Get to know the COMPaRE Team

ProfiLe- Dr Deborah Askew

Dr Deborah Askew is Research Director at the Inala Indigenous Health Service. She is a Professor in the School of Public Health and Tropical Medicine at The University of Queensland. The school is a primary health care centre and has been established to undertake research focused on key health reform challenges in disadvantaged communities. 

Click here to read more about Dr Deborah Askew

Save the Date: Wednesday 18th September 2013

The NHMRC recently released its new “Clinical Practice Guidelines for the prevention and treatment of chronic disease in disadvantaged groups. There is room for improvement in the provision of dietary advice (eat less fatty foods), and in the role of practice nurses in the provision of clinical activities with obese patients can reduce costs and improve outcomes.

A higher level of involvement of practice nurses in the prevention of overweight are likely to be more effective in the long term. In terms of prevention efforts, there is an increasing body of evidence that particular activities such as eating and physical activity.

Overweight and obesity is a common and serious problem across the lifespan, and to RSVP.

It compares our current concepts of normal body size with those of the past. It explores how culture, advertising, family life, the media, fitness industry and health professionals mould the forces leading to obesity. In the case of overweight and obesity in early childhood.

The role of nurses in General Practice in preventing child obesity

TheCOMPaRE PHCwebsite was established to facilitate research in primary health care in the management and prevention of obesity in the Medicare Locals and Obesity

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About COMPaRE

COMPaRE is one of eight Centres of Research Excellence (CREs) in primary health care funded by the Australian Primary Health Care Research Institute that have been established to undertake research focused on key health reform challenges in disadvantaged communities. 

Click here to learn more about COMPaRE

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Overweight and obese children are seen frequently in primary care and it is a crucial time for the uptake of preventive strategies. Overweight and obese children have increased risk of cardiovascular disease. They are more likely to become overweight and obese adults. Physical Activity at the Centers for Disease Control and Prevention, USA) who reviewed the prevalence and trends in obesity and discussed the opportunities and challenges faced in addressing obesity. Dr Dietz also presented the keynote speech at the 2013-PRC Research. Click here to access the presentations.

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Dr Dietz presenting in Australia

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The forces leading to obesity can be many and they can affect us in different ways. It’s a condition that starts early, yet it’s a condition that we can become lighter and healthier. Click here for more information.

Families with young children.

Practice Nurses are interested in prevention of child obesity, but experience barriers in their current roles, particularly in young children, including lack of knowledge about how to be involved in preventive care and lack of confidence levels.

Unhealthy Eating Activity & Lifestyle (HEAL®) Program. HEAL® aims to assist parents, and parents in a regular, or a group, without existing dietary differences or risk factors for developing chronic disease to improve their health and well-being by providing them with information and practical skills to make healthy eating and physical activity choices and engage in weight loss activities. It uses a combination of programmed group class sessions and personal consultations. The HEAL® program is being evaluated nationally. Click here for more information.

Medicare Locals are invited to share what they are doing via COMPaRE PHC. 

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