

# Annual Report

# 2021



## Centre for Primary Health Care and Equity, UNSW



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# ACKNOWLEDGMENT & BACKGROUND

The Centre for Primary Health Care and Equity 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. CPHCE began operating as a UNSW Research Centre within the Faculty of Medicine since 2005. CPHCE is itself 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 Priority 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 was achieved through collaborative research Hubs in three highly socioeconomically and culturally diverse Local Health Districts around Sydney:

- » The South Western Sydney Local Health District: The Centre for Health Equity Training Research and Evaluation (CHETRE)
- » The Sydney Local Health District: Health Equity Research and Development Unit (HERDU), and
- » The South Eastern Sydney Local Health District: South Eastern Sydney Research Collaboration (SEaRCH) and
- » Other large collaborations such as the Central and South Eastern Sydney Primary and Community Health Cohort (CES-P&CH).

## ACHIEVEMENTS

1

We successfully launched research studies on Community Health Workers as health navigators, after preliminary pilot work over previous years. This is an international collaboration developing and evaluating the role of Community Health Navigators in improving access to preventive and follow up care after hospitalisation and in general practice especially for CALD populations.

2

We completed the OPTIMISE study evaluating how quality of care of new refugees in general practice can be improved which is now informing how Primary Health Networks and refugee specific services can deliver better care.

3

We successfully led the Healthy Urban Environments Collaboratory on how urban policy and governance in Sydney can lead to better health outcomes.

4

We are extending our Colorectal Cancer Shared E-care Follow-up Plan to improve communication between cancer survivors, specialists and GPs to patients with breast and lung cancer, to people with severe mental illness as part of a Clozapine Shared Care project at SESLHD and to a project on Improving the Physical Health of People experiencing Severe Mental Illness at SLHD.

5

We provided ongoing support to local health district responses to the COVID-19 pandemic. We co-developed plans, informed local health policies, procedures and protocol development, conducted rapid reviews, activities, equity-checks, spatial mapping, and guided the consideration of equity-related impacts for vulnerable population groups, and implementation of the Covid-19 vaccine roll-out.

# MANAGEMENT

## CPHCE STEERING COMMITTEE

oversees the work of the Centre, ensuring that it is accountable and financially sound. The committee met four times on 18th March, 30th June, 15th October and 11th November in 2021.

### CHAIR

- » Professor Rebecca Ivers, UNSW Sydney

### MEMBERS

- » Professor Mark Harris, UNSW Sydney
- » Professor Ilan Katz, UNSW Sydney
- » A/Professor Freddy Sitas, UNSW Sydney
- » Dr Teresa Anderson, Sydney Local Health District
- » Sue Colley, South Western Sydney Local Health District
- » Dr Marianne Gale, South Eastern 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 on 3rd June and 25th November in 2021.

### CHAIR

- » Dr Greg Stewart

### MEMBERS

- » A/Professor Fiona Haigh, UNSW Sydney
- » Natalie Cook, Sydney North Primary Health Network
- » Professor Evelyne de Leeuw, UNSW Sydney
- » Tish Bruce, NSW Ministry of Health
- » Professor Mark Harris, UNSW Sydney
- » A/Professor Ben Harris-Roxas, UNSW Sydney
- » Tony Jackson, South Eastern Sydney Local Health District
- » Miranda Shaw, Sydney Local Health District
- » Dr Stephen Conaty, South Western Sydney Local Health District
- » Dr Michael Moore, Central and Eastern Sydney Primary Health Networks
- » A/Professor Freddy Sitas, UNSW Sydney
- » Professor Bill Bellew, University of Sydney
- » Dr Christine Walker, Chronic Illness Alliance
- » Louise Riley, Department of Health and Ageing
- » Regina Osten, NSW Agency for Clinical Innovation
- » Dr Brett Biles, Indigenous Health Education, UNSW Sydney
- » A/Professor Margo Barr, CPHCE, UNSW Sydney
- » Paul Blyton, Disability Services Macarthur

# CPHCE EXECUTIVE

## EXECUTIVE DIRECTOR

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### **Professor Mark Harris, Executive Director**

*Leader of Prevention and Management of Long Term Conditions Stream*

**Research Area:** *Primary Health Care, Preventative Medicine, Diabetes & Cardiovascular Disease, Health Inequalities, Health Systems & Services*

## DIRECTORS

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### **Professor Evelyn 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 and Health Political Science*



### **A/Professor Ben Harris-Roxas**

*Director of SEaRCH, South Eastern Sydney Local Health District Leader of Health System Integration and Primary Health Care Development Stream*

**Research Area:** *Primary Health Care, Health Service Planning, Integrated Care, Health Equity and Health Impact Assessment.*

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**A/Professor Fiona Haigh**

*Director of HERDU, Sydney Local Health District Leader of Health Equity Stream*

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



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**A/Professor Margo Barr**

**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*



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**A/Professor Freddy Sitas, Director**

**Operations and research on:** *Tobacco, infections and cancer morbidity, mortality outcomes*





## MESSAGE FROM THE EXECUTIVE DIRECTOR

During 2021 CPHCE's work continued to be impacted by the COVID-19 pandemic. This was both due to lock downs forcing staff to work from home and also the impact on health services especially during the peak periods. Many of the staff in HERDU, CHETRE and CES-P&CH were seconded or volunteered to work with the NSW Health to help in pandemic management. CPHCE continued to make contributions to COVID-19 research on the response to and impact of the pandemic both within Australia and overseas.

