



UNSW
SYDNEY

Centre for Primary Health Care and Equity, UNSW



Annual Report 2022

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Acknowledgment & 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 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. Since 2005, CPHCE began operating as a UNSW Research Centre within the Faculty of Medicine. CPHCE is affiliated with the UNSW School of Population Health 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 by designing local, place-based interventions to prevent and reduce harm rising from inequities in health. We choose to work in places and communities that have been historically disadvantaged.

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 Ministry of Health Pillars, Primary Health Networks and Community Organisations. Our close relationships allow us to support our collaborators by translating results of our research into practice. Much of this work is achieved through collaborative research programs in three highly socioeconomically and culturally diverse Local Health Districts around Sydney:

- › The South Western Sydney Local Health District (SWSLHD): The Centre for Health Equity Training Research and Evaluation (CHETRE)
- › The Sydney Local Health District (SLHD): Health Equity Research and Development Unit (HERDU)
- › The SLHD, South Eastern Sydney Local Health District (SESLHD) and Central and Eastern Sydney Primary Health Network (CESPHN): Central and Eastern Sydney Primary and Community Health Cohort/Resource (CES-P&CH).



Achievements in 2022



CPHCE was successful in securing four more years of infrastructure funding from the NSW Ministry of Health under the Prevention Research Support Program – a total \$1,200,000 over the four years. The new funding commenced in 2022 and will continue until 2026.



Twelve bilingual Community Health Navigators in the general practice pilot program completed training. This project informed the successful National Health and Medical Research Council (NHMRC) funded Community Health Navigators Extending Care in the Community Study, which began recruitment in 2022.



Findings from the [Health e-Literacy for Prevention in General Practice \(HeLP-GP\)](#) study informed the development of the Royal Australian College of General Practitioners (RACGP) Health Habits App, which is currently being implemented throughout general practice to support changes to diet and physical activity.



Mark Harris accepted an award for the work undertaken on the project 'Improving the quality of long-term cancer survivorship care for colorectal and breast cancers'. This project was funded through the [Avant Foundation & Other Grant Scheme in 2020](#). The work was expanded to mental health shared care in SESLHD, funded by a Translational Research Grant.



Shisha No Thanks' Team won this year's [UNSW Faculty of Medicine & Health Research Community Engagement Team Award 2022](#) Team. The Team included Nouhad El-Haddad and Freddy Sitas from CPHCE.



Kathryn Thorburn (PhD Scientia candidate) was recognised among [50 women activists and reformers in mental health in NSW](#) in a [book](#) launched by the NSW Mental Health Commission.



Esther Alloun (HERDU Research Fellow) was awarded the Professor *Jim Hagan Memorial Prize* for the best PhD thesis in Humanities and Social Inquiry in 2022, at the University of Wollongong.

Management

CPHCE Steering Committee oversees the work of the Centre, ensuring that it is accountable and financially sound. The committee met two times on 9th June 2022 and 23rd November 2022.

Chair

Professor Rebecca Ivers,
School of Population Health, UNSW Sydney

Members

Professor Mark Harris,
CPHCE, UNSW Sydney

A/Professor Freddy Sitas,
CPHCE, UNSW Sydney

Professor Ian 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

CPHCE Advisory Group provides strategic advice to the Centre on its research program. The group met twice on 22nd July 2022 and 1st December 2022.

Chair

Dr Greg Stewart

Members

Professor Mark Harris,
CPHCE, UNSW Sydney

Professor Evelyne de Leeuw,
CHETRE/CPHCE, UNSW Sydney

A/Professor Margo Barr,
CPHCE, UNSW Sydney

A/Professor Freddy Sitas,
CPHCE, UNSW Sydney

A/Professor Fiona Haigh,
HERDU/CPHCE, UNSW Sydney

A/Professor 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

Dr Michael Moore,
Central and Eastern Sydney Primary Health Network

Dr Brett Biles,
Indigenous Health Education, UNSW Sydney

Paul Blyton,
Disability Services Macarthur

Kathryn Thorburn,
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

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

DIRECTORS



Professor Evelyne de Leeuw

Director of CHETRE, South Western Sydney Local Health District
Leader of Health Environment Stream

Research area: Health Promotion, Urban Health, Health Equity, Social Determinants of Health, Health Political Science



Associate Professor Fiona Haigh

Director of HERDU, 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 Margo Barr

Director of CES-P&CH
Leader of Health System Integration,
Primary Health Care Stream, 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



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 Executive Director

2022 was a time of transition for CPHCE. Many of the staff made significant contributions to the public health response during the COVID-19 pandemic, returning to normal duties during the first half of the year. Another transition has involved Evelyne de Leeuw changing her role from being Director of CHETRE to a Chair of Urban Health and Policy, based at Randwick. Once again, I would like to thank all the members of the CPHCE executive, namely Freddy Sitas, Margo Barr, Fiona Haigh, Evelyne de Leeuw, Patrick Harris, Joel Rhee and Ben Harris-Roxas, for helping to steer CPHCE during this period.

I am proud to announce that during 2022 we were successful in securing infrastructure funding from NSW Health Prevention Research Program for a further four years. This has provided an important affirmation of the Centre's work and of our continuing partnerships with NSW Health, Local Health Districts and Primary Care Networks (especially SESLHD, SWSLHD, SLHD and CESPHN). We were also urged to explore the development of a partnership with one of the rural districts, and we began to do so in 2022.

The centre has continued to develop our programs of research on shared care between general practice and specialist services in SESLHD and SLHD, in the care of patients with cancer and severe mental illness. This research was being conducted in the context of significant pressure and stress within both general practice and some of the specialist services. This has significantly impacted on progress in our shared care research and highlights the importance of initiatives to strengthen the sector.

