

# 2023 Annual Report



## Acknowledgement of Country

We pay our respects to those First Nations lands and Elders where our research takes place, the Yugara and Turrbal in Meanjin.

We recognize First Nations peoples as the first scientists, the first teachers, the first healers, the first researchers, the first nutritionists and the first custodians of the land. We acknowledge that sovereignty was never ceded. We express our gratitude for the Uluru Statement from the Heart and add our voices to the call for the establishment of a First Nations voice enshrined in the Constitution.

## Acknowledgement of Lived Experience

We recognise the lived experience of those who live with disadvantage and trauma in all its forms. We are grateful for the lived experience expertise that informs our research, service design and practice.

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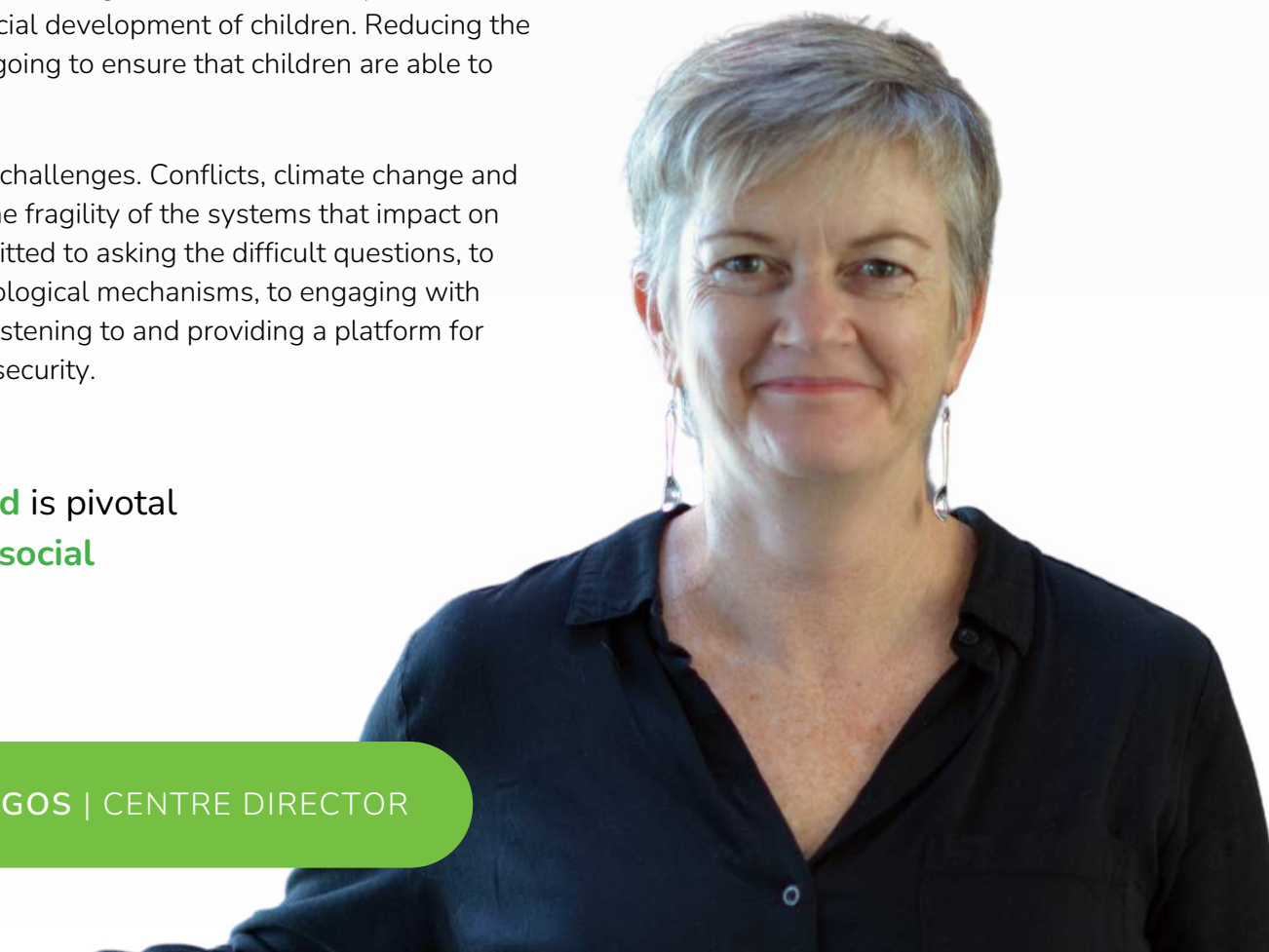


# From the Director

Its been another big year for the Centre for Childhood Nutrition Research. You will note a change in our branding and while Woolworths is no longer in the name of the Centre we continue to extend our gratitude to the staff and customers who donated to ensure that we can improve the nutrition and outcomes for Queensland children. This year we pondered our theory of change and why we are focussed on food to improve children’s outcomes and how we can convince others. While still a work in progress, the message we need to convey is that food is pivotal to the physical, cognitive and social development of children. Reducing the barriers to consuming nutritious food is going to ensure that children are able to reach their full potential.

This year has also been a year of global challenges. Conflicts, climate change and cost of living rises have demonstrated the fragility of the systems that impact on the health of children. We remain committed to asking the difficult questions, to building the science that explains the biological mechanisms, to engaging with children with chronic conditions and to listening to and providing a platform for families with lived experience of food insecurity.

“We need to convey is that **food** is pivotal to the **physical, cognitive** and **social** development of children.”



PROFESSOR DANIELLE GALLEGOS | CENTRE DIRECTOR

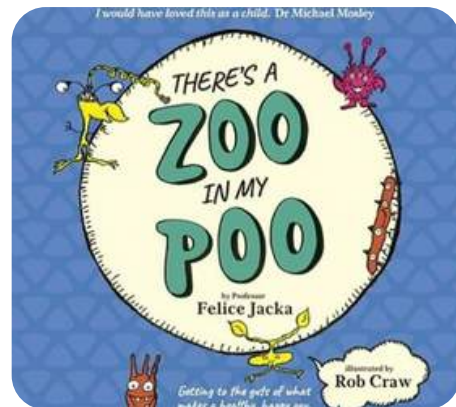
## Centre Members

- **DIRECTOR**  
Professor Danielle Gallegos
- **STRATEGIC LEADERSHIP GROUP**  
Professor Nikhil Thapar  
Associate Professor Severine Navarro  
Kate Kruger
- **EXTERNAL ADVISORY GROUP**  
Aimee McVeigh  
Emeritus Professor Lynne Daniels  
Emeritus Professor David Crawford  
Damon Mudge
- **RESEARCH FELLOWS**  
Dr Kimberley Baxter  
Dr Sabine Baker  
Dr Heena Akbar  
Dr Jeremy Kerr  
Dr Rebecca Byrne  
Dr Smita Nambiar-Mann  
Dr Agnieszka Malczewski  
Dr Yan Lu  
Dr Athena Andreosso  
Dr Helen Vidgen  
Dr Lee Wharton  
A/Prof Toby Pavey
- **PHD STUDENTS**  
Susannah Ayre  
Jeffrey So  
Sophie Wright-Pedersen  
Tina Gingell  
Amanda Taylor  
Bree Whiteoak  
Jessica Cheers  
Juciliane Haidamak  
Prarthna Gopalakrishnan  
Bhaskaran  
Madeleine Rogers  
Rina Kumar
- **CENTRE COMMS & DIGITAL MEDIA**  
Carta Steenstrup

# 2023 Highlights

## THE GUT'S ROLE IN CHILDHOOD ILLNESS: A FAMILY EVENT

Families learnt how to give their child the best start in life from three of Australia's leading microbiome researchers including CCNR's Associate Professor Serverine Navarro



Some lucky families took home a signed copy of 'There's a Zoo in my Poo' by Professor Felice Jacka OAM. This children's book takes the taboo out of poo and encourages kids to eat well.

## ISPNBA CONFERENCE

The team presented with Danielle Gallegos, two post-docs (Sabine Baker, Kim Baxter) and three PhD students (Tina Gingell, Sophie Wright-Pederson, Jeffrey So) presenting a symposium, three oral papers and three posters.



LET'S COME TOGETHER TO #ENDCHILDHUNGER

The Art of Co-design is a product of the Co-design Project under the Public Health Stream. The book was released in Europe and England in November 2023. It will be released across Australia and the United States in April 2024.



## THE ART OF CO-DESIGN

It will be available via Amazon, Dymocks, Barnes and Noble, Angus & Robertson, Walmart and other books stores. Kerr, J., Cheers, J., Gallegos, D., Blackler, A. & Kelly, N. (2023). The Art of Co-Design: A Guide to Creative Collaboration. BIS Publishers.



The CCNR team attended the International Society for Behavioural Nutrition and Physical Activity (ISPNBA) Conference in Uppsala, Sweden in June where there was an international audience with over 1300 delegates.

3 Awards



11 PhD Students supervised



27 papers published



37 presentations at conferences and events




Special congratulations to Tina Gingell for being one of the highest scoring presenters with her impactful poster presentation on "Connecting with Cultural Foods: Exploring food security among people from refugee backgrounds."





Social media engagement increased by 26 %


# Priority Areas


The CCNR has a commitment to translating research into practical, accessible outcomes. The impact on child health outcomes will include:

- 

Building nutrition, food and feeding knowledge as well as changing school environments to increase the consumption of healthy foods
- 