I would like to thank all the members of the CPHCE executive Freddy Sitas, Margo Barr, Fiona Haigh, Evelyn de Leeuw and Ben Harris-Roxas, and for helping to steer CPHCE over the period. Despite the constraints we published 195 papers on our work, of which 29 specifically focused on some aspect of the pandemic. These have already had impacts including translation into policy and practice.

Two of our three research hubs CHETRE and HERDU continued to work with South-West Sydney and Sydney LHDs respectively. The arrangement for the SEaRCH hub with SESLHD was discontinued mid-2021 and Ben Harris-Roxas accepted an appointment with the School of Population Health while continuing to have close links with the Centre. A large number of projects and programs between SESLHD and CPHCE

have continued including CES-P&CH which is a collaboration between SESLHD, SLHD and CESPHN.

We continued to develop our programs of research on shared patients with severe mental illness. This has involved two trials of e-care plans in both SESLHD and SLHD based on our previous work in cancer. Our research on community health workers as navigators in the Australian health system has continued to develop with the successful completion of the pilot in general practice and the commencement of the CHECC study with CHW as navigators following patients up after hospital. Our research in disadvantaged communities in Miller in South West Sydney and Health and Housing Partnership has continued to develop with the support of the Maridulu Budyari Gumat (SPHERE) Heathy Urban Environment Collaboratory.

During 2021, there was a major expansion of the use of codesign and coproduction methods with health consumers across many of our research areas. This is a logical extension of our commitment to working in partnership with communities and disadvantaged groups to improve health for all.

PROFESSOR MARK HARRIS AO

Scientia Professor and Executive Director, Centre for Primary Health Care & Equity, UNSW Sydney



# RESEARCH

## 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 STREAM

The Prevention and management of long-term conditions stream is led by Mark Harris. It focuses on systems for sharing care for people with chronic conditions involving patients, primary care and specialist providers and preventing them the management of obesity and the SNAP behaviours (smoking, nutrition, alcohol and physical activity). It has a particular focus on disadvantaged groups and those with low health literacy. Two examples of our work are:

### **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 use of a web-based care plan for patients with colon or breast cancer. This uses a platform that integrates well with GPs systems allowing the uploading of data from the GPs electronic medical record into a care plan which dynamically defines each of the tasks required in shared care, who is responsible and when it needs to be completed. It can be viewed by the patient and edited by the cancer services. After defining the specifications, a pilot study commenced in partnership with the St George Cancer Service for patients who have completed acute treatment of colorectal cancer. The AVANT foundation has funded a trial at St George and Prince of Wales private and public cancer services.

### **Mental health shared care**

We are working with mental health services in South Eastern and Sydney Local Health districts on shared care programs with general practice. In South Eastern Sydney an existing program for the shared care of patients with severe mental illness who have been prescribed Clozapine, a drug which requires careful monitoring, is being extended to include an e-shared care plan and evaluated. In Sydney LHD an existing shared care program is focused on the prevention of physical health problems in patients with severe mental illness. This is being enhanced and evaluated using an electronic care plan shared by the GPs and mental health services. This is funded by a NSW Translational Research Grant.



*Bilingual Community Navigator (BCN) in general practices of Sydney kicked off in Healthpac Medical Centre Hurstville on 26th October 2021. It was the first time this intervention is happening in general practice setting of Australia where a BCN is placed in the practice helping the patients from the culturally and linguistically diverse background suffering from chronic illnesses smoothly access health and social care services.*

## HEALTH CARE SYSTEM INTEGRATION AND PRIMARY HEALTH CARE DEVELOPMENT STREAM

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. Examples are:

### Community Health Workers

A stream of work on community health workers has developed over the past 3 years. This includes systematic reviews of the literature and a number of trials. The first is a trial of community health workers from culturally and linguistically diverse (CALD) backgrounds being placed in bilingual practices serving one main cultural and language group to support patients with complex problems to navigate to other services. This is led by Sabuj Kanti Mistry.

The second study is a randomised controlled trial of community health workers following up patients after discharge in the community with the aim of identifying problems and preventing re-hospitalization. As part of this work an online training program has been developed and we are currently discussing these being taken over by a community managed organisation.

### The Central and Eastern Sydney Primary and Community Health Data Linkage Resource (CES-P&CH)

The Central and Eastern Sydney Primary and Community Health Data Linkage Resource has been working on a number of aspects of integrated care between hospital and community. This includes the health of carers over time focusing on changing status, social isolation and loneliness, weight/obesity and ageing focusing on the impact of GPs, ways that increased primary health care use could reduce potentially preventable hospitalisations and/or emergency department presentations, and the transition from hospital to community. This is a collaboration between CPHCE and the South Eastern and Sydney Local Health Districts and Central and Eastern Sydney Primary Health Network.

# HEALTH ENVIRONMENT STREAM

The Health Environments stream is continuing to pick up momentum and relevance. Across CHETRE and HERDU hubs there are important 'on the ground' initiatives that aim to assess and address issues of human-nature-environment connections. At CPHCE on campus there continues to be a keen interest in the growing health precinct that can be seen from our office windows in the AGSM. Between the current UNSW campus and the hospitals at the end of the Randwick light rail new excitement is building. Similar efforts can be seen in the Liverpool Health and Innovation Precinct, and the future Bankstown precinct in SWSLHD.