Our research on community health workers as navigators has continued to strengthen, with Sabuj Kanti Mistry successfully completing his PhD research on bilingual health navigators in general practice. Our NHMRC-funded trial of Community Health Workers following-up patients after discharge from hospital to community, commenced following on from the codesign phase and a lot of preparatory work.

CPHCE's 20-year involvement on research in disadvantaged communities in Miller in South Western Sydney, continued with a fifth round of the household survey, which commenced late in the year. A review was conducted into the long-standing learnings by doing a capacity development program for equity research, and this has had implications for similar programs across the Centre. We also continued our work in refugee health, with studies examining barriers to access to primary health care faced by several refugee population groups.

In December, UNSW conducted a review of the Centre. This has provided an opportunity for reflection and renewal which we are continuing into 2023.



Professor Mark Harris

Scientia Professor and 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

Prevention and Management of Long-term Conditions

The Prevention and Management of Long-term Conditions stream is led by Mark Harris. It focuses on systems for sharing care of people with chronic conditions through involving patients, primary care and specialist providers, and on preventing conditions through the management of obesity and the SNAP behaviours (smoking, nutrition, alcohol and physical activity). The chronic conditions that our work addresses include physical conditions such as diabetes, cardiovascular and respiratory disease, mental illness and cancer. Our work is focused on elements of the chronic care model, in particular self-management, teamwork, information and decision support systems and community resources, and it has a particular focus on disadvantaged groups and those with low health literacy. Some examples of our work in 2022 include:

Program of Work: Smoking cessation and prevention

We have been involved in several projects focused on smoking. We are involved in evaluating the Shisha No Thanks program which aims to raise the awareness of the harms of waterpipe smoking. The Stop Smoking, Start Living project is an NSW Translational Research Grant funded study which evaluates the implementation of smoking cessation interventions in services in SWSLHD, SLHD and Mid North Coast Local Health District (MNCLHD).

Project: Cancer shared follow-up care using a web-based e-care plan

Our research evaluates the feasibility and utility of a system of shared care involving the use of a web-based care plan for patients with colon and breast cancer. This is designed to increase the communication and continuity of care in the shared care arrangement between the cancer service and general practice, and to allow patients to access information on their care plan. Findings from our colorectal cancer shared follow-up care pilot, found that general practitioners (GPs) found the e-care plan a useful tool which gave them more confidence in providing care. Furthermore, it assisted some patients to be more involved. Participants (patients, GPs, specialists and care coordinators) valued shared e-care planning, but communication from specialists could be improved. Further work to scale shared e-care planning, requires strategies that support transitioning to new routines and integrating the e-care plan with cancer service clinical information systems. The AVANT foundation has funded a trial at St George and Prince of Wales private and public cancer services, which is ongoing.

Project: Mental health shared care

We are working with mental health services in the SESLHD and SLHD districts, on shared care programs with general practice. In SWSLHD, an e-care plan is used to support the shared care of patients with severe mental illness who have been prescribed Clozapine, a drug that requires careful monitoring. In SLHD we are involved in evaluating an e-care plan for shared care between the mental health service and general practices. This is focused on the prevention of physical health problems, such as obesity, hypertension and dyslipidaemia, in patients with severe mental illness, and is funded by an NSW Translational Research Grant.

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. 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.

Current projects include:

- › Review of the Waterloo Human Services Action Plan
- › Extended caregiving arrangements in families from Chinese backgrounds
- › Evaluation of the Integrated Liver Toolkit Education Program for the Management of Liver Cancer in Primary Care Pilot
- › Bilingual Community Health Navigators in General Practice
- › Review of the Waterloo Healthy Living Program
- › Projects arising from the Central and Eastern Sydney Primary and Community Health Cohort including care plans, use of telehealth, hospital to the home, multimorbidity.

HIGHLIGHTED RESEARCH

Project: Evaluation of the Integrated Liver Toolkit Education Program for the Management of Liver Cancer in Primary Care Pilot

The Integrated Liver Toolkit Education Program (ILTE Program) for the Management of Liver Cancer in Primary Care Pilot was developed by the CESPHN, Royal Prince Alfred Hospital and St George Hospital in response to increasing incidence rates of hepatocellular carcinoma (HCC), poor survival rates and evidence that early detection and management of HCC will improve survival. An audit tool (the Liver Toolkit) was embedded in the POPulation Level Analysis & Reporting (POLAR) GP management software. The Liver Toolkit extracted information from patients for the following liver conditions: cirrhosis, hepatitis B and C virus presence and alcoholic

and non-alcoholic liver disease. These patients were identified and asked to attend a Fibrosan clinic for further investigations. We were engaged by CESPHN to conduct an evaluation of the ILTE Program to understand: (1) What is the potential of the model presented in the ILTE Program to improve clinical outcomes for patients who are at risk of developing HCC? (2) How acceptable is the model for those stakeholders involved? (3) Should broader implementation of the model be supported across general practices in the CESPHN region? The evaluation found that although the Toolkit was seen to be important, further development is required before it can be expanded throughout CESPHN, specifically improving specificity and reducing the number of indicators provided.

Project: Review of the Waterloo Human Services Action Plan

The Waterloo Human Services Collaborative Group was established to assist with engagement, planning and coordinated responses by human services agencies to the Waterloo community, in advance of the Waterloo Estate redevelopment. This group developed the Waterloo Human Services Action Plan (Plan). The review of the Plan by CPHCE and HERDU was undertaken to better understand: the functioning and partnerships of the Waterloo Human Services Collaborative Group; the current status of the processes and implementation of the Plan; and the impact of the Plan. In order to do this we: (1) developed a program logic model, surveyed all of the members of the Collaborative Group using the Waterloo Partnership analysis checklist questionnaire, developed by HERDU, and reported on the findings; (2) conducted in-depth interviews with members of the Collaborative Group to better understand progress and barriers; and (3) designed and surveyed social housing tenants using the Waterloo Outcomes Tenant Survey in collaboration with community groups. The social housing tenants were encouraged to participate via SMS messaging, posters and community events such as Summer on the Green. Findings from the in-depth interviews and the tenant survey are to be finalised in 2023.

