescent Health*, in collaboration with *Centre for Research into Adolescents' Health (WMH)*, *Centre for Adolescent Health*, Melbourne, and *Centre for Youth Health*, Auckland NZ, 23-24 October 2003.

Better Futures for Young People – What Works? Why? Bennett DL on Organising Committee for Roundtable at Parliament House, hosted by *The Cabinet Office, Office of Children and Young People*, and *NSW Centre for the Advancement of Adolescent Health*, 2003 (date to be determined).

Expanding the Vision of Youth Health and Wellbeing. Bennett DL on Organising Committee with Centre for Adolescent Health, Melbourne, and Centre for Youth Health, Auckland, NZ, 21-22 March 2002.

Preventing Youth Suicide, RACP Cottrell Conference 2001, Waikake Island, Auckland, New Zealand, Bennett DL on Organising Committee, November 2001.

7th Congress of the International Association for Adolescent Health. Bennett DL Honorary Congress President, Chairman, International Advisory Panel. In conjunction with *Associação Brasileira de Adolescência* and the *Sociedade Brasileira De Pediatria*, Salvador, Bahia, May 2001.

Diversity in Health: Sharing global perspectives. Bennett DL, Feros R, Co-coordinators for *Key Topic Area of Child and Adolescent Health and Well-being*. Incorporating the Australian Transcultural Mental Health Network 2nd National Conference, the 3rd Australian Multicultural Health Conference, and the NSW Transcultural Mental Health Centre 6th Conference, Darling Harbour, Sydney, May 2001.

Adolescent Medicine: Perspectives and Challenges. Bennett DL. Member, International Advisory Board, Jerusalem, Israel, September 2000.

Appendix 7

Presentations at conferences and symposia

Adolescent health, health promotion and health care

The dance of jealousy and adolescent sexual relationships. Kang M. Keynote address. Australasian College of Sexual Health Physicians, annual conference, Christchurch, New Zealand, June 2- 4 2003.

What's new in contraception? Kang M. Paediatric Update conference, The Children's Hospital at Westmead, 21 – 23 November 2002.

The silent epidemic? A pilot study into the prevalence of Chlamydia trachomatis infection among young people. Kang M, Johnston V, Short D and Mindel A Youth in Mind conference, National Divisions of General Practice Network Forum, Brisbane 7 – 10 November 2002.

Primary health care access among NSW adolescents: views of providers and young people. Bernard D,* Kang M*, Quine S, Booth M, Usherwood T, Alperstein G, Bennett DL. Youth in Mind conference, National Divisions of General Practice Network Forum, Brisbane 7 – 10 November 2002.

Access to health care for young people in NSW. Booth ML, Bernard D, S Quine S, Kang M *, Usherwood T, Alperstein G, Beasley L, Bennett DL. Research from the Ground Up: Inaugural Conference of the NSW Primary Health Care Research Capacity Building Program. University of Sydney, Sydney, 20-21 September, 2002.

Access to health care among NSW adolescents. Booth ML*, Bernard D*, Kang M, Usherwood T, Alperstein G, Quine S, Bennett DL. 14th Annual Australian Health Promotion Conference, Darling Harbour, Sydney. 16-20 June, 2002.

Access to health care among NSW adolescents: Defining the problem. Booth ML*, Bernard D*, Kang M, Usherwood T, Alperstein G, Quine S, Bennett DL, Beasley L. Australian and New Zealand Adolescent Health Conference, Melbourne, Victoria. 21-22 March, 2002.

Teaching adolescent health down under. Bennett DL. Grand Rounds lecture, Division of Adolescent Medicine, Children's Hospital of Los Angeles, USA, March 2002.

Adolescent health: Addressing poverty and malnutrition. Bennett DL*, E Eisenstein* (Rio de Janeiro, Brazil), Workshop at Annual Meeting of Society for Adolescent Health, Boston, USA, March 2002.