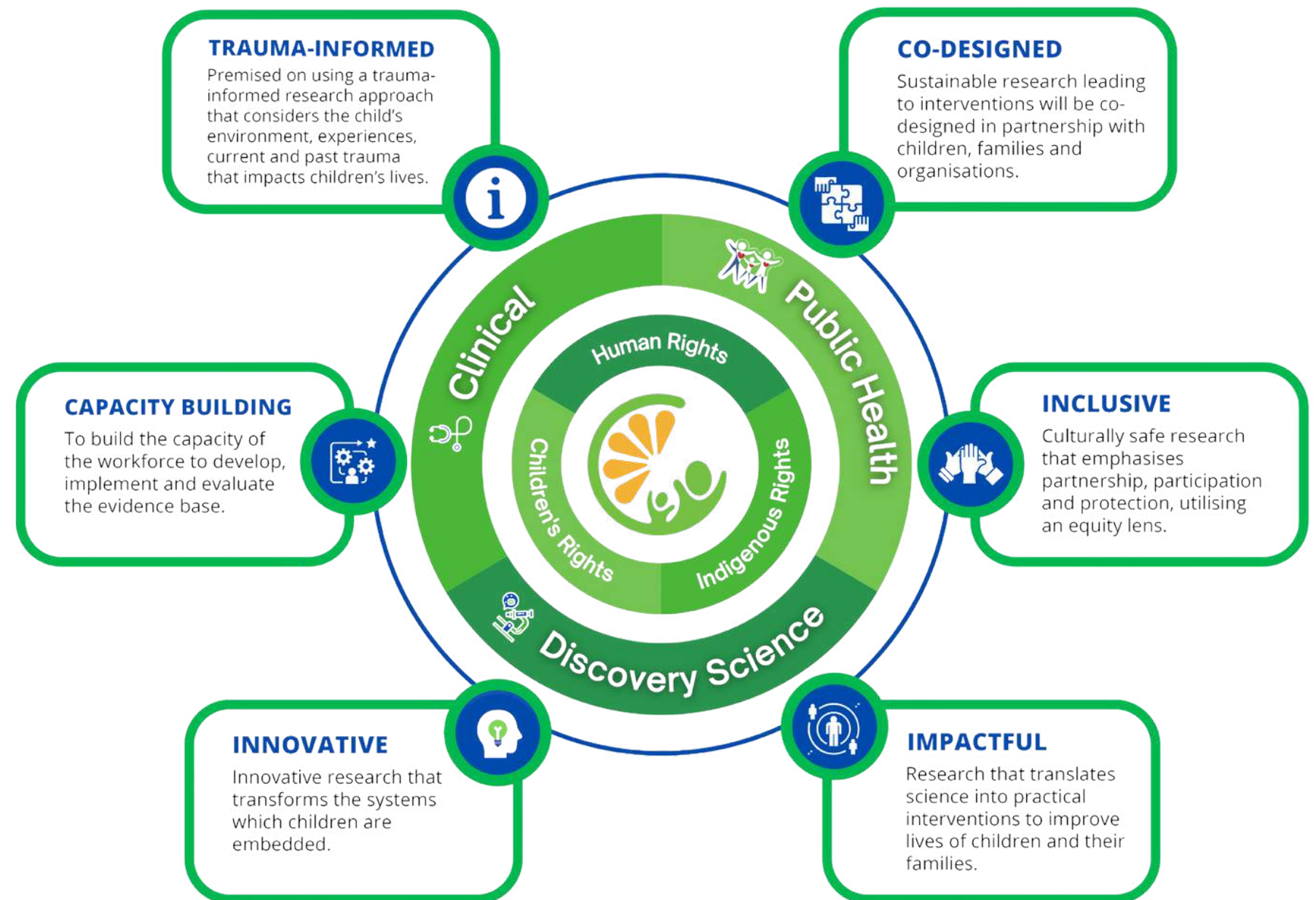
Improving the access to healthy food choices for families who are struggling to put food on the table
- 

Understanding maternal and child microbiomes & how they impact on physical and mental health leading to potential therapeutic interventions
- 

Enhanced capacity and capability of families, healthcare professionals, welfare agencies, educators and children to facilitate food security and healthy nutrition
- 

Building affordable, accessible evidence-based dietary interventions for children living with chronic gastrointestinal conditions

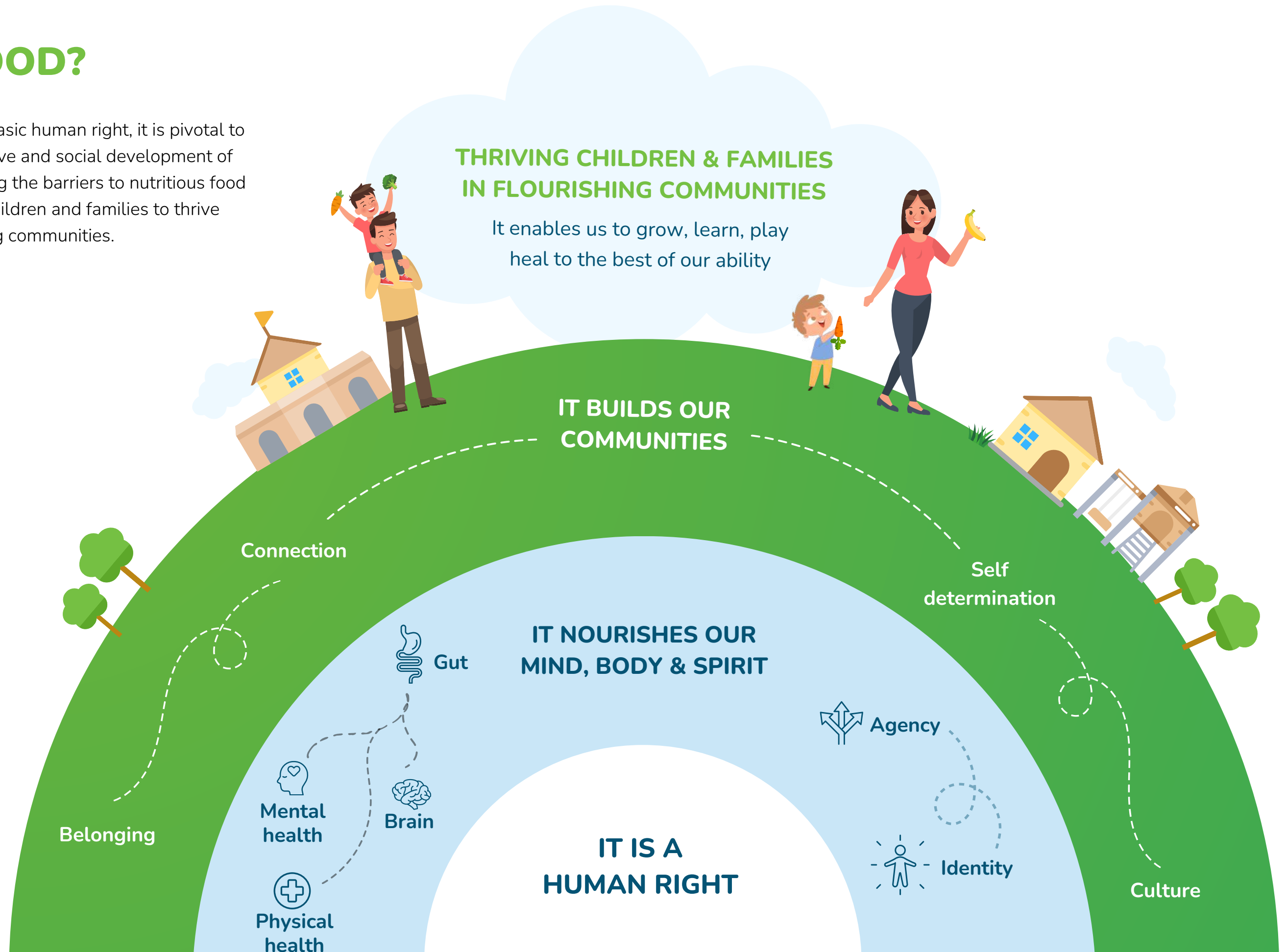
# Strategic Framework



\*Appendix 2 for full overview of our research

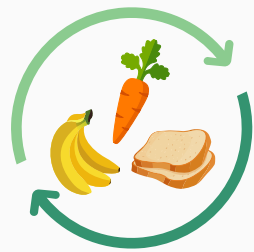
## WHY FOOD?

Food is not only a basic human right, it is pivotal to the physical, cognitive and social development of children. By reducing the barriers to nutritious food we can empower children and families to thrive and build flourishing communities.



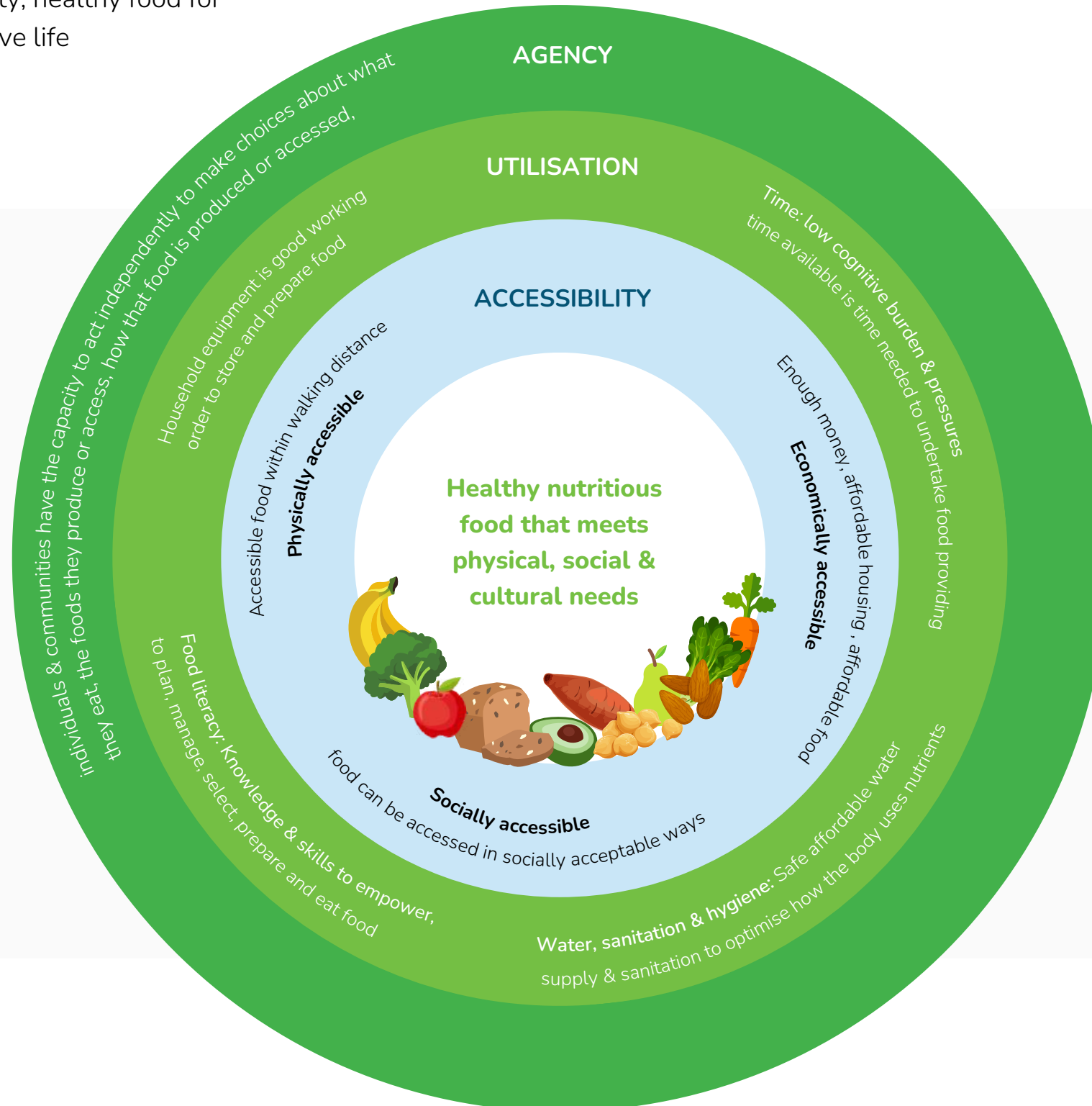
# Food & Nutrition Security

Means you are certain & confident about your ability to obtain food. It means you have enough high quality, healthy food for you and your family to live a healthy & active life



## SUSTAINABLE

A sustainable food system is environmentally, economically & socially sustainable to meet the food needs of the present population without compromising the food needs of future generations



## STABLE

Availability & utilisation is stable & ensured despite shocks including the effect of:

- Climate change
- Civil conflict
- Economic crisis
- Interpersonal violence
- Health events

# Theory of Change

A work in progress, our Theory of Change illustrates our vision for the future and what we are doing to facilitate that change. CCNR prioritises lived experience for research, service design and knowledge translation to optimise food security for children, young people and Families in all forms where they live, learn, work, play and heal.

