



**CONTENTS**

	<i>Page</i>
1. <i>President's Report</i>	1
2. <i>ASBHM conference: Abstracts</i>	2
3. <i>ASBHM conference: Keynote speakers</i>	4
4. <i>PROMISE</i>	5
5. <i>Other conferences and events</i>	6
6. <i>Interesting websites</i>	7

**1. PRESIDENT'S REPORT**

Jenny Bowman, PhD  
School of Psychology, University of Newcastle

Counting down - less than 6 months now until the next ASBHM Conference, in Brisbane from 10-12 February 2010!

We can of course now confirm our keynote speakers as: Prof Larry Green; Prof Brian Oldenburg; and Prof Cindy Shannon. In this edition of the newsletter you will find some brief biographical information about Prof Oldenburg and also Prof Shannon, both of whom have impressive international reputations in their field. We'll provide similar information on Prof Green in our next newsletter. Each of our keynotes will also contribute to the conference in other ways, such as through facilitating some great workshops.

We have had an excellent response to our call for abstract submissions. If you have been meaning to submit an abstract though and haven't quite been able to get to it yet, you only have a couple of days to go before the deadline of August 28th. Thanks to all of those who have already submitted abstracts... and those (like me) who still intend to do so!

Members of the ASBHM Executive, with assistance from other co-opted members of the broader community of Australian and New Zealand Behavioural Medicine researchers, will then engage in a process of blinded double-review of abstracts for consideration for acceptance as papers and/or posters. This process will be followed by the Conference Program Committee (co-chaired this year by Dr Clare Hume and Assoc Prof Alison Marshall) allocating accepted papers and posters to conference track themes and particular sessions.

**ASBHM**

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*For Enquiries Visit*  
[www.asbhm.org](http://www.asbhm.org)

Finally, I hope that our PROMISE members, and others, find value in Paula Wye's special contribution to this newsletter - with respect to honing those presentation skills. Thanks Paula.

Dr Jenny Bowman

ASBHM President email: [jenny.bowman@newcastle.edu.au](mailto:jenny.bowman@newcastle.edu.au)

## 2. ASBHM CONFERENCE 2010: ABSTRACTS

AUSTRALASIAN  
SOCIETY FOR  
BEHAVIOURAL  
HEALTH AND  
MEDICINE

7<sup>th</sup> Annual  
Scientific  
Conference

10-12  
February  
2010

Novotel Hotel  
Brsibane, QLD  
Australia



**Abstract submission extension  
Due date now 28<sup>th</sup> August**

**Behaviour and Health:  
Applications to Individuals and Populations**

### CONFERENCE TRACK THEMES

- The Challenge of Health Behaviour Change
- Achieving Equity: Determinants & Distribution of Health
- Linking Research, Policy and Practice
- Healthy and Unhealthy Behaviours
- Chronic Disease Prevention and Management
- Intervention and Program Evaluation
- Quality of Life Issues
- Psychophysiology/Psychoneuroimmunology

### KEYNOTE SPEAKERS

#### **Professor Larry Green**

Department of Epidemiology and Biostatistics, University of California, USA

#### **Professor Brian Oldenburg**

Department of Epidemiology and Preventive Medicine, Monash University, Australia

#### **Professor Cindy Shannon**

Director, Centre for Indigenous Health, University of Queensland, Australia

# ASBHM 7<sup>TH</sup> ANNUAL SCIENTIFIC CONFERENCE

## REVISED & EXTENDED CALL FOR ABSTRACTS

*Abstract due date: now 28<sup>th</sup> August 2009*

*Rapid Communication Posters due date: 20 November 2009*

We invite submissions of abstracts for posters and oral presentations that fit into one (or more) of the conference track themes listed on the previous page. Instructions for abstract preparation are provided on the abstract submission form available as a download from the ASBHM website: [www.asbhm.org](http://www.asbhm.org).

Notification of acceptance will be emailed to the corresponding author no later than 6 November 2009. Presenters are not required to be a member of ASBHM.

## **\*\*new SYMPOSIUM option\*\***

We invite submissions of symposia from groups of researchers on a cohesive topic related to conference track themes. Cross-national and/or cross-institutional symposia are encouraged.

Each 90 min symposia will need:

- A chair, who is responsible for submitting the symposia abstracts and will host the symposia at the conference.
- Up to 4 individual presentations
- A discussant, who is not part of presenting team

Please submit all symposia abstracts in one file named according to the following [symposia\_insert chairs surname.doc]. This file must include an overarching symposia abstract outlining the aim, rationale and significance of the symposia content, plus the individual presentation abstracts which are to be prepared as per usual abstract guidelines

## *Workshops*

Workshops for PROMISE members and conference delegates will be organised as part of the conference. Further details will be available on the website soon.

