Professor Sue Fyfe

Thank you to everyone who has been so patient over the last two weeks whilst we have been finalizing the 2010 budget. I would particularly like to thank the Directors for their input on teaching staff and needs for 2010, research leaders, especially Graham Brown, Vicky Solah, John Mamo, Peter Howat, Peter Palamara and Ian Johnston for their input, and especially to Bianca who has learnt the process and system from scratch – and never panicked. Bianca is taking some very well earned leave on Thursday for 10 days.

Over the last two weeks we have also interviewed for the Business Manager position and have appointed Ms Christine Drury. Christine comes to us as Senior Accountant in Financial Services where she knows the intricacies of the budget better than most. More details on the start date for Christine to come…..

As part of our Strategic Plan for 09/10 we decided to investigate accreditation of the school. I notated the meeting that I had in Washington with the Council on Education for Public Health in July and I have asked Veronica Miller to take on the task of preparing our application to be considered for the process. This will be a longish process. Our application for consideration is due on 10th September, and will be put to their council meeting in October. In November we will find out if they will consider an application and an assessor will come to help us prepare for the full application process. We will have to make some changes, especially to our MPH program so the two years the process gives us will be well needed to get them through the system. Prof Peter Howat, Prof Colin Binns and Jonathan Hallett will form a small working party with Ann Firth, Veronica and myself to move this process forward. Many thanks to you all for your contribution.

On Monday 10th August I met with Rosa Benato from City University in London. They currently have an exchange program with Speech Pathology and are very keen to develop one around the Masters in Public Health. This could be an exciting development as we are investigating the inclusion of a placement in the MPH program.

There is some very helpful advice on the last page about how to ensure that your email signature is correct. Now that we are officially Curtin University we may have one more change to make.

Kind Regards,
FOOD AND CATERING GUIDELINES

The School of Public Health through the Sustainability Committee has produced *Food and Catering Guidelines* as a way to promote good nutrition as a feature of events and activities run by/in the SoPH. These guidelines apply to all aspects of food options and catering in the SoPH and were developed by the Sustainability Committee in consultation with staff members in the School. Attached is the pdf version of the guidelines for your records and a small number of booklets will be printed. The Sustainability Committee through Denise Griffiths, Community Liaison Officer and Accredited Practicing Dietitian will provide further support and implementation of these guidelines. Additional resources including a catering checklist and example menus will also be made available. This is a great example of the SoPH showing leadership in the promotion of a healthy lifestyle through good nutrition.

The Guidelines can be accessed on the SoPH staff resources site:
https://publichealth.curtin.edu.au/staff/index.cfm
under the ‘resources’ tab.

CONGRATULATIONS KERRYN

Congratulations to Kerryn, David, Kayla and Asha. The latest edition to the family Ava Jean Gajewski was born at 8.50am weighing 3318g (7lbs 5 oz) and 49 cm long. Flowers have been sent to her on behalf of all staff at SoPH to the hospital.

WOOD DUCK AWARD

Kerryn Butler-Henderson has been awarded the Wood Duck award for her non stop emailing to Curtin staff after officially going on maternity leave for six months.
PROFESSOR ANDY LEE IN JAPAN

During the past two months I travelled around Japan visiting several universities and research institutions. My visit was funded by the Japan Society for the Promotion of Science Invitation Fellowship. Here is my report of the events and my impression of the places I visited.

Kochi University

I arrived Narita airport on Monday morning 1 June and immediately took a domestic flight to Kochi, where I visited Kochi University for one week. I exchanged research ideas with Professor Nobufumi Yasuda (安田誠史) and Dr Asae Oura (大浦麻絵). Dr Oura made an important contribution to our project in terms of converting foods to nutrients using the Japanese Food Composition Tables. The computations were efficiently performed using Microsoft Excel programs. Such nutrient conversions provided the basis of our subsequent investigations into the relationship between nutritional factors and the risk of chronic obstructive pulmonary disease (COPD) and respiratory symptoms.

University of Hyogo

On 9 June I travelled to Himeji via Osaka. The host of my invitation fellowship was Associate Professor Naoko Hiramatsu (平松直子) of the School of Human Science and Environment, University of Hyogo. The School has a strong research focus in nutrition and health. Dr Hiramatsu is an expert in nutrition. Her input and knowledge in the field was vital in this collaborative project. In particular, she provided pertinent nutrient intake reference materials and interpretations of our research findings.