## OUR CORE VALUES



Integrity



Humility



Courage



Equity





# Presentations

**Ayre, S.**, White, M., Harris, H., & Byrne, R. (2023, March). A table for two please: Feeding in families with siblings. [Invited Virtual Presentation]. Psychology of Eating in Adults and Children (PEACH) Research Seminar, Birmingham, United Kingdom.

Middleton, G., Litterbach, E., Le Moal, F., & **Ayre, S.** (2023, March). Are we overthinking family meals? 5 realistic tips to ease the pressure. [Article]. The Conversation. <https://theconversation.com/are-we-overthinking-family-meals-5-realistic-tips-to-ease-the-pressure-200731>.

**Gallegos, D., Baker, S. \***, Parsell, C. (2023, September). Food is not the solution to food insecurity-policy approaches to Household Food Security. [Oral Presentation]. Australian Social Policy Conference, Canberra, Australia.

**Baker, S. \***, **Gallegos, D.** (2023, June). Politicians, stop putting people in survival mode!' Preferred solutions to food insecurity identified by families with a lived experience. [Oral Presentation]. The International Society of Behavioral Nutrition and Physical Activity Conference, Uppsala, Sweden.

**Baxter, K.** (2023, October). Health in Preconception, Pregnancy and Postpartum; Use of Design Thinking to develop a responsive feeding program for food-insecure families with young children: What do parents want?. [Oral Presentation]. EMR Collective Conference, Brisbane, Australia.

**Baxter, K.** (2023, June). Design Thinking Process to develop a Digital Microlearning Responsive Feeding Intervention for Australian Families experiencing Food Insecurity: Eat, Learn, Grow. [Oral Presentation]. The International Society for Behavioural Nutrition and Physical Activity Annual Conference. Uppsala, Sweden.

**Baxter, K.** (2023, May). Responsive Feeding in Tough Times: Collaborating with parents. [Oral Presentation]. Early Prevention of Obesity in Childhood (EPOCH), Brisbane, Australia.

**Byrne, R. & Baxter, K.** (2023, May). A Sunny Start: Growing a Healthier Future for Queensland: Using digital microlearning to promote the use of responsive feeding practices in families experiencing food insecurity. [Oral Presentation]. Child & Youth Clinical Network (QCYCN) Forum, Brisbane, Australia.

**Baker, S. & Gallegos, D.** (2023). 'Everyone's plate is a different size'. Drawing on lived experience to inform solutions to food insecurity. ECR showcase presentation, Australasian Human Development Association

**Gallegos, D.** (2023, September). Equitable nutrition for every Australian Child: Fact or Fiction. Gastroenterology Society of Australia, Conference. [Online Presentation]. Brisbane, Australia.

**Gallegos, D. & Baker, S.** (2023, October). Hearing, Listening and Sharing: Experts in Food Insecurity. [Online Presentation]. World Critical Dietetics Conference, online.

**Gingell, T.** (2023, June). Connecting with Cultural Foods: Co-designing data collection methods with community members with lived refugee experiences. [Oral Presentation]. The International Society for Behavioural Nutrition and Physical Activity Annual Conference. Uppsala, Sweden.

**Gingell, T.** (2023, June). Connecting with Cultural Foods: Exploring food security among people from refugee backgrounds. [Poster presentation]. The International Society for Behavioural Nutrition and Physical Activity Annual Conference. Uppsala, Sweden.

**Gingell, T.** (2023, May). Connecting with cultural foods "It is human work": Exploring community roles that facilitate cultural food security for people from refugee backgrounds. [Oral Presentation]. A culture of care: Multicultural health symposium, Brisbane, Australia.

**Ilich, A.** (2023, October). Mechanisms of Tolerance Induction with the Hookworm Protein AIP-2. Oral Presentation]. Queensland Immunology Networking Symposium Translational Research Institute, Brisbane, Australia.

**Kerr, J.** (2023, November). Giving voice to their experiences: A strength-based, trauma informed approach to co-design. [Invited presentation]. Elevate Community of Practice: 2023 Improvement Forum, Brisbane, Australia.

**Navarro, S.** (2023, October). Queensland Immunology Networking Symposium, Brisbane, Australia.

**Navarro, S.** (2023, August). Immunology Group of Victoria Annual Scientific Meeting [Invited Speaker] Victoria, Australia.

**Navarro, S.** (2023, September). Early life modulation of tolerance and development of immunotherapeutic to enhance regulatory T cell activity. [Oral Presentation]. QUT's School of Biomedical Sciences Seminar Series. Brisbane, Australia.

**Navarro, S.** (2023, June). Queensland researchers find potential cure for asthma. So how would it work? ABC Radio interview. Brisbane.

**Navarro, S.** (2023, April). New Investigator Symposium. [Session Chair]. Australian Paediatric Immunotherapy Conference, Brisbane, Australia.

**Navarro, S.** (2023, June). John MacKenzie chats with Associate Professor Severine Navarro, Team Head of Mucosal Immunology at QIMR Berghofer Medical Research Institute, about groundbreaking trials of a new treatment for asthma sufferers. Morning with John MacKenzie. [Podcast interview], Brisbane, Australia. [Link](#)

**So, T.H.J.** (2023, June). Perceptions and feeding experiences of Australian fathers of young children while living with disadvantage. [Oral presentation]. The International Society of Behavioral Nutrition and Physical Activity Conference, Uppsala, Sweden.

**So, T.H.J.** (2023). Food insecurity prevalence and feeding experiences of Australian fathers of young children while living with disadvantage. [Oral Presentation]. Research Education Seminar, Brisbane, Australia.

**So, T.H.J.** (2023). Mealtime is important: Food insecurity and feeding experiences of Australian fathers of young children while living with disadvantage. [Oral Presentation]. Empowering Nutrition Research in Children's Health Symposium, Brisbane, Australia.

**Thapar, N.** (2023, April). We weren't entirely sure of the plan: Caregivers' experiences and recommendations of having a child with a temporary feeding tube. [Lightning Talk]. The Feeding Matters' International Pediatric Feeding Disorder Conference (IPFDC), Brisbane, Australia.

**Thapar, N.** (2023, May). Update on research on enteric ganglia with options for future therapy. [Oral Presentation]. The 8th UKPCG Meeting, London, UK.

**Thapar, N.** (2023, September). Are we ready for artificial organs? [Oral Presentation]. World Congress on Pediatric Neurogastroenterology and Motility, Columbus, Ohio, USA.

**Thapar, N.** (2023, October). Approach to DGBI: Brain-Gut Axis, Evaluation/Testing Modality. [Oral Presentation]. The 6th Congress of the Asian Pan-Pacific Society for Pediatric Gastroenterology, Hepatology and Nutrition (APPSPGHAN), Seoul, Korea.

**Thapar, N.** (2023, December). The Enteric Nervous System in disease: how much do we really know? [Oral Presentation]. Australasian Neuroscience Society Conference, Brisbane, Australia.

**Whiteoak, B., Navarro, S., Dawson, S.L., Callaway, L., de Jersey, S., Eley, V., Evans, J., Kothari, A., & Gallegos, D.** (2023, September). Hidden Hunger in Pregnancy: A pervasive problem with long-lasting impacts. [Online Presentation]. PHAA Australian Public Health Conference 2023.

**Wright-Pedersen, S.** (2023, June). Kids to the Front: Children's perspectives of their food practices. [Oral Presentation]. The International Society for Behavioural Nutrition and Physical Activity Annual (ISBNPA) Conference. Uppsala, Sweden.

**Wright-Pedersen, S.** (2023, June). The extent and nature of children's participation in investigations of food practice determinants: a scoping review [Poster Presentation]. The International Society for Behavioural Nutrition and Physical Activity Annual Conference. Uppsala, Sweden.

**Wright-Pedersen, S.** (2023, July). Foodies in the Field: Promoting Public Health Nutrition Through A Podcast. [Oral Presentation]. The Dietitians Association Conference in Melbourne, Australia.

**Wright-Pedersen, S.** (2023, July). What happens when we bring kids to the front of food conversations. [Poster presentation]. The Dietitians Association Conference in Melbourne, Australia.

**Wright-Pedersen, S.** (2023, August). Amplifying children's voices to give direction to contemporary nutrition care. [Oral Presentation]. The Empowering Nutrition Research in Children's Health (ENRICH), Brisbane, Australia.

**Wright-Pedersen, S.** (2023, November). Kids to the Front: Children's perspectives of their food practices [Oral presentation]. Queensland University of Technology, School of Exercise and Nutrition Science Higher Degree Research presentation day, Brisbane, Australia.

## Publications

**Akbar, H. G., Gallegos, D.,** Te Kani, A. W., Anderson, D., & Windsor, C. (2023). Towards collective community education: Pasifika diabetes health forums in Southeast Queensland, Australia. *AlterNative: An International Journal of Indigenous Peoples*, 11771801231196777.

**Ayre, S.,** Harris, H., White, M., & **Byrne, R.** Food parenting practices and child eating behaviours in Australian families: A cross-sectional sibling design. *J Acad Nutr Diet*. 2023. [In press].

**Ayre, S.,** White, M., Harris, H., & **Byrne, R.** 'I'm having jelly because you've been bad!': A grounded theory study of mealtimes with siblings in Australian families. *Matern Child Nutr*. 2023;19(2):e13484. (Q1, FWCI=8.05). Sustainable Development Goals mapped to this document: Goal 3, Good health, and well-being)

**Baxter, K.A., Nambiar, S.,** Robyn Penny., **Gallegos, D., & Byrne, R.** Food insecurity and feeding experiences among parents of young children in Australia: an exploratory qualitative study. Under review.

**Baxter, K.A., Kerr, J., Nambiar, S.,** Penny, R., Laws, R., **Gallegos D, Byrne R.** Design Thinking with Co-design to develop a Responsive Feeding Intervention for Australian Families vulnerable to Food Insecurity: Eat, Learn, Grow. [Under review].

**Baxter, K.A., Nambiar, S., So, T.H.J., Gallegos, D., & Byrne, R.** (2023). Parental Feeding Practices in Families Experiencing Food Insecurity: A Scoping Review. *Int J Environ Res Public Health*. 2022 May 5;19(9):5604.

Chanpong, A., Borrelli, O., & **Thapar, N.** (2023). The Potential Role of Microorganisms on Enteric Nervous System Development and Disease. *Biomolecules*, 13(3), 447.

Elliott, K., Goris, J., Irwin, C., Kirkegaard, A., Frazer-Ryan, S., Philipson, A., **Gallegos, D., & Byrne, R.** (2023). Nurturing children where it is needed: Towards equity-driven nutrition investment to help children thrive in early childhood education and care settings. *Proceedings of the Nutrition Society*, 82(OCE2).