CPHCE, initially through CHETRE, has a vested interest in such precinct development as it holds the Executive position of the Healthy Urban Environments (HUE) Collaboratory – a partnership between three universities (UNSW, UTS and WSU) and two health districts SWSLHD and SESLHD where UNSW has a large presence – with a natural connection to Sydney Local Health District. HUE has commissioned a number of research scoping programmes in which CPHCE plays a key role. These include an analysis of walkability hot spots and cool spots in South West Sydney (answering the question why certain walking routes are preferred over others); a scoping study of the Waterloo housing estate redevelopment (exploring the feasibility of longitudinal assessments of residents' health needs and circumstances) and a systematic review of the relationship between respiratory pandemics and urban morphology. The latter has now been published in the prestigious journal *Cities*.

The greater emphasis of work around the health-environment interface in the Greater Sydney Basin is driven by the West and the South-West of the 'metropolis of three cities'. The suburban growth in these areas, the development of the aerotropolis around the Nancy-Bird Walton International Airport (opening in 2026), and associated planning ambitions and challenges continue to create opportunities and engagements. In 2021 CPHCE/CHETRE/HERDU continued to develop work around City Deals and equity, climate change partnerships and related topics. We continue to attract PhD students and grant opportunities in these spatial and substantive areas.

# ACTION FOR EQUITY STREAM

Health equity means that everyone has a fair opportunity to enjoy good health and that no one should be disadvantaged from achieving this potential. Health inequities arise when there are systematic, socially produced (and therefore modifiable), unfair or unjust differences in health. Taking action to address inequities is core to the work of CPHCE and its Hubs SEaRCH, HERDU and CHETRE. Examples of our work include:

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## Project: Can Get Health in Canterbury (CGHiC)

CGHiC was established in 2014 as a collaboration between Sydney Local Health District (SLHD), Central and Eastern Sydney Primary Health Network (CESPHN) and the UNSW Centre for Primary Health Care and Equity. CGHiC is a place-based intervention designed to improve access of marginalised Culturally and Linguistically Diverse (CALD) populations in the Canterbury region to comprehensive primary health care services. HERDU led a 2020 evaluation of the program, which highlighted the effectiveness of CGHiC in achieving its priority outcomes: improved health of communities and individuals; improved organisational capacity of communities to participate in planning services and programs; enhanced capacity of service providers to meet health needs of CALD communities; contributing positively to the strategic directions and objectives of SLHD and CESPHN, and to health research and innovation. The Sydney Local Health District Population Health Unit is currently integrating the ongoing service delivery of the CGHiC program.

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

HERDU are conducting an Equity Focussed Health Impact Assessment (EFHIA) of the COVID-19 pandemic and associated response in Sydney Local Health District. The EFHIA aims to inform SLHD's COVID-19 recovery plans and future epidemic and pandemic responses. The priority outcomes of the EFHIA in assisting SLHD are: 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; to work with stakeholders to embed positive, evidence-based actions in the current and strategies being developed and implemented by the SLHD; 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. During 2021, HERDU progressed through the first 4 (of 6) stages of the EFHIA and aim to finalise the EFHIA end of 2022.

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**Project: Health, wellbeing and sustainable tenancies for 'Studio' clients: A place-based intervention and evaluation.**

The Health and Housing Partnership place-based intervention and evaluation project is a co-design project that aims to improve the health and wellbeing of tenants in a 'studio' complex in Miller, a disadvantaged area in South Western Sydney Local Health District (SWSLHD). The 'studios' are affordable small single room rental accommodations administered by Housing and are mostly tenanted by people experiencing multiple vulnerabilities and health inequities. Tenants are involved in all project stages and the intervention is implemented by Housing, with support from Health, and a concurrent impact and process evaluation conducted by CHETRE.

The Intervention is ongoing, and many activities suggested by tenants have been implemented, including maintenance and property improvements, aesthetic improvements, social opportunities, and physical and emotional/mental health support. The evaluation is expected to demonstrate benefits of increased engagement and support for Housing clients living in 'studio' complexes. Learnings can be used to inform Housing's approach to supporting sustainable tenancies and enhancing health outcomes for all social housing clients.



Action for Equity Stream team



# INFORMATICS AND eHEALTH STREAM

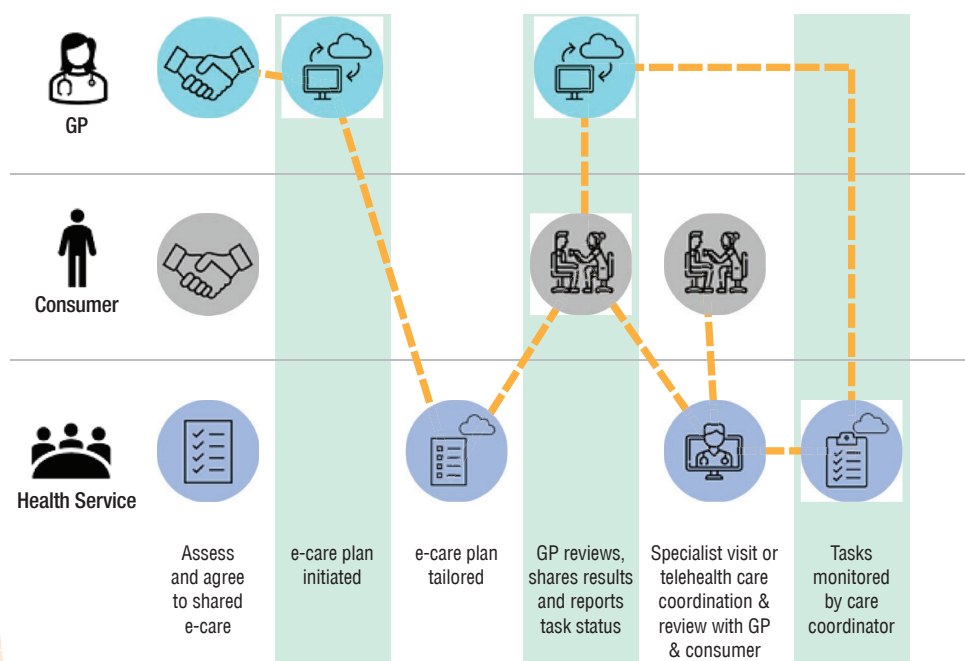
Margo Barr and Jane Taggart are leading the Primary Healthcare Informatics and eHealth stream. The following activities and achievements have been made over the last year in both Informatics and eHealth:

## E-care planning

We continued to extend our research in shared care using e-care plans to enhance information and communication exchange between Local Health District services and primary health care. We are implementing this model in both cancer shared follow-up care and the care of people living with severe mental illness. These studies include:

- » The colorectal shared e-care plan pilot which has been following-up patients after treatment for 12 months at St George Cancer Care Centre and Prince of Wales Private Oncology Service. This study is almost complete.
- » A quasi-experimental study exploring the impacts of e-care planning on colorectal and breast cancer shared follow-up care in the SESLHD. This is being funded by an Avant Foundation Grant.
- » A clozapine shared care feasibility study in the Euroa Clinic at Prince of Wales Hospital funded by the Mindgardens Neuroscience Network.
- » The SHAReD trial is exploring if the shared e-care plan improves the frequency and quality of primary and preventive care.

## Care Pathway for cancer follow-up and mental health shared care (clozapine and physical health)



## CES-P&CH

We continued to apply clinical, administrative, routinely collected datasets and contextual information to solve problems and to inform decision making for health service delivery using the CES Primary and Community Cohort and other data resources. Recent projects have included examining the use and satisfaction with telehealth during the COVID-19 pandemic and assessing inequalities in all-cause mortality for cardiovascular disease.

## Help-GP

Within the Health eLiteracy for Prevention in General Practice (HeLP GP) trial, a lifestyle app (mysnapp) was implemented as part of the HELP GP intervention. 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.

## Risk Track App

Risk Track App is a mobile app with which individuals can assess their risk for cardiovascular disease and type 2 diabetes mellitus and monitor their health behaviours. It forms part of a project between the CPHCE and the Australian e-Health Research Centre (CSIRO). We conducted usability testing and a feasibility study showing that the app is easy to use and provides valuable health information to users. The app may require adjustments to increase user engagement.

### Staff development activities

- » eHealth support and training for staff and projects
- » Webinar on Mitigating Technology Bias in Healthcare in September 2021
- » Providing staff access to Primary Health Care Clinical software and training

### Other activities

- » Member of the NSW Health Shared Care Planning Design Working Group 2021



Informatics and eHealth Stream team



## RESEARCH AND DEVELOPMENT HUBS

### South Eastern Sydney Research Collaboration Hub (SEaRCH)

The South Eastern Sydney Research Collaboration Hub (SEaRCH) is a partnership between the South Eastern Sydney Local Health District (SESLHD) and the UNSW Centre for Primary Health Care and Equity. Since its foundation, SEaRCH has focused on integrating care, enhancing chronic disease management, and addressing priority populations' health service needs.

In integrated care, SEaRCH's work with SESLHD was recognised internationally with presentations at the 21st International Conference on Integrated Care on the 'ED to Community Program: Pre-Intervention Assessment Study' and 'Implementation of the Integrated Care for People with Chronic Conditions (ICPCC) program'.

SEaRCH's continued work with priority populations involved Dr O'Callaghan's work on a Mongolian Needs and Assets Assessment for the Multicultural Health Service in SESLHD. Dr Nina El-Haddad also continued to work on the harms of water pipe programs, with plans for phase 2 completed for the ShishaNoThanks project led by the SESLHD Priority Populations Unit and funded by the Cancer Institute NSW.

SEaRCH has been involved in developing mental health literacy responsiveness of organisations as part of a Health Literacy Approach for the Mental Health Commission of NSW. UNSW is part of a consortium of universities including Swinburne University of Technology, University of Newcastle and North Coast Primary Health Network building educational resources for use in primary health care for patients with lived experience of mental health issues.

New SEaRCH projects include Supporting Impactful Communication and Engagement during the COVID-19 Pandemic with Culturally and Linguistically Diverse Communities led by Holly Seale (SPH), and NSW MHCS (UNSW); a new rapid literature review to identify equity issues in access and delivery of telehealth interventions (with HERDU); and an Aboriginal Carers project in SESLHD with AHMRC.

Translational research projects during the year included Dr Cathy O'Callaghan and A/Prof Ben Harris Roxas working together with conjoint Lisa Woodland and Ilse Blignault on a framework for preferred practices in conducting culturally competent health research in a multicultural society' in the Health Research Policy and Systems journal. This model is based on previous combined research work of the authors in cross-cultural settings. SEaRCH also participated in a Blueprint on Self Care for the federal government informed by the research undertaken in the centre about evaluating self-care tools for patients in primary health care.

In teaching, higher degree by research candidates included Dr Hester Wilson, Anna Morrell Anna McGlynn, Jinhee Kim, Jennifer McCrindle-Fuchs and David Lilley. SEaRCH continued to convene the Principles and Practice of Primary Health Care course within the School of Population Health's postgraduate coursework programs.





