



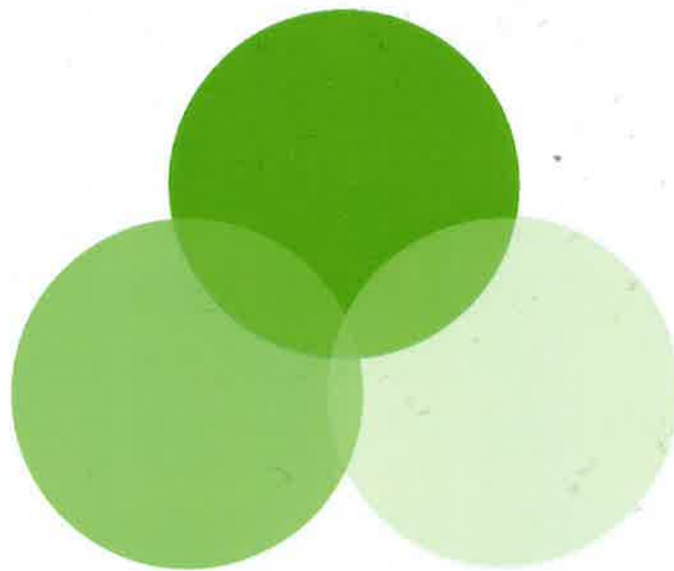
Public Health Association
AUSTRALIA



CHRONIC
DISEASES
NETWORK

PHAA 44th Annual Conference & 20th Chronic Diseases Network Conference

'Protection, Prevention, Promotion'
Healthy futures: Chronic conditions and public health



2016 ABSTRACT BOOK

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Concurrent Session 4B – Obesity and Injury Prevention

Ellery BC Room, 10:30am – 12:00pm

Obesity and injury, injury and obesity is there a link?

Presenter: Richard Franklin

Authors: Dr Richard Franklin¹, Dr Janet Franklin², Ms Elisia Manson², Ms Georgina Loughnan², Associate Professor Tania Markovic²

Affiliations: ¹CPHMVS, James Cook University, James Cook University, Townsville, Australia, ²Metabolism & Obesity Services, Royal Prince Alfred Hospital, Camperdown, Australia

Abstract:

Background: Injury and obesity both place a significant burden on the health system. Research suggests that obesity increases the risk and alters patterns of injury and complicates recovery. Evidence clearly shows that exercise is important for good health, however fear of being injured is a barrier to participation. There is no evidence exploring the perception of injury risk in obese people.

Aim: This presentation will explore the links between injury and obesity and describe the results of research exploring the attitudes to injury and its impact on activity levels in people with BMI >35.

Methods: This prospective study collected data from all patients attending a clinical weight loss program at an obesity clinic between 1-July-2014 and 31-December-2015, using self-reported questionnaires and measured anthropometry.

Results: 228 people (69% females) completed the injury questionnaire. Average: age 49 yrs and BMI 47.2 kg/m². For participants 84% and 75% were concerned with having an injury / falling respectively, 59% thought their weight contributed to the likelihood of being injured, 35% reported that the fear of injury prevented them from exercising, 41% had sustained an injury while exercising, and 36% thought an injury contributed to their current weight. Increasing weight, BMI and waist were not related to fear of injury, however, increased age and BMI were related to fear of falling ($p < 0.05$). A poorer "sit to stand" and increased anxiety were related to fear of falling only.

Conclusion: There is a link between injury and obesity, understanding this relationship is important for effective prevention.

The association between yoga/meditation practice and falls among older Australian women

Presenter: Romy Lauche

Authors: Dr. Romy Lauche¹, Professor Jon Adams¹, Professor David Sibbritt¹, Dr. Holger Cramer²

Affiliations: ¹Australian Research Centre In Complementary And Integrative Medicine (arccim), University Of Technology Sydney, Ultimo, Australia, ²Department of Internal and Integrative Medicine, Kliniken Essen-Mitte, Faculty of Medicine, University of Duisburg-Essen, Essen, Germany

Abstract:

Background: Falls are the leading cause of injuries in women across all ages. While yoga has been shown to increase balance, it has also been associated with injuries due to falls during practice. This study aimed to analyse whether regular yoga practice is associated with the frequency of falls and fall-related injuries in older Australian women.

Methods: Women aged 59-64 years from the Australian Longitudinal Study on Women's Health (ALSWH) were queried regarding falls and falls-related injuries; and associations with yoga/meditation practice were analysed using chi-squared tests and multiple logistic regression modelling.