**Gallegos, D.,** Booth, S., Pollard, C. M., Chilton, M., & Kleve, S. (2023). Food security definition, measures and advocacy priorities in high-income countries: a Delphi consensus study. *Public Health Nutrition*, 1-11.

**Gallegos, D.,** Durham, J., Rutter, C., & McKechnie, R. (2023). Working towards the Active Participation of Underrepresented Populations in Research: A Scoping Review and Thematic Synthesis. *Health & Social Care in the Community*, 2023.

Gatton, M. L., & **Gallegos, D.** (2023). A 5-year review of prevalence, temporal trends and characteristics of individuals experiencing moderate and severe food insecurity in 34 high income countries. *BMC Public Health*,23(1), 2215.

Gebremariam, K. T., Mulugeta, A., & **Gallegos, D.** (2023). Co-design and implementation of a mHealth intervention targeting fathers and mothers to improve breastfeeding. *BMC Medical Informatics and Decision Making*, 23(1), 1-7.

**Gingell, T.,** Eltahir, N., Pe, E., Murray, K., Correa-Velez, I., & Gallegos, D. (2023). Food Security for People with Lived-Refugee Experiences is Interrelated with Culture and Mental Health: Perspectives from Workers Supporting the Settlement Journey in Australia. *Health & Social Care in the Community*, 2023.

Hanna, K., Cross, J., Nicholls, A., & **Gallegos, D.** (2023). The association between loneliness or social isolation and food and eating behaviours: A scoping review. *Appetite*, 107051.

**Kerr, J., Cheers, J., Gallegos, D.,** Blackler, A. & Kelly, N. (2023). *The Art of Co-Design: A Guide to Creative Collaboration*. BIS Publishers.

Mai, T. M. T., Tran, Q. C., Nambiar, S., **Gallegos, D., & Van der Pols, J. C.** (2023). Dietary patterns and child, parental, and societal factors associated with being overweight and obesity in Vietnamese children living in Ho Chi Minh city. *Maternal & Child Nutrition*, e13514.

Moore, J., **Navarro, S.**, McCarthy, K., Rashid, R.B., Phipps, S., Amoako, A., Callaway, L., & Eley, V. (2023). State of the art: Intrapartum antibiotics in cesarean section, the infant microbiota and allergic diseases. *Acta Obstet Gynecol Scand.*102(7):811-820. doi: 10.1111/aogs.14577.

Pescarin, M., Day, H., **Thapar, N.**, Jackman, L., Saliakellis, E., Lindley, K. J., ... & Borrelli, O. (2023). Optimizing nutrition IN pediatric intestinal pseudo-obstruction syndrome. *Neurogastroenterology & Motility*, e14562.

Rajindrajith, S., Devanarayana, N. M., **Thapar, N.**, & Benninga, M. A. (2023). Myths and misconceptions about childhood constipation. *European Journal of Pediatrics*, 1-12.

Rajindrajith, S., Hathagoda, W., Ganewatte, E., Devanarayana, N., **Thapar, N.**, & Benninga, M. (2023). Imaging in pediatric disorders of the gut-brain interactions: current best practice and future directions. *Expert Review of Gastroenterology & Hepatology*. [just-accepted].

Rebuli, M., Baker, S., Fraser, J., Chelberg, G., **Wright-Pedersen, S.**, **Gallegos, D.**, & Mahoney, R. (2023). Household Food Insecurity Screening for Aboriginal and Torres Strait Islander People. Scoping review exploring availability, usability, delivery, and barriers to screening social determinants of health and food security in Aboriginal and Torres Strait Islander communities. CSIRO report.

Roberts, S. E., Morrison-Rees, S., **Thapar, N.**, & Williams, J. G. (2023). Incidence and prevalence of eosinophilic oesophagitis across Europe: A systematic review and meta-analysis. *United European Gastroenterology Journal*.

**So, T.H.J.**, **Nambiar, S.**, **Byrne, R.**, **Gallegos, D.**, & **Baxter, K.**: “You just have to spread it thin”: Perceptions and feeding experiences of Australian fathers of young children living with disadvantage. *Appetite*.

Straand, J.J., **Baxter, K.A.**, & Følstad, A. (2023) Remote user participation: Navigating the Post-COVID research landscape for more inclusive design. [Under review].

Tan, J., **Navarro, S.**, & Macia, L. (2023) Editorial: Deciphering host-gut microbiota communication in immunity and disease. *Front. Nutr.* 10:1178039. doi: 10.3389/fnut.2023.1178039

Taylor, A. J., **Baker, S.**, & **Gallegos, D.** (2023). Intersection of food insecurity and moral experiences of those involved in paediatric healthcare: A scoping review of child, caregiver and healthcare provider perspectives. *Journal of Child Health Care*, 27(2), 224-242.

**Wright-Pedersen, S.**, **Vidgen, H.**, **Abigail Badejo, F.**, & **Gallegos, D.** (2023). The extent and nature of children’s involvement in food practice research: A scoping review of qualitative studies. *Public Health Nutrition*, 1-13. doi:10.1017/S1368980023001891 (Q1 Scimago (Medicine, Miscellaneous), Q2 Nutrition & Dietetics; and Public Health)

## Paper Showcase

### 'I'm having jelly because you've been bad!': A grounded theory study of mealtimes with siblings in Australian families

by **S. K. Ayre**, M. J. White, H. A. Harris, and **R. A. Byrne**  
in 'Maternal & Child Nutrition'. 19(2) 2023

This study aimed to explore how mealtimes are enacted in families with more than one child. The key messages from this research is the complex and integral role of siblings in determining how parents navigate feeding. Findings from this study can inform the design of early feeding interventions that support parents to remain responsive, particularly when their perceptions and expectations of siblings differ. This article has an almetric score of 76, mentioned by eight news outlets. This research was also covered by an article in The Conversation, titled "Are we overthinking family meals? 5 realistic tips to ease the pressure."

[LINK TO FULL PAPER](#)

### Working towards the active participation of underrepresented populations in research: A scoping review and thematic synthesis

by **D. Gallegos**, J. Durham, C. Rutter, and R. McKechnie  
in 'Health & Care in the Community'. 2023

Motivated by goals of social justice and health equity, this scoping review sought to identify strategies to effectively engage and integrate the "authentic voice" of populations that are described as vulnerable or precarious and therefore perceived as "hard-to-reach." Four high-level themes emerged: key players, trust and rapport, navigating structural precarity, and moving beyond "participation." We identified that substantial shifts in researcher mindsets are required to reframe perceptions of vulnerability and move towards strengths-based approaches. Efforts need to be directed towards establishing deep trust and rapport through early engagement and social reciprocity. Systemic barriers to research participation and partnership must be addressed to overcome issues of structural precarity.

[LINK TO FULL PAPER](#)

### State of the art: Intrapartum antibiotics in Cesarean Section, the infant microbiota and allergic diseases

by J. Moore, **S. Navarro**, K. McCarthy, R. B. Rashid,  
S. Phipps, A. Amoako, L. Callaway, and V. Eley  
in 'AOGS: Acta Obstetrica et Gynecologica  
Scandinavia'. 102 (7), 2023

With increasing rates of cesarean section worldwide and international guidelines advising pre-incision antibiotics, neonatal exposure to pre-birth antibiotics is higher than ever before. Emerging evidence has raised concern regarding the impact of such antibiotics on the neonatal intestinal microbiota, immune system development and health conditions later in life. This narrative review investigates current protocols for intrapartum prophylactic antibiotics in cesarean section, how this and other factors may affect the neonatal intestinal microbiota and whether intrapartum antibiotics used for cesarean section are linked to the development of allergic disease. Current guidelines recommend prophylactic antibiotics for all patients having cesarean section. Mode of delivery and antibiotic exposure impact the infant microbiota. The effect of intrapartum antibiotic exposure on longer-term offspring outcomes requires further evaluation.

[LINK TO FULL PAPER](#)



Project Updates

# Public Health

# Co-design Gateway

## MILESTONE PROGRESS

This project has been completed, producing an open-access learning portal, *co-designer.co*, along with a 300+ page book, *The Art of Co-design*, released internationally by the prestigious design and business publisher, BIS Publishers. The book will be a textbook next year for the QUT undergraduate unit, Design for Health Innovation (DVB305) and the new QUT Master of Strategic Design.

The Art of Co-Design was released in Europe and England in November 2023. This book will be released across Australia and the United States in April 2024 and will be available via Amazon, Dymocks, Barnes and Noble, Angus & Roberston, Walmart and other books stores. *Co-designer.co*, the online co-design portal, developed for the project will be hard launched alongside the book, when it is released in Australian and the United States early next year.



## PUBLICATIONS

Kerr, J., Cheers, J., Gallegos, D., Blackler, A. & Kelly, N. (2023). *The Art of Co-Design: A Guide to Creative Collaboration*. BIS Publishers.

## AWARDS & RECOGNITION

The team intends to enter the site in the [2024 Good Design Awards](#).

In the 2nd half of this year, the web site, and in particular its interactive 'A-Z of Co-design Methods' resource, was successfully user tested with 2nd & 3rd design students across the QUT unit, Design for Health Innovation (DVB305), which the project lead was unit coordinator of.

## ENGAGEMENT

Jeremy Kerr (Project Lead) was the invited keynote speaker and delivered a lecture and blended co-design workshop (both online and in-person) at the BBC Elivate Community of Practice 2023 Improvement Forum. This was attended by several hundred Queensland clinicians, academics, and counsellors.

Jeremy also travelled internationally to work on the European promotion of the book. This included meeting with leaders of the Expert Network for Systemic Co-design (ESC). This has led to plans for an international collaboration in 2024.

A wide media campaign is being planned for the book's release in Australia next year, with discussions occurring with QUT media.

# Feeding Families in Tough Times (FiTT)

## MILESTONE PROGRESS

### Phase 2: Semi-structured Interviews

**Analysis of interview data:** The team have continued to code and analyse the qualitative interview data collected in 2022 using reflexive thematic analysis to create key themes and organize them into a framework. Key interview themes that depict participants' lived experience of food insecurity have been constructed as mental burden, difficult relationships & eroded trust, and lack of agency & choice. Potential solutions and implications for service delivery can be drawn both from direct participant suggestions as well as identification of barriers and complicating factors.

**Creation of I-poems:** In addition to the more traditional data analyses, a subsample of representative interviews has been analysed using the listening guide to create data poems. This methodology involves several readings of the verbatim transcripts to identify different voices, extraction of the i-statements and arrangement of i-statements and relevant key context in the form of data poems.

**Recording of video clips:** Professional actors were engaged to record the created i-poems as monologues to camera from which smaller video clips were created. These clips provide rich and emotive exemplars of the lived experiences. They will be used in the final research phase as well as during academic presentations and for broader knowledge translation and advocacy purposes.

### Phase 3: Cross-sectional survey

**Pilot-testing of survey (March 2023):** A small focus group with parents with experiences of food insecurity was carried out to confirm survey focus and pilot the questionnaire.