A literature review article titled “Dietary nutrients in relation to lung function, respiratory symptoms and chronic obstructive pulmonary disease” was completed, which assessed the clinical and epidemiological evidence on the effects of dietary nutrients from foods on lung function, respiratory symptoms, mortality and risk of COPD. The biological mechanisms underlying their effects were also examined. Two other manuscripts co-authored with Dr Hiramatsu were also drafted during my visit at Hyogo University. The manuscript, “Dietary intake of minerals in relation to lung function, breathlessness and COPD prevalence”, provided the first report of an inverse association between dietary calcium intake and the risk of COPD, together with a significant dose-response relationship for the breathlessness symptom. Relationships between dietary minerals intake and lung function were also investigated in detail. The other manuscript was titled “Dietary intake of isoflavones and polyunsaturated fatty acids associated with lung function, breathlessness and the prevalence of COPD: Possible protective effect of traditional Japanese diet”. We found that lung function measures were positively associated with isoflavones and PUFA intake. Substantial reductions in prevalence of COPD and breathlessness were observed for isoflavones. High intakes of PUFA and omega-6 fatty acids also appeared to reduce the risks of COPD and breathlessness symptom, but no evidence of association was found for other types of fatty acids. The results suggested possible protective effects of traditional Japanese diet against tobacco carcinogens.

Help conserve forests and woodlands

Try to use plantation timber: Buy plantation timber instead of native forest or woodland timber, if you are building or renovating. This will help conserve the forests and woodlands.
A Hyogo-Curtin Collaboration Seminar was organised in my honour by the Hyogo International Exchange Committee. The program theme was “Dietary Environment, Nutrition, and Human Health” and consisted of three sessions. On 23 June, after the opening ceremony and address by Vice President Professor Masayoshi Kiyohara (清原正義), I gave a first lecture “Physical activity and diet intervention for older adults”. Then on 25 June, a lunch-time poster session was held, in which academic staff of the School of Human Science and Environment presented their recent research findings to students. I was pleased that my poster attracted the attention of dietetics students. Despite the language barrier, I managed to answer their questions. On 30 June, I gave my second lecture on “Writing and publishing papers in international journals”, which was well attended by staff and students. I was treated with an excellent dinner and welcome party at the Mille Restaurant. The night view of the historic Himeji Castle was spectacular.

During my stay at Hyogo University, I was honoured to visit the main administrative office at Kobe, where I held fruitful discussions about staff exchanges and collaboration with Vice Presidents Masayoshi Kiyohara and Yasuo Sakamoto (阪本靖郎), Dr Mikio Ouchi (大内幹雄), Department of Materials Science and Chemistry, Graduate School of Engineering, then took me to tour the Awaji campus where the Landscape Planning and Horticulture Academy was located. I was impressed by its architectural beauty and tranquillity of the natural surroundings, as well as the open ocean view from the staff and student offices. Overall, I would regard Hyogo University as a first class prefecture university, with good facilities for research and well catered for student needs. It has an on-going ‘Staff Exchange and Academic Cooperation Agreement’ with Curtin University. The pioneers of this memorandum of understanding, signed between the two institutions in 1993, were Professor Kiyohara and Dr Ouchi who established the linkage since the mid 1980’s.

**National Cancer Center**

Upon leaving Himeji on 4 July, I travelled to Tokyo where I visited the Research Centre for Cancer Prevention and Screening of the National Cancer Centre. The purpose was to consult Dr Shoichiro Tsugane (津倉昌一郎), Chief of Epidemiology and Prevention Division, and Dr Manami Inoue (井上真奈美), about their Japanese Food Composition Tables. Specifically, it was unclear how some of the values in their nutrient database were derived and the reason(s) underlying the omission of certain micro-nutrients and minerals. These issues were clarified and mostly resolved after lengthy consultations with Dr Tsugane and Dr Inoue. The National Cancer Center has top quality scientists who published extensively in international high-impact journals. The group led by Dr Tsugane has produced high quality results based on their large population-based cohort studies. In my opinion, it is a leading research centre and ranks amongst the best cancer research institutions in the world.

Continued.....

