

ANNUAL REPORT 2023



UNSW
SYDNEY



Centre for Primary Health Care and Equity, UNSW





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Centre for Primary Health Care and Equity
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Acknowledgments & background

The Centre for Primary Health Care and Equity (CPHCE) acknowledges the Traditional Custodians of the land on which we work and live, and recognises their continuing connection to land, water and community. We pay our respect to Elders past, present and emerging.

We would like to thank our long-standing collaborators and supporters, some of whom have been with us since our origins, in 1996. In 2005, CPHCE began operating as a University of New South Wales (UNSW) Research Centre within the Faculty of Medicine and Health. CPHCE is affiliated with the UNSW School of Population Health (SPH) and provides teaching and supervision in its undergraduate and postgraduate programs.

Our mission, shared by UNSW, is to create “better, fairer health and health care in the community” by conducting research, evaluation and development that strengthens primary health care and design local, place-based interventions to prevent and reduce harm arising from inequities in health. In keeping with our mission, we choose to work in places and communities that have been historically disadvantaged. Primary care not only deals with people and their environment, but also acts as an effective integrator of complex, often fragmented systems. One of our objectives is to measure its effectiveness and identify ways in which disadvantaged communities can be better served. Our research, assisted by the NSW Ministry of Health Prevention Research Support Program, UNSW infrastructure support, and research grant income, varies from locally

based projects to international collaborations. This enables us to compare across settings, while remaining well-grounded in our local communities.

Our main collaborators, listed throughout this report, are Local Health Districts, the NSW Ministry of Health including the Pillars, Primary Health Networks and community organisations. Our close relationships allow us to support our collaborators by researching their issues of concern, thus making it easier to translate results into policy and practice.

Much of this work is achieved through collaborative research programs in highly socio-economically and culturally diverse settings. We have embedded staff at South-Western Sydney Local Health District, and Sydney Local Health District (SLHD) and have long standing collaborations with South-Eastern Sydney Local Health District (SESLHD) and Central and Eastern Sydney Primary Health Network (CESPHN). We are also working on collaborative projects with Northern Sydney Local Health District (NSLHD) and Mid-North Coast Local Health District (MNCLHD). We are developing a collaboration with Murrumbidgee Local Health District (MLHD). We also work closely with other government departments and not-for profit organisations including NSW Transport, NSW Department of Communities and Justice, Agency for Clinical Innovation, Ministry of Health, Western Sydney Health Alliance, and the Sydney Partnership for Health Education Research and Enterprise (SPHERE).

Achievements in 2023



The equity-focused review of the COVID-19 pandemic in partnership with SLHD developed 22 recommendations to build resilience for future pandemic responses. This was submitted to the Federal inquiry into the COVID-19 pandemic.



The Working Together Collaboration for Health Guide (authors Marilyn Wise, Liz Harris, Penelope Finlay and Don Nutbeam) was launched at the SLHD Sydney Innovation Week on 20 July 2023.



CPHCE in collaboration with the Centre for Future Health Systems and the School of Population Health completed the Review of general practice incentives: International evidence and literature review commissioned by the Australian Department of Health and Aged Care to inform the future design of payment models and performance incentives for primary health care.



Aryati Yashadhana was awarded a \$2.9 million Medical Research Future Fund grant for Gaawaadhi Gadudha, a trial and evaluation of an Aboriginal cultural health and traditional healing program under the leadership of Yuwaalaraay, Gamilaraay, and Yuin-Djiringanj cultural knowledge holders.



Margo Barr is a Chief Investigator on the 4-year National Health and Medical Research Council grant for \$2.9 million for the project 'Ageing in Prison Longitudinal Study (A-PLUS): health and frailty trajectories of older people in prison' lead by Professor Tony Butler from the School of Population Health.



Mark Harris and Peri O'Shea from CPHCE are Chief Investigators on the National Health and Medical Research Council grant for \$3 million for the five-year trial creating the Integrated Peer-supported Physical Health Service (IPPHS) for people with severe mental illness. This research is being led by Professor Jackie Curtis, Executive Director of Mindgardens Neuroscience Network.



Mark Harris presented at the MLHD District Leaders Forum on undertaking research in primary health care and equity. The Leaders Forum was attended by over 200 health professionals across the district.



The OPTIMISE study (Improving primary Health care delivery to the Australian Refugee Community) has been cited in the NSW Refugee Health Plan 2022-2027 in its strategies to support general practices to improve care for refugees and respond to language barriers.

Management

The CPHCE **Steering Committee** oversees the work of the Centre, ensuring that it is accountable and financially sound. The committee met twice in 2023.

Chair

Professor Rebecca Ivers, School of Population Health, UNSW Sydney

Members

Professor Mark Harris, CPHCE, UNSW Sydney (Jan to June)

A/Professor Margo Barr, CPHCE, UNSW Sydney (July to Dec)

A/Professor Freddy Sitas, CPHCE, UNSW Sydney

Professor Ilan Katz, Social Policy Research Centre, UNSW Sydney

Dr Teresa Anderson, Sydney Local Health District

Dr Marianne Gale, South Eastern Sydney Local Health District

Mandy Williams, South Western Sydney Local Health District

Professor Nigel Lovell, Graduate School of Biomedical Engineering, UNSW Sydney

The CPHCE **Advisory Group** provides strategic advice to the Centre on its research program. The group met twice in 2023.