Graduation day in July 2021 of the CHETRE Working in Locationally Disadvantaged Communities "Learning-by-Doing" Course 2019-2021.

## CENTRE FOR HEALTH EQUITY TRAINING, RESEARCH AND EVALUATION (CHETRE)

CHETRE experienced an exceptionally good 2021. Dr. Patrick Harris re-joined the Centre as its Deputy Director and made an immediate impact on scholarly output. CHETRE realised 27 papers in peer reviewed journals.

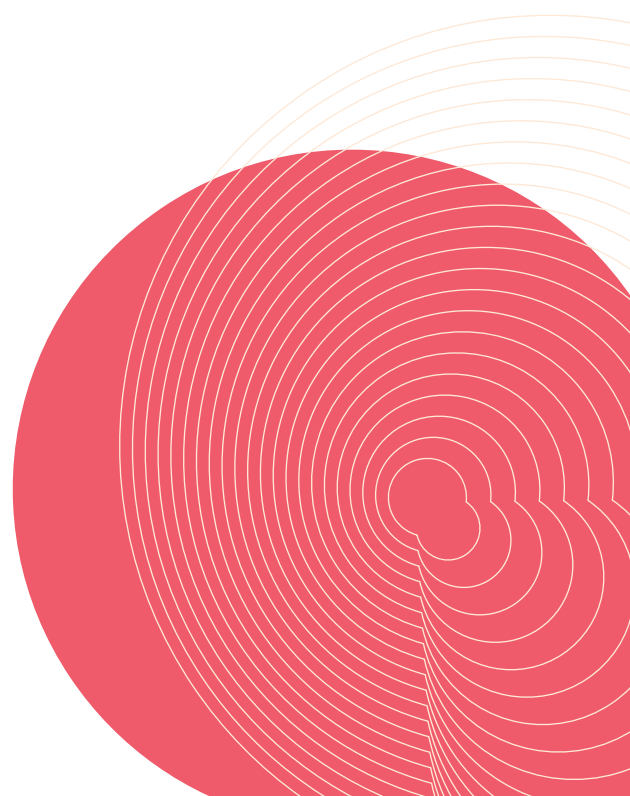
Also, the Centre was successful in attracting international competitive grants with the Canadian Institutes of Health Research. Both the Financial Strain project (with the University of Alberta) and the comparative Chief Health Officer work (coordinate from the Universities of Ottawa and York, with partners across the globe) enabled the Centre to on-board new staff and expand horizons for existing staff. Both projects are generating significant legacies.

The Financial Strain Project has also fed into the UNSW-ACOSS Poverty and Inequality Partnership. We already produced another report earlier in the year on poverty and health equity. The UNSW Social Policy Research Centre coordinates PIP, and we found an increase in other connections with these colleagues, including in CHETRE's work on housing, alcohol and gambling, and refugees.

In the latter area we were fortunate to work with SWSLHD Refugee Health to start a body of research with Dr. Zelalem Mengesha who also joined CHETRE. With staff at CPHCE and building on earlier successful efforts the aim of this programme of work is to re-establish a critical focus on and with disadvantaged populations.

Other grant success was found in CHETRE being part of the "Centre of Research Excellence for Integrated Community-Care for People with Complex Multi-morbidities" in which also SPRC and HERDU participate.

Training, teaching and capacity-building also continued in spite of the pandemic. We concluded our Learning by Doing series with a presentation and celebration in the Casula Powerhouse and supported the SWSLHD "Doing It Differently Grants Program" in Bankstown Library. Also, for the first time, Patrick Harris and Evelyne de Leeuw taught the Health Policy class to more than 60 UNSW graduate students.







CHETRE: 23 years of trying...



## HEALTH EQUITY RESEARCH AND DEVELOPMENT UNIT (HERDU)

The Health Equity Research and Development Unit (HERDU) was established in 2013 as a Sydney Local Health District (SLHD) service in partnership with the Centre for Primary Health Care and Equity. HERDU work 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.

HERDU continue their ongoing work and engagement in core areas of research, service development and education and capacity building in Sydney Local Health District. Focus areas during 2020-2021 included COVID-19 response work as well as maintaining business as usual programs of work including health literacy programs, equity interventions, Health Impact Assessments, and championing collaborative and intersectoral agendas.

HERDU is engaged in work to support Sydney Local Health District's equity-focussed response to the COVID-19 pandemic. HERDU have developed and continue to produce plans, rapid reviews, activities, equity-checks, special mapping, and guidance on equity-related impacts in relation to current and emerging vulnerable population groups, including the implementation and facilitation of the COVID-19 Vaccine roll out. These equity-focussed resources have since helped to inform local health policies, procedures and protocols. In 2021, HERDU

also developed a system to match positive COVID-19 case notifications to social housing and boarding house properties within SLHD, to enable early intervention and response. This system generates daily reports to support the districts prompt response.

HERDU is conducting a District-wide Equity Focussed Health Impact Assessment (EFHIA) to inform the District's COVID-19 recovery plans and future epidemic or pandemic responses, with the aims of assisting the SLHD to: identify potential health equity impacts, identify effective actions to reduce the likelihood of inequities, partner with consumer and community stakeholders to embed positive and evidence-based actions, identify evidence of systemic actions that can be taken by the health sector to protect vulnerable populations from pandemics and ongoing threats to health into the future.

HERDU is supporting SLHD Sydney District Nursing to develop a health literacy intervention for health service staff to communicate and engage with low health literacy clients. In 2021, co-designed education and training modules were designed, creating a formal health literacy training course for health service staff. The training course will be piloted in 2022.