Action for Equity

The Action for Equity stream was led by Fiona Haigh and Evelyne de Leeuw in 2022. Health equity is concerned with creating equal opportunities for health and with bringing health differentials down to the lowest level possible. Health inequities are differences between groups that are avoidable, unfair and unjust. They are socially determined, reflecting the intentional design of social systems and the people who work within them. The Action for Equity stream works collaboratively to develop high quality research to identify and explain causes of health inequities, to develop evidence of effective actions to prevent, reduce or eliminate inequities in health, and to evaluate the impact of implementation. Our work is informed by a focus on systems change and governance, recognizing the importance of developing effective strategies for implementing change.

Some examples of our current work are:

Project: Equity Focussed Health Impact Assessment of Covid-19 in Sydney Local Health District

HERDU conducted an Equity Focussed Health Impact Assessment (EFHIA) of the COVID-19 pandemic and associated response in SLHD. The EFHIA aims to inform the District's COVID-19 recovery plans and future epidemic and pandemic responses. The priority outcomes of the EFHIA in assisting the District are: (1) to systematically identify potential health equity impacts of COVID-19 and associated responses, and to identify evidence of effective actions to reduce the likelihood of inequity; (2) to work with stakeholders to embed positive, evidence-based actions in the current strategies and in strategies being developed and implemented by the SLHD; and (3) to identify evidence of systemic actions that can be taken by the health sector to protect vulnerable populations from pandemics and ongoing threats to their health into the future. The EFHIA is scheduled to be published in 2023 in partnership with the SLHD.

Program of work: Equity Frameworks and Tools for Health Systems

CPHCE is leading research and development of Equity Frameworks and associated tools for health systems and services. Beginning in 2004 with the development of the NSW Health and Equity Statement 'In all fairness increasing equity in health across NSW', Equity Frameworks for SESLHD, SLHD and SWSLHD have been developed. Currently in SWSLHD, CHETRE is piloting an Equity Toolkit, and in SLHD, HERDU are updating the SLHD Equity Framework and developing associate resources and tools.

Project: Community Health Workers (CHW) Extending Care in the Community

The Community Health Workers Extending Care in the Community project is a NHMRC partnership project to develop, implement and evaluate a co-designed model of CHW follow up and support care following hospitalisation, with consumer co-researchers and our partners, SLHD, CESPHN, the Agency for Clinical Innovation and Health Consumers NSW. This project aims to reduce the risk of re-hospitalisation in people with multiple long-term conditions, by using CHWs to help patients navigate the transition from hospital to the community.

Research

Informatics and eHealth

The Primary Healthcare 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.

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

Program of work: Shared e-care planning

We continued our research in shared care using e-care plans to enhance information and communication exchange between Local Health District services and primary health care. This research is being implemented in both cancer shared follow-up care and the care of people living with severe mental illness. The studies include:

- › The colorectal shared e-care plan pilot which followed-up patients after treatment for 12 months at St George Cancer Care Centre and Prince of Wales Private Oncology Service. We found that participants (patients, GPs, specialists and care coordinators) valued shared e-care planning. GPs were more confident in providing care and e-care assisted some patients to be more involved. Further work is needed to scale and integrate the e-care plan with cancer service clinical information systems and to support transitioning to new routines.
- › A study exploring the impacts of e-care planning on colorectal and breast cancer shared follow-up care in the SESLHD, is continuing. It is funded by an Avant Foundation Grant. The study will be completed by July 2024.
- › A clozapine shared e-care plan feasibility study at Prince of Wales Hospital funded by the Mindgardens Neuroscience Network. During implementation we have identified that supporting consumers and GPs in clozapine shared care requires time and resources, and engaging consumers living with severe mental illness in research is difficult. This study is due to be completed by December 2023.

- › The Shared Health Arrangements Research and Development (SHAReD) study is exploring whether the shared e-care plan improves the frequency and quality of primary and preventive care. It is a collaboration between the CPHCE, SLHD and University of Sydney (USYD), and is funded by the NSW Health Translational Research Grants Scheme. During 2022, study participants were recruited and interviewed. The study is due to be completed by December 2023.

Project: Health eLiteracy for Prevention in General Practice

The Health eLiteracy for Prevention in General Practice (HeLP-GP) trial was completed. The trial intervention consisted of a health check with a practice nurse and a lifestyle app (Mysnapp), a telephone coaching program, or both, depending on the participant's choice. This supported overweight and obese adults to change their lifestyle behaviours. Mysnapp allowed patients to set personal goals and monitor progress against these goals over time. The app also allowed for diarising of personal information and access to a range of diet and physical activity resources. The Mysnapp users were significantly more likely to attend the six-week health check and participate in the telephone coaching than non-app users, contributing to the overall improvements found.

Other Activities

Access to Lumos dataset: Lumos is a program that securely links encoded data from general practices to other health data in NSW, including hospital, emergency department, mortality and others. In 2022 we gained access to the Lumos data, through the secure portal, for the Central and Eastern Sydney (CES) area, to look at usage patterns and predictors of use for people with Type 2 diabetes mellitus (T2DM). The current dataset for CES includes 109 practices and just over 1.2mil patients. Of these, over 51k were identified to have T2DM (identified from GP and hospital data). The objectives of this project are to: (1) characterise the patients residing within CES who attend Lumos GP clinics and hospitals for care of T2DM; (2) provide a better understanding of how care for T2DM is delivered within CES; (3) assess the quality of care and outcomes for patients with T2DM residing in CES. If approved by the Lumos Data Governance Committee, we hope to explore other topic areas of importance to the CES-P&CH Management Group, which includes partners SLHD, SESLHD and CESP HN.