Chair

Dr Greg Stewart

Members

Professor Mark Harris, CPHCE, UNSW Sydney

A/Professor Margo Barr, CPHCE, UNSW Sydney

A/Professor Freddy Sitas, CPHCE, UNSW Sydney

A/Professor Fiona Haigh, CPHCE, UNSW Sydney

Dr Patrick Harris, CPHCE, UNSW Sydney

Dr Ben Harris-Roxas, School of Population Health, UNSW Sydney

Tish Bruce, NSW Ministry of Health

Tony Jackson, South Eastern Sydney Local Health District

Miranda Shaw, Sydney Local Health District

Dr Stephen Conaty, South Western Sydney Local Health District

Professor Bill Bellew, University of Sydney

Dr Christine Walker, Chronic Illness Alliance

Regina Osten, NSW Agency for Clinical Innovation

Nathalie Hansen, Central and Eastern Sydney Primary Health Network

Dr Brett Biles, Indigenous Health Education, UNSW Sydney

Paul Blyton, Disability Services Macarthur

Kathryn Thorburn, Doctor of Philosophy (PhD) student representative CPHCE, UNSW Sydney

Hester Wilson, PhD student representative, School of Population Health, UNSW Sydney

CPHCE Executive

Executive Director



**Professor Mark Harris,
Executive Director
(until 30th June 2023)**

Leader of Prevention and Management of Long-Term Conditions Stream

Research area: Primary Health Care, Preventative Medicine, Diabetes and Cardiovascular Disease, Health Inequalities, Health Systems and Services.



**Associate Professor
Margo Barr, Acting
Executive Director
(from 1st July 2023)**

Leader of Health System Integration, Primary Health Care Stream, and Informatics and eHealth Stream

Research area: Healthy Ageing, Risk Factor Surveillance, Primary Health Care Service, Epidemiology, Longitudinal Data Analysis, Health Behaviour, Health and Welfare Equity, Cohort and Survey Methodology.

Directors



Dr Patrick Harris

Acting Director of CPHCE team at South Western Sydney Local Health District

Leader of Health Environment Stream

Research area: Health equity, Public policy, Urban planning and Climate adaptation for health.



**Associate Professor
Fiona Haigh**

Director of CPHCE team at Sydney Local Health District

Leader of Action for Equity Stream

Research area: Health Equity, Health Impact Assessment, Health and Human Rights, Social Determinants of Health, Knowledge Creation and Decision Making.



**Associate Professor
Freddy Sitas, Director**

Director of CPHCE operations

Research area: Quantification of smoking, morbidity and mortality outcomes, cancer, lower respiratory tract infections and benefits of smoking cessation.

Message from the Acting Executive Director



2023 continued to be a time of transition for CPHCE following the retirement of Emeritus Professor Mark Harris. Although, thankfully, he is still making a major contribution to research within CPHCE by leading research on Community Health Workers/Navigators and Electronic Care Plans. We were able to celebrate his career by having him give the Ian Webster Health for All Oration at the Annual Forum in August and at his retirement celebration in December, where his colleagues across his career were able to reflect on his achievements both in person and remotely. Taking on the Executive Director role has been both challenging and rewarding and I would not have been able to do it without the support of Mark Harris and the CPHCE executive, namely Freddy Sitas, Fiona Haigh, Patrick Harris, Joel Rhee and Ben Harris-Roxas.

I am proud to announce that during 2023 we were part of grants worth over \$10 million (\$10.8m Cat 1 grants and \$350k in Cat 2-4 grants). The CPHCE has continued to develop programs of research with SESLHD, SLHD and SWSLHD, in equity, primary health care, integrated care and healthy environments. To acknowledge and promote these collaborations we produced a video which is available on our website: unsw.edu.au/research/cphce.

Staff at CPHCE have continued convening courses in the SPH Masters programs offering 5 electives on health inequalities, health policy, primary health care, chronic disease management and HIA. Over 200 students completed the courses in 2023. Staff at CPHCE also supervised 15 PhD students and 4 higher degree students.

The CPHCE has continued to develop collaborations within the faculty. Specifically working closely with Professor Michael Kidd AO (inaugural Director of the new UNSW Centre for Future Health Systems) on the review of general practice incentives: International evidence and literature

review. We are looking forward to working closely together into the future. As part of the NSW Health Prevention Research Support Program we were encouraged to explore the development of a partnership with one of the rural districts. We are working on this with MLHD. We had two visits to the Murrumbidgee area in 2023, one in May and one in September. We are exploring joint projects in virtual care, workforce and models of care.

This was our first year, since the end of the COVID-19 pandemic, that staff were able to travel to and present at international conferences rather than attending virtually. This included Alamgir Kabir, Evelyne de Leeuw and Fiona Haigh presenting at the 17th World Congress on Public Health in Rome, Italy in May 2023 and Patrick Harris presenting at the International Conference on Urban Health in Atlanta Georgia USA and the European Public Health conference in Dublin in November 2023. Several staff also attended and presented at conferences in Australia including at the Australian Public Health Conference in Hobart in September 2023 and the 3rd Asia Pacific Conference on Integrated Care in Sydney in November 2023.

We look forward to building on our achievements in 2023 in future years.

Associate Professor Margo Barr

Acting Executive Director,
Centre for Primary Health Care and Equity, UNSW Sydney



Research

Introducing Research Streams

We focus our research on comprehensive primary health care in communities and choose to work in areas that have some of the highest proportions of people of low socioeconomic, refugee and migrant status, and people of Aboriginal and Torres Strait Island origin. We are supported through the organisations that we work with or through external grants or funding programs. To address these challenges, our research streams are:

- Prevention and Management of Long-term Conditions
- Health Care System Integration and Primary Health Care Development
- Action for Equity
- Informatics and eHealth
- Health Environment