**Online survey (June-Oct 2023):** An Australia-wide cross-sectional survey was carried out investigating determinants of food insecurity, child outcomes and potential solutions. A large number of survey responses were deemed low quality or bot responses (automatic survey-takers or fraudsters) which required the development of a comprehensive data cleaning protocol. After removal of low-quality responses, 360 complete responses were available for data analyses. Initial analysis has commenced and will be completed early 2024.

### Planning for Phase 4: Workshops to co-design solutions

Informed by previous research phases, the final workshops with key stakeholders to design a portfolio of solutions will be completed in early 2024. Planning and preparation of Ethics submission is underway.

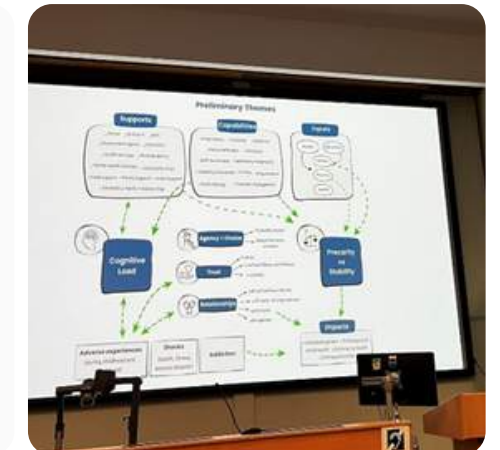


DR SABINE BAKER



**FEEDING FAMILIES**  
IN TOUGH TIMES

## 2023 HIGHLIGHTS



Dr Baker presented alongside her CCNR colleagues at ISBNPA, 2023

Dr Baker presented results from a review of policy responses to food insecurity at the 2023 Australian Social Policy Conference





## PRESENTATIONS

Baker, S. & Gallegos, D. (2023). 'Everyone's plate is a different size'. Drawing on lived experience to inform solutions to food insecurity. ECR showcase presentation, Australasian Human Development Association

Gallegos, D. & Baker, S. (2023). Hearing, Listening and Sharing: Experts in Food Insecurity. World Critical Dietetics Conference.

Gallegos, D., Baker, S. \*, Parsell, C. (2023). Food is not the solution to food insecurity- policy approaches to Household Food Security. Australian Social Policy Conference, Canberra Sept 2023.

Baker, S.\*, Gallegos, D. (2023). Co-designing solutions to food insecurity - a lived experience approach to identifying urgent policy changes. Australian Social Policy Conference, Canberra Sept 2023.

Baker, S. \*, Gallegos, D. (2023). Politicians, stop putting people in survival mode!' Preferred solutions to food insecurity identified by families with a lived experience. International Society for Behavioural Nutrition and Physical Activity Annual Conference. Uppsala, Sweden June 2023.

## PUBLICATIONS

Baker, S., Gallegos, D. & Parsell, C. (2023). Working Better to Solve Hunger in Queensland. Final Report to Foodbank Queensland.

Rebuli, M., Baker, S., Fraser, J., Chelberg, G., Wright-Pedersen, S., Gallegos, D., & Mahoney, R. (2023). Household Food Insecurity Screening for Aboriginal and Torres Strait Islander People. Scoping review exploring availability, usability, delivery, and barriers to screening social determinants of health and food security in Aboriginal and Torres Strait Islander communities. CSIRO report

## ENGAGEMENT

Ongoing supervision of PhD candidate Mandy Taylor.  
Co-supervision of 2 Nutrition and Dietetics Honours students

## AWARDS & RECOGNITION

Dr Sabine Baker was selected to present at the 2023 ECR showcase of the Australasian Human Development Association (AHDA) and awarded the prize for best paper.

## RESEARCH & CONSULTANCY INCOME (OTHER THAN CCNR FUNDING)

Grants submitted:

Gallegos, Baker (2023). Codesigning food support for families fleeing domestic and family violence. Investing in QLD women grant. \$12,234 (requested)

Gallegos, Baker (2023). Codesigning food support for families fleeing domestic and family violence. Women and Change EoI. \$43,363 (unsuccessful)

## PROGRESS OF ADDITIONAL PROJECTS

Foodbank Qld collaboration: The final project report was delivered in April 2024. Parts of the work have been presented at the Australian Social Policy conference and will be prepared for publication.

Sabine Baker's funded ECR project 'Implementing household food insecurity screening in healthcare services: Organisational readiness and needs assessment' has commenced. Ethics and governance approvals have been received to work with staff at Caboolture Hospital and the Queensland Children's hospital. Focus groups and interviews with hospital staff regarding barriers and facilitators of FI screening have commenced, with data collection to be completed in December.

# Responsive Feeding in Tough Times (RFiTT)

## MILESTONE PROGRESS

### Research Objective 3:

Deliver the intervention and assess feasibility and acceptability. Evaluate the impact of the intervention on parental feeding practices.

#### Randomized Controlled Trial Pilot Evaluation:

N = 150 parent participants  
(recruitment period 20.05.2023 – 06.08.2023)  
T1 (6 weeks) follow-up measure completed: 131/150 (87% retention)  
T2 (6 months) follow-up measure underway:  
November 2023 – January 2024

#### 2024 January – March Activities:

1. Remaining data collection for T2 follow-up measure
2. Conduct user engagement analysis
3. Prepare user engagement publication.
4. Submit user engagement publication.
5. Conduct data analysis for evaluation
6. Prepare primary evaluation publication.

### Research Objective 2:

To co-design messages and modalities of delivery with families experiencing disadvantage and with health and community stakeholders

#### Codesign and Engagement activities:

1. Parent workshop series –Workshop #1 8.06.2021, workshop #2: 25.06.2021 + workshop #3: 23.07.2021 (n = 14)
2. Intervention Refinement: 1:1 virtual codesign and user testing of digital intervention (n=12) November 2022
3. Codesign workshop #4 - Expert Content Review of Intervention: 24 January 2023 (n = 10), included expertise from child health nursing, parenting and clinical dietetics

### Research Objective 1:

To explore responsive feeding practices in a variety of households living with disadvantage

1. Digital survey (demographics, parental feeding practices, household food insecurity, household chaos, parental stress index)  
Launched 20.09.2021 – July 2022, Responses: n = 215
2. Qualitative interviews with parents (division of food work, family mealtimes, responsive feeding practices, income stress and strategies around food provision, experiences accessing infant feeding information, learning style and opinion on preferred intervention format & content)  
Conducted: 23.08.2021 – 24.01.2022  
Completed: 29 interviews completed
3. Mealtime observations (direct observation of family mealtimes x3 in home environment via camera video)  
Conducted: 19.08.2021 - 08.02.2022  
Completed: 10 sets of observations collected



## Eat • Learn • Grow

Responsive Feeding Support for Parents and Caregivers



## 2023 HIGHLIGHTS

“

I was grateful for the opportunity to present my postdoc work at ISBNPA and learn from the amazing research being done in this space



DR REBECCA BYRNE

DR KIMBERLY BAXTER

## PRESENTATIONS

Baxter, K. (2023, October). Health in Preconception, Pregnancy and Postpartum; Use of Design Thinking to develop a responsive feeding program for food-insecure families with young children: What do parents want?. [Oral Presentation]. EMR Collective Conference, Brisbane, Australia.

Baxter, K. (2023, June). Design Thinking Process to develop a Digital Microlearning Responsive Feeding Intervention for Australian Families experiencing Food Insecurity: Eat, Learn, Grow. [Oral Presentation]. The International Society for Behavioural Nutrition and Physical Activity Annual Conference. Uppsala, Sweden.

Byrne, R. & Baxter, K. (2023, May). A Sunny Start: Growing a Healthier Future for Queensland: Using digital microlearning to promote the use of responsive feeding practices in families experiencing food insecurity. [Oral Presentation]. Child & Youth Clinical Network (QCYCN) Forum, Brisbane, Australia.

Baxter, K. (2023, May). Responsive Feeding in Tough Times: Collaborating with parents. [Oral Presentation]. Early Prevention of Obesity in Childhood (EPOCH), Brisbane, Australia.

## PUBLICATIONS

Baxter K.A., Nambiar S., Penny R., Gallegos D., Byrne R. Food insecurity and feeding experiences among parents of young children in Australia: an exploratory qualitative study. Under review

Straand, JJ, Baxter K.A., Følstad, A. Remote user participation: Navigating the Post-COVID research landscape for more inclusive design. Under review.

Baxter K.A., Kerr J., Nambiar S., Penny R., Laws R., Gallegos D., Byrne R. Design Thinking with Co-design to develop a Responsive Feeding Intervention for Australian Families vulnerable to Food Insecurity: Eat, Learn, Grow. Under review

Baxter, K.A., Nambiar, S., So, T.H.J., Gallegos, D., & Byrne, R. (2023). Parental Feeding Practices in Families Experiencing Food Insecurity: A Scoping Review. *Int J Environ Res Public Health*. 2022 May 5;19(9):5604.

## ENGAGEMENT

Jeffrey So, PhD Candidate; Dads at Mealtimes: Exploring fathers' food parenting, feeding roles and experiences in tough times. 2020 - 2024

Gideon Watkin, Vacation Research Experience Scheme: Exploring participant engagement in a digital responsive feeding intervention for food-insecure families. Nov 2023 – Feb 2024

Lauren Stanley, Vacation Research Experience Scheme: Parental feeding practices and strategies amongst disadvantaged households: mealtime video analysis Nov 2022 – Feb 2023

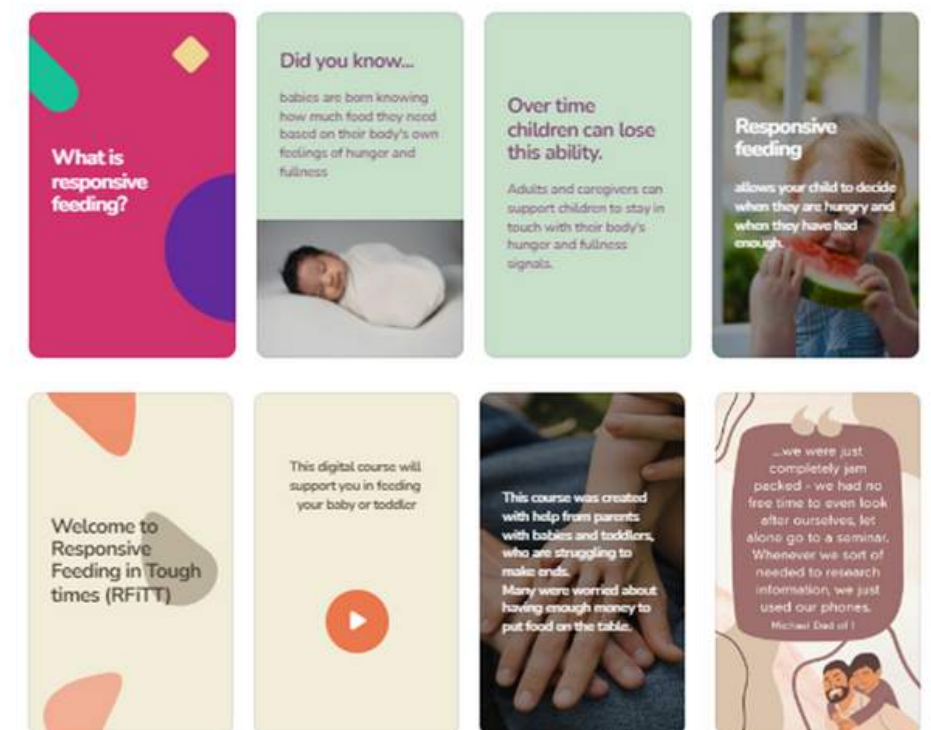
Lauren Stanley and Lily Miller, 4th year Honours Project, The Determinants of Responsive and Non-Responsive Feeding Practices in Australian Families Living with Disadvantage and Household Food Insecurity. Nov 2022 - Nov 2023

