

Karen Glover & Lisa Khan

Aboriginal & Torres Strait Islander Research Showcase

SAHMRI

February 28th 2020















I acknowledge the Kaurna people as the traditional custodians of the Adelaide region, where the SAHMRI building is located; I recognise the Kaurna peoples cultural, spiritual, physical and emotional connection with their land. I honour and pay my respects to Kaurna elders, both past and present, and all generations of Kaurna people, now and into the future.

I also acknowledge the other Aboriginal and Torres Strait Islander authority here today.

And in the spirit of reconciliation, I acknowledge the people who are not Aboriginal who support and help what we are doing.















Outline for this session



- About the Aboriginal Communities and Families Health Research Alliance. Who and what?
- Benefits, limitations and impact of ACRA
- Aboriginal Families and Baby Bundles
- Next Steps
- Questions



Aboriginal Communities and Families Health Research Alliance (ACRA) 'a healthy and just future for Aboriginal and Torres Strait Islander families'.





What is ACRA all about?



Alliance Aims

- Enables communitydriven, respectful research
- Reduce disparities
- Strong and sustainable partnerships

Research Program Focus

- The period pre pregnancy
- During pregnancy
- As children start to grow up, young people
- People and services who support early years: Mums, Dads, Caregivers, extended families and communities, services



Who is ACRA?





Communities and community organisations: AHCSA, KWY, CAESA, Nunga Mi:Minar, SA Aboriginal Social Justice Coalition, Nunkuwarrin Yunti, Family Matters, AFSS, Grannies Group, individuals,



Service providers: government and non government, schools, Aboriginal health, community health, DASSA, ADAC, Corrections



Policy and planners: Commissioner ACYP, Aboriginal engagement, SA Health and regional Aboriginal Directors, Dept Human Services, Dept Education, AHCSA, Dept Human Services, Dept Social Services, Dept Housing, Dept Treasury & Finance, Dept Aboriginal Affairs,



Researchers: SAHMRI, MCRI, Adelaide Uni, Melbourne Uni, Uni Queensland, Uni SA,



Research Projects

- Aboriginal Family Study baseline* and follow up 5 6 year olds *
- Childhood Resilience Study
- Aboriginal Family and Baby Bundles *
- Centre for Research Excellence Preventing Stillbirth
- Centre for Research Excellence Safer Families
- Centre for Research Excellence Targeted Nutrition
- Strong Dads Strong Futures *
- Young People's Health and Wellbeing *
- Adelaide Women's Prison Parenting project
- The Gender Study *



Benefits of the ACRA?

Information sharing across projects



Skills development and capability building

Relationship building

Communications & Activities

Jessica Reid
ABFABB Coordinator



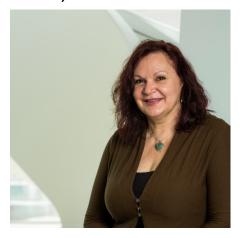
Cynthia Fielding ABFABB researcher





Researcher perspectives of benefits

Dr Yvonne Clark, Senior Research Fellow, SAHMRI Women's and Kids.



Arwen Nikolof, Study Coordinator, Aboriginal Families Study, MCRI Intergenerational Health



ACRA has many benefits and activities that I am part of. For my work it mostly provides a platform to network and work with others in SAHMRI, services and Aboriginal community. It provides me with the big picture and helps keep me grounded in my research. I contribute by sharing my research initiatives and informally mentoring other Aboriginal researchers involved in ACRA

ACRA is Aboriginal led at all levels and it means we know our research is community driven and culturally respectful.



Researcher perspectives of benefits



ACRA supports us to share information, advice and ways of doing things with other researchers and teams in ACRA.

Aboriginal Families Study Team

Murdoch Childrens Research Institute
based at SAHMRI Womens and Kids

Casey Cameron



As a recently graduated nursing student I have many career paths I could follow, however having the opportunity to work as a cadet in the ABFABB team has enhanced my desire to pursue a career in research, specifically Indigenous health.



Benefits of ACRA



ACRA Steering Committee
L- R Alice Rumbold, Deputy Chair; Cathy
Leane, Co-Chair; Karen Glover, Co-chair

Stephanie Brown MCRI



Philippa Middleton SAHMRI



Limitations



- Always more to do than resources available
- Risk of overburden to Aboriginal communities
- When key stakeholder priorities and timeframes do not align



Impact



- ABFABB Dads are engaging
- Health service guidelines to improve practice
- Health literacy preventing stillbirth,
- Yvonne Clark Investigator grant recipient
- Philippa Middleton Investigator grant recipient
- Jessica Reid joint winner Shirley Peisley Award Gladys Elphick Awards
- Karen Glover SAHMRI Diane Ranck Leadership award



ABFABB — Aboriginal Family and Baby Bundles Research × Study















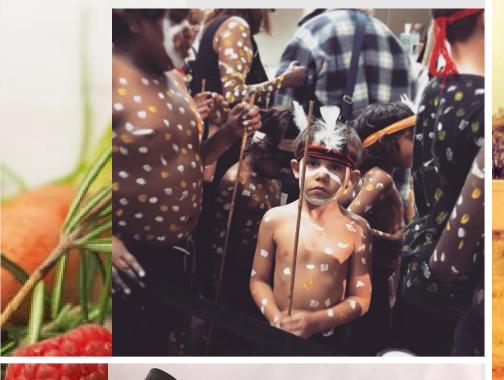


Aboriginal Families and Baby Bundles - Background



- Engagement early in life to improve maternal and infant health are likely to have long lasting benefits.
- ABFABB addresses priorities identified by consultations with local Aboriginal communities
- Investigators from SAHMRI, AHCSA, University of Adelaide, MCRI, SA Health
- NHMRC and Channel 7 Foundation funding