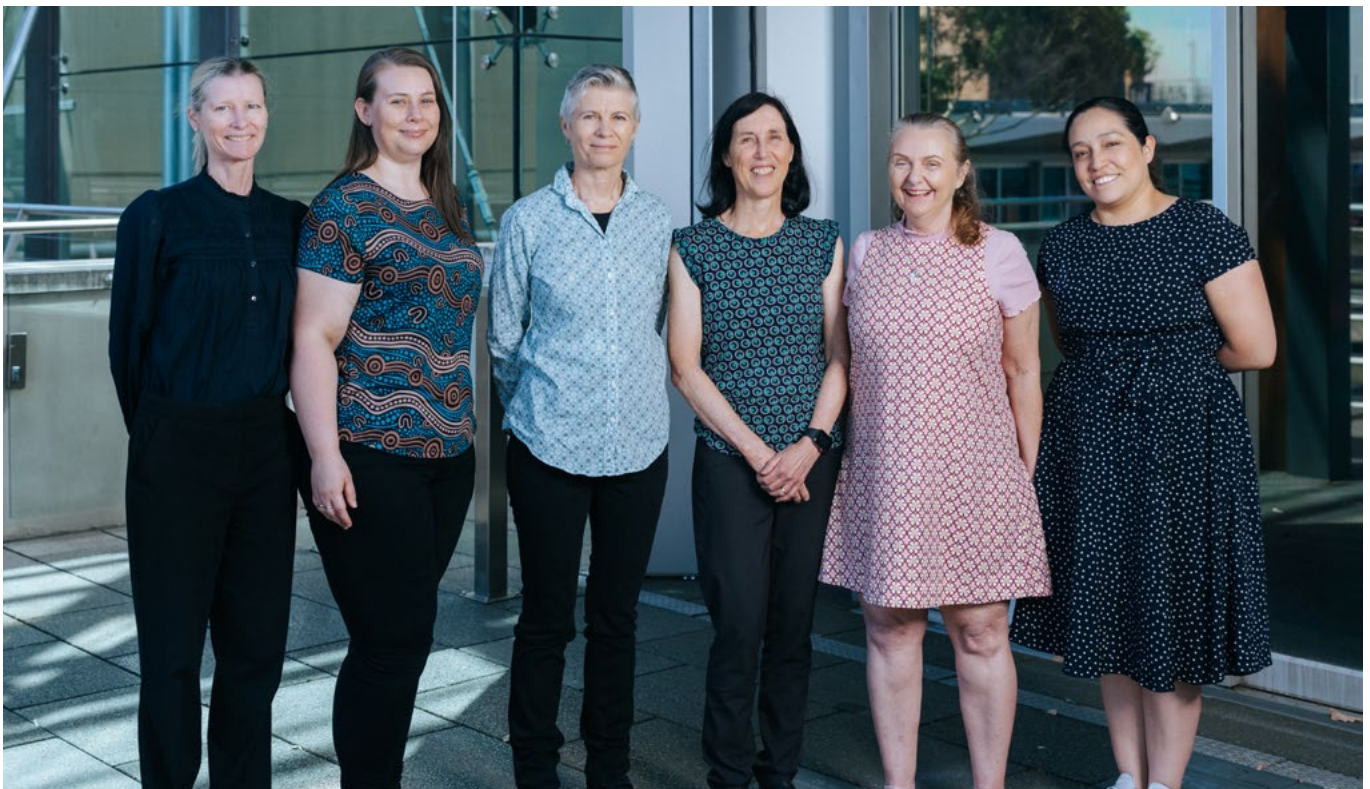
Research

Prevention and Management of Long-term Condition

The Prevention and Management of Long-term Conditions stream was led by Sharon Parker and Catherine Spooner in 2023 following the retirement of Mark Harris.

The research responds to the health challenges resulting from any health condition that has ongoing and long-term effects on individuals, particularly those that experience disadvantage and inequity. We aim to identify ways to improve health care (both individual and system level) relevant to these long-term conditions.

Our research is aimed at both prevention and management. The prevention focus is on interventions to address behavioural risk factors such as smoking, nutrition, alcohol and physical activity and physiological risk factors such as obesity and cardiovascular risk. Management programs have a patient centred approach and include the promotion of teamwork, improved information sharing and communication systems (including e-health), the promotion of self-management support and improved community resources. During 2023 our focus has been on programs to improve the physical health of people with severe mental illness and on smoking cessation. Both people with severe mental illness and smokers are at risk of preventable, chronic, life limiting diseases and experience earlier age mortality than the population as a whole.



The team of 'Prevention and Management of Long-term Condition' stream.

Highlighted research

Shared Health Arrangements Research & Development (SHAReD)

This is a research study looking at shared care and telehealth in NSW Health mental health and primary care settings. Currently, General Practitioners (GPs) and mental health services communicate using letters, faxes and phone calls, which has been found to be largely ineffective. The aim of this study is to see if an online method of communication between GPs, mental health service care coordinators and consumers can improve preventive health care for patients of public mental health services, by improving the way services work together to ensure people with mental illness receive the best possible preventive health care. The study is being conducted within SLHD with investigators from SLHD, CPHCE, Sydney University and CESPHE. The study is being supported by a research grant from NSW Health.

Smoking cessation

NSW Health smoking cessation policy is evidence-based, yet poorly implemented. Introducing and maintaining evidence-based change within complex health systems remains an ongoing challenge. One strategy to address this challenge is to identify ward-based healthcare workers to lead the implementation effort internally. We have rolled out ward-based training in a smoking cessation intervention, (funded through a Translational Research Grant) in randomly selected hospital wards of three local health districts (SESLHD, SWSLHD and MNCLHD). An intervention training bundle has been developed comprising nicotine replacement therapy, text messaging, and brief counselling. The aim of the project is to: Measure the effect of the intervention on health care professional behaviour and describe the experience of high-risk patients with the intervention.



Mark Harris presenting at MLHD District Leaders Forum on Wednesday 6th September (An Tran, Margo Barr, Joel Rhee, Mark Harris with Barbara Taylor at the event).

Research

Health Care System Integration and Primary Health Care Development

The Health System Integration and Primary Health Care Development stream is led by Margo Barr and Cathy O'Callaghan. It focuses on the role of primary health care in improving health and social care integration, with the objectives of improving health and wellbeing, service user experience, and health system effectiveness. The Stream's research on Improving Integration is concerned with the way that different parts of the health system work together to provide comprehensive and coordinated primary health care. This includes integration between primary health care, community health and hospital care. It also includes work on improving access to care in the community, especially for culturally and linguistically diverse communities, refugees and asylum seekers, and other disadvantaged groups.