## RESEARCH & CONSULTANCY INCOME (OTHER THAN CCNR FUNDING)

Vacation Research Experience Scheme: 'Parental feeding practices and strategies amongst disadvantaged households: mealtime video analysis' Nov 2022 – Feb 2023 - \$2000 scholarship stipend awarded from the QUT Faculty of Health

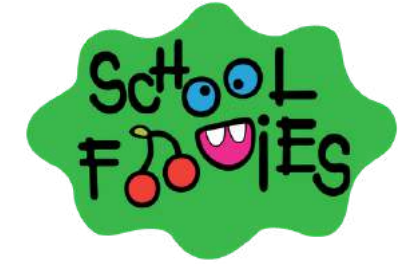
Digital content course creator and Learning Management System (7taps) provided license in kind at \$5952

## EAT, LEARN, GROW



# #SchoolFoodies

## MILESTONE PROGRESS



### Phase 1: Reviews of the Literature

Phase 1 conducted three reviews of the existing literature on primary school food and nutrition education and environments. The findings from these reviews informed the subsequent stages of the project.

1. A scoping review of teacher self-efficacy in teaching food and nutrition education (41 papers). This paper is currently under review.
2. A scoping review of Australian school food environments (143 papers). A manuscript is being drafted.
3. A grey literature review of free Australian food and nutrition teaching resources available to Australian primary school teachers. A compendium of resources has been created.

### Phase 2: Principal and Teacher Surveys

Phase 2 of the project involved two online cross-sectional surveys – one for Queensland principals, the other for teachers currently working in Queensland primary schools.

The principal survey sought to map the food and nutrition education and environment activities being undertaken in Queensland primary schools. It also explored the relationship between principal perspectives on the role of food and nutrition in school settings and the activities being undertaken.

The teacher survey sought to understand the frequency and depth that Queensland school teachers engage in food and nutrition education and their professional development needs in this space. It also sought to understand the nutrition knowledge, self-efficacy, motivations and opportunities of Queensland teachers to engage in food and nutrition education activities.

All data has been analysed and three publications will be submitted to journals for peer-review early in the new year. The findings from these surveys informed Phase 4 of the project.

### Phase 3: Ethnography

Phase 3 of the project involved a deep dive exploration of primary schools across Queensland. It aimed to identify the key forces within these local food environments, and how these forces interact individually, and collectively policies and practices to positively shape student development of food literacy skills and nutrition knowledge. We enrolled and completed data collection at four schools in Term 1, 2023, including observations of classrooms and the school environment, formal semi-structured interviews and informal chats, a classroom activity involving Year 5/6 students, and document analysis.

### Phase 4: Co-designed Food and Nutrition Education Toolkit

Phase 4 of the project will continue in 2024. A Food and Nutrition Education Toolkit will be co-designed with curriculum planners. Its inception developed using the results of the earlier phases of the project. The lead developer will commence on the project in the new year and will have expertise in curriculum planning in Queensland. Along with the Toolkit, as a key project output, it is anticipated that a final peer-reviewed article will be published on this work.



The **#SchoolFoodies** project aims to understand the needs and contexts of **Queensland primary schools** in the optimisation of **food and nutrition education and environments**.



DR EMMA ESDAILE

## PUBLICATIONS

### Papers under review:

A scoping review of the international literature regarding teacher self-efficacy to teach food and nutrition education (FNE) in high income countries (41 papers). Submitted to Public Health Nutrition. Title: Teacher perspectives on the socio-ecological barriers and enablers to food and nutrition education in primary schools: A scoping review

### Papers commenced:

A scoping review of the literature regarding Australian school food environments (143 papers).

Findings from the Queensland-wide teacher survey (n=184), focused on teacher professional needs

A sub-analysis of the Queensland-wide teacher survey, investigating the relationship between engaging in FNE and teacher capability, opportunity and motivation to do so (n=119)

Findings from the Queensland-wide principal survey (n=136)

### Papers to come:

Findings from the #SchoolFoodies ethnography

Findings from the Food & Nutrition Education Toolkit

Additional paper: Discourse analysis on social media content around school-provided meals

## RESEARCH & CONSULTANCY INCOME (OTHER THAN CCNR FUNDING)

October 2023 – March 2024, Funded by VicHealth  
Recipients: Professor Danielle Gallegos, Dr Emma Esdaile  
Amount: \$32,202

# Pasifika Women's Diabetes Wellness Program

The Pasifika Women's Diabetes Wellness Program (PWDWP) is the first culturally framed intervention co-designed and co-developed with Māori and Pasifika women living with type 2 diabetes in Queensland. This project aimed to test the feasibility of this program and evaluate its effectiveness in partnership with Māori and Pasifika community organisations and key stakeholders.

The PWDWP was a 24-week Whānau (family) -centred intervention with 5 Wellness' Components: Becoming Healthy; Healthy Thinking & Feeling; Healthy Eating; Staying Active; and Healthy Living. The program took into consideration the cultural shame associated with acknowledging the disease and tailored the interventions using talanoa as the key strategy to come to a shared meaning for behaviour change.



## TO ENSURE THAT THIS WAS COMMUNITY-DRIVEN AND WITH DIRECT BENEFITS TO THE COMMUNITY WE:

- Engaged mainstream and community health services, University health / clinical; students and Pasifika community health workers to provide community education, health checks and collecting research data in a collective safe space.
- Integrated community knowledge with research practice & skills to co-develop culturally tailored education content
- Provided cultural induction, leadership and mentorship training to our women and community researchers (consisting of both elder and young Pasifika peoples) – co-authoring and co-presenting in conferences
- Produced digital stories to destigmatize diabetes in the community
- Developed a health passbook as a screening tool/ resource for our community



DR HEENA AKBAR

## PRESENTATIONS

**Akbar, H.** (2023, June). Advance Pacific Research Australia: Reclaiming Pasifika Voices: Inform, reform, transform conference. [Oral presentation]. Brisbane, Australia.

**Akbar, H.,** Avia, P. Pasifika Wellness Diabetes Program. Oceania Pacific Health Association, Inaugural workshop. Gold Coast, Australia.

**Akbar, H.** (2023, March). The Health and Wellbeing of Māori and Pacific Peoples. [Oral presentation]. Yamba, Australia.

**Akbar, H.** (2023, April). Pasifika Women's Diabetes Wellness Program. [Oral presentation]. Pacific Dialogue Technology, Mental Health and Wellbeing, Pacific Connect, International Centre for Democratic Partnerships (ICDP), Australia.

## PUBLICATIONS

**Akbar, H. G., Gallegos, D.,** Te Kani, A. W., Anderson, D., & Windsor, C. (2023). Towards collective community education: Pasifika diabetes health forums in Southeast Queensland, Australia. *AlterNative: An International Journal of Indigenous Peoples*, 11771801231196777.

Al-Kassimi, K., Kwan, A. T., Portnoff, J. S., & **Akbar, H.** (2023). The Political and Legal Determinants Of CALD Communities: An Unhealthy (Modern) Healthcare Paradigm. *Baltic Journal of Law & Politics*, 16(3), 1046-1055.

## ADVISORY GROUP

Ms Winnie Nuimata	Ms Malotuto'atasi Vaimoso Semaia
Aunty Wynn TeKani	Ms Marie Kavale
Aunty Violet Langan	Ms Maureen Mopio-Jane
Dr Lisa Ward	Ms Natash Tuafatofua
Dr Yvette Mellam	Ms Rose Vering
Ms Cassandra Rangip	Ms Sarai Tafa
Ms Dulcie Paina	Ms Sieni Gaitua
Ms Imeleta Norris	Pastor Tina Vaka

# PhD Student Projects

## Feeding Siblings

### Milestone Progress

Data collection and analysis are complete for this project. Outputs include four manuscripts, three of which are published and one of which is currently under review. These manuscripts were written as part of a thesis for Susannah Ayre, which is due to be submitted by 8 December 2023. The Final Seminar for this project was presented on 26 October 2023, with the panel report indicating no/minor changes to the thesis.

### Presentations

Ayre S, White M, Harris H, Byrne R. A table for two please: Feeding in families with siblings. Psychology of Eating in Adults and Children (PEACH) Research Seminar, Birmingham, United Kingdom. March 2023. [Invited virtual presentation].  
Middleton G, Litterbach E, Le Moal F, Ayre S. Are we overthinking family meals? 5 realistic tips to ease the pressure. The Conversation. March 2023. <https://theconversation.com/are-we-overthinking-family-meals-5-realistic-tips-to-ease-the-pressure-200731>

### Publications

Ayre S, Harris H, White M, Byrne R. Food parenting practices and child eating behaviours in Australian families: A cross-sectional sibling design. J Acad Nutr Diet. 2023. [In press]. doi: [10.1016/j.jand.2023.08.131](https://doi.org/10.1016/j.jand.2023.08.131) (Q1, IF=5.234).  
Ayre S, White M, Harris H, Byrne R. 'I'm having jelly because you've been bad!': A grounded theory study of mealtimes with siblings in Australian families. Matern Child Nutr. 2023;19(2):e13484. doi: [10.1111/mcn.13484](https://doi.org/10.1111/mcn.13484) (Q1, IF=3.600).

### Awards & Recognition

Ayre S. Leximancer Scholarship for Annual Desktop License, Leximancer. 2023. (AU\$999).



My biggest 'WOW' moment was realising that by **trusting** in the **research process**, things eventually do **come together!**

SUSANNAH AYRE | PHD CANDIDATE



## Kids to the front: exploring children's food practice perspectives

### Milestone Progress

Publication of scoping review (see details below). For major study, data collection has been completed and analysis in progress coinciding with final write up stage.

