

## Research Unit Update – Spring 2022

### Generation Victoria update

#### **Let's make this our healthiest generation ever!**

The *Generation Victoria* ('Gen V') study is aiming to recruit every baby born in Victoria in 2021-22 and all babies born at CAH & their families are invited to participate. As at 4<sup>th</sup> November 2022, 99 babies have joined the study. You can find out more about GenV online at <https://genv.org.au/> or click [here](#) to subscribe to the quarterly GenV newsletter.



### Western Alliance Annual Symposium – change of date

The Western Academic Annual Symposium in Dunkeld has been rescheduled to 21-22 Nov. This will feature presentations on CAH-led projects relating to malnutrition, texture modified meals in aged care, co-design of research, rural food environments, and learning circles in Family Support.

### Recently published

The CReW (CCOVID-19 & Regional Health Staff Wellbeing) study team have recently had an article accepted for publication in the *Australian Journal of Rural Health*. The article ("Rural health service leaders co-design state-wide research addressing an emerging health issue: a case report") explores the process of collaboratively developing the CReW project across health services in Victoria, and was led by the CAH Research Unit. The article is available online: <https://onlinelibrary.wiley.com/doi/full/10.1111/ajr.12915>.



### Health Service as Change Agents in Rural Food Environments (CARE) update

Laura Alston, Nikita Wheaton and Emily Brown have been working with some local champions across Colac Otway Shire to find out how Colac Area Health can help support local food retailers to improve our local food environment.

We have completed two online workshops with staff members from Colac Area Health and Colac Otway Shire and completed and transcribed 13 interviews with local retailers. In the workshops and interviews, we asked participants what factors they thought were driving our unhealthy food retail environment and what actions they felt could be undertaken to address this complex issue. We have received some fantastic information and feedback and we will spend the next couple of months collating our findings, writing up a report and planning the trial intervention informed by our data. We have also had two Deakin dietetic students complete their placement with the CAH Research Unit for 7 weeks and they assisted us with updating our literature review and have drafted some fabulous ideas for our trial intervention based on our data and the current literature on food environment interventions in rural settings. We would like to thank Fletch and Evelyn for all of their hard work and wish them all the best with the remainder of their studies.

From the feedback received from retailers, we hope to trial some suggested changes in an intervention from February 2023.

## Showcasing CAH at National Rural Health Conference

The CAH Research Unit was well represented at the 16<sup>th</sup> National Rural Health Conference in August, with four presentations from CAH staff. The conference was an opportunity to learn about and share innovations and achievements across rural health. More information about presentations and speakers is available on the National Rural Health Conference [website](#).



## Research grant success

Alison Buccheri has been successful in receiving funding through the Western Alliance Mental Health Grant Round for a collaborative project with rural health services across the state. CReW-Ace (COVID-19 and Regional Health Staff Wellbeing – Accessibility of Support Strategies) will be led by the CAH Research Unit and will explore how rural health services support the wellbeing needs of their staff. Further details about the project are available [here](#).

## Research Unit Placement Student Profile - Connor Sallen

What course are you studying? What drew you to this field of study?

Masters of Social Work (Qualifying). 2<sup>nd</sup> year at Deakin University. Social work, I feel, is a broad and changing field of study. I was drawn to the idea of applying social work practices in mental health.

What is something you have learned during this placement?

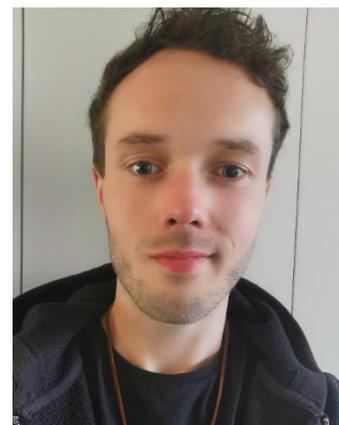
It is still early stages of my placement, presently I have been exposed to literature review, learning useful techniques for searching literature and micro skills for narrowing the search to identify appropriate articles.

Any suggestions for future students doing placement at CAH?

Being open to opportunities and exposure to new tasks, I feel this will enrich the placement experience.

What area do you hope to work in once you have completed your course?

My primary aspiration is to practice within mental health, although this may change depending on opportunities. Eco social work is an additional area of practice I have been developing an interest in.



*The CAH Research Unit was formed in 2020 and is led by the Health Service Executive and Director of Research Dr Laura Alston. The Research Unit aims to contribute to ongoing improvements in the care and health of our community through research, translation and implementation, and has partnerships with Deakin University (including departments Deakin Rural Health, Institute for Health Transformation and the Global Obesity Centre) and the Western Alliance Academic Health Science Centre.*