New projects in 2023 included:

- Evaluation of the Virtual Health Hub for People Experiencing Homelessness
- Community Health Navigators (CHN) in health care program including Bilingual Community Navigators in General Practice study, Community Health Workers Extending Care in the Community study, systematic reviews of the role of Community Health Workers seminars/ workshops and a Community Health Workers Community of Practice.
- Tibetan Refugee Families' Pathways to Community Child and Family Health Services in NSLHD: holistic approach to understanding the needs of the community and concerns of service providers to build and evaluate a service model of care to assist families in healthy child development.

- Program evaluation of the Sydney Local Health District (SLHD) Mobile Health Clinic to assess how well the clinic is achieving its aims and to identify potential improvements.
- Exploring joint research projects in virtual care, workforce and models of care in the Murrumbidgee area.
- Research using the Central and Eastern Sydney Primary and Community Cohort and Lumos linkage resources including mental illness and cancer screening, advanced care planning, integrated care, obesity, nutrition, diabetes models of care and multimorbidity.

Highlighted research

Evaluation of the Virtual Health Hub for People Experiencing Homelessness

People experiencing homelessness face a range of unique and complex health needs and face challenges accessing health services. SLHD have developed the Virtual Health Hub Model of Care using Royal Prince Alfred Virtual Hospital (rpavirtual) to ensure better access to and continuity of care for these populations. Initially the service was trialled in a short-term accommodation model (Haymarket Foundation) with the aim of expanding to other sites. This project evaluated the Virtual Health Hub Model for people experiencing homelessness including assessing the accessibility, efficiency and cost effectiveness, technological infrastructure, quality of care, outcomes and impact of the Virtual Health Hub at the pilot site Haymarket Foundation. Project design and method included document review; examination of Patient Experience Reported Measures; Interviews with key stakeholders. Results includes high patient reported experience measures and stakeholder satisfaction with working together to meet the complex physical and psychological health needs of patients.

Action for Equity

The Action for Equity stream welcomed new team members in 2023 with Karla Jaques and Esther Alloun joining Fiona Haigh as co-leads for the stream. This was part of implementing CPHCE's governance reform agenda with more distributed systems of leadership, focusing on building capacities for early career researchers, and encouraging collaboration across hubs and with health service staff.

Health equity is a matter of social justice. It is a central theme that cuts across everything we do at CPHCE. Our stream's work focuses on conceptualising equity and embedding equity in health policy and interventions. Our equity research aims to reduce both the gap and gradient of health inequities as well as improving the overall health of populations experiencing inequities.

Achieving health equity requires addressing the causes of the unequal distribution of the social determinants of health. The Action for Equity stream is focused on identifying and tackling the drivers of inequities present within social structures, systems, and places. Our approach differs from concentrating on individual risk factors and behaviours. Instead, we emphasise engaging with key partners to transform systems and structures that perpetuate health inequities. Equally important is understanding how people – particularly those who are marginalised – actively build capacities to mitigate stress or hazards. Together, we see this evidence forming the foundation for action and accountability. Methodologically, we value participatory and collaborative approaches that recognise and address power and how it is distributed.

Highlighted research

Project: SWSLHD Health Equity Toolkit

In collaboration with SWSLHD Population Health and the Planning Unit the SWSLHD-wide *Equity Framework; Fair Health Matters: Equity Framework to 2028* was officially launched in 2023. This policy demonstrates the district's commitment to ensuring health equity is embedded into every facet of the health service and was developed through a literature review and extensive consultation with various levels of health service staff. In the implementation of the Framework, we led the development of the Health Equity Toolkit, a practical planning and review tool to identify health equity impacts when planning or evaluating work, to strengthen the consideration of health equity across the district. CPHCE are providing ongoing support to services, both clinical and non-clinical, in applying this tool to various aspects of their work to develop a suite of case studies for the district.



SLHD award ceremony. Action for Equity Stream's research in SLHD was commended including the Waterloo peer educator program which is part of our place-based program of work to tackle inequities.

Research

Addressing entrenched health inequities through place-based interventions

CPHCE have been involved in a program of work to tackle entrenched inequities in Waterloo, a multi-ethnic social housing precinct in inner city Sydney that is undergoing a major redevelopment. Poor health and persistent health inequities for social housing residents in Waterloo are linked to complex issues in people's lives, and everyday challenges like poverty, stigma, caring responsibilities, social isolation, and chronic conditions that require tailored responses. Part of the response involves doing things differently, through collaborative longer-term, approaches that build community strengths and capacities. These place-based interventions can therefore take many forms. For example, the SLHD piloted a community-based peer education program for improving health and wellbeing among residents. The evaluation of the program showed it is effective as a strength-based and empowerment mechanism with positive impacts. CPHCE's review (including the partnership checklist, in-depth partner interviews and tenant survey) of the Waterloo Human Services Collaborative Group and Action Plan which brings together human services agencies and community stakeholders further showed there is value in working together on joint goals to tackle systemic issues and to prevent further inequities from arising. Another equity-focused tool we have continued to use is a community-led Health Impact Assessment to keep health and equity outcomes that matter to residents on the agenda of redevelopment proposal.



Waterloo peer wellbeing educator training session at Counterpoint Community Services, 2023



Waterloo residents leading nutrition and diabetes workshop, in collaboration with SLHD staff, local NGO Counterpoint, Diabetes Australia and DCJ staff, 2023

Informatics and eHealth

The primary health care Informatics and eHealth stream is led by Margo Barr and Jane Taggart. This stream aims to identify ways that utilise informatics and eHealth technologies to improve the prevention, management and integration of primary health care and other health services for long-term conditions and to positively impact on health and wellbeing.

Our focus is on the effective use of biomedical data, information, and knowledge and the translation of digital applications that support quality care, redesign delivery systems and optimise healthcare processes, knowledge resources, patient self- management, sustainability, reporting and analysis.