### Presentations

Oral and poster presentation at the International Society of Behavioural and Nutrition and Physical Activity (ISBNPA) conference in Uppsala, Sweden June 2023  
Oral and poster presentation at the Dietitians Association Conference in Melbourne, Australia July 2023  
Oral presentation at the ENRICH symposium, Brisbane, Australia August 2023  
Oral presentation at the Queensland University of Technology, School of Exercise and Nutrition Science Higher Degree Research presentation day, Brisbane, Australia November 2023

### Publications

Wright-Pedersen, S., Vidgen, H., Abigail Badejo, F., & Gallegos, D. (2023). The extent and nature of children's involvement in food practice research: A scoping review of qualitative studies. Public Health Nutrition, 1-13. doi:10.1017/S1368980023001891 (Q1 Scimago (Medicine, Miscellaneous), Q2 Nutrition & Dietetics; and Public Health)

### Awards & Recognition

Scholarship from the Public Health Association of Australia (PHAA) Queensland branch to attend the Australian Public Health Conference in Hobart, Australia, September 2023  
Four-month secondment with the Commonwealth Scientific and Industrial Research Organisations' (CSIRO) Indigenous Health team



My biggest "WOW" moment was reflecting on the **diversity of meanings** that children attribute to food... **the impact** it has on the environment and as something fun to be engaged with, **not just the health impacts**. This has strengthened my belief that children should always be encouraged to be part of food decision making... **they have insights** into their food worlds that adults will never be able to articulate.



SOPHIE WRIGHT-PEDERSEN | PHD CANDIDATE

## Dads at Mealtimes: Exploring fathers' food parenting, feeding roles and experiences in tough times

### Milestone Progress

This PhD project is at the final stage of data analysis and research dissemination. The project involved three phases: an online survey (Phase 1), semi-structured interviews (Phase 2), and co-design workshops (Phase 3). All data collection has been completed, with the last workshop concluded in November 2023. The interview paper was submitted to the *Appetite* journal in mid-2023 and is currently under review. The survey manuscript is currently being prepared for submission to a journal before the end of the year. The workshop data is also being analyzed and a manuscript is in preparation.

### Presentations

The International Society of Behavioral Nutrition and Physical Activity Conference, Sweden.

17.06.2023: Perceptions and feeding experiences of Australian fathers of young children while living with disadvantage.

Centre for Child Health Research – Research Education Seminar, Australia. 26.07.2023: Food insecurity prevalence and feeding experiences of Australian fathers of young children while living with disadvantage.

Empowering Nutrition Research in Children's Health Symposium, Australia. 30.08.2023: "Mealtime is important" Food insecurity and feeding experiences of Australian fathers of young children while living with disadvantage.

### Publications

So, Tsz Hei Jeffrey; (2023): Perceptions and feeding experiences of Australian fathers of young children living with disadvantage - Thematic relationships: mapping onto Developmental Ecological Systems Framework. Queensland University of Technology. (Image) [https://doi.org/10.25912/RDF\\_1689312164255](https://doi.org/10.25912/RDF_1689312164255)

So, T.H.J, Nambiar, S, Byrne, R, Gallegos, D & Baxter, K, (Under Review): "You just have to spread it thin": Perceptions and feeding experiences of Australian fathers of young children living with disadvantage. *Appetite*



My biggest **"WOW" moment** was attending my **first international conference** - attendance and presentation - **ISBNPA 2023** in Sweden with the CCNR team

JEFFREY SO | PHD CANDIDATE

## Kids at the Table: Child Perspectives of Food Insecurity

### Milestone Progress

Much of the work in 2023 has involved adjusting the proposed project topic and further articulating project methodology in concert with the supervisory team, in light of recent developments in the child food insecurity literature.

A second scoping review for this project is currently underway (preliminary data extraction complete). This has involved screening and extracting data from over 15,000 papers. In that review process, a recently published child-report food insecurity measure has been identified which shows some promise for use in an Australian setting. This has led to reorienting the project with a focus toward validating this international measure with Australian children. Expanded literature review of measure validation with children in diverse fields (eg. psychology, clinical pain medicine, education), cognitive interviewing methodology, as well as ethics of child research has been completed. This work has informed the preparation of comprehensive ethics protocols, including a child interview guide. Expert feedback regarding these proposed protocols (from local and international experts in cognitive interviewing and participatory work with children) has been sought and due to be delivered prior to the close of 2023. An ethics approval application for cognitive interviews with 8- to 12-year-old children is due to be submitted for committee review in early 2024. Recruitment approaches and piloting of study materials will commence shortly pending approval

### Supervisory experience

Two QUT Honours students joined the project in 2023 and have prepared preliminary scoping review protocols that will further explore child food insecurity and current measurement approaches. These scoping reviews will be completed in 2024 as part of the student's research subject. Two Grade 10 interns from Somerville House spent a week at the Centre and helped to design project recruitment materials for children and their families.

### Further training

Mental Health First Aid™ training was completed in Q4 this year and accreditation as a Mental Health First Aider™ has been obtained. Short CPD courses pertaining to brain development and child mental health have also been completed.

### 2024

2024 is anticipated to be a busy year for the project with expected commencement of data collection in Q1, further submission of several publications (3 scoping reviews and a data collection paper) and participation in conferences. Stakeholder engagement with family-serving organisations will escalate from Q1 in 2024.



My biggest **"WOW" moment** was **hosting students** from Somerville for an internship. This demonstrated the **value of including** the **perspectives** and **participation** of children and young people.

AMANDA TAYLOR | PHD CANDIDATE

## Connecting Cultural Foods

### Milestone Progress

Throughout 2023, I have been focused on analysing data from interviews and writing. I completed the analysis of interviews conducted in 2022 in collaboration with 4 community members. I have also drafted (co-authored) and submitted two manuscripts, which are both under review (Public Health Nutrition and Research for All). I have also completed my thesis, which will be submitted for examination before the end of the year.

### Presentations

Final Seminar – Exploring food and settlement for people with lived refugee experiences  
Public forum · November 2, 2023

Oral Presentation - Connecting with Cultural Foods: Co-designing data collection methods with community members with lived refugee experiences

International Society of Behavioral Nutrition and Physical Activity (ISBNPA) · Jun 17, 2023

Poster presentation - Connecting with Cultural Foods: Exploring food security among people from refugee backgrounds

ISBNPA 2023 Conference, Sweden · Jun 14, 2023

Oral Presentation - Connecting with cultural foods "It is human work": Exploring community roles that facilitate cultural food security for people from refugee backgrounds

A culture of care: Multicultural health symposium · May 25, 2023

### Publications

Food Security for People with Lived-Refugee Experiences is Interrelated with Culture and Mental Health: Perspectives from Workers Supporting the Settlement Journey in Australia Health & Social Care in the Community · Jun 12, 2023

### Awards & Recognition

Highest scoring impactful poster

Issued by ISBNPA 2023 · Jun 2023 Issued by ISBNPA 2023 · Jun 2023



“

My biggest **“WOW” moment** was **presenting my poster** in Sweden and winning the **most impactful poster** at an International Conference.

TINA GINGELL | PHD CANDIDATE

## PhD Project Highlights

### ISBNPA CONFERENCE



“

It was a great opportunity to share our projects on an international stage



Tina Gingell and Sophie Wright-Pedersen were commended for their poster presentations.



### 2023 PRESENTATIONS



PhD students Tina Gingell and Susannah Ayre both completed and presented their final seminars



### ENRICH Symposium 2023







Project Updates

# Clinical Health

## Paediatric Coeliac Disease Care: Pathways to Clinical Excellence (PaCE-QLD)

Paediatric Coeliac Care: Pathway to Clinical Excellence project aimed to identify barriers and complexities in healthcare provision through focus groups and interviews with health practitioners and families. The information aims to guide the creation of a patient-centred digital tool. The key reasons for this innovation included streamlining the diagnostic process, reducing variability in management, ensuring equitable access to care, and adapting to the diverse cultural, socioeconomic and geographic challenges of Queensland. The project recognizes the need for: diagnostic verification, access to dietetic services, addressing the financial and psychosocial aspects, and providing information and resources.

The potential for this innovation will have significant impact on both patients and healthcare providers. Patients benefit from improved access to streamlined diagnosis and management, addressing diverse challenges. They gain access to medical information, resources, and support for their condition. Healthcare providers benefit from enhanced diagnostic verification, access to necessary services, and improved patient engagement.

Establishing excellent clinical care of Coeliac Disease (CD) that is accessible to every child and uniform throughout the state will improve the long-term health, well-being and outcomes of patients and their families. The preliminary research has identified that the clinical care of CD in Queensland is not uniform and involves a range of stakeholders that are not harmonised in the level of care they provide. Families have identified key points along the journey where they require additional support. The development of a digital passport which would be managed by patients and their caregivers; but able to be accessed by which a range of service providers across the public and private sectors could access- was strongly supported.

## Presentations

**Thapar, N.** (2023, April). We weren't entirely sure of the plan: Caregivers' experiences and recommendations of having a child with a temporary feeding tube. [Lightning Talk]. The Feeding Matters' International Pediatric Feeding Disorder Conference (IPFDC), Brisbane, Australia.

**Thapar, N.** (2023, May). Update on research on enteric ganglia with options for future therapy. [Oral Presentation]. The 8th UKPCG Meeting, London, UK.

**Thapar, N.** (2023, September). Are we ready for artificial organs? [Oral Presentation]. World Congress on Pediatric Neurogastroenterology and Motility, Columbus, Ohio, USA.

**Thapar, N.** (2023, October). Approach to DGBI: Brain-Gut Axis, Evaluation/Testing Modality. [Oral Presentation]. The 6th Congress of the Asian Pan-Pacific Society for Pediatric Gastroenterology, Hepatology and Nutrition (APPSPGHAN), Seoul, Korea.

**Thapar, N.** (2023, October). Diagnostic Tool for Pediatric GI Motility Disorders. [Oral Presentation]. The 6th Congress of the Asian Pan-Pacific Society for Pediatric Gastroenterology, Hepatology and Nutrition (APPSPGHAN), Seoul, Korea.

**Thapar, N.** (2023, December). The Enteric Nervous System in disease: how much do we really know? [Oral Presentation]. Australasian Neuroscience Society Conference, Brisbane, Australia.

## Publications

Bolia, R., **Thapar, N.**, Withers, G. D., & Ee, L. C. (2023). Characterization of Colonoscopies in Preschool Children. *Journal of pediatric gastroenterology and nutrition*, 77(3), 396-400.

Bolia, R., & **Thapar, N.** (2023). Celiac Disease in Children: A 2023 Update. *Indian Journal of Pediatrics*, 1-9.

Chanpong, A., Borrelli, O., & **Thapar, N.** (2023). The Potential Role of Microorganisms on Enteric Nervous System Development and Disease. *Biomolecules*, 13(3), 447.

Chanpong, A., & **Thapar, N.** (2023). Pediatric Neurogastroenterology and Motility: Moving Rapidly into the Future. *Journal of pediatric gastroenterology and nutrition*, 76(5), 547-552.

Papadopoulou, A., Amil-Dias, J., Auth, M. K. H., Chehade, M., Collins, M. H., Gupta, S. K., **Thapar, N.**, & Furuta, G. T. (2023). Joint ESPGHAN/NASPGHAN guidelines on childhood eosinophilic gastrointestinal disorders beyond eosinophilic esophagitis. *Journal of Pediatric Gastroenterology and Nutrition*, 10-1097.

