

"Stemming the Tide"

Preventing Diabetes, Obesity and Metabolic Disease among Youth and Young Adults

Friday, 21 April 2017

Campbelltown Catholic Club 20-22 Camden Road, Campbelltown 4625 0000

Sharing knowledge, information and experience



SPHERE DOMS Stream

Diabetes Obesity and Metabolic Disease

We acknowledge the traditional owners of the land

Maridulu Budyari Gumal

*The Sydney Partnership for Health,
Education, Research and Enterprise*

Maridulu Budyari Gumal - The Sydney Partnership for Health, Education, Research and Enterprise (SPHERE) is an integrated health science network of global significance in New South Wales. SPHERE brings together three universities, two Local Health Districts, two Local Health Networks, seven Medical Research Institutes, nine major teaching hospitals, and ex *officio*, the NSW Ministry of Health. In order to reflect the culturally diverse nature of our partnership and to acknowledge our commitment to the Aboriginal community, we have been gifted the indigenous name, *Maridulu Budyari Gumal*, a Dharug name, meaning '*Working together for good health and wellbeing*'.

SPHERE was founded on the basis of partnership and collaboration, recognising that in this new economic and rapidly developing scientific research and healthcare environment single institutions struggle to remain internationally competitive. Only through recognising the strengths of others and collaborating to combine the very best academic, clinical and industry expertise can we achieve our full potential and have maximum impact on the challenges facing the health economy.

Vision

To establish a top 25 world-class Academic Health Science Partnership (AHSP) across Sydney and NSW that integrates diverse health disciplines and professions to address unmet local, national and international health priorities and needs through collaboration, innovation and partnership.

Aim

- Integrate outstanding research
- Initiate top quality education and professional practices across partner organisations to improve health outcomes
- Deliver better healthcare
- Generate economic benefits
- Be a magnet for recruitment and retention of staff and investment in health and research

Objectives

- Strong alignment between partners that result in improved care and health outcomes for local populations.
- Enhanced education and learning experiences in a variety of clinical and non-clinical settings
- Strong relationships with industry and local communities to improve health and generate wealth
- Research discovery and rapid translation of those discoveries and innovations to patient and population benefit

Guest Speaker - Professor Helena Teede



Prof Teede is Executive Director of Monash Partners Academic Health Sciences Centre and Director of the Monash Centre for Health Research and Implementation, School of Public Health, Monash University. She is an Endocrinologist at Monash Health and an NHMRC Practitioner Fellow, Prof Teede has a leading role in research and translation including large scale randomised controlled trials and evidence synthesis, international guidelines, co-design of new models of care, implementation and scale-up, holds policy advisory roles, sits on the national NHMRC Research Committee and the NHMRC Faculty for Research Translation . She is passionate about partnership, stakeholder engagement in research and translation as well as creating collaborative platforms for improving health outcomes.

Professor David Simmons – Director SPHERE DOMS



David is the Professor of Medicine at the University of Western Sydney Macarthur Clinical School, Head of the Campbelltown Hospital Endocrinology Department and Chair of the Campbelltown Hospital Clinical Council. Between 2007-2014, he was the lead diabetes consultant at Cambridge University Hospitals NHS Foundation Trust, overseeing major changes in the local model of care. Between 2003-2007 he was the inaugural Professor of Medicine at the University of Auckland Waikato Clinical School, New Zealand and 1998-2002 he was the Foundation Chair in Rural Health at the University of Melbourne, Australia.

Professor Margaret Morris – Co-Director SPHERE DOMS



Professor Margaret Morris (BSc, PhD Monash) is currently Head of Pharmacology at UNSW Sydney, and leads the Environmental determinants of obesity research group within Medical Sciences. Her research addresses critical questions concerning the impact of adverse early life events and lifestyle factors on chronic disease risk. The impact of parental obesity and early childhood events has been a key focus, exploring offspring metabolic and cardiovascular risk, and options for intervention. Current work includes intergenerational transmission of obesity and the psychology of eating, e.g. how does provision of a varied, energy rich diet override the regulatory control mechanisms that should maintain body weight? Her lab is investigating the impact of sugar, and fat, on cognition and the gut microbiota.

The Maridulu Budyari Gumal-SPHERE Diabetes Obesity and Metabolism Stream (DOMS): Stemming the Tide: Better Health Outcomes in Diabetes, Obesity and Metabolic disease

Diabetes is one of Australia's most prevalent, costly, life threatening, growing diseases. This epidemic requires a coordinated approach, integrating cutting-edge research and education with clinical practice to provide sustainable solutions.