The following activities and achievements have occurred over the last year in both Informatics and eHealth:

Highlighted research

Shared e-care planning

This program of work began in 2014 with a qualitative study on the views of patients, GPs and specialists for cancer shared care and a feasibility study for colorectal cancer shared e-care planning for follow-up. We now have three shared care studies with the aim to enhance information and communication exchange between LHD services and primary health care:

- **Shared Health Arrangements Research and Development (SHAReD)**. This study is exploring whether a shared e-care plan focused on physical health checks improves the frequency and quality of primary and preventive care of consumers living with severe mental illness. See more details in Prevention and Management of Long-term Conditions stream.
- **Shared care for the follow-up of colorectal and breast cancers in SESLHD**: This study is comparing the perceptions of patients, GPs and specialists in shared care with those in non-shared care. We are exploring communication and information sharing, unmet patient needs, the provision of preventive lifestyle

and psychological care and GP confidence in providing follow-up care. This is funded by an Avant Foundation Grant and will be completed by July 2024.

- **Multi-disciplinary shared e-care plans for people living with severe mental illness**: Study with people who are prescribed clozapine. This study evaluated the feasibility and acceptability of a clozapine shared e-care plan that linked GPs with specialist services in the SESLHD Mental Health Service (MHS). The study was completed at the end of 2023. The MHS staff reported that the e-care plan was a more efficient way of communicating and sharing information compared with the current system. However, there were significant barriers. It was difficult for GPs and MHS staff to learn the new technology, they found it complicated, it was not fully integrated with their clinical information systems and there was some duplication. A final report with recommendations is available. This study was funded by the Mindgardens Neuroscience Network.

Machine Learning using CPHCE linkage data resources

We have been exploring machine learning using the CES Primary and Community Health Cohort to develop and manage missing data; complex data trajectories, and uncertainty. We have also been using it to develop algorithms. We are conducting precise dietary risk prediction of cardiovascular events using deep learning approaches in the presence of imperfect data. We aim to use this to develop user-friendly software (mobile APP) to guide consumers to predict their cardiovascular risk based on their own diet (or if they change their diet). We are also using machine learning prediction modelling to predict and estimate healthcare costs and out-of-pocket costs for multimorbidity patients and determine how spending on a particular disease changes with multimorbidity.



A number of CPHCE staff presented at the Australian Public Health Conference 2023 on 26th -28th September in Hobart. Christopher Standen presented on 'Does transport related physical activity displace other physical activity?', Penny Finlay presented on behalf of Marilyn Wise on 'Working together: collaboration for health', and Esther Alloun presented on 'Equity Infrastructure: understanding a local health service's equity-focussed response to a crisis' and also 'Investing in community based peer educators-engaging, enabling and influencing'. Jinhee Kim also presented "Urban health policy ideas in planning Sydney's Western Parkland City" at the Australian Public Health Conference 2023 in Hobart.

Research

Health Environment

The Health Environment stream was led by Patrick Harris and Christopher Standen in 2023. This stream focuses on the health and equity impacts of urban environments, for example, sprawl, infrastructure (e.g. transport and energy), walkability and active transport, greenspace, and healthcare facility and precinct design. The stream builds on a long tradition of work across CPHCE collaborations spanning healthy urban planning policy, urban planning-focused HIAs, placemaking and locational disadvantage.

Highlighted research

Healthy Urban Planning

We submitted three category 1 grant applications including NHMRC and ARC in collaboration with RMIT university, Western Sydney University, and Sydney University, focussing on healthy urban planning, the integration of health in infrastructure business cases, and 30 km an hour streets. We are also chief investigators on two NHMRC grants, one with the Australian National University is focussed on health equity policy evaluation (Dr Harris is leading a work package focused on infrastructure) and another led by Monash university is focussed on slower streets and cycling networks (Dr Harris and Prof De Leeuw are part of an international Canadian and Australian collaboration). In addition, we completed several focussed projects on urban planning and climate change in Western Sydney (with Western Sydney University), and the impact of respiratory pandemics on the transport industry. We had a very successful year publishing in high quality journals related to housing, urban planning and infrastructure. Dr Harris and Prof De Leeuw – with Dr Standen as associate editor - maintained upward momentum as co-editors in Chief for the Oxford University Press flagship journal 'Infrastructure and Health: Big Connections for Wellbeing'. Dr Harris was appointed as advisor to the Greater Sydney Heat Taskforce, continued his role as advisor to Sweltering Cities, and also advised two national climate policies: the risk assessment framework being developed by the Bureau of Meteorology and the National Climate and Health Framework by the Department of Health. Dr Harris also commenced as the UNSW lead for the SPHERE 'Healthy Populations and Environments' platform.

Our team in SLHD was awarded seed funding to conduct a review of how health and equity considerations are incorporated (or not) in the teaching of urban/transport planning in higher education. This review is the first stage of a larger project that (subject to additional funding) will investigate the systemic causes of unhealthy and inequitable urban planning.

Our team in SLHD continue to make evidence-based contributions to SLHD's submissions on urban development proposals within the District, to help ensure that health and equity impacts are appropriately considered. Recent proposals reviewed include the rezoning of the Explorer Street social housing estate in South Eveleigh, the Burwood North Masterplan and the Inner West Council's changes to the Parramatta Road corridor.



Team with visiting Fellow, Emilia Ronko, from Oulu University, Finland, and UNSW Master of Public Health Intern Natalie Windle, March 2023'

Health Impact Assessment

In SLHD, our team continued to support the community-led HIA of the Waterloo social housing estate redevelopment, providing facilitation, expertise and technical and logistical support. This work is being led under the auspices of Counterpoint Community Services. The screening was finalised in 2023 and it has progressed to the scoping stage. A community-led HIA is an evidence-informed and practical way in which communities can contribute to decisions, moving beyond a simple reliance on consultation. It is a democratic and political process, rather than a technocratic one.

Active Transport

CPHCE staff are part of a research team commissioned by NSW Health to deliver a best-practice method to value the health benefits of active transport investments in NSW. The project is being carried out in close collaboration with the NSW Ministry of Health, Transport for NSW and an inter-agency stakeholder group. In 2023, the third stage of the project was completed. This included pilot project evaluation and publications. The per-kilometre values for walking and cycling health benefits recommended by this project have been included in Transport for NSW's Cost Benefit Analysis Guide.