HERDU have continued to collaborate on multiple projects focussing on the suburb of Waterloo. Substantial environmental changes are due to occur with the development of a



new Metro Quarter and the redevelopment of the Waterloo Estate in the next 15-20 years. In 2020, HERDU finalised a Health Impact Assessment (HIA) focusing on the potential impacts of redevelopment on psychological distress, and in 2021 have progressed with the next stages of the HIA including developing a plan to action the key recommendations and conducting an assessment of the revised 2020 proposal plans.

Led by HERDU, Equity Fest 2021 was successfully held online over three sessions (18 November, 25 November and 9 December). The theme of Equity Fest 2021 was 'The future of health equity – Learning from a pandemic', where together in partnership with communities, consumers, government and non-government organisations; participants collectively and aspirationally envisioned a more equitable future. A record-breaking 367 registrations were received, including registrations to participate in all three sessions live, and to engage with the online platform and view the recordings post-event. The sessions brought together the district and partners to build on strengths and past successes in promoting and protecting health equity, and to help shape the future of health equity in the district.

### Achievements/Highlights

- » In support of the strong partnership between Sydney Local Health District and the Centre for Primary Health Care and Equity, the District committed to a further five years of funding (2022 – 2027) for the partnership research hub in the District, HERDU.
- » HERDU is engaged in ongoing work to support Sydney Local Health District's response to the COVID-19 pandemic and associated response. HERDU have developed plans, rapid reviews, activities, equity-checks, special mapping, and provided guidance on the consideration of equity-related impacts in relation to current and emerging vulnerable population groups, including the implementation and facilitation of the Covid-19 Vaccine roll out. These equity-focussed resources have since helped to inform local health policies, procedures and protocols.
- » HERDU developed a system to match positive COVID case notifications to social housing and boarding house properties within Sydney Local Health District, to enable early intervention and response. This system generates daily reports to support the districts prompt response.
- » HERDU led the planning and facilitation of Equity Fest 2021, in partnership with local communities, consumers, government and non-government organisations, to build on strengths and past successes in promoting and protecting health equity in Sydney Local Health District. A record-breaking number of total registrations (367) were received to participate. The theme of Equity Fest 2021 was 'The future of health equity – Learning from a pandemic'.

*The HERDU team helped facilitate the Waterloo Collaborative Group workshop in March 2021 with over 30 representatives from human services agencies, NGOs and the local community.*





## RESEARCHER PROFILE

Christopher Standen, Research Fellow, HERDU

My research focuses on understanding and addressing the impacts of urban development on human health. My interest in this topic was sparked by Emeritus Professor James Weirick when I took his urban development course as part of a master's degree in environmental management at UNSW. He explained how efforts to increase mobility and travel speeds in Australian cities, coupled with inadequately regulated land use planning, have fuelled urban sprawl. Rather than giving us more freedom to access social and economic opportunities, decades of this modernist, 'predict and provide' urban planning have led to the separation of people from jobs, education, shops, services and each other, and increased dependence on private motor vehicles – with adverse consequences for health and the environment.

His teachings inspired me to apply for a PhD at the University of Sydney, investigating the social, health and economic benefits of 'slow travel', which I completed in 2018. In 2019, I joined the Health Equity Research and Development Unit (HERDU) – a CPHCE hub within Sydney Local Health District – as a part-time research fellow in applied urban development. There are numerous current and planned developments in the district, and improving health outcomes, determinants and equity is rarely at the forefront of proponents' agendas. I see my role as trying to change that – through applied research, education and collaboration.

For example, I am currently working on a study to assess and respond to the health status and needs of tenants living in the Waterloo public housing estate through the course of a proposed redevelopment into an ultra-high-density, mixed private/public estate. The topic of housing and health is of particular interest to me, having spent part of my childhood living in a cold, damp public housing flat.

Working at CPHCE has been very rewarding. My academic and professional colleagues are highly dedicated and very supportive, while being based in a Local Health District creates opportunities to translate research and knowledge into real-world health outcomes.



# TEACHING

## POSTGRADUATE MEDICINE AT UNSW MASTER OF PUBLIC HEALTH PROGRAM

Subject	Role
Prevention and Management of Chronic Disease (PHCM9129)	Margo Barr – guest lecturer Mark Harris - course convener Catherine Spooner - course convener
Inequalities, Inequities and Health (PHCM9626)	Margo Barr – course convener Amy Bestman - course convener Marilyn Wise – lecturer Ben Harris-Roxas - guest lecturer
Principles and Practice of Primary Health Care Services in the Community (PHCM9615)	Ben Harris-Roxas – course convener Cathy O'Callaghan – guest lecturer
Digital Health - Principles, Practice and Evidence (PHCM9790)	Margo Barr - guest lecturer Vera Buss - guest lecturer
Applied Research Methods for Public Health (PHCM9132)	Margo Barr - guest lecturer
Policy Studies (PHCM9381)	Patrick Harris – course convener Evelyn De Leeuw – course convener An Tran – coordinating officer
Environmental Health (PHCM9612)	Ben Harris-Roxas - guest lecturer
Global approaches to Cardiovascular Disease, Diabetes and Cancer Prevention (PHCM9786)	Freddy Sitas - guest lecturer

## UNDERGRADUATE MEDICINE AT UNSW

Subject	Role
Primary Care (MFAC3504)	Tony Bolton - assessments
Bachelor of International Public Health Capstone (PHCM3003)	Margo Barr – capstone supervisor

# PHD, INDEPENDENT LEARNING PROJECT (ILP) & MASTERS RESEARCH STUDENTS

## PHD, Independent Learning Project (ILP) & MASTERS RESEARCH STUDENTS

The Centre provides many opportunities for research students. In 2021, a total of 20 PhD students and one research master's student were enrolled in the Centre.

