

MESSAGE FROM OUR PRESIDENT

At CAPHIA, the Executive Committee is working hard to enhance the benefits to member institutions and their staff. A key part of this program of work will be influenced by our new Strategic Plan 2021 -2024. Thank you to everyone who has contributed to its development, either through your participation at the consultation sessions held early last year or through the comments and feedback on the consultation draft circulated earlier this month.

The next stage of the planning process is to turn the strategic plan into a consolidated annual work plan. I invite your views about key pieces of work you would like CAPHIA to undertake in addition to our usual program of activities by emailing caphia@phaa.net.au.

This workplan will incorporate the suggestions raised during discussions with Heads of Schools in late February 2021 at the CAPHIA Strategic Brainstorm session. This work program could include a revision of the CAPHIA competency documents over 2021 -2022, policy statements for industry advocating for public health placements and work-integrated learning, or innovative networking arrangements.

I look forward to your participation in our CAPHIA Workshop and Annual General Meeting on 23 March 2021. At CAPHIA, we are always open to listening to your ideas.

Professor Gregory Kolt

President



COMING SOON

Nominations open for
the CAPHIA Awards

in April 2021

KEY DATES

- **CAPHIA WORKSHOP DISCUSSION AND AGM - 23 March 2021**
CAPHIA business and workshop discussion on key public health teaching and research issues. To RSVP (if you have not already), please email caphia@phaa.net.au
- **Mentoring Webinar – 22 March 2021; 1:30pm – 2:30pm** to rsvp please email caphia@phaa.net.au
- To nominate for the [CAPHIA mentoring program](#) please go to: <https://www.surveymonkey.com/r/VX3BL3L>. Applications close 23 March 2021.
- **The [Social Media Internship](#)** provides member institutions with the opportunity for their students to receive on the job experience in using social media platforms. Applications are open now. The timeframe for applications has been **extended until 5pm 30 March 2021**. Applicants are required to complete the application form: <https://www.surveymonkey.com/r/VMHDR9D>
And email their resume to CAPHIA@phaa.net.au

The Public Health Effects of Climate Change

Free interactive webinar with Professor Peng Bi

University of Adelaide, School of Public Health



CAPHIA was pleased to award Professor Peng Bi, the President's award for his research into the public health effects of climate change in 2020. Professor Bi leads the Vulnerable Community Research Network in which he works closely with local communities to achieve climate change and health adaptation activities.

His current work includes the likely effects of climate variability on infectious diseases, risk factors for heat-related illness, the effect of climate variability on population mortality and morbidity, and the effects of climate change on mental health and economic productivity.

To join this free interactive webinar please log into zoom on **20 April 2021, 1:30pm - 2:30pm (AEST)** Join Zoom Meeting:

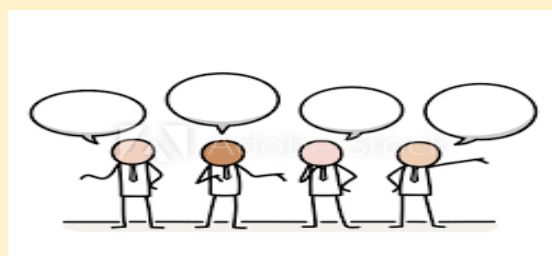
<https://zoom.us/j/96571034786?pwd=OC96SkJCT0hUTFB4RFVxcE1GMjd2UT09>

Meeting ID: 965 7103 4786 Passcode: 701542

CAPHIA's ADVOCACY IN ACTION

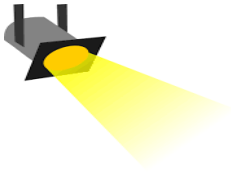
On 10 March 2021, CAPHIA met with Ms Danielle Donegan, Assistant Secretary, Tertiary Policy in the Department of Education, Skills and Employment. During this discussion, Ms Donegan briefed on the current priorities of her branch, including the professional pathways work that is being implemented as part of the Job-Ready Graduate Package of reforms. This package will create up to 30,000 new university places and 50,000 new short course places and provide additional support for students in regional and remote Australia.

It was agreed that CAPHIA would continue to liaise with Tertiary Policy Branch's Stakeholder Engagement team. Ms Donegan welcomed CAPHIA feedback.



If you would like to contribute your views into this important discussion, please provide your comments via the link below:

<https://www.surveymonkey.com/r/JPM77GW>



Gut Health Matters Participants needed for study in IBS

By: Tina Yan, Professor Amanda Devine, Dr Lesley Andrew, Dr Ian Dunican, Edith Cowan University

It is common for people with Irritable Bowel Syndrome (IBS) to experience an impact to their lives due to the severity of the symptoms associated with IBS.

These include recurrent abdominal pain, constipation and/or diarrhoea, poor sleep, stress, worry, anxiety, and depression.

For symptom management, many people with IBS follow a diet low in specific components known as FODMAP

(fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) found in some foods. High FODMAP foods include various vegetables and fruits, such as garlic, onion, broccoli, mushroom, watermelon, stone fruit, honey, rye, and wheat-based products.

Research has shown that a diet low in FODMAP also has side-effects. It can negatively impact gut microbiota by reducing total bacterial abundance since these ingredients provide the prebiotic fibre that is usually fermented by the microbiota and provides an energy source for gut-living microbes.

The gut health research team from Edith Cowan University is conducting a cutting-edge research study to determine if Fibre-fix, a combination of dietary fibres, can solve the problem among people with IBS. In this study based in Perth, Australia, participants are given 3-weeks of fibre supplements. Their diet, sleep, and mental health are scientifically monitored. The [study protocol](#) for this research has been published in BMJ Open Gastroenterology.

This is the first study to investigate the use of a dietary fibre supplement and sleep among people with IBS. Currently, 22 participants have completed the study protocol. The research team are seeking to recruit 40 more. This is where you can help, please share this with your network and help us recruit people with IBS so we can tackle the challenges with the IBS community.

For more information or to express an interest in the study please visit ECU study website at: <https://bit.ly/3bxUNJC> or contact Tina Yan at r.yan@ecu.edu.au