1990
Welcome
to Campus

Teaching



Postgraduate Medicine at UNSW Master of Public Health Program

Subject	Role
Prevention and Management of Chronic Disease (PHCM9129)	Mark Harris – course convenor Catherine Spooner – course convenor Margo Barr – guest lecturer Freddy Sitas – guest lecturer Kath Thorburn – guest lecturer
Inequalities, Inequities and Health (PHCM9626)	Fiona Haigh – course convenor Esther Alloun – course convenor Chris Standen – lecturer Marilyn Wise - Tutor
Principles and Practice of Primary Health Care Services in the Community (PHCM9615)	Margo Barr – course convenor Mark Harris – guest lecturer
Health Impact Assessment (PHCM9628)	Fiona Haigh - Course convenors Chris Standen - Course convenors Esther Alloun - Guest lecture
Applied Research Methods for Public Health (PHCM9132)	Margo Barr – course convenor
Policy Studies (PHCM9381)	Patrick Harris – course convenor
Global approaches to Cardiovascular Disease, Diabetes and Cancer Prevention (PHCM9786)	Freddy Sitas – guest lecturer

An Tran and Katherine Meikle provide coordination and technical support to the course co-coordinators.

PhD, Independent Learning Project (ILP) and masters research students

The Centre provides many opportunities for research students. In 2023, a total of 14 PhD and four research masters' students were enrolled at CPHCE.

PhD research students		
Name	Thesis Title	Supervisors
Charlotte Hespe	Improving the implementation of clinical practice guidelines for cardiovascular disease in Australian general practice using a quality improvement collaboration approach: a mixed-methods study	Mark Harris Lucie Rychetnik David Peiris
David Lilley	Growing well	Evelyne de Leeuw Hal Pawson Ben Harris-Roxas
Glen Ramos	The politics of pandemics: evaluation and development of an interdisciplinary framework for Australian pandemic preparedness and management	Patrick Harris Evelyne de Leeuw Deborah Lupton
Jacqueline Pangas	Stabilised networks	Kylie Valentine Jane Lloyd Mark Harris
Jinhee Kim	Paradigms, clusters and traditions on urban health: articulating diverse ontological perspectives to advance transdisciplinary approaches to urban health research and policymaking (completed in 2023)	Evelyne de Leeuw Ben Harris-Roxas Peter Sainsbury
Jude Page	Image based tools (My Story Cards) to improve objective, interpersonal communication in shared decision making	Margo Barr Evelyne de Leeuw Timothy Broady Theo Van Leeuwen
Kathryn Thorburn	Primary care for people with severe mental illness	Catherine Spooner Mark Harris Karen Fisher
Kristina Ulm	A critical analysis of the implementation of community-based urban agriculture interventions: case study of the `Sustainable Home-yard Food Garden Program in Jakarta, Indonesia	David Sanderson Alec Thornton Evelyne de Leeuw
Peter McCue	What are the most effective ways to engage State Premiers in health policy making and direct their efforts to increase population levels of physical activity?	Evelyne de Leeuw Christopher Walker
Prince Peprah	Equitable access to primary health care	Kylie Valentine Jane Lloyd Mark Harris
Rashid Muhammad Ansari	Self-management of type 2 diabetes: focusing on the middle-aged population of rural area of Peshawar Pakistan	Hassan Hosseinzadeh Mark Harris
Sabuj Kanti Mistry	Role of community health navigators in Australian primary health care	Mark Harris Elizabeth Harris Amy Bestman

Teaching

Research masters and major project students		
Name	Thesis Title	Supervisors
Antony Bolton	Caring for people who regularly use methamphetamine in General Practice: barriers and enablers to the provision of structured healthcare	Mark Harris Catherine Spooner Nadine Ezard
Jiayue Wang	Systematic data quality assessment of general practitioner collected smoking information	Jitendra Jonngaddala Freddy Sitas
Anthony Azir	Investigating general practice interventions to improve outcomes for primary carers – Independent Learning Program Medical Student	Ben Harris-Roxas Margo Barr
John Nguyen	“Clarification of factors that influence cancer screening in patients with severe mental illness attending Australian general practices – Royal Australian College of General Practitioner Academic Post	Joel Rhee Jitendra Jonngaddala Margo Barr Alamgir Kabir
Ratu Marika Uluinadawa Lewanavanua	Contribute to the design, delivery and evaluation of EquityFest consisting of a series of public-facing events which are held annually to celebrate and promote health equity across the Sydney Local Health District.	Cathy O’Callaghan Fiona Haigh

Researcher profile



Peri O'Shea

I am a Lived Experience Researcher.

My lived experience includes personal and caring experiences of mental illness and trauma.

My research is focused at improving the health, lives, and life expectancy of people with mental illness. This includes a strong focus on interventions and service provision that improve people's physical and mental health and wellbeing. I draw on my lived and academic experience in my research work.

My current research includes:

- **No-Body Left Behind** as a Chief Investigator. Led by Jackie Curtis, Mindgardens Neuroscience Network, this study will create and trial an Integrated Peer-supported Physical Health Service for people with severe mental illness. This research is funded by NHMRC for 5 years.
- Project Coordinator of **SHAReD Study** – Improving integrated care and communication between mental health services, GPs and their shared patients.
- **Lived Experience Project** – with SLHD working with people with lived experience of mental ill health to co-design a project aimed at building research skills capacity of Lived Experience Advocates and Peer Workers.

My academic background includes B.Soc. Sci Psychology (Hons), Master of Social Policy (with Distinction) and a PhD in Applied Sociology.

I have a strong interest in advocacy for equity. Prior to my PhD I managed and worked in Human Service non-government organisations most particularly in Youth Housing and early intervention services. In addition to service provision, I was a strong advocate for young people at risk of homelessness or other adversity including as an NSW Delegate for National Youth Coalition for Housing (NYCH – now YFoundations).