“What you do daily will determine who you are permanently”
Shinshu University

Between 12 and 16 July, I visited Professor Koji Terasawa (寺沢宏次) of the Graduate School of Medicine and Faculty of Education, Shinshu University. We share similar interests in promoting the health of older adults. I met Prof Terasawa during the 7th World Congress on Aging and Physical Activity, held in Tsukuba, Ibaraki in July last year. Since then we have been corresponding with each other to exchange research ideas. The JSPS Invitation Fellowship provided me the opportunity to meet Prof Terasawa and to present my seminar “Writing and publishing papers in international journals” to staff and students at the Nagano campus of Shinshu University. It was well received by the audience. Shinshu University also had signed a memorandum of understanding with Curtin University.

Kagawa Nutrition University

I returned to Tokyo on Friday 17 July to visit Kagawa Nutrition University. I had valuable discussions with Professor Yasuo Kagawa (香川靖雄) and Professor Noriko Hashimoto (橋本紀子). Prof Kagawa is Vice President of the university and a world-renowned research scientist in medical chemistry and neurochemistry. He provided me useful references and information about folic acid, which enabled me to write another manuscript on folate intake and COPD. Kagawa Nutrition University has two campuses, one located at Komagome in Tokyo and the other at Sakado, Saitama Prefecture. The Komagome campus houses the Evening Department, the junior college and the vocational college. The Sakado campus contains all undergraduate and postgraduate courses and has state-of-the-art laboratories, equipments and facilities for both teaching and research. The buildings are new and modern. It is no doubt a first-class private university with a commitment to teaching excellence.

Sapporo Medical University

I flew to Hokkaido in late July where I visited Professor Mitsuru Mori (森満) at Sapporo Medical University. Prof Mori is Head of the Department of Public Health. His research areas are broad and include nutritional epidemiology. I have learnt a lot from his publications relating to diet and cancers. Based on his feedback and comments, I finalized the manuscript on isoflavones and polyunsaturated fatty acids. I gave a seminar “Physical activity and diet intervention for older adults” to medical researchers and post-graduate students on 29 July. My talk was well-attended with lively discussions afterwards. Sapporo Medical University is a specialist university. Although the campus is relatively limited in size, it embraces a strong research culture and consistently being awarded with research grants from both government and private sectors. I was most impressed by their high quality research output. I was equally impressed by the sea foods especially crabs in Sapporo!

Conclusion

I returned to Perth on 2 August via Narita airport, with a fond memory of my two-month stay in Japan. My objectives of establishing links, networking and developing long-term collaborations and further exchanges with Japanese eminent scientists have been achieved. In addition, four manuscripts have been successfully completed with my Japanese hosts as co-authors. The JSPS fellowship has provided me valuable experience in collaborative research with leading experts in the field.
WHAT IS THE CORRECT FORMAT FOR STAFF EMAIL SIGNATURES?

Many staff have asked for a template for the electronic email signature and there are a number of different signatures within the School. There is in fact one standard template and it’s important for the School’s branding that we are all consistent. Below is the standard template. This template can be copied and pasted, as the font type and size needs to be Verdana 10pt, Colour – black and it includes the university’s new vision. Please note that you cannot have a different colour, you can’t have a picture of a telephone, you can’t use a fancy signature before your name and you can’t add a line about the environment – this is the standard email signature that should come from the School/Faculty/University.

It would be great if each staff member could take a look at their electronic signature and ensure that it meets these style guidelines and you indeed have the correct vision. To do this when your outlook is open, click on tools, click on options, click on the mail format tab, click on signatures, click on edit. Then make the changes and ok, ok, and ok.

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Curtin University of Technology | GPO Box U1987 | Perth | Western Australia 6845  
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Vision: "An international leader shaping the future through our graduates and research and positioned among the top 20 universities in Asia by 2020."

STAFF AWAY FOR THE NEXT TWO WEEKS

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<tr>
<th>DEPART</th>
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<td>9/08/09</td>
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<td>Yang Miang Goh</td>
<td>Beijing</td>
<td>17th Congress of International Ergonomics Assoc</td>
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<td>Jan Lewis</td>
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<td>Colin Binns</td>
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Birthdays in the next two weeks

Linda Portsmouth 10th August 
Ann Firth 20th August

NEXT EDITION: Please direct items of interest to Stella Ibbott by Wednesday 19 August as the next newsletter will be issued to all staff on Friday 21 August.