## PHD RESEARCH STUDENTS

Name	Thesis Title	Supervisors	Completion Year
Alana Crimeen	Healthy Airports	Robert Freestone Evelyn de Leeuw Bill Randolph	2023
Alex Richmond	Sport for Social Change and Social Enterprise for Health	Anne Bunde- Birouste Evelyn de Leeuw	2022
Anna McGlynn	Evaluation of an integrated care multi-level model of service (Future Health Leaders DrPH Program)	Ben Harris-Roxas Siaw-Teng Liaw Marianne Gale	2022
Anna Morell	Australia's rural and remote health workforce: Geographic distribution mechanisms, retention, and harnessing the power of data to support improved policymaking	Ben Harris-Roxas Glenda Lawrence John Hall	2025
David Lilley	Growing Well: Renewing Sydney's housing for health, wellbeing and equity	Evelyn de Leeuw Hal Pawson Ben Harris-Roxas	2023
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	2021
Jennie McCrindle-Fuchs	Air pollution, climate change and human health in Sydney	Donna Green Melissa Hart Ben Harris-Roxas	2024
Jinhee Kim	Healthy cities: health equity in Sydney's fastest growth area	Evelyn de Leeuw Ben Harris-Roxas Peter Sainsbury	2021
John Kurko	Physical and mental effects of urban form on human wellbeing	Paul Osmond Margo Barr Susan Thompson	2024
Jude Page	The role of visual communication tools (My Story Cards) in communication, reasoning and shared understanding	Evelyn de Leeuw	2021
Kathryn Thorburn	Improving the physical health of people with severe mental illness	Mark Harris Karen Fisher Catherine Spooner	2024
Kristina Ulm	Urban agriculture	David Sanderson Alec Thornton Evelyn de Leeuw	2024
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?	Evelyn de Leeuw Christopher Walker	2025

## PHD RESEARCH STUDENTS

Name	Thesis Title	Supervisors	Completion Year
Prince Peprah	Equitable access to primary health care	Kylie Valentine Jane Lloyd Mark Harris	2025
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	2022
Sabuj Kanti Mistry	Community health workers as navigators: improving access to preventive care	Mark Harris Elizabeth Harris	2023
Tracey Ma	Place-based policies to support health in old age	Rebecca Ivers Evelyne de Leeuw Kathleen Clapham Conrad Kobel	2022
Uday Narayan Yadav	Does a health literacy-responsive self-management intervention lead to improved self-management practices among multi-morbid COPD patients in Nepal	Mark Harris Jane Lloyd Hassan Hosseinzadeh	2021
Vera Buss	Development of risk profiling matrix for chronic diseases and preventive smartphone application	Margo Barr Mark Harris Marlien Varnfield	2022

## RESEARCH MASTERS STUDENT

Name	Thesis Title	Supervisor/ Co-supervisor	Completion
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	2021



## PHD STUDENT PROFILE

Prince Peprah, PhD candidate

I consider myself fortunate to be offered the prestigious and highly competitive Scientia PhD Scholarship and began my PhD journey in March 2020. I am being supervised by Scientia Professor Mark Harris and Adjunct Associate Professor Jane Lloyd at the Centre for Primary Health Care and Equity, and Professor Kylie Valentine at the UNSW Social Policy Research Centre. I first met this incredible team of supervisors when I started my search for a PhD opportunity at UNSW. During the process of applying for a UNSW Scientia PhD Research Scholarship, I became aware of the Centre for Primary Health Care and Equity, and its problem-solving oriented and translational research works and activities.

My PhD research focuses primarily on how primary health care services are meeting the health literacy and cultural needs of African from refugee backgrounds in Australia. The study uses in-depth interviews with primary health care providers such as general practitioners, nurses, community health workers, refugees from African nations and other key stakeholders to design a framework/model that can be used to improve service responsiveness. This research is an inter-disciplinary one and uses public health and sociology literature, concepts, and theories.

My PhD journey with the Centre for Primary Health Care and Equity has been amazing since commencement. Though Professor Mark Harris is not my primary supervisor, he has been extremely supportive and inspirational by offering me a PhD study room, linking me with key people in my field of study, providing career support mentorship, offering constructive feedback, and securing financial assistance for my data collection. Other academics and staff at the Centre for Primary Health Care and Equity are all supportive, friendly, and accommodative, which provides a good environment for learning and research. I deeply appreciate the support and opportunity offered me to learn, grow and challenge myself academically and professionally by the people at the Centre for Primary Health Care and Equity.

On a personal level, I have a background in medical geography. I use social sciences paradigms, concepts, and theories to study health related issues. I love playing and watching football. I am one of those who always love to be with families and friends for conversations and chats. The love for humanity always brings me closer to people, especially the poor, and vulnerable.

I look forward to a lasting and mutually beneficial relation with the Centre for Primary Health Care and Equity, UNSW.