Understanding Adolescent Development: An initial step in getting services right (keynote address); *Impact of chronic illness in adolescent: An overview of theory and practice* (keynote address); *Clinical approaches to the adolescent patient: communication, confidentiality and the youth health assessment* (workshop); *Surviving into the future: Issues in transitional care for chronically ill young people* (workshop). Bennett DL at Working Effectively with Young People in Hospital: A symposium on youth health for providers of in-patient services, Kidz First Community Health – Centre for Youth Health, University of Auckland, Auckland, New Zealand, 26-27 November 2001.

Courageous Innovation: Pioneering a hospital-based adolescent health service. Bennett DL. Inaugural JCUMSA Lecture, James Cook University Medical Students' Association, School of Medicine, James Cook University, Townsville, Queensland, October 2001.

Training for Adolescent Health and Development: Experiences from the Western Pacific Region. Bennett DL*, Fritsch K, Barcelo T, Tahir S, Kang M, Oldmeadow W. Presentation at Special Symposium (sponsored by WHO), Strengthening the Capacity of Health Workers to Better Meet the Needs of Adolescents, The 23rd International Congress of Pediatrics, Beijing, China, September 2001.

Adolescents – Are they normal?: Bennett DL. Lecture at An Evening with the Expert to members of Society of Adolescent Medicine of the Philippines, Manila, Philippines, July 2001.

Courageous Innovation: Pioneering a hospital-based adolescent health service. Bennett DL. Presentation at Grand Rounds, Department of Pediatrics, Philippine General Hospital, Manila, Philippines, July 2001.

Growing Pains: What to do when your children turn into teenagers. Bennett DL. Presentation to staff of WHO Western Pacific Regional Office, Manila, Philippines, May 2001.

When hope is gone: working with high risk young people. Kang M. Diversity in Health: sharing global perspectives, Australian Transcultural Mental Health Network 2nd National conference, Sydney 28 – 30 May 2001.

Improving health services for young people of NESB. Feros R, Mulcahy G, Bennett DL. Diversity in health: Sharing global perspectives, Australian Transcultural Mental Health Network 2nd National conference Sydney, 28-30 May 2001.

Pregnancy Options for Adolescents. Kang M. Invited paper. 7th International Congress on Adolescent Health, Salvador, Bahia, Brazil 13-17 May 2001.

Art and the language of wellbeing in adolescent health care. Bennett DL*, H Zigmond, H Pynor, P Thwaite. Invited paper. 7th International Congress on Adolescent Health, Salvador, Bahia, Brazil, 13-17 May 2001.

The anonymous health dialogue: how young people use the media to communicate about their health concerns. Kang M, MacFarlane A, McPherson A. Workshop, Society for Adolescent Medicine Annual General Meeting, San Diego March 21 – 25 2001.

The Nature of Adolescent Health. Bennett DL. Keynote address at “Moment of Choice”, a national conference on defeating depression, drug use, suicide & deliberate self harm, Club Speranza, Sydney, November 2000.

Adolescent Health: Global Perspective (keynote address); *Challenges in Adolescent Sexuality* (keynote address); *Case Management of Adolescent Emergencies: Suicide* (panel). Bennett DL. First Annual Convention, The Society of Adolescent Medicine of the Philippines, Manila, Philippines, September 2000.

The State of Play of Adolescent Health in Australia (keynote address); *Teenagers and their Parents: Differences in common* (keynote address). Bennett DL. Course on Adolescent Medicine for GP's, South Tasmania Division of General Practice, Hobart, Tasmania, July 2000.

Seven Year Itch: insights and understandings after seven years as “Dolly Doctor”. Kang M. Presentation at Parent Expo, 3rd Pacific Rim NZAAHD Conference. Christchurch, New Zealand, 25-28 June 2000.

Getting Together: general practitioners and young people. Kang M. Workshop at 3rd Pacific Rim NZAAHD Conference. Christchurch, New Zealand, 25-28 June 2000.