Our goal is to harness research, educational and clinical expertise across the participating organisations, to develop, trial and where appropriate, implement, new health interventions for diabetes, obesity and related metabolic disorders (DOM).

Our aims are to;

- (1) prevent/reduce DOM
- (2) prevent DOM and their effects in pregnancy
- (3) prevent/reduce longer term complications from DOM
- (4) develop new approaches to reduce the impact of type 1 and identify other rare forms of diabetes
- (5) create new, integrated, cost effective ways of working across the healthcare/community system.

To this end, we have established work streams around these aims and established further groups addressing cross-cutting themes: Laboratory, Evaluation, Technology, Education (research, patient, health care professional), Psycho-social and Implementation.

Each workstream will define the issues, working with cross-cutting themes to create innovative research and implementation proposals, feeding into relevant policy/funding timelines/calls throughout the year. Our reference groups are vital for appropriate and tailored interventions: Aboriginal and Torres Strait Islander, Culturally and Linguistically Diverse (CALD) communities and Industry.

This conference comes at the end of a long process to build our partnership and develop a programme that will support the enhancement of local services for people with diabetes obesity and metabolic disease, grow the skills within our workforce to deal with the current epidemic and to generate high quality research and postgraduate students.

This year, the conference is to focus on DOMS in youth and young adults. We look forward to your presentations, discussions, networking and learning.

Conference Organising Committee/DOMS Executive

SPHERE DOMS Executive Team

Professor Maria Craig	Maria is a Paediatric Endocrinologist at St George Hospital and the Children's Hospital at Westmead; NHMRC Practitioner Fellow; Professor of Paediatric Endocrinology at UNSW; Conjoint Professor, University of Sydney; and Academic Co-Director of the Charles Perkins Centre-Westmead. Maria's major research focus is childhood diabetes, including its epidemiology and aetiology
Professor Jeff Flack AM MBBS FRACP MMed	Head, Department of Diabetes & Endocrinology and Director, Diabetes Centre Bankstown-Lidcombe Hospital, Sydney. Main area of clinical research interest is Information Technology applications in Medicine, especially Data sets and Quality Audit initiatives involving Diabetes Data collection, analysis and reporting
Professor Philippa Hay	Well known for her work in eating disorders. She is immediate past-President of the Australian Academy for Eating Disorders and a current member of the scientific committee and 2011 conference committee of the International Academy for Eating Disorders. Her work has focused on the morbidly obese, people with pre-diabetes and people with severe mental illness
Dr Freya MacMillan	Lecturer in Health Science at Western Sydney University. Dr MacMillan completed her undergraduate degree in Sports Biomedicine at the University of Dundee (2008) and a PhD in Physical Activity for Health at the University of Strathclyde (2014). Her research focuses on the development and evaluation of lifestyle interventions for the prevention and management of diabetes in those most at risk
Professor Gerald Muench	His major project focus is on Alzheimer's disease with a special emphasis on carbonyl stress in age-related and neurodegenerative processes, and also looking at brain inflammation as a major progression factor in Alzheimer's disease, now widely accepted
Professor Anthony O'Sullivan	Professor of Medicine at the University of New South Wales (UNSW), Sydney, Australia. Tony O'Sullivan is the Program Authority, head of curriculum, student affairs, and assessment, for the UNSW Medicine program. His educational research interests are into the assessment of medical students, and the teaching and assessment of professionalism
Professor Jennifer Reath	Foundation Peter Brennan Chair of General Practice at the University of Western Sydney. Professor Reath has worked for most of her career in Aboriginal and Torres Strait Islander health.areas of research/teaching interest and expertise include Aboriginal health, Women's health, Health service development and evaluation, Educational policy, Curriculum development and implementation, and Medical education in a third world context
Professor Katherine Samaras	Senior staff specialist in endocrinology at St Vincent's Clinic and Laboratory Head, Clinical Obesity, Nutrition and Adipose Biology, in the Diabetes and Metabolism Division, Garvan Institute of Medical Research. Her clinical and research activities are focused on diabetes and obesity treatments (particularly strategies for weight reduction) and prevention
Professor Virginia Schmied	A leading Australian researcher in midwifery and child and family health. Her program of scholarship, teaching and research is grounded in social science theory and methods and focuses on transition to motherhood, perinatal mental health, breastfeeding and infant feeding decisions, postnatal care, effective models to support vulnerable families, family centered care in NICU, strengthening the universal health services for families and children and the role of the child and family health nurse
Professor Kay Wilhelm AM	Director of Consultation-Liaison Psychiatry at St Vincent's Hospital, Research Director of 'Faces in the Street', St Vincent's Urban Mental health and Wellbeing research Institute, and Conjoint Professor of Psychiatry at the University of New South Wales. She has a long clinical and research association with the Black Dog Institute