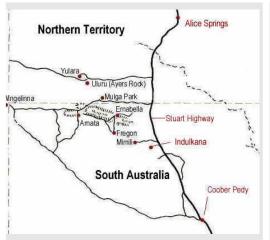
















What is ABFABB



Five year project focussing on Aboriginal women's, babies, and families' healthy weight and nutrition

Aims to improve:

- Healthy weight and nutrition during pregnancy and first 12 months
- Health Literacy
- Engagement in Aboriginal Family Birthing Program (AFBP)
- Voice of Aboriginal families
- Health outcomes for Aboriginal families and young children
- AFBP service delivery and staff skills
- Aboriginal researcher skills





How ABFABB is running

- Embedded in the Aboriginal Family Birthing Program (AFBP)
- Researchers working in partnership with service
- Consent to contact
- ABFABB researchers follow up, gain informed consent and enrol families.



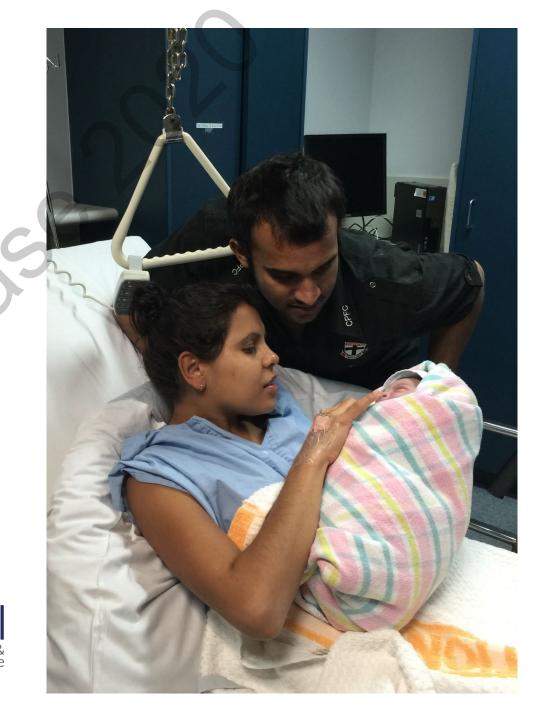






Who will receive the bundles?

- 300 women and their families
- Pregnant women enrolled in the AFBP program at Women's and Children's Hospital SA
- Having an Aboriginal baby
- Less than 26 weeks gestation
- Living within Adelaide metro region





Participant Journey

Start here

BB1 16 weeks Let's get Physical

BB2 18-20 weeks Healthy cooking

BB3 24 weeks

BB4 30-32 weeks **Preparing**

for birth

BB5 Birth

> BB6 6 weeks pp New

BB7 4-6 months pp Intro to solids

BB9



BB8 8 months pp Keeping up with baby





Bundles

Some of the contents include

- Access to fresh fruit and vegetables
- Breast pumps
- Tooth brushes/paste
- Water bottles
- Oils (olive, macadamia, avocado)

Information to help improve health literacy

- What to eat while pregnant
- How long to breastfeed for
- When and how to introduce solids







Partnerships

- Thomas Farms Kitchen (fresh food home delivery)
- Ochre Dawn (bags)
- Foodbank (access to cheap food)
- Food centre (access to cheap food)
- Adelaide Metro (bus tickets)
- Share the dignity (women's handbags)
- Aboriginal literacy foundation (children's books)
- SA Dental Aboriginal Oral Health Program
- Fair Game Recycling sports equipment, inspiring healthy communities (tennis balls)
- e4wsa Essentials 4 Women South Australia









Engagement

- 117 enrolments
- Mums ranging from BB1 to BB9
- Dad's actively engaging,
 wanting resources specifically
 for them









Data collection



Questionnaires

- Diet Questionnaire
- Healthy eating quiz
- Physical activity questionnaire
- Health literacy questionnaire
- Engagement questionnaire (to be developed)

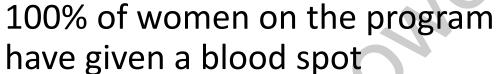
Clinical data

- Parity
- Weight
- BMI
- Waist circumference
- Maternal anaemia
- GDM
- Baby info BW, LBW, SGA, LGA

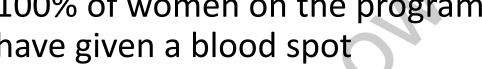


Blood/Breastmilk Spots

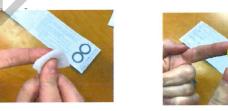
Measures Omega-3 index and Vitamin D status



Estimated Omega-3 Index on Dried Blood Spot: Measured by GC-FID



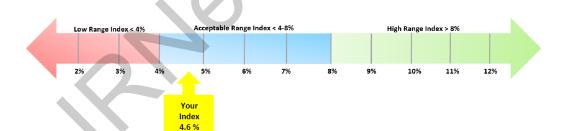
















Study Team and Investigators



Study Team

A/Prof Philippa Middleton, Karen Glover, Jessica Reid, Cynthia Fielding, Mitzi Nam, Lisa Khan

Investigators

Chief Investigators

A/Prof Philippa Middleton
Ms Deanna Stuart Butler
Ms Janiene Deverix
Ms Jackie Ah Kit
Professor Stephanie Brown
Dr Alice Rumbold
Professor Maria Makrides
Prof Megan Warin
Professor Alex Brown
Dr Fiona Mensah

Associate Investigators

Dr Shanshan Han
Dr Karen Hawke
Ms Cathy Leane
Ms Kim Morey
Dr Wendy Scheil
Ms Kerrie Bowering
Ms Angela Cavallaro





Next Steps

- Strategic Plan 2018 2022 updated
- 2020 annual plan and evaluation updated
- Funding applications submitted







Thank you and Questions