Youth consultation: Making it work. Booth ML*, Bennett DL*, Kang M. Workshop at the 3rd Pacific Rim NZAAHD Conference, Christchurch, New Zealand, 25-28 June 2000.

Nurturing Creativity in Hospital: The evolution of a youth arts program. Pynor H *, Bennett DL* (Workshop). 3rd IAAH Pacific Rim Conference, Christchurch, New Zealand, 25-28 June 2000.

The Family at Adolescence: Differences in Common. Bennett DL. Presentation at GP Seminar, 'Addressing Mental Health Issues in General Practice', Terrigal, Manly Warringah Division of General Practice, May 2000.

Parenting Teenagers. Bennett DL. Lecture and panel, St George Division of General Practice, April 2000.

Adolescent Health Promotion: Concepts and Challenges for the 21st Century. (Keynote address); *Growing up with a Chronic Illness* (workshop). Bennett DL. Pre-Congress Workshop, 10th Asian Congress of Pediatrics, Taipei, Taiwan, March 2000.

Adolescent Health: An Australian and Regional Perspective; Courageous Innovation: The Role of a Hospital-Based Adolescent Service; Adolescent Health Care: A Collaborative Challenge; Clinical Approach to the Adolescent Patient; The Perils of Puberty: Common Medical Problems in Adolescence; Growing up with a Chronic Illness; Recognising the Adolescent at Risk; The Changing Faces of Anorexia nervosa in Adolescents; Beyond the Biology: An Overview of Adolescent Sexuality and Reproductive Health. Bennett DL. Lectures and tutorials presented at KK Women's and Children's Hospital and National University Hospital, Singapore, as HDMP Visiting Expert in Adolescent Medicine, Ministry of Health, Singapore, March 2000.

Young people and risk-taking. Booth ML. Third Youthsafe Forum, Sydney, 8 December, 2000.

Adolescent Health: International Perspectives. Bennett DL. Keynote address at NZ Association for Adolescent Health and Development, 10th Anniversary Conference, Wanganui, New Zealand, August 1999.

Growing up with a Chronic Illness: Impact on Development; Growing up with a Chronic Illness: The Dynamic Transition from Child to Adult health Care. Bennett DL. Lectures at Royal Australasian College of Physicians Conference, Rotarua, New Zealand, August 1999.

Promoting Mental Health in Young people. Bennett DL. Round table discussant at 'Promoting mental Health of Generation Next', Centre for Adolescent Health, Melbourne, Victoria, June 1999.

Australia's Adolescent Inpatient Units - The Sydney Experience. Bennett DL. Presentation at 'Managing the Hospital Adolescent Inpatient: Where, Why and How?', Centre for Adolescent Health, Melbourne, June 1999.

Sex in the magazine media: Dolly magazine. Kang M. Keynote address: National Family Planning Association Conference, Hobart, May 2000.

Deeper Dimensions: Culture, Youth and Mental Health. Transcultural Mental Health Centre and NSW Centre for the Advancement of Adolescent Health. Keynote address by Melissa Kang: Memories of Migration at monograph launch, The Children's Hospital at Westmead, 2000.

Physical activity and nutrition

Immigration, eating and physical activity: cross-generational, social and cultural influences on obesity. Green J, Waters E*, Haikerwal A, O'Neill C, Gibbons K, Booth M, Okely A, Raman S.

Social and cultural influences of healthy eating and physical activity: a systematic review of qualitative studies. Haikerwal A*, Waters E, Green J, O'Neill C, Gibbons K, Booth M, Okely T, Raman S.

Relationships between fundamental movement skills and body composition among children and adolescents. Okely A*, Booth ML, Chey T.

Patterns of energy expenditure among Australian adolescents. Booth ML*, Okely A, Chey T.

Determinants of overweight among young people: Methodological considerations. Booth ML*, Hardy L. The Australian Health and Medical Research Congress, Melbourne, 25-29 November, 2002.