Health Environment

The Health Environments stream was led by Evelyne de Leeuw and Patrick Harris in 2022. This stream focuses on connecting people and places within sustainable and productive cities, regions and communities, and remains crucial for health equity. It includes activities and projects that are being led by teams at CHETRE and HERDU, or are being led by partners SWSLHD and SLHD with our support.

Program of work: Healthy Urban Planning

In SWSLHD work includes supporting healthy places unit activities, partnerships between the LHD and local councils, and healthy housing. Western Sydney is becoming a necessary regional focus for CHETRE given the focus of the Western Sydney Parklands, in and around the Western Sydney Airport, and its influence regionally and locally in South Western Sydney. CHETRE has been working to influence healthy planning across the region in partnership with the Western Sydney Health Alliance (WSHA). During COVID-19, the CHETRE team held a series of consultations with agencies involved in the Western Parkland City about health focussed urban governance. That culminated in a WSHA led workshop in Penrith in November 2022, with local and state agencies that articulated the dimensions of long-term investment in healthy urban planning in the region. CHETRE also ran a series of workshops focussed on climate change data and governance in Western Sydney, to inform collaborations and grant applications. Heat and health, for example, is a major issue that Western Sydney is leading on nationally and that CHETRE can progress with an equity focussed research agenda.

In late 2022, Patrick Harris took over from Evelyne de Leeuw as UNSW representative on the Executive of the Healthy Urban Environments (HUE) Collaboratory – a partnership between three universities, UNSW, University of Technology (UTS) and Western Sydney University (WSU), and two health districts, SWSLHD and SESLHD where UNSW has a large presence and a natural connection to SLHD. Evelyne de Leeuw and Patrick Harris were the inaugural Editors-in-Chief for a new Oxford University Press Flagship open access Journal, 'Infrastructure and Health: Big Connections for Wellbeing'. Christopher Standen from HERDU is an associate editor.

Program of work: Health Impact Assessment

In SLHD, HERDU is supporting the second stage of the Health Impact Assessment (HIA) of the Waterloo estate redevelopment. The first stage focused on the impacts on tenants of the redevelopment announcement and the wait to be rehoused, with HERDU finalising, in 2019, the draft report and recommendations. The second stage, now in the initial scoping phase, is community led under the auspices of Counterpoint Community Services. 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. HERDU is providing facilitation, HIA expertise and technical and logistical support.

HERDU continues to contribute to SLHD's submissions on urban development proposals within the district, to help ensure that health and equity outcomes are appropriately considered. Recent proposals reviewed include the Central State Significant Precinct (the proposed over-rail corridor development at Central Station) and Stage 1 of the Bays West redevelopment.

Program of work: Active Transport

HERDU is 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 2022, the third stage of the project commenced, involving further developing the model and embedding it within NSW Health, and several pilot projects. The Australian and NSW governments have approved the adoption of the higher per-kilometre values for walking and cycling health benefits recommended by this project, bolstering the case for investment in active transport infrastructure.

Research and Development Collaborations

Centre for Health Equity Training, Research and Evaluation (CHETRE)

The CHETRE was established in 1998, as a joint unit between SWSLHD and CPHCE, to meet research and development needs in health equity within South Western Sydney. CHETRE is based at the Ingham Institute for Applied Medical Research and benefits from connections to industry and community.

In 2022, CHETRE experienced a period of transition. Evelyne de Leeuw retired and Mark Harris acted as interim Acting Director, with the role subsequently passing to Patrick Harris. Despite the transition, CHETRE continued to produce high-quality research, evaluation and training, including eight journal articles, two books, three chapters and a report. We received \$830,000 in income.

Patrick Harris and Evelyne de Leeuw were part of a successful NHMRC and Canadian Institute of Health Services grant (to 2027) led by Monash University. Patrick Harris was also part of a successful Australian Housing and Urban Research Institute grant to investigate better outcomes for housing clients with complex needs, and he commenced a research project, funded by the Transport Education Audit Compliance Health Organisation (TEACHO) Limited, to investigate training and prevention of respiratory infections, like COVID-19, in the Transport Industry.

Locally, we successfully renegotiated our relationship with SWSLHD to improve equity and healthy environments and to develop effective sustainable action-focused collaborations for equity, focussed on organisational change and population-wide impact. This work included research focussed on: refugee access and use of health and social services (with the NSW Refugee Health Service); completing evaluations for the Health and Housing Partnership, and evaluating collaborations with councils (both with SWSLHD Population Health); conducting and publishing a scoping review of applying levelling up strategies to place-based approaches to building and social infrastructure; supporting healthy places and environments collaborations in SWSLHD and the Western Sydney Health Alliance, including a research project focussed on the inclusion of health equity indicators in land use planning policies; and gambling and alcohol prevention initiatives. We successfully commenced the next round of surveys in the 2168 postcode region of Miller. We also completed a scoping review of frameworks to combat racism in health services.

Training, teaching and capacity-building continued. We commissioned an evaluation of our learning by doing training. That report demonstrated effectiveness and also led us to developing a training package focused on learning by doing for equity.



Some residents who were recruited, trained and employed as survey interviewers in Miller

Health Equity Research And Development Unit (HERDU)

HERDU is a SLHD service in partnership with the CPHCE. Since its establishment in 2013, HERDU has worked in partnership with health services, organisations and communities to identify and reduce existing inequities in health, and to prevent inequities in health from arising in the future. In 2022, HERDU continued building on their ongoing work and engagement in the SLHD, while also conducting and participating in research projects, service development, partnership, education, capacity building and dissemination activities. Focus areas across these activities included COVID-19 recovery work, HIA, strength-based and community led approaches, and collaborative and intersectoral action on equity.