Pescarin, M., Day, H., **Thapar, N.**, Jackman, L., Saliakellis, E., Lindley, K. J., ... & Borrelli, O. (2023). Optimizing nutrition IN pediatric intestinal pseudo-obstruction syndrome. *Neurogastroenterology & Motility*, e14562.

Rajindrajith, S., Devanarayana, N. M., **Thapar, N.**, & Benninga, M. A. (2023). Myths and misconceptions about childhood constipation. *European Journal of Pediatrics*, 1-12.

Rajindrajith, S., Hathagoda, W., Ganewatte, E., Devanarayana, N., **Thapar, N.**, & Benninga, M. (2023). Imaging in pediatric disorders of the gut-brain interactions: current best practice and future directions. *Expert Review of Gastroenterology & Hepatology*, (just-accepted).

Roberts, S. E., Morrison-Rees, S., **Thapar, N.**, & Williams, J. G. (2023). Incidence and prevalence of eosinophilic oesophagitis across Europe: A systematic review and meta-analysis. *United European Gastroenterology Journal*.

Viti, F., De Giorgio, R., Ceccherini, I., Ahluwalia, A., Alves, M. M., Baldo, C., **Thapar, N.**, & Heuckeroth, R. O. (2023). Multi-disciplinary Insights from the First European Forum on Visceral Myopathy 2022 Meeting. *Digestive Diseases and Sciences*, 68(10), 3857-3871.

PROFESSOR NIKHIL THAPAR

Clinical Health Lead & Strategic  
Leadership Group Member





Project Updates

# Discovery Science

## PRESENTATIONS

**Navarro, S.** (2023, October). Queensland Immunology Networking Symposium, Brisbane, Australia.

**Navarro, S.** (2023, August). Immunology Group of Victoria Annual Scientific Meeting [Invited Speaker] Victoria, Australia.

**Ilich, A.** (2023, October). Mechanisms of Tolerance Induction with the Hookworm Protein AIP-2. [Oral Presentation]. Queensland Immunology Networking Symposium Translational Research Institute, Brisbane, Australia

**Navarro, S.** (2023, September). Early life modulation of tolerance and development of immunotherapeutic to enhance regulatory T cell activity. [Oral Presentation]. QUT's School of Biomedical Sciences Seminar Series. Brisbane, Australia.

**Navarro, S.** (2023, June). Queensland researchers find potential cure for asthma. So how would it work? ABC Radio interview. Brisbane.

**Navarro, S.** (2023, April). New Investigator Symposium. [Session Chair]. Australian Paediatric Immunotherapy Conference, Brisbane, Australia.

**Navarro, S.** (2023, June). John MacKenzie chats with Associate Professor Severine Navarro, Team Head of Mucosal Immunology at QIMR Berghofer Medical Research Institute, about groundbreaking trials of a new treatment for asthma sufferers. Morning with John MacKenzie. [Podcast interview], Brisbane, Australia. <https://audioboom.com/posts/8316518-john-mackenzie-chats-with-associate-professor-severine-navarro-team-head-of-mucosal-immunology-a>

## PUBLICATIONS

Moore, J., **Navarro, S.**, McCarthy, K., Rashid, R.B., Phipps, S., Amoako, A., Callaway, L., & Eley, V. (2023). State of the art: Intrapartum antibiotics in cesarean section, the infant microbiota and allergic diseases. *AOGS*.102(7):811-820. doi: 10.1111/aogs.14577.

Tan, J., **Navarro, S.**, & Macia, L. (2023) Editorial: Deciphering host-gut microbiota communication in immunity and disease. *Front. Nutr.* 10:1178039. doi: 10.3389/fnut.2023.1178039

## PROJECTS

### Allergic Symptoms after CaesaEaN SecTion Trial (ASCENT study)

#### Project Overview

to determine whether antibiotics exposure during c-section delivery alters the microbiome composition of the infant microbiota and increase the risk of developing allergy.

#### Progress

trial is completed. Trial data and questionnaires are being analysed. Samples will be processed February 2024 and sent for sequencing.

#### Publications

first manuscript in preparation – planned submission April 2024. Second manuscript (microbiome and metabolome) planned for end 2024.

#### Additional Funding & Awards

Helen Lyons Foundation \$80,000

### e-Pino: Early Prediction of Infant Neurodevelopmental Outcomes using Novel Biomarkers

#### Project Overview

To identify early biomarkers of cerebral palsy using an artificial intelligence tool compiling a large library of data – including fecal microbiota and metabolome.

#### Progress

Patient recruitment about to commence at RBWH.

#### Publications

1 manuscript submitted December 2023.

**A/PROFESSOR SEVERINE NAVARO**

Discovery Science Lead & Strategic Leadership Group Member



## Regulating the Microbiome and Immune Development in Early Life

Dr Yan Lu



### Project Overview

To determine whether diet influences the neonatal immune system and tissue development.

### Progress

data analysis still on-going; preparation of 1-2 manuscripts planned for mid-2024.

## Worms to the rescue: probing *Schistosoma mansoni* eggs for tolerogenic products

Madeleine Rogers | PhD Candidate



### Project Overview

To identify novel immunomodulatory compounds that can be used therapeutically.

### Progress

Student is in their last year of PhD. Project ongoing according to timeline.

### Publications

A review was submitted to Nature Review Drug Discoveries November 2023 (still waiting on Editor's decision). 1 manuscript planned for mid-2024.

## The role of metabolism in the perinatal brain and neuropsychiatric disorders

Alexis Hung | PhD Candidate



### Project Overview

To determine whether perinatal diet influences brain development.

### Progress

Analysis of RNAseq data, Completion of confirmation milestone, Collection of samples for MIA model, ELISA data analysis, Primer validation

### Presentations

QIMR Infection and Inflammation Seminar Series QIMR Student symposium presentation

### Awards & Recognition

1st prize poster presentation QIMRB biannual postgraduate student conference

## Metabolics in Enhancing Responses to Cancer in Melanoma (MERIT-M)

Dr Agnieszka Malczewski



### Project Overview

Identify microbiome-derived metabolites that can stimulate the anti-tumour response during immunotherapy.

### Progress

Patient recruitment has slow but going.

### Publications

2 reviews published in 2022, 1 in preparation for 2024

## The Infant Gut Study (PNG)

Juciliane Haidamak | PhD Candidate



### Project Overview

To determine whether parasitic infection affect the gut microbiome composition of PNG children and their susceptibility to subsequent infection

### Progress

Study and sample collection completed. Samples sent to QIMR. Student about to start DNA extraction for parasite identification using multiplex approach and for microbiome sequencing.

### Publications

A review was submitted to Nature Review Drug Discoveries November 2023 (still waiting on Editor's decision). 1 manuscript planned for mid-2024.

## Development of Novel Compounds for the Treatment of Asthma

Prarthna Gopalakrishnan Bhaskaran | PhD Candidate



### Project Overview

The hookworm-derived protein AIP-2 is a novel drug to be developed to treat allergic diseases.

### Progress

Major breakthrough in deconvoluting the mechanism of action.

### Publications

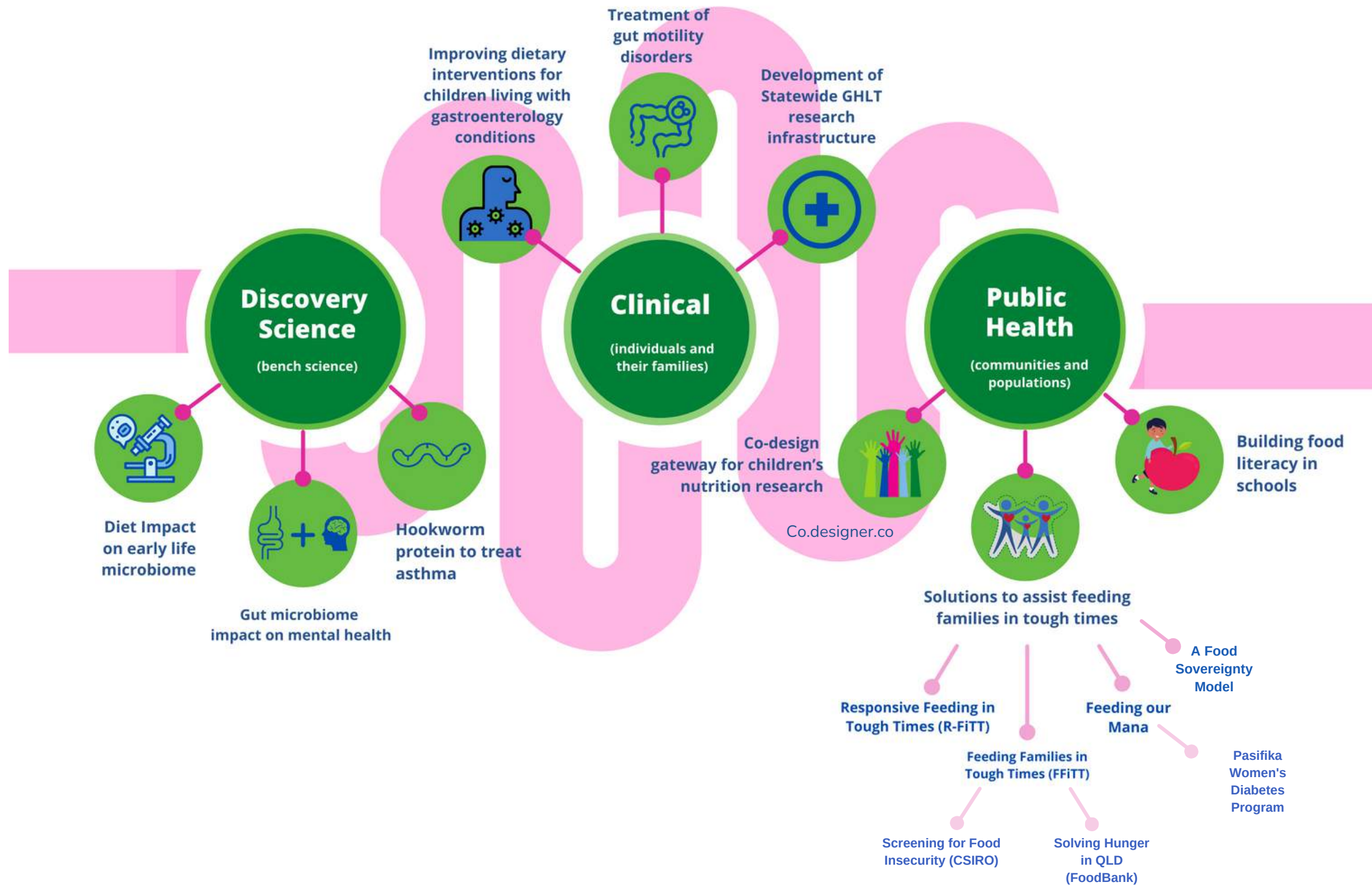
1 manuscript in preparation for mid-2024 submission.

### Publications

Severine Navarro awarded a CSL Research Accelerator Initiative grant \$500K



# Appendix 2 | Our Research





## Contact us



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## For more information

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