Causes of the child obesity epidemic in Australia. Booth ML. NSW Parliamentary Child Obesity Summit. NSW Parliament, Sydney, 10-12 September 2002.

Systematic review of qualitative studies: extracting socio-cultural differences in 'influences and perceptions' for the design of obesity prevention interventions. Waters E, Haikerwal A, O'Neil C, Booth M, Gibbons K, Okely T, Raman S. 4th Symposium on Systematic Reviews, Oxford, UK. 2-4 July, 2002.

Prevalence and sociodemographic distribution of physical activity among NSW school students: The NSW Schools Fitness and Physical Activity Survey. Booth ML, Okely AD*, Macaskill P, Bauman A. 23rd ACHPER Biennial Conference, Launceston, Tasmania. 3-6 July, 2002.

Interventions for preventing and managing obesity in children. Booth ML. International Fitness and Healthy Lifestyle Convention and Expo. Darling Harbour, Sydney, 14-15 June 2002.

Prevalence and sociodemographic distribution of physical activity among NSW school students: The NSW Schools Fitness and Physical Activity Survey. Booth ML*, Okely AD, Macaskill P, Bauman A. 14th Annual Australian Health Promotion Conference, Darling Harbour, Sydney. 16-20 June, 2002.

Paediatric weight management. Booth ML. The General Practitioner Conference and Exhibition, The Dome, Homebush Bay, 24-26 May 2002. Eight workshops delivered over two days.

Paediatric obesity. Baur L*, Booth ML*. The Children's Hospital at Westmead Annual Hospital Meeting. Westmead, Sydney, 14 March 2002.

Physical activity and obesity among young Australians: options for intervention. Booth ML. 2001 ACHPER Health and Physical Education Conference: keynote address. Melbourne, Victoria, 29-30 December, 2001.

Description and process evaluation of a fundamental movement skills teaching resource for NSW primary school students. Okely A*, Booth ML. Australian Association for Research in Education 2001 Conference, Fremantle, Western Australia, 6-12 December, 2001.

Changes in the prevalence of overweight/obesity among Australian children and adolescents: 1969-1997. Booth ML*, Norton K, Wake M, Chey T, Hesketh K, Dollman J, Robertson I Australasian Society for the Study of Obesity 10th Annual Scientific Meeting, Gold Coast, Queensland, 8-9 September, 2001.

Practical paediatric weight management. Booth ML. GP Odyssey, The Dome, Homebush Bay, 19-20 May 2001. Eight workshops delivered over two days.

The reliability and validity of the Sydney Adolescent Physical Activity Recall Questionnaire (SAPARQ) among high schools students. Booth ML*, Okely T, Chey T, Bauman A. Sixth International Congress of Behavioral Medicine, Brisbane, Queensland, 15-18 November, 2000. (Poster presentation)

Relationship of enjoyment of physical activity and preferred activities to fundamental movement skill proficiency in young children. Okely A*, Booth ML. Sixth International Congress of Behavioral Medicine, Brisbane, Queensland, 15-18 November, 2000. (Poster presentation)

The epidemiology of overweight and obesity among young Australians. Booth ML. Workshop of Child and Adolescent Obesity, The Children's Hospital at Westmead, Sydney, 11 December 2000.

Development and validation of an instrument to assess children's fundamental movement skill proficiency. Okely A*, Booth ML.

Promoting physical activity among young Australians. Okely A, Booth ML.

Prevalence of overweight and obesity, and physical activity among Australian young people. Booth ML*, Wake M, Armstrong T, Chey T, Hesketh K, Mathur S. 2000 Pre-Olympic Scientific Congress, Brisbane, Queensland, 7-13 September, 2000.

Keeping People Physically Active: Public Health Perspectives. Booth ML. Fifth IOC World Congress on Sport Sciences, Sydney, NSW, 31 October -5 November, 1999.

Looking forward with physical activity: Thinking outside the court. Booth ML. Imagine Active Children and Youth: Opportunities for the Future. Perth, WA, 22 October 1999.