A key program of work in 2022, was the finalisation of the SLHD-wide EFHIA conducted by HERDU. The EFHIA focussed on the SLHD's response to the COVID-19 pandemic and the associated response and recovery plans to inform future crisis responses. The findings of the three-year project will assist the SLHD to identify potential health equity impacts, identifying effective actions that can be taken by the health sector to address existing and prevent future crisis-associated health inequities. The EFHIA is scheduled to be published in 2023 in partnership with the SLHD.

HERDU continued to collaborate on place-based projects, focussing particularly on the suburb of Waterloo in Sydney in 2022, as this is considered to be the largest social housing redevelopment world-wide. Substantial environmental changes are due to occur in the next 15-20 years, with the development of a new Metro Quarter and the redevelopment of the Waterloo Estate. In 2020, HERDU finalised a HIA focusing on the potential impacts of redevelopment on psychological distress. In 2022, HERDU continued to progress the equity agenda in Waterloo, including developing a plan to action the key recommendations of the HIA, supporting a second stage Community-led HIA, further developing a place-based approaches mapping tool, reviewing the Waterloo Collaborative Group Action Plan, and supporting the development and evaluation of a pilot Peer Wellbeing Educator Project in Waterloo.



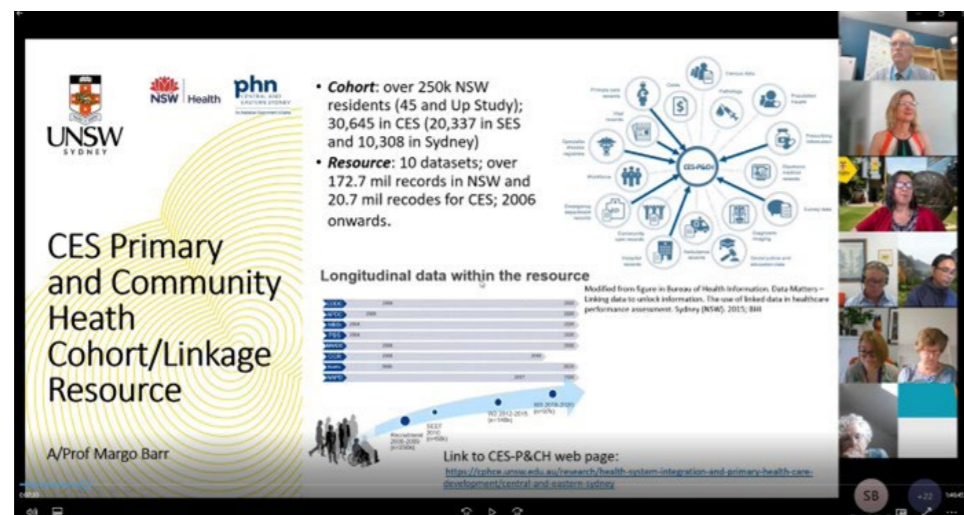
Esther Alloun from HERDU was awarded the 'Professor Jim Hagan Memorial Prize'. The prize is awarded to the student with the best PhD thesis completed in Humanities and Social Inquiry in 2022 at the University of Wollongong. She attended the ceremony for the Faculty of the Arts, Social Sciences and Humanities at the University of Wollongong on 22 August 2022.'

Dr Esther Alloun, Health Equity Research Associate

Esther (she/her) started working at CPHCE at the end of 2021, and in August 2022 joined HERDU as the Health Equity Research Associate. A qualitative social researcher, since 2012 she has had experience assisting on many universities and government funded projects working towards social inclusion and justice. Her PhD research, completed in 2020, contributed to a participant-led understanding of how communities with diverse identities and significant differences in economic and social resources can engage in collective action. At HERDU, she loves corridor chats about qualitative methods, critical realism or theories of intersectionality. She will continue to conduct research with the HERDU team, focusing on people's trajectories through healthcare, responses to inequities and social determinants of health, and the relationships between place and health and wellbeing.

Research and Development Collaborations

Central and Eastern Sydney Primary and Community Health Data Linkage Resource – CES-P&CH



The CES-P&CH was established by CPHCE, SESLHD, SLHD and CESPHE to inform joined-up primary and community services planning, program development and evaluation. This collaboration is being led by Margo Barr.

The CES-P&CH currently includes ten datasets linked together by the Sax Institute and the NSW Centre for Health Record Linkage (CHeReL). The linked dataset is based on the 45 and Up Study, a cohort study with over a quarter of a million NSW residents—of which 30,645 are resident in CES area (20,337 in SES and 10,308 in Sydney). The CES-P&CH dataset was established in 2016 and was updated in 2018 and 2021, and currently includes 12 datasets and over 215 million observations. This resource has umbrella approval from NSW Population & Health Services Research Ethics Committee until 2024 for mutually agreed health-service relevant research. In 2022, four researchers and three post graduate students were accessing the resource in the Sax Institutes secure data facility SURE.

The collaboration is using the CES-P&CH to address the challenges of an ageing population with long term conditions in the CES area. In 2022, this included: examining the health of carers over time, focusing on changing status, social isolation and loneliness; examining weight/obesity and ageing, focusing on the impact of GPs; examining use of and satisfaction with telehealth during the COVID-19 pandemic; and assessing inequalities in all-cause mortality for cardiovascular disease.

Outputs using the resource in 2022, included four journal articles, two reports (including the cohort profile) and four conference presentations. To help facilitate research translation we conducted our second Research Translation Webinar on social isolation and loneliness, and we modified the format of Management Group meetings with our partners to include presentations on current work, eight presentations being given in 2022.



