

# Health and Wellbeing Queensland Symposia

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Inspire

Wednesday 2 November 2022  
Queensland Performing Arts Centre

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**#HWQldSymposia2022**



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Health and Wellbeing  
Queensland

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# Welcome



## A welcome message from Dr Robyn Littlewood, Health and Wellbeing Queensland CE

Welcome to the future of Queensland and it's bright.

Health and Wellbeing Queensland in partnership with others across government, universities, the local and state wide social sector and industry, along with all our wonderful communities, consumers and families, are working together to support the next generation of Queenslanders.

Together, we have a strong focus on Equity, Obesity Prevention, Food Security and Clinical Prevention, working towards better health for all Queenslanders.

Working on the basis of place, equity, fairness, co-design, partnership, population and prevention, we have developed a plan, designed by Queenslanders for Queenslanders. This is for everyone, no matter who they are or where they live.

In 2015, the Queensland Government announced they would establish a strong and focused Public Health agency with the clear purpose to reduce obesity and chronic disease. Health and Wellbeing Queensland commenced on 1 July, 2019, and in the three years since, we have worked relentlessly to create lasting impact and change. Queensland should be so proud of how organisations, industry, education, stakeholders, clinicians, individuals, communities and different levels of government are working seamlessly together.

Our Symposia is about what we have achieved, what our aspirations are into the future, and how by coming together to work in partnership, we can change lives.

It's the right time, for the right purpose, with the right partners.

We are in good hands.

This is Generation Queensland.

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**Dr Robyn Littlewood**  
Chief Executive  
**Health and Wellbeing Queensland**



## Welcome from Her Excellency the Honourable Dr Jeannette Young AC PSM, Governor of Queensland

When I was sworn-in as the 27th Governor of Queensland on 1 November 2021, one of my pledges was to encourage a healthy and active Queensland.

Hence why I feel so privileged to be Health and Wellbeing Queensland's Patron, supporting their work to achieve real and lasting change for the health and wellbeing of all Queenslanders.

I am proud to bring continued focus to prevention, health and wellbeing through this Patronage, and support Health and Wellbeing Queensland as the State's first dedicated Public Health agency.

Health and Wellbeing Queensland is playing a vital role in achieving better health and wellbeing outcomes by working across sectors to support people to adopt healthy lifestyles and create healthier places and systems.

I am pleased to see change already occurring with Queensland becoming a healthier place to live and Queenslanders becoming informed and empowered to reduce their health risk.

Working together is how change will be made, through partnerships, through community consultation, within and outside of government, with universities and schools, in workplaces and homes.

I commend the important work that Health and Wellbeing Queensland is doing to address the huge challenges that obesity and health inequities present.

As Patron, I look forward to continuing to support their work as they seek to build a legacy that will shape the health and wellbeing of Queenslanders for generations to come.

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**Her Excellency the Honourable  
Dr Jeannette Young AC PSM**  
**Governor of Queensland**

# Who we are

**Health and Wellbeing Queensland is the state's dedicated public health agency, working to drive generational change that improves the health and wellbeing futures of Queenslanders, especially our kids.**

Our initial focus is obesity prevention and the reduction of chronic disease, through nutrition, physical activity and wellbeing, and reducing health inequity.

To do this we work across government, health environments, the private sector and communities to partner, create, develop and amplify policy and programs that achieve

real and measurable improvements, so all Queenslanders have the best chance to live a healthier life, no matter who they are, or where they live.



[hw.qld.gov.au](http://hw.qld.gov.au)



[info@hw.qld.gov.au](mailto:info@hw.qld.gov.au)



Ground Level, 139 Coronation Drive  
(entry via Little Cribb Street)  
Milton QLD 4064



**health + wellbeing**  
Queensland

**Fuel your mind & body**

To operate at peak performance you need to fuel your body right. Health and Wellbeing Queensland is working hard to improve the health and wellbeing of all Queenslanders, especially our kids.

For resources and nutritious recipes, visit [www.hw.qld.gov.au](http://www.hw.qld.gov.au)



Queensland Government



# Singing is for everyone



QPAC is proud to support the  
**Health and Wellbeing Queensland**  
Symposia



# Venue

The Health and Wellbeing Queensland Symposia is being held in the Concert Hall, Queensland Performing Arts Centre.

# Registration

## Open from 8:00am

The registration desk will be located on the Lower Minstrel Gallery and will be open from 8am.

## Getting there

From the Ground Floor Foyer, head up the central white marble staircase, past the Box Office and towards the Lower Minstrel Gallery.

## After 8:30am

If you are arriving after 8:30am, attendee registration will move to the Concert Hall Foyer. Please visit the Connecting for Healthy Communities stand in the exhibition area to register and receive your name tag.

**Note:** all times are listed as Australian Eastern Standard Time.





# General information

## Session recordings

All Symposia sessions will be recorded, and made available to attendees post-event.

## Attending online

The Symposia is being livestreamed via Vimeo for those unable to attend in person.

<https://vimeo.com/event/2523089/64c6e787c8>

## Venue services and facilities

**Bathrooms** are located at the Box Office, Lower Minstrel Gallery, and also on the Main Foyer level.

**A Cloak Room** is located across from the Box Office, and is available to use on the day for luggage or large items storage.