Assessing physical activity: An international perspective. Booth ML. The Cooper Institute Conference Series: Measurement of Physical Activity. The Cooper Institute for Aerobics Research, Dallas, Texas, 14-16 October, 1999.

The prevalence and sociodemographic distribution of fitness and physical activity among NSW high school students. Booth ML*, Macaskill P, Okely T, Bauman A, McLellan L. 11th National Health Promotion Conference, Perth, WA, 23-26 May, 1999.

Sociodemographic distribution of fitness among children and adolescents in NSW. Booth ML*, Macaskill P, Okely, Bauman A, McLellan L. 11th National Health Promotion Conference, Perth, WA, 23-26 May, 1999.

Relationship between organised sports participation and fundamental motor skill ability in adolescents. Okely AD*, Patterson JW, Booth ML. Youth Sports in the 21st Century: Organized Sport in the Lives of Children and Adolescents, Michigan State University, USA, May 1999.

Invited Community Presentations

Bridging the Gap: Alcohol and other Drugs Forum. Bennett DL. Presentation at community forum with The University of Sydney (Drug Education Unit), Point Zero Youth Services and Waverley Action Youth Services, Waverley Council Chambers, Wollahra, November 2002.

Overweight and obesity among young Australians. Booth ML. Healthy Weight Teachers' Forum. Kincoppal School, Rose Bay, Sydney. 17 May 2002.

Changing relationships at adolescence. Bennett DL. Presentation and panel discussant at parent information night, Newington College, Leichhardt, Sydney, November 2002 and 2001.

Love this life: A forum on depression, despair and resilience. Bennett DL. Panel discussant, Chaired by Dr Brendon Nelson, Member for Bradfield, Co-sponsored by Lindfield Rotary Club, Sydney, October 2001.

Letting go when you want to hold on: Issues for the family at adolescence. Bennett DL. Presentation at parent information night and panel, Moriah College High School, Bondi Junction, Sydney, July 2001.

Child and adolescent obesity: A role for everyone. Booth ML. Eating Disorders Association. 4 June 2001.

From infancy to adolescence. Bennett DL. Presentation to parents at Moriah Primary School, June 2001.

Adolescents: Risk-taking and resilience. Booth ML. Freehills (solicitors), 9 May 2001.

Teenagers and their parents: Differences in common. Bennett DL. Lecture and panel, Parent Forum, Killarney High School, Killarney Heights, August 2000.

Adolescent Health: Something worth worrying about. Bennett DL. Presentation to Lindfield Rotary, Lindfield, July 2000.

Puberty in Perspective. Bennett DL. Primary School Parent Evening at Moriah College, Bondi Junction, June 2000.

Challenges Facing Young People Today. Bennett DL. Parent Seminar 'Preparing Your Child for High School', Sponsored by Rotary Club of Lindfield, May 2000.

Appendix 8

Physical activity and overweight/obesity program

Promoting physical activity among adolescent girls.

Research Team: Mark A, Booth ML. Casino Community Benefit Fund
Date: 1998-1999
Investment: \$20,000

Description: An intervention to promote physical activity participation among adolescent girls in the Illawarra region of NSW (a low SES area). Intervention baseline data were collected in late 1999 and follow-up data were collected in 2000. This project was conducted in partnership with the University of Wollongong and the NSW Dept of Sport and Recreation.

Tender to develop Australian Standard Definition for Child and Adolescent Overweight and Obesity

Research Team: Baur L, Booth ML, Forbes D, Hills A, Sayers S, Sawyer S, Wake M, Waters E. Commonwealth Department of Health and Aged Care
Date: 2001
Investment: \$64,079

Description: This Commonwealth government contract was awarded to develop an Australian standard definition for child and adolescent overweight for inclusion in the National Health Data Dictionary. The project involved four stages: a thorough literature review; preparation of draft definitions; consultation with key stakeholders; and development of technical definitions for inclusion in the National Health Data Dictionary.