My PhD explored the survival of the ethos of community-managed organisations, though a discourse lens, at a time of considerable devolution of service provision from Government agencies to community and privately run organisations. After leaving the SJSC I had 7 years tenure as the Chief Executive Officer of BEING: Mental Health Consumers' Advisory Group from 2010-2017. BEING is the Statewide peak advocacy organisation for people with lived experience of mental illness in NSW. As CEO of BEING, I worked closely people with mental health challenges, the NSW Ministry of Health, the National and the NSW Mental Health Commissions, the federal Department of Health, Primary Health Networks, community run organisations and other stakeholders to develop policy agendas to improve the lives of people with mental illness.

I have also worked with HETI (Health Education Training Institute) Mental Health Branch (previously the Institute of Psychiatry) since 2015 – providing training to people with mental illness, psychiatry trainees and other mental health practitioners.

To give you a little more context on my lived experience; I have a history of trauma and an associated mood disorder. I have a grown-up child with a severe mental illness and for the past 15 years my partner and I have provided a home and care to our two grandchildren (now young adults) both of whom have significant cognitive and mental health challenges. It is a dynamic and sometimes challenging milieu but also enriching, meaningful and life defining.

I have found that my personal, academic, and industry experiences have provided a different and progressive perspective to research which has led to new understandings of lived experience, industry and academic perspectives for me and many of the people I have worked with.

I have also mentored and supported people with mental illness to engage in research. Working with and mentoring people with mental illness to plan and conduct research has facilitated the growth and appreciation of lived experience participation within the academia and beyond.

I love the work that I do and working in CPHCE. The E for Equity might be last in the acronym, but it is certainly far from least in the work and the ethos of the Centre. Hence, it is a great fit for me and my research objectives.

Teaching

PhD student profile



David Lilley

My first contact with CPHCE was over 20 years ago, when I was working for the NSW Department of Housing in South West Sydney, and Elizabeth Harris was the Director at the CPHCE unit in SWSLHD. We collaborated on a number of projects and events over the years, and via some circuitous route, I eventually found myself in the role of Deputy Director at the CPHCE unit in SLHD. One day, completely out of the blue, Elizabeth sat me down and said “David, you need to do your PhD”. I got as far as “Yes, but...” when Elizabeth cut in with “David, it’s time”.

Elizabeth being Elizabeth, I’ve spent the past five years looking at the use of systems thinking to diagnose and transform urban policy for health, wellbeing, and equity. I’ve taken a transdisciplinary and action research-oriented approach, which I imagine would not have been understood or accepted in many places. I have benefited from excellent supervision from Evelyne de Leeuw and Ben Harris-Roxas within the Centre, as well as from Hal Pawson from the City Futures Research Centre. I’ve been exposed to different disciplinary perspectives, had the opportunity to work with like-minded PhD students, benefited from many chats in the corridor, and shared a few red wines and whiskies (all in moderation, or course).

I am currently thinking about how I report my findings to the residents from my primary case study site, the Waterloo Social Housing Estate. As I do so, I reflect on the importance of applied research, and the importance of CPHCE as an incubator and facilitator of such research. It is an unusual place in all the best ways. Long may it continue.

Visiting academic profile



Alexandre Lebel

Alexandre Lebel completed his undergraduate studies in physical geography and geographic information systems at Université Laval (2003). He pursued his master’s degree (2005) and doctorate (2010) in land use planning and regional development on social and territorial inequalities in health, with regard to the geography of overweight in Quebec. He did a postdoctoral on these same topics and on the use of multilevel analysis methods at the Harvard School of Public Health (2012). He is now professor at the École supérieure d’aménagement du territoire et de développement régional (ÉSAD) at Laval University, where he is director of the PhD program. His teaching focuses on sustainable living environments and public health. Alex visited the CPHCE team in 2023. He has shared his knowledge and gave a presentation on HIA as a science-based decision-making process.



Emilia Rönkkö

Emilia’s expertise covers interdisciplinary research topics related to healthy urban planning approaches, evidence-informed planning and smart cities. Emilia visited the CPHCE team in SWSLHD in 2023 and spoke about RECIPE (Resistant Cities: Urban Planning as Means for Pandemic Prevention) which explores the role of urban living environments and the potential of urban planning in anticipation and prevention of infectious disease and thus pandemic outbreaks. Her research is addressing the gap that infectious disease has largely been neglected in urban planning, even though global urbanisation continues, and many past and recent pandemics have originated and spread in cities.

Knowledge exchange & capacity building



Forums, visits and dissemination of CPHCE work in 2023:

Name	Date
CPHCE Journal Club: 'Transformation and systems thinking' by David Lilley	14 February
Australian Epidemiology Association - What have death certificates ever done for us? by Freddy Sitas	17 February
HIA as a science-based decision-making process: 'the Quebec City experience 2013-2023' by Alexander Lebel	22 February
CPHCE Journal Club: 'Long Covid' by Snow (Xue) Li	14 March
Resistant Cities: Urban Planning as Means for Pandemic Prevention by Emillia Ronkko	28 March
CPHCE Journal Club: 'Privilege and Critical Allyship' by Kathryn Thorburn	11 April
CPHCE Inhouse Seminar: Communication for Safe Care Project by Fiona Murphy	18 April
CPHCE Journal Club: 'Multimorbidity' by Alamgir Kabir	9 May
SWSLHD Fair Health Matters: Equity Framework and Toolkit Launch (SWSLHD in conjunction with CPHCE)	18 May
CPHCE Journal Club: 'Evaluation of Health Pathway' by Margo Barr	13 June
Strengthening the inclusion of service-user perspectives: an inductive, collaborative approach to designing a service experience-measure	21 June
CPHCE Inhouse Seminar: Ageing Futures Institute and CPHCE by Kaarin Anstey	23 June
Working Together Collaboration for Health Guide launch	20 July
CPHCE Journal Club: 'Privilege and Critical Allyship' by Kathryn Thorburn	8 August
CPHCE Journal Club: 'Primary care and universal health coverage' by Margo Barr	12 September
CPHCE Journal Club: 'Family involvement in advance care planning' by Joy Wang, Practicum Exchange Student from University of Hong Kong	10 October
'Using theory in the prevention and management of chronic conditions workshop' by Mark Harris & Catherine Spooner	5 October
CPHCE Inhouse Seminar: Presentation and commenting on the World Congress on Public Health he attended in Rome in May 2023 by Alamgir Kabir	17 October
CPHCE Annual Forum 2023	31 October
Community Health Navigator Forum 2023	8 November
CPHCE Journal Club: 'Smoking cessation on discharge summaries' by Freddy Sitas	14 November
CPHCE Inhouse Seminar: Advancing Equity in Public Health: Highlights from the 2023 Public Health Association Conference by Esther Alloun	21 November
Celebrating the career of Emeritus Professor Mark Harris AO	7 December