## Program breaks and catering

All catering will be served in the Concert Hall Foyer near the exhibitors during morning tea, lunch and afternoon tea.

**If you indicated special dietary requirements on your registration form please make yourself known to QPAC staff.**

## Networking function

Post event drinks will be served in the Concert Hall Foyer for all attendees. Thank you QPAC for supporting this networking opportunity.

## WiFi

There will be no dedicated Wi-Fi internet for this event.

## Mobile phones

Please ensure all mobile phones are switched to silent during the sessions.

## COVID-Safe

The health and wellbeing of all attending this event is a priority for both Health and Wellbeing Queensland and QPAC.

Please stay home if you are feeling unwell or showing symptoms of COVID-19 - fatigue, shortness of breath or fever.

Whilst masks are no longer mandatory, they are recommended, and we ask that you bring your own face mask with you, if you wish to use one.

## We'd love your feedback

We'd love to hear your feedback on the Health and Wellbeing Queensland Symposia.

Scan this QR code to complete the survey.



SCAN OR CLICK



# Program overview

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**8:00AM**   **Arrival and registration**

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**8:30AM – 9:15AM**   **Opening Session**

**MC Welcome**

Loretta Ryan, ABC Radio Brisbane

**Welcome to Country**

Aunty Kerry Charlton

**Nunukul Yuggera Jarjums Traditional Aboriginal Cultural Performance**

**Welcome**

Her Excellency the Honourable Dr Jeannette Young AC PSM, Governor of Queensland

**Welcome**

The Hon. Dr Steven Miles MP, Deputy Premier, Minister for State Development, Infrastructure, Local Government and Planning and Minister Assisting the Premier on Olympics Infrastructure

**Welcome and Opening Remarks**

Dr Robyn Littlewood, Chief Executive, Health and Wellbeing Queensland

Mr Robbie Sands, Mayor, Kowanyama Aboriginal Shire Council and Chair, Torres Cape Indigenous Council Alliance

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**9:15AM – 10:05AM**   **Keynote Address 1**

***Health and Longevity in the 21st Century***

Professor S. Jay Olshansky, Professor of Public Health, University of Illinois, Chicago

**Keynote Address 2**

***Projections of obesity and life-expectancy in Queensland: Obtaining social licence for action***

Professor Rhema Vaithianathan, Professor of Economics, Auckland University of Technology

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**10:05AM – 10:40AM Morning Tea and Exhibition Viewing**

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**10:40AM - 12:30PM Keynote Address 3**

*So You Want to Live Younger Longer?*

Dr Norman Swan, ABC and Founder, Tonic Media Network

**Panel Session 1**

*Life expectancy is on the decline — what does this mean for our kids?*

Moderator: Ms Loretta Ryan, ABC Radio Brisbane

Panel:

- Dr Robyn Littlewood, Chief Executive, Health and Wellbeing Queensland
- Professor Rhema Vaithianathan, Professor of Economics, Auckland University of Technology
- Professor S. Jay Olshansky, Professor of Public Health, University of Illinois, Chicago
- Dr Norman Swan, ABC and Founder, Tonic Media Network
- Professor John Cairney, Head of School, School of Human Movement and Nutrition Sciences, University of Queensland

**Wellbeing Break**

With DC FIT

**Keynote Address 4**

Matt Golinski, Queensland Chef and Regional Food Ambassador  
featuring Juiced TV

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**12:30PM – 1:30PM Lunch and Exhibition Viewing**

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**1:30PM – 3:20PM Panel Session 2**

***Impact through Partnerships***

Moderator: Dr Mark Robinson, Senior Research Fellow, Institute for Social Science Research, University of Queensland

Panel:

- John Kotzas AM, Chief Executive, Queensland Performing Arts Centre
- Sandy Murdoch, Founder and CEO, TRACTION For Young People Ltd
- Adjunct Professor Sue Hawes, CEO Diabetes Queensland (My Health for Life)
- Tiani Van Haren, A/ Director of Strategy and Analytics, Sport and Recreation, Department of Tourism, Innovation and Sport
- Robert Hoge, Executive Director, Strategic Communications at Department of State Development, Infrastructure, Local Government and Planning

**Panel Session 3**

***From Within and Beyond the Health System: Informing Clinical Prevention***

Moderator: Robert Hunt, Chief Executive Officer, Dietitians Australia

Panel:

- Professor Sharon Goldfeld, Director, Centre for Community Child Health (CCCH) the Royal Children's Hospital Melbourne
- Angela Young, Executive Director Aboriginal and Torres Strait Islander Engagement, Queensland Children's Hospital
- Dr Tanya Kelly, Chair, Queensland Clinical Senate
- Peter Button, Consumer Advocate, Met North PHN and HWQld Register of Community Voices

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**3:20PM - 3:35PM Afternoon Tea and Exhibition Viewing**

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**3:35PM – 5:00PM Wellbeing Break**

