e-news Volume 7 – September 2013

From the Director

Dear Colleagues,

Welcome to the latest edition of the Baker IDI Central Australia e-newsletter which provides a timely opportunity to let you know about our upcoming ‘Heart of the Centre’ educational symposium in Alice Springs which will focus on the management of people with cardiovascular disease. In addition, we are pleased to host a public lecture by well-known businessman, political strategist and Indigenous advocate, Mr Warren Mundine.

I would also like to update you on some of our research projects and to let you know about two other key events involving Baker IDI later this year, including the World Diabetes Congress in Melbourne and the 2013 Australasian HIV& AIDS conference in Darwin.

I hope you find this newsletter informative and I look forward to continued discussions with you on important healthcare issues that you and your colleagues face in Central Australia.

Professor Garry Jennings, Director, Baker IDI

Heart of the Centre Educational Symposium, 3-4 October, Alice Springs
Baker IDI will hold its annual educational symposium in Alice Springs in early October, focussing on the impact of chronic diseases in Aboriginal communities, in particular, cardiovascular disease and its complications. It will explore chronic disease from a holistic perspective. **Venue:** Double Tree by Hilton, Alice Springs. Registration is free but essential. To register, please [click here](#). For further information, contact the symposium coordinator on 1300 728 900.

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**Baker IDI Central Australia Oration - A Public Lecture by Mr Warren Mundine**

The Alice Springs community is invited to attend a public lecture by Mr Warren Mundine on Friday, 4 October at 6.30pm. The aim of the lecture is to encourage thoughtful debate about themes and topics important to health, with a particular focus on Aboriginal and Torres Strait Islander peoples’ health. Mr Mundine will discuss his vision on education, land rights, social services and health matters as they pertain to Aboriginal and Torres Strait Islander communities. **Venue:** Double Tree by Hilton, Alice Springs. **Registration is free but essential.** To register, please [click here](#). For further information, phone 1300 728 900.

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**Specialist Training Program in Alice Springs**

We have recently received notification of our successful joint application for a Commonwealth-funded Specialist Training Post in Endocrinology/General Medicine. From 2014, two registrars will be jointly appointed by Baker IDI Central Australia and the Alice Springs Hospital. These positions will contribute to the Hospital’s inpatient services, Baker IDI's diabetes outreach service as well as relevant research projects.

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**Aboriginal and Torres Strait Islander research projects**

Below is a brief update on just a few of the many projects that Baker IDI is working on:

**Assessment of physical activity in Aboriginal and Torres Strait Islander people**

This collaboration between Baker IDI, James Cook University and Apunipima Cape York Health Council seeks to understand the amount of physical activity and sitting time of Aboriginal and Torres Strait Islander study participants in northern Queensland in Cairns and Yarrabah. Over 100 participants have been asked to wear an accelerometer (for recording the duration and intensity of all ambulatory activity) and to keep a record of their physical activities and sleeping over a seven-day period. The study findings will be compared to known data for non-Indigenous Australians and will be used to make recommendations for developing and evaluating interventions to enhance physical activity in order to reduce risk of chronic disease.

**Supporting Better Diabetes Care in the Centre, Clinical Outreach Service**

From 2010 to 2013, Baker IDI has delivered diabetes outreach services to 10 remote Aboriginal communities in Central Australia under the name ‘Supporting Better Diabetes Care in the Centre’. The project has been successful in receiving another three years of funding, allowing our endocrinologists and diabetes nurse educators to continue their clinical visits to these populations that experience high rates of diabetes. Head of Baker IDI's Diabetes Services, A/Prof. Neale Cohen is the specialist lead for this project. In order to ensure we are meeting the needs of patients, clinicians and communities we are also undertaking a detailed evaluation of the service. This will also ensure the development of systems for ongoing service evaluation and refinement.
Research Grant Announcements


Upcoming events of interest

- **2013 Australasian HIV & AIDS conference** in Darwin (21-23 October). Baker IDI Central Australia's Deputy Director James Ward is the Local Convenor and an Invited Speaker for this year's conference. One of the major themes of the conference is to examine the experiences of Aboriginal and Torres Strait Islander people affected by HIV.

- **World Diabetes Congress, Melbourne** (2-6 December). Baker IDI's Professor Paul Zimmet is the Chair of the Scientific Program for this event, which is expected to attract more than 12,000 delegates. The Congress incorporates a stream focused on Diabetes in Indigenous Peoples, with a range of national and international speakers. The full scientific program is now available online. Register before September 20 and save 21%.

Links to reports, media or publications of interest

- The results of the 12-year follow-up of the Australian Diabetes, Obesity and Lifestyle study (AusDiab) were released on August 19 and are now available on the Baker IDI website. This groundbreaking study, conducted by Baker IDI, examines the incidence of diabetes and its complications, as well as high blood pressure, heart and kidney disease. Click here for details.

- A reminder that updated Australian guidelines for the prevention, diagnosis and management of Acute Rheumatic Fever and Rheumatic Heart Disease were released in 2012, with an iphone and ipad app available. Click here for details.

- Earlier this year, an article in The MJA titled ‘social media: new links for Indigenous health’ highlighted how the Indigenous health sector in Australia has been at the forefront of innovative use of social media for advocacy, public health promotion and community development.