Knowledge exchange & capacity building

CPHCE Annual Forum 2023

The Welcome to Country was presented by Aunty Lola Ryan, a Dharawal Woman from La Perouse Aboriginal Community. The Ian Webster Health for All Oration was given by Emeritus Professor Mark Harris in recognition for his contribution to primary health care and equity and his retirement from CPHCE in June 2023. The theme this year was primary health care. We had staff presentations from Cathy O'Callaghan on Virtual Care with people experiencing homelessness, Jane Taggart on Sharing e-care plans between GPs and Health Services and Catherine Spooner on Electronic shared-care with mental-health services, consumers, and GPs. This was followed by a panel discussion chaired by Professor Michael Kidd (Director, Centre for Future Health Systems), with panellists A/Prof Joel Rhee - School of Population Health, UNSW Sydney, Dr Hester Wilson GP, Addiction Specialist, Medical Advisor to Population and Community Health in SESLHD, PhD candidate and Conjoint Senior Lecturer UNSW, Nathalie Hansen – Chief Executive Officer CESPHE, and Jenny Casperonn – Manager, Primary Integrated & Community Health at the Agency for Clinical Innovation.

CPHCE partnership awards were presented to the following by Professor Michael Kidd. Individual Award – to Maria Beer, SWSLHD; Organisational Award – to Muslim Women Australia; Consumer Award – to Christine Walker, Melbourne; General Practice Award – was awarded to Malabar Medical Centre; and the Career Achievement Award – to Emeritus Professor Mark Harris.





Community Health Navigator Forum 8 November 2023

Community Health Navigator Forum was held on 8 November 2023 at the Kerry Packer Education Centre, Royal Prince Alfred Hospital Campus, Camperdown. The Forum was a hybrid event, with 134 registrations, and a total of 105 people who joined the forum live, either online or in person. It showcased exciting initiatives happening locally and globally about CHN and celebrated the partner organisations SLHD, CESPNN, and the CPHCE at UNSW and their ongoing commitment to improving health equity and access to their services. It highlighted the importance of role of Community Health Navigators but also the need for continued support, development and sustainability.



Community Health Navigator Forum Panel discussion: A/Prof Margo Barr, CPHCE, UNSW; Kevin Chan, Digital Patient Navigator, RPA Virtual Hospital, SLHD; Teresa Thai, CHN, SLHD; Dr Sara Javanparast, Flinders University; Dr Rebecca Jessup, Northern Health Victoria; Kiah Flemming, Aged Health Chronic Care and Rehabilitation, SLHD; Vanessa Lu, CHN, SLHD; Athena Mumbulla, Senior Aboriginal Health Worker, SLHD; E/Prof Mark Harris AO, CPHCE, UNSW; and Nathalie Hansen, CEO, CESPNN.

Knowledge exchange & capacity building

Celebrating the career of Emeritus Professor Mark Harris AO

Emeritus Professor Mark Harris's retirement event was held on 7th December 2023 at the UNSW central business district campus. Scientia Professor Rebecca Ivers, Scientia Professor Provost Vlado Perkovic, Interim Medicine and Health Dean Professor Adrienne Torda, family members and colleagues from around Australia joined and gave speeches including recorded messages to Emeritus Professor Harris. We celebrated his lifetime of achievements and contributions to the field of primary health care, equity and public health globally.



Speeches were given at the event by representatives from Asylum Seekers Centre, Newtown.



The career celebration event was joined by Professor Nick Zwar (Executive Dean, Health Sciences & Medicine, Bond University), Dr Qing Wan (Wolli Creek Medical Centre), Emeritus Professor Peter Baume (former Head of School, Public Health and Community Medicine, UNSW), Professor Rebecca Ivers (Head of School, School of Population Health, UNSW) and Emeritus Professor Ian Webster (Public Health and Community Medicine, UNSW).



Financial

	2023	2022
	Actuals	Actuals
Faculty Contributions	687,325	927,169
UNSW Contributions	59,104	42,271
University Contributions	746,430	969,440
NHMRC Revenue	419,208	619,422
Other Restricted Revenue	574,283	534,234
Other Revenue	1,599,246	1,841,467
Total revenue	3,339,166	3,964,562
People Costs	3,023,986	3,200,173
Scholarship Expenses	0	19,109
Contract & Consulting	324,606	393,064
Entertainment	347	175
Marketing	8,350	300
Utilities	0	226
Repair & Maintenance	420	0
Consumables	15,909	29,646
Travel	75,584	42,096
Equipment	5,286	7,564
Software License Fees	504	80,950
Commissions & Rebates	0	0
Hire /Rental/Lease (Exp)	0	1,249
Insurance	0	0
Licence Fees (incl. Library Subs)	893	1,711
Internal expenses	(75,427)	25,345
Other	12,492	25,359
Non-people costs	368,965	626,792
Minor Capital Expenditure	0	0
Total costs	3,392,951	3,826,966
Operating result after minor capex	(53,785)	137,596



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Further information about the Centre for Primary Health Care and Equity can be found at cphce.unsw.edu.au.

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