Evaluation of fundamental motor skills training among NSW primary students

Research Team: Booth ML, Okely T, Zoeller R, Davy J. NSW Health Dept Physical Activity Demonstration Grant Scheme
Date: 1998-2003
Investment: \$207,855

Description: A study to determine changes in the fundamental movement skills of NSW primary school children in response to the support materials released by the NSW Dept of Education and Training. The association between change in fundamental movement skill proficiency, enjoyment of physical activity and preferred activities were also assessed. This project was conducted in partnership with the University of Wollongong, South Eastern Sydney Area Health Service and the NSW Department of Education and Training.

Obesity, self-image, eating behaviour, nutrition and activity in Australian pre-adolescent children

Research Team: Caterson I, Hill AJ, Booth ML, Griffiths RA. National Health and Medical Research Council
Date: 2000-2002
Investment: \$154,000

Description: This study, which commenced in early 2000, aims: to determine the prevalence of overweight, obesity, eating disorders, body shape and weight concerns in Australian pre-adolescent children; to investigate the association of gender, socio-economic status, self-esteem, social and parental views with these factors; and to examine the association of physical activity with body weight, weight concern, gender and socio-economic status.

Critical Windows: Health-related behaviour in children after school

Research Team: Naughton G, Currie J, Booth ML. Australian Research Council
Date: 2002-2004
Investment: \$275,677

Description: Commencing in 2002, this project developed reliable and valid methods of assessing health-related behaviours during the critical window after school (3 pm-7 pm) and described physical activity, inactivity and nutritional practices among Grade 5 children (randomly selected) from Western Sydney schools. Psychosocial and environmental influences over behaviours and the extent to which seasons and annual growth change behaviour were also examined. Outcomes included development of effective instruments for future research and an enhanced understanding of healthy behaviour among Western Sydney children.

Sociocultural differences in the perception and attitudes to childhood obesity: The influence of sociocultural factors on designing of public health strategies on childhood obesity

Research Team: Waters E, Haikerwan A, O'Neill C, Booth ML. Vic Health Research Grants: Physical Activity and Healthy Eating
Date: 2002-2003
Investment: \$137,737

Description: This qualitative study examined the socio-cultural, family and environmental factors which influence perceptions of health, food habits and physical activity among children and families from diverse cultural backgrounds resident in Melbourne.

A randomised controlled trial to reduce sedentary behaviour and improve fundamental movement skills of 10-year-old children living in low SES areas

Research Team: Salmon J, Crawford D, Ball K, Campbell K, Telford A, Booth M, Sallis J.
Date: 2001-2004
Investment: \$208,152

Description: This study is a cluster-randomised design trial in which classes of children were randomly assigned to a control (no intervention) group, a behaviour modification (BM) group, a fundamental motor skills (FMS) group or a combined BM and FMS (BM+FMS) group. The study assessed the impact of a 12-month behavioural modification program to reduce sedentary behaviours and a fundamental motor skill program to improve motor skills and increase physical activity. Outcomes of interest were sedentary behaviours, physical activity, body mass index, enjoyment of physical activity, mastery of fundamental motor skills, and diet and eating behaviours.

Premier's Gold Medal Fitness Program (GMFP) Evaluation

Research Team: Okely T, Booth ML. NSW Department of Education and Training
Date: 2002-2003
Investment: \$54,812

Description: The *Gold Medal Fitness Program (GMFP)* is a post-Olympic initiative of the NSW Premier, Mr Bob Carr, to encourage children to be fitter and more active. The study employs a quasi-experimental design with schools allocated to control or intervention group and assessments administered to children in years K, 2, 4, and 6 at each school. The aim of the study is to determine the impact of the GMFP on: fundamental movement skill proficiency; perceived physical competence; physical activity participation; time spent in the sedentary leisure activities; on school environment and school climate; and, the perceptions of parents and carers in relation to fundamental movement skills development.