# KNOWLEDGE EXCHANGE & CAPACITY BUILDING

## DISSEMINATION IN 2021 IN 2021

Name	Presenters	Date	Number of registrations
Keeping the 'co' in co-design workshop - for Mindgardens (online)	Brett Bellingham Kath Thorburn	26th Feb & 12th Mar 2021	16
Research Translation Webinar: Predictors of service use amongst people aged over 75 years in Central and Eastern Sydney	Dr Stephanie Ward	5th May 2021	25
Webinar: Mitigating technology bias in health care	A/Prof Karen Soldatic Dr Michael Kollo Di Snow Li	18th May 2021	30
Shisha No Thanks Online Forum – International perspectives on addressing the harms of waterpipe smoking	Dr Maya Romani A/Prof Becky Freeman Dr Marianne Gale	28th May 2021	105
World No Tobacco Day	A/Prof Becky Freeman A/Prof Freddy Sitas A/Prof Jackie Curtis	31st May 2021	170
What have death certificates ever done for us?	A/Prof Freddy Sitas	9th Jun 2021	33
My Story Cards & Visual Interview methods' To Centre for Social Research, UNSW	Jude Page	21st Jul 2021	45-50
Tips from an Editor Webinar	A/Prof Freddy Sitas	16th Sept 2021	20
Keeping the 'co' in co-design workshop - for Mindgardens & NHMA CAG (online)	Brett Bellingham Kath Thorburn	10th & 17th Sept 2021	14
CPHCE Annual Forum 2021 - Live Stream	A/Prof Victoria Palmer Kathryn Thorburn Shifra Waks Sabuj Kanti Mistry Dr Uday Narayan Yadav	13th Oct 2021	251
Keeping the 'co' in co-design workshop - for Mindgardens & NHMA CAG (online)	Brett Bellingham Kath Thorburn	9th & 16th Nov 2021	15
EquityFest 2021: The Future of Health Equity – Learning from a pandemic	Team of 43 Presenters Led by A/Prof Fiona Haigh & Miriam Olliek	18th Nov 2021 & 25th Nov 2021 & 9th Dec 2021	367
Keeping the 'co' in co-design workshop - for St John of God (Burwood campus)	Brett Bellingham Kath Thorburn	11th Nov & 2nd Dec 2021	20
Keeping the 'co' in co-design workshop - for St John of God (Richmond campus)	Brett Bellingham Kath Thorburn	18th Nov & 9th Dec 2021	16

# 2021 CPHCE ANNUAL FORUM

The 2021 Ian Webster Oration was delivered by A/Prof Victoria Palmer from Department of General Practice University of Melbourne who spoke on the topic of ‘If you want something new, you have to stop doing something old’ – the innovation challenge in the co-design of health services.

This was followed by three CPHCE presentations on Co-design chaired by A/Prof Éidín Ní Shé, UNSW School of Population Health. These were “Lessons learned through co-design in primary care” by Kathryn Thorburn, PhD candidate, “A codesign approach developing navigation assistance to people from Culturally and Linguistically Diverse backgrounds in general practice settings” by Sabuj Kanti Mistry, PhD candidate, and “Lessons learned through a co-design process to deliver a self-management intervention for people

with multi-morbid COPD in rural Nepal” by Dr Uday Narayan Yadav, followed by a panel discussion with Dr Anthony Brown, Executive Director, Health Consumers NSW; A/Prof Fiona Haigh, Director, HERDU/CPHCE; Prof Rebecca Ivers, Head of School of Population Health, UNSW, and Dr Peri O’Shea, Lived Experience Researcher at Social Policy Research Centre, UNSW.

The following CPHCE Annual 2021 Awards were presented: Organisational Partnership Award to the Multicultural Health Communication Service, NSW Health; Primary Care Award to Dr George Tang, Healthpac Medical Centre Hurstville; Consumer Award to Catherine O’Donnell and Individual Partnership Award to Dr Mitchell Smith, Refugee Health service, NSW Health.



# FINANCIAL

## Statement of Financial Performance

For the Year Ended 31 December 2021

	Notes	2021	2020
<b>Funds</b>			
Research Revenue		949,895	886,414
NSW Health PRSP Infrastructure funding		250,000	
Non- Research Revenue (GN001)		59,549	83,798
Donations		-726	18,492
Faculty Funds - Operating	3	918,368	937,232
Research Funding – non competitive	1	356,002	307,615
UNSW Contribution - Strategic	2		
Payment on Behalf (POB) funding		59,585	
Sundry Other Revenue		725,905	1,106,854
<b>Total Funds</b>		<b>3,318,578</b>	<b>3,340,405</b>
<b>Cost</b>			
People Costs		3,046,705	2,948,872
Scholarship Stipends		28,628	28,153
Contract & Consulting Services		324,442	87,178
Repairs and Maintenance		0	-
Consumables		3,733	18,708
Travel		5,347	8,650
Equipment			(1,553)
Entertainment		188	0
Marketing		5,362	528
Overheads		2,293	60,423
Other Expenses		18,183	10,837
Other Expenses		26,027	71,788
Internal Expense		64,959	120,714
<b>Total Costs</b>		<b>3,499,840</b>	<b>3,280,508</b>
<b>Operating result</b>		<b>(240,848))</b>	<b>59,897</b>
<b>Opening Balance</b>		<b>527,206</b>	<b>467,309</b>
<b>Closing Balance</b>		<b>286.358</b>	<b>527,206</b>

### NOTES:

1. UNSW Contribution - Competitive relates to funding awarded to CHPCE from UNSW through various competitive schemes supporting research activities and infrastructure.
2. UNSW Contribution - Strategic relates to funding provided to CHPCE 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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Please direct any inquiries regarding the Annual Report to

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Further information about the Centre for Primary Health Care and Equity can be found at [www.cphce.unsw.edu.au](http://www.cphce.unsw.edu.au).

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