Results: Of 10,011 women, 44.1% had slipped, tripped or stumbled, 27.7% had fallen to the ground, 14.0% had been injured as a result of falling, and 9.0% women had sought medical attention for a fall-related injury within the previous 12 months. Yoga or meditation was practiced regularly by 7.5% women. No associations of falls, fall-related injuries and treatment due to falls-related injury with yoga practice were found.

Conclusion: No association between yoga practice and falls or fall-related injuries have been found. Further studies are warranted for conclusive judgement of benefits and safety of yoga in relation to balance, falls and fall-related injuries.

Associations between yoga/meditation, body satisfaction and weight control in Australian mid-aged women

Presenter: Romy Lauche

Authors: Dr. Romy Lauche¹, Professor Jon Adams¹, Professor Thomas Ostermann², Dr. Nicholas Fuller³, Professor David Sibbritt¹, Dr. Holger Cramer⁴

Affiliations: ¹Australian Research Centre In Complementary And Integrative Medicine (ARCCIM), University Of Technology Sydney, Ultimo, Australia, ²Chair of Research Methodology and Statistics in Psychology, Department of Psychology and Psychotherapy, Faculty of Health, University of Witten-Herdecke, Witten, Germany, ³The Boden Institute, Charles Perkins Centre, The University of Sydney, Sydney, Australia, ⁴Department of Internal and Integrative Medicine, Kliniken Essen-Mitte, Faculty of Medicine, University of Duisburg-Essen, Essen, Germany

Abstract:

Background: This study aimed to analyse whether yoga/meditation practice is associated with body satisfaction and methods to lose or control weight in Australian women.

Methods: Women aged 34-39 years from the Australian Longitudinal Study on Women's Health (ALSWH) were surveyed regarding body satisfaction and weight control methods and associations with yoga/meditation use were analysed using chi-squared tests and multiple logistic regression modelling.

Results: Of the 8009 women, 49% were overweight or obese according to body mass index (BMI). 56% of women with normal BMI and approximately 95% of women with overweight/obesity wanted to lose weight. At least one in four women with normal BMI, and more than two in three women with overweight/obesity were dissatisfied with body weight/shape. The most common weight control methods undertaken included exercising (82.7%), cutting down meal sizes (76.8%), or sugars or fats (71.9%). Yoga/meditation was practiced often by 8.6%, and occasionally ('sometimes') by 14.7%. Yoga/meditation users with normal BMI were less likely to be dissatisfied with body weight and shape. All yoga/meditation users were more likely to use exercise, follow a low glycaemic diet and follow diet books to lose weight; and women with obesity who occasionally used yoga/meditation were also more likely to use fasting or smoking for weight control.

Conclusion: Yoga/meditation practice in general is not associated with a negative body image, or the use of unhealthy weight control methods. Women with obesity who occasionally practice yoga/meditation however might be vulnerable to adopting unhealthy weight control methods

Associations between dental caries and obesity in Australian children

Presenter: Jane Harford

Authors: Dr Jane Harford¹, Dr Diep Ha¹, Dr Loc Do¹, Professor John Spencer¹

Affiliations: ¹The University Of Adelaide, University Of Adelaide, Australia

Abstract:

Background: Obesity and dental caries share risk factors and have been shown to be associated in some non-Australian child populations. This study aims to investigate the association between obesity and dental caries in Australian children.

Methods: Data from The National Child Oral Health Survey 2012-14 including (i) parent-completed questionnaire (socioeconomic status [SES], child dental and general health behaviours, and child height and weight); (ii) Standardised oral examinations (decayed, missing and filled teeth (dmft in deciduous dentition and DMFT in permanent dentition)) for children aged 5-14. Primary outcomes were dental caries in primary and permanent dentition (dmft>0 in ages 5-8 and DMFT>0 in ages 9-14 respectively). Primary exposure was obesity (BMI+2SD of Z-score). Multivariable logistic regression was used to model the association between obesity and caries (odds ratios (ORs) and 95 percent confidence intervals (CI)) for deciduous and permanent dentitions, with socio-demographic characteristics and sugar sweetened beverage consumption as covariates.

Results: 17,133 children had complete data. Prevalence of decay and obesity were 35.8% and 13.3% in ages 5-8, and 29.4% and 10.4% in ages 9-14. After adjusting for covariates children in the young group who were obese had 1.24 (1.09-1.42) the odds of having dental caries in the primary dentition. There was no association between obesity and caries in the permanent dentition; OR=1.03 (0.88-1.21).

Conclusion: Despite similar prevalences of both obesity and caries in the two age groups, the association was inconsistent. This suggests that there may be different drivers of one or both conditions in the two age groups.