Teaching

Postgraduate Medicine at UNSW Master Of Public Health Program

Subject	Role
Prevention and Management of Chronic Disease (PHCM9129)	Mark Harris – <i>Course Convenor</i> Catherine Spooner – <i>Course Convenor</i> Margo Barr – <i>Guest Lecturer</i> Jane Taggart – <i>Guest Lecturer</i> Freddy Sitas – <i>Guest Lecturer</i> Kath Thorburn – <i>Guest Lecturer</i>
Inequalities, Inequities and Health (PHCM9626)	Margo Barr – <i>Course Convenor</i> Amy Bestman – <i>Course Convenor</i> Marilyn Wise – <i>Lecturer</i> Alamgir Kabir – <i>Guest Lecturer</i>
Principles and Practice of Primary Health Care Services in the Community (PHCM9615)	Margo Barr – <i>Course Convenor</i> Cathy O'Callaghan – <i>Guest Lecturer</i> Mark Harris – <i>Guest Lecturer</i>
Digital Health – Principles, Practice and Evidence (PHCM9790)	Margo Barr – <i>Guest Lecturer</i>
Applied Research Methods for Public Health (PHCM9132)	Margo Barr – <i>Course Convenor</i>
Policy Studies (PHCM9381)	Patrick Harris – <i>Course Convenor</i> Evelyne De Leeuw – <i>Course Convenor</i> An Tran – <i>Coordinating Officer</i>
Global approaches to Cardiovascular Disease, Diabetes and Cancer Prevention (PHCM9786)	Freddy Sitas – <i>Guest Lecturer</i>

Phd, Independent Learning Project (ILP) And Masters Research Students

The Centre provides many opportunities for research students. In 2022, a total of 18 PhD and two research masters' students were enrolled at the Centre.

PHD RESEARCH STUDENTS

Name	Thesis Title	Supervisors	Expected Completion Year
Alana Crimeen	The aerotropolis and community health	Robert Freestone Evelyne de Leeuw Bill Randolph	2023
Alex Richmond	Examining sustainability in sport for social change through social business	Anne Bunde-Birouste Evelyne de Leeuw	2022
Brendan Clifford	Exploring the role of health in policy responses to homelessness: an in-depth explanatory case study of policy action on the social determinants of health equity	Patrick Harris Andrew Wilson	2024

Name	Thesis Title	Supervisors	Expected Completion Year
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	2023
David Lilley	Growing well	Evelyne de Leeuw Hal Pawson Ben Harris-Roxas	2023
Glen Ramos	The politics of pandemics: evaluation and development of an interdisciplinary framework for Australian pandemic preparedness and management	Evelyne de Leeuw Patrick Harris Deborah Lupton	2026
Hester Wilson	Shared care between general practice and specialist alcohol and other drug services	John Hall Ben Harris-Roxas Nick Lintzeris	2023
Jacqueline Pangas	Stabilised networks	Kylie Valentine Jane Lloyd Mark Harris	2023
Jinhee Kim	Health equity in South Western Sydney	Evelyne de Leeuw Ben Harris-Roxas Peter Sainsbury	2023
John Kurko	Physical and mental effects of urban form on human wellbeing	Paul Osmond Margo Barr Susan Thompson	2024
Jude Page	Image based tools (My Story Cards) to improve objective, interpersonal communication in shared decision making	Evelyne de Leeuw Gisselle Gallego	2023
Kathryn Thorburn	Primary care for people with severe mental illness	Mark Harris Karen Fisher Catherine Spooner	2024

RESEARCH MASTERS AND MAJOR PROJECT STUDENTS

Name	Thesis Title	Supervisors	Expected Completion Year
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	2023
Jiayue Wang	Systematic data quality assessment of general practitioner collected smoking information	Jitendra Jonagaddala Freddy Sitas	2023
Chang Sheng Leong	PHCM9150 Research Project (18 UOC) - Heart failure readmissions: mixed methods research using linked population data	Margo Barr Alamgir Kabir	2022

Teaching



RESEARCHER PROFILE

Alamgir Kabir

In 2018, I began my PhD in epidemiology at the School of Population Health, UNSW, Australia, with a specific focus on evaluating immunisation programs through the utilisation of record linkage of administrative health data. I completed my PhD in 2022. This endeavour provided me with invaluable experience in harnessing administrative health data linkage for public health research. During this time, I secured a part-time position with Associate Professor Margo Barr at the CPHCE working with the CES-P&CH, a collaboration between SLHD, SESLHD, CESPHE and CPHCE. The CES-P&CH collaboration aimed to address the challenges of high healthcare service utilisation by the ageing population, which required comprehensive planning, program development and evaluation of primary and community services. This experience expanded my expertise in linked data analytics and allowed me to contribute to the optimisation of the health system. Although I acknowledge that there is still a long journey ahead, my learning curve has been progressing steeply. Also, being part of the CPHCE has enabled me to expand my research into health system research.

My academic background primarily lies in statistics, with both my MSc and BSc degrees obtained from the University of Rajshahi, Bangladesh. It was during my MSc research in 2004, under the guidance of Professor Mohammed Nasser, that I was inspired to pursue a career in research. Although Professor Nasser passed away in 2015, his influence on me remains strong, and I am

committed to carrying forward his legacy. Initially, after completing my Masters, I hadn't envisioned myself as a public health researcher. However, my time as a Research Statistician at Johns Hopkins University's maternal and child health nutrition project (JiVitA) allowed me to recognise the pivotal role of statistics in public health research. This realisation motivated me to work in the field of public health, and I have since dedicated 18 years to my public health career. Along this journey, I pursued a Master of Philosophy (MPhil) in statistics, where I introduced advanced multivariate statistical methods to public health research. Furthermore, the recent completion of my PhD in epidemiology from the School of Population Health, UNSW, has solidified my expertise in the field.