Schedule of Event: The DOMS in Youth and Young Adults

08.45 – 09.20	Coffee And Registration
9.20 – 9.30	Welcome To Country – Uncle Ivan Wellington
9.30 – 9.40	Welcome And Housekeeping Professor David Simmons and Professor Margaret Morris
9.40 – 10.25	“How Can An Academic Health Science Partnership Help Increase Knowledge And Improve Health Outcomes in Diabetes and Obesity” Keynote speaker – Professor Helena Teede, Executive Director Monash Partners Academic Health Research Translation Centre , Director Monash Centre for Health Research and Implementation, Monash University
10.25 – 10.40	Diabetes and Me – Mrs Brittany Kennedy and her son Mason SPHERE DOMS (Diabetes Obesity and Metabolic Disease) Framework Professor David Simmons
10.40 – 12.10	What Are The Main Diabetes, Obesity and Metabolism Translational Research Issues for Youth and Young Adults? Attendees select which one of the two they wish to attend

10.40 – 12.10 Workshops 1 and 2

Youth, Young adults and Obesity/diabetes prevention

Youth, Young adults and Management of Type 1 and rare forms of diabetes including integrated care

Chairs

Dr Freya MacMillan and Dr
Kate MacBride

Professor Maria Craig

Presentation

Dr Freya MacMillan, Dr Kate
MacBride, Dr Evelyn Smith

Professor Maria Craig

Workshop

Group Prioritisation

Workshops 3 and 4

Youth, Young adults and Obesity/diabetes in pregnancy

Youth, Young adults and Obesity-diabetes complications

Chairs

Prof Virginia Schmied and
Professor David Simmons

A/Professor Simon Green and
Dr Lisa Nivison-Smith

Presentation

Dr Maryam Sina

A/Professor Simon Green and
Dr Lisa Nivison-smith

Workshop

Group Prioritisation

12.10 – 12.40

Presentations of Workshop Summaries – Professor David Simmons

12.40 – 13.30

Lunch

- 13.30 – 14.30** **Education – Professor Margaret Morris**
 Embedding diabetes and metabolism in the undergraduate curriculum –
 Strategies for growing the diabetes obesity and metabolism postgraduate
 research workforce
 Strategies for ensuring competency in the diabetes management among health
 care professionals – AUSCDEP –**Therese Fletcher RN**
 Structured education for people with type 1 diabetes – OZDAFNE the evidence –
Robyn Barnes – Senior Dietitian
Panel – Where to from here for diabetes obesity and metabolism education?
- 14.30 – 15.00** Psychosocial issues in diabetes obesity and metabolism – **Professor Philippa Hay**
 3 parallel 20 minute workshops: prevention, pre-pregnancy and transition care
 Review, summaries and discussion.
- 15.05 – 15.15** **Afternoon Tea and Informal discussions**
- 15.15 – 16.15** **Integrated Care – Professor David Simmons**
 Setting the scene for care of all people with diabetes, including youth and young
 adults components
- A GP perspective – Professor Jennifer Reath
 - Optometry perspective – Dr Lisa Nivison-Smith
 - Data perspective – Dr Mani Manoharan
 - The SESLHD Programmes – Professor Anthony O’Sullivan
 - SWSLHD – The Wollondilly Program – Dr Rati Jani
- 16.15 – 16.35** **Laboratory – Professor Gerald Muench**
 Split into 3 project working groups in parallel: Prevention, Pre pregnancy and
 Transition.
- Where the population is, what laboratory activities can inform
 - Benefit from the work
- Review, summaries and discussion
- 16.45 – 17.00** **Where to from here?**
Close and thank you

Notes

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Maridulu Budyari Gumal

The Sydney Partnership for Health, Education, Research & Enterprise (SPHERE)

Partners