## *Awards*

Nominations will be accepted for the following awards:

- **Early Career Award:** Best oral presentation for current ASBHM members whose degree was awarded within the previous five years as at the conference date.
- **Student Award:** Best oral presentation for postgraduate (Master's, Doctorate or PhD) ASBHM student members
- **Poster Awards:** Best Overall Poster and Best Student Poster (Master's, Doctorate or PhD) ASBHM student members

**See ASBHM website for more conference details: [www.asbhm.org](http://www.asbhm.org)**

### 3. ASBHM CONFERENCE 2010: KEYNOTE SPEAKERS

We have confirmed keynote presentations from three internationally renowned speakers.

#### Professor Brian Oldenburg

Department of Epidemiology and Preventive Medicine, Monash University, Australia



Professor Brian Oldenburg is the Inaugural Chair of International Public Health at Monash University School of Public Health and Preventive Medicine and Research Director of the Australian Institute of Health Policy Studies.

His research program spans the social sciences and public health, with the major focus being on health policy, global health and the primary and secondary prevention of non-communicable diseases and associated social and behavioural risk factors across the life-course. He also holds honorary positions as Visiting Professor at Beijing Centre for Diseases Control in China, the National Public Health Institute of Finland and also University of Queensland. He is also Regional Director of the Asia-Pacific Academic Consortium of Public Health (APACPH).

The title of his keynote presentation will be: *"Information and communications technology for improving health: How well can "high tech" deliver "soft touch"?*

#### Professor Cindy Shannon

Centre for Indigenous Health, University of Queensland, Australia

Professor Cindy Shannon is the Director of the Centre for Indigenous Health at The University of Queensland. Professor Shannon is a descendent of the Ngugi people from Moreton Island. She has over 20 years work experience in Aboriginal and Torres Strait Islander affairs, the last 15 specialising in health. She holds a Bachelor of Arts degree, a Graduate Diploma in Education, an MBA and a Doctorate in Social Science. Professor Shannon also has an ongoing affiliation with the Queensland peak body for Aboriginal community controlled health services, the Queensland Aboriginal and Islander Health Council, and acts as a consultant and advisor on a number of Aboriginal health projects.



Professor Shannon has been a member of the NHMRC for the past three years and chaired its Aboriginal and Torres Strait Islander Research Advisory Committee. Other appointments include:

- Director of the Urban Institute for Indigenous Health
- Member of the national Ministerial Advisory Committee on Blood Borne Virus, AIDS and Sexual Health and chair of the Queensland Ministerial Advisory Committee on AIDS, Sexual Health and Hepatitis
- Chair of the Queensland Aboriginal and Torres Strait Islander Foundation
- Member of the Queensland Aboriginal and Torres Strait Islander Advisory Council
- Member Queensland Smart State Council

Professor Shannon's keynote is titled: *"Improving the health profile of Indigenous people: challenges and opportunities"*.

Professor Larry Green  
Department of Epidemiology and Biostatistics, University of California, USA

The title of his keynote presentation will be: *"If we want more evidence-based practice, we need more practice-based evidence"*

A short biography for Professor Green will be included in the next newsletter.

#### 4. PROMISE\*

##### Presentation skills summary

With the conference coming up, I thought a brief summary of how to make your presentation 'sparkle' might be useful. I recently attended a presentation skills workshop (Kelly Ward from Ward Communications Pty Ltd, Melbourne) and found the content very useful, so thought I would share the main points. An effective presentation required a combination of skills. These skills can be divided into two major groups:

##### 1. Planning & Organisational Skills

- Analysis and understanding your audience (including venue)
- Developing a clear objective(s) - your key message(s): what is the purpose of your presentation? **What is the single most important idea you want to communicate?**
- Collecting relevant data, ideas and materials to support your objective(s)
- Arranging the data in a sequence that is clear, commands attention, and is persuasive
- Know your material, **don't use notes (notes destroy eye contact)**
- Selecting and developing the most effective audio/visual aids. For powerpoint presentations, some good rules of thumb are:
  - 50% 'white space';
  - 5 lines per page
  - 5 words per line
  - 18 point font size, sans serif font, bold, consistently

##### 2. Delivery or Performance Skills

- Understand and use movement, gestures and other non-verbal elements of communication to create the appropriate impact
- Rehearse your presentation and make any last minute changes
- Eye contact is the cement that binds together speakers and their audience.
- Speak clearly, slowly, and modulate your voice appropriately
- Keep the attention/interest of the audience: use visual support
- Handle questions, comments or responses skilfully:
  - Listen to the entire question
  - Pause
  - Credit the person for the question, then respond
  - If you don't know an answer, be honest, and offer to find out

I've kept the amount of information to a minimum, however if you would like further details or would like to ask specific questions, please feel free to contact me.