Throughout my career, I have worked with various organizations and gained extensive experience in conducting diverse types of epidemiological studies. A significant portion of my work has been in clinical trials, including phase I-IV trials conducted individually and in clustered randomized formats, as well as non-inferiority trials. Additionally, I have developed expertise in other epidemiological study designs, such as case-control, cohort and cross-sectional studies. This wide range of experiences has allowed me to effectively apply biostatistical methods across various domains of public health, including nutrition, infectious diseases and health systems. While my research interests may vary, my current focus lies in utilising linked administrative health data for public health research.



PHD STUDENT PROFILE

Kristina Ulm

I was inspired by Professor Evelyne de Leeuw's view on healthy cities at the Urban Health Incubator Launch in 2018. At that time, I was working as an urban planner at a large architecture firm and was frustrated by how little is happening to create healthy and equitable environments. I took that day off work to hear the latest evidence on urban health development. The Urban Health Incubator Launch confirmed my idea to pursue a PhD in urban community food growing. I approached Professor Evelyne de Leeuw, and in 2020 she became part of my PhD supervisory team. My primary supervisor is Professor David Sanderson, School of Built Environment, Faculty Arts, Design and Architecture. Dr Alec Thornton, Institute for Global Development, UNSW, and Dr Oona Morrow, Rural Sociology Group, Wageningen University and Research, complete my interdisciplinary PhD supervision team.

My PhD research is on governance of urban food gardens in interstitial public spaces, like verge gardens and footpath gardens. The study uses a participatory systems approach to explore these complex processes. The aim is to assist policy makers and activists to collaboratively create greener and healthier streets.

My academic background is a master's degree in architecture and urban planning at the University of Stuttgart, Germany. For my master's thesis, I studied urban gardens in Jakarta's informal settlements. I initially wanted to continue in this direction in my PhD, but the COVID-19 pandemic hit right at the start of my PhD candidature. Thus, the choice of case study area fell on Sydney. The restrictions turned out to be an opportunity to contribute locally to a research gap. Later, I got the chance to include a case in my home country Germany.

Because this research is at the interface between policy and practice of healthy environments, many researchers at the CPHCE contributed valuable insights. I am very grateful for all this help and for being part of CPHCE. The diverse group of people makes CPHCE a highly supportive and exciting place for PhD study. I greatly value that equity seems to be ingrained in every team member and centre activity.

On a personal level, I am a curious explorer who loves to travel, meet new people and try new food. I enjoy being active and creative as well as spending time with family, friends and my indoor jungle.



VISITING ACADEMIC PROFILE

Dr Julien Forbat

Julien Forbat holds a PhD in interdisciplinary studies from the University of Geneva. After completing his postdoc at the University of California Irvine, he started lecturing in the master program in Innovation, Human Development and Sustainability at the University of Geneva, and conducting research in the field of environmental health, cross-disciplinary studies and human well-being. In 2022, Julien had the pleasure to participate in two research

projects as a visiting scholar at the UNSW in the CPHCE. The first project (Play Streets) was dedicated to assessing how policy makers can better promote the access and use of streets to local communities, especially children, to increase their physical and mental well-being. The second project was aimed at developing a critical reflection on urban governance from an interdisciplinary perspective in the field of health promotion.

Knowledge Exchange & Capacity Building



A delegation from the Korean Ministry of Health and Welfare and the Korea Health Promotion Institute visited CPHCE on 17th Nov 2022 to discuss and learn about CPHCE and HUE's work in healthy cities. Korea introduced healthy cities into national legislation last year and is setting up a national healthy cities program.

Forums, visits and dissemination of CPHCE work in 2022

Name	Date
Housing and Health Partnership Workshop Liverpool	17/05/22
HERDU Planning Day	24/05/22
CES-P&CH Research Translation Webinar: Social Isolation and loneliness	25/05/22
Sydney Innovation and Research Symposium	02/06/22 & 03/06/22
Community Health Navigator Forum	24/10/22
CPHCE 2022 Annual Forum	30/08/22
Greater Western Sydney – Health Partnership workshop partners with CHETRE & Healthy Places (SWSLHD)	13/10/22
2022 CES-P&CH Research Priorities Forum	15/11/22
Korean Healthy Cities Group	17/11/22
EquityFest Workshop events	30/11/22 & 01/12/22



Research Translation Webinar: Social Isolation and loneliness amongst people aged 45 and over in Central and Eastern Sydney – May 2022

The webinar was organised to share the main research findings from the CES-P&CH to improve policy and practice, and to encourage discussion to explore opportunities or activities to improve coordination of care and reduce social isolation among people aged 45 years and over.

Nineteen people attended the research translation webinar, including participants from UNSW and the health sector partner organisations. The webinar consisted of four presentations followed by small group discussions. The first presentation reported findings on demographic, social and health factors associated with social isolation and loneliness within the CES-P&CH cohort, while the following research translation presentations featured examples of programs addressing social isolation and loneliness from the Newtown Neighbourhood Centre, NSW Department

of Communities and Justice, and the Riverwood Community Centre.

Breakout rooms were used to provide participants' the opportunity to reflect on the presentations and to encourage discussion to explore ways to maximise use of the research findings to inform service provision. These discussions highlighted examples of how research can be translated into practice to strengthen collaborations between health services, primary care and the community.