See you all in Brisbane!

Paula Wye [Paula.Wye@newcastle.edu.au](mailto:Paula.Wye@newcastle.edu.au)  
PROMISE Representative - Australia

## Introducing Karen Renner, New PROMISE representative - New Zealand

I have just completed a MA in Health Psychology from Massey University and am looking for a part-time research assistant position. Job wise: I am currently director and development manager of a computer software development company. Previous employment in NZ and UK was in cardiovascular physiology.

I am president of Zonta International, Auckland North Shore and am also working with community workers to establish a Teen Parent Unit in our area. I keep fit with beach walks every morning and a Latin dance class. My husband and I travel frequently on business and enjoy entertaining.



Karen Renner  
[karen.renner@orcon.net.nz](mailto:karen.renner@orcon.net.nz)

\*PROMISE = Promoting Research Opportunities, Mentoring and Innovations for Students and Early Career

## 5. OTHER CONFERENCES AND EVENTS

*11th International Congress of Behavioral Medicine, August 4-7 2010, Washington, DC, USA.*

Organized by: International Society of Behavioral Medicine (ISBM) and Society of Behavioral Medicine (SBM). Conference theme: "Translational Behavioral Research: A Global Challenge"

Important dates:

- Abstract Submission Opens: August 3, 2009
- Workshop Submission Closes: October 2, 2009
- Early Registration Opens: November 2, 2009
- All other Abstract Submission Closes: December 4, 2009
- Rapid Communications Poster Submission Opens: December 7, 2009
- Early Bird Registration Discount Deadline: March 15, 2010
- Rapid Communications Poster Submission Closes: May 1, 2010

Further information can be found on the conference website at  
<http://www.icbm2010.org/>

## 6. INTERESTING WEBSITES AND REPORTS

- On Monday 1 June 2009, the Standing Committee on Health and Ageing tabled its report on the inquiry into obesity in Australia entitled *Weighing it up: Obesity in Australia*. <http://www.aph.gov.au/house/committee/haa/obesity/report.htm>
- PHCRIS Research Report on Chronic Disease Self Management.  
[http://www.phcris.org.au/phplib/filedownload.php?file=/elib/lib/downloaded\\_files/publications/pdfs/news\\_8318.pdf](http://www.phcris.org.au/phplib/filedownload.php?file=/elib/lib/downloaded_files/publications/pdfs/news_8318.pdf)

- Summary of the results of the 2007 National Survey of Mental Health and Wellbeing. It provides information on the prevalence of mental disorders, their severity, associated suicidality, and comorbidity with other mental disorders and physical conditions, as well as what services people use for their mental health problems.  
<http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-pubs-m-mhaust2>
- Priority areas for action under the National Injury Prevention and Safety Promotion Plan: 2004 - 2014 include children, youth and young people, adults, older persons, Aboriginal and Torres Strait Islander people, rural and remote populations and alcohol related injuries. <http://www.nphp.gov.au/publications/sipp/nipspp.pdf>
- These are launching pages on which you will find information about Maori Health <http://www.maorihealth.govt.nz/> and Aboriginal and Torres Strait Islander health programs  
<http://www.health.gov.au/internet/main/publishing.nsf/Content/Aboriginal+and+Torres+Strait+Islander+Health-1lp>
- *A Healthier Future For All Australians* - Final Report of the National Health and Hospitals Reform Commission - June 2009 was released on 26 July 2009. The Report can be viewed at:  
<http://www.nhhrc.org.au/internet/nhhrc/publishing.nsf/Content/nhhrc-report> Lo
- *Longer Life, Better Health? Trends in health expectancy in New Zealand, 1996 - 2006*  
This joint Ministry of Health - Statistics New Zealand report (published July 2009) sets out standard definitions and methods for health expectancy indicators, and makes recommendations as to the appropriate indicator for most health policy applications. The report also provides final estimates for health expectancy over the past decade.  
<http://www.moh.govt.nz/moh.nsf/0/DD440573E4BB3360CC2575F80080ECF4?Open>