Knowledge Exchange & Capacity Building

CPHCE Annual Forum – August 2022

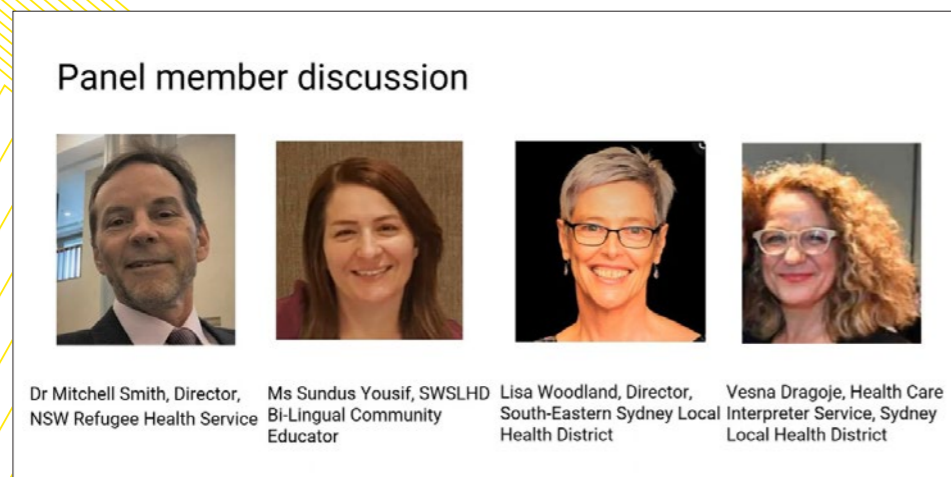
The theme of the 2022 CPHCE Annual Forum was Refugee and Immigrant Health. The Ian Webster Oration was delivered by Dr Mitchell Smith, Director of NSW Refugee Health Service, and Sundus Yousif, from the same service, herself a refugee from Iraq.

This was followed by three CPHCE presentations chaired by Fiona Haigh on:

- › ‘Fragmented care: Asylum seekers’ access to health care in New South Wales’ by Dr Zelalem Mengesha
- › ‘Refugee place-making in high-income resettlement countries: what contributes to health and wellbeing?’ by Dr Esther Alloun
- › ‘OPTIMISE -links to navigation roles’ by Mark Harris.

Discussion included panelists Mitchell Smith, Sundus Yousif, Lisa Woodland (SESLHD) and Vesna Dragoje (Sydney Health Care Interpreter Service, SLHD). The following CPHCE Awards were presented:

- › Individual Partnership Award 2022: Damian Conway, Epidemiologist with Population Health
- › Organisational Partnership Award 2022: Waterloo Human Services Collaborative Group
- › Primary Care Award 2022: Tim Shortus
- › Consumer Award 2022: Anthony Brown



Community Health Navigator Forum – October 2022

The Community Health Navigator Forum was held on Monday 24th October 2022 in the Tyree Room of the John Scientia Building. The forum was a hybrid event (online and in-person) and aimed to highlight the value of Community Health Navigators and to present local and international experiences of implementing CHN programs. It was sponsored by CPHCE, SLHD and CESP HN. There were about 95 registrants and the program included two international keynote presentations: one from Alex Farjardo, on the El Sol Community Health Worker training program in Southern

California, and one from Fiona Doolan-Noble and Danielle Dawson, on ten years of the Health Navigator Programs in the South Island of New Zealand. Other presentations covered a range of programs in SLHD, involving various sorts of community health workers in health navigation support, and two new programs, one in general practice and one for patients recently discharged from hospital. A panel session discussed the future direction for CHN programs, including supporting training, accreditation and supervision, and funding and ongoing development.



2022 Research Priorities Forum: Research Priorities for Central and Eastern Sydney – November 2022

Thirty-five people attended the two-hour research priorities webinar. The purpose of the day was to inform a program of work using the CES-P&CH for 2023 and beyond. Margo Barr, who leads the CES-P&CH team, provided information on the findings from the research to date. This was followed by the Keynote Address by Dr Kerrin Bleicher, Director, Research Assets at the Sax Institute. She spoke about the 45 and Up Study (from which CES-P&CH is based), what is included, linkage to other datasets, the COVID-19 Insights surveys for policy and planning, and future plans for the 45 and Up Study.

Primary health care and integration priorities and current issues were presented by the partner organisations (CESPHN, SESLHD, SLHD) to inform the research priority identification discussion. People were then divided into five breakout rooms where the participants identified their research priorities. The priorities identified included: evaluating models of care, exploring the link between oral health and overall health, health literacy, multimorbidity, and further work exploring the health of carers and loneliness in older people. The Management Group developed three to four research questions for the top three priority areas—applying primary health care, feasibility and policy relevance lenses.

Financial

Statement of Financial Performance

For the Year Ended 31 December 2022

	Notes	2022	2021
Funds			
Research Revenue		815,799	949,895
NSW Health PRSP Infrastructure funding		275,000	250,000
Non- Research Revenue (GN001)		94,053	59,549
Donations		0	-726
Faculty Funds - Operating	3	927,169	918,368
Research Funding – non-competitive (RF222)	1	214,360	356,002
UNSW Contribution - Strategic	2	42,271	59,585
Payment on Behalf (POB) funding – (RF334)		1,418,902	725,905
Total Funds		3,787,554	3,318,578
Costs			
People Costs		3,040,625	3,046,705
Scholarship Stipends		18,625	28,628
Contract & Consulting Services		385,093	324,442
Consumables		25,918	3,733
Travel		39,572	5,347
Equipment		7,564	
Entertainment		262	188
Marketing		300	5,362
Overheads		226	2,293
Other expenses		23,969	
Other Expenses		24,756	7,843
Software Licensing expenses		80,863	18,183
Internal Expense		36,679	24,224
Total Costs		3,659,695	3,459,106
Operating result		127,858	(200,113)
Opening Balance		327,093	527,206
Closing Balance		454,950	327,093

1. Non-Competitive relates to funding awarded to CPHCE through various non-competitive schemes supporting research activities and infrastructure.
2. UNSW Contribution - Strategic relates to funding provided to CPHCE from UNSW as a strategic investment in the centre's research activities.
3. Faculty Funds - Operating funds provided by the faculty are budget allocations, with no revenue transferred to CPHCE

Contact us

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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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