With Natalie Cook OAM OLY

**Panel Session 4**

*Can we agree on how to talk about higher body weight?*

Moderator: Dr Norman Swan, ABC and Founder, Tonic Media Network

Panel:

- Tiffany Petre, Director, Obesity Collective
- Laureate Professor Clare Collins, NHMRC Leadership Research Fellow and Director Food and Nutrition Research Program, University of Newcastle and Hunter Medical Research Institute
- Dr Fiona Willer, Lecturer in Nutrition and Dietetics at QUT and Weight Inclusive Practice Consultant at Health, Not Diets
- Asmaa AbdelGawad, Community Representative, Health and Wellbeing Queensland

**Closing Address**

*Opportunities for the Next Gen: Motivating Change over 10 years*

Natalie Cook OAM OLY, Board Member, Brisbane 2032 Olympic and Paralympic Games Organising Committee

**Closing Remarks**

Mr Steve Ryan, Chair, Health and Wellbeing Queensland Board

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**5:00PM Event End and Networking Drinks, with thanks to QPAC**

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# Opening Session



## Loretta Ryan

ABC Radio Brisbane

@Loretta\_Ryan

@Loretta\_Ryan

Loretta Ryan

Loretta Ryan is the co-host of the ABC radio Brisbane breakfast show

and next year will chalk up 40 years in the radio industry. Starting her career fresh out of high school at RADIO 10 in Brisbane, Loretta worked across several departments before taking up a cadetship in the newsroom which led to her presenting career. Before landing at ABC, she worked at Triple M, 4BH and 4BC.



## Auntie Kerry Charlton

Goo'enpul-Yuggera (Brisbane Ipswich and Logan, Moreton Bay Island Quadamooka regions) and Ngunda-Gabi Gabi of the Sunshine Coast



## Her Excellency the Honourable Dr Jeannette Young AC PSM

The Governor of Queensland

@QldGovernor

@QldGovernor

@QldGovernor

govhouse.qld.gov.au



## Mr Robbie Sands

Mayor, Kowanyama Aboriginal Shire Council and Chair, Torres Cape Indigenous Council Alliance

kowanyama.qld.gov.au

Mayor Robbie Sands brings several years of experience working within the Kowanyama Aboriginal Shire Council, under the Elders who guided

it through its infancy. Employed by the Council in a number of roles since 1992, Mayor Sands worked his way up to the position of Deputy Chief Executive Officer, which he held for seven years. He continues to represent the community through a number

of committees and clubs, including the Sports and Recreation Association and the Kowanyama Rodeo committee. Mayor Sands says he has learnt a great deal from working with these groups and that their guidance, support and philosophies provide the basis for his objectives and goals.



## The Hon. Dr Steven Miles MP

Deputy Premier, Minister for State Development, Infrastructure, Local Government and Planning and Minister Assisting the Premier on Olympics Infrastructure

@StevenMilesMP

@StevenJMiles

@StevenMilesMP

Steven Miles



## Dr Robyn Littlewood

Chief Executive, Health and Wellbeing Queensland

@RobynLittlewoo1

Robyn Littlewood

hw.qld.gov.au

As leader of the state's first dedicated prevention agency, Dr Robyn Littlewood believes every Queenslanders has the right to better health and works relentlessly to achieve this. An experienced leader, researcher, clinician, academic and educator, Robyn is an advocate for strong public health policy with more than 25 years' experience working across paediatric obesity prevention, nutrition and dietetics. Robyn holds a raft of formal qualifications in dietetics, business, research and executive leadership, including a PhD, GAICD and two Masters degrees including Medical Science and Business Administration.

Before her Chief Executive appointment in 2019, Robyn was Director, Health Services Research, Children's Health Queensland Hospital and Health Service and led the first national paediatric dietetics training course in Australia, alongside Dietitians Australia.

Robyn holds a range of clinical and academic positions, including three Adjunct Professor appointments, and has been an invited speaker at state, national and international conferences. She is most passionate about children's health and her focus remains firmly on driving an agenda of equity to help ensure the next generation of Queenslanders live healthy and active lives.



# Keynote Address 1



## Professor S. Jay Olshansky

Professor of Public Health, University of Illinois, Chicago

### *Health and Longevity in the 21st Century*



@SJayOlshansky



S. Jay Olshansky, Ph.D.

The rise in life expectancy observed in the 20th century has decelerated, stagnated, and even declined in many parts of the developed world in the last decade. Part of this phenomenon is due to the biological aging of our bodies becoming the most important risk factor for survival, but acquired behavioural risk factors still play a critical role in influencing and determining duration of life. In this presentation I'll discuss the various factors that contribute to human longevity; I'll explain why human body design limits how long we can live; and I'll illustrate how modifying various behavioural risk factors early in life can have a profound influence on healthspan and lifespan later in life.

*S. Jay Olshansky is a Professor in the School of Public Health at the University of Illinois at Chicago, Research Associate at the Center on Aging at the University of Chicago and Chief Scientist at Lapetus Solutions, Inc.*

*The focus of his research is on estimates of the upper limits to human longevity, exploring the health and public policy implications associated with individual and population aging, forecasts of the size, survival, and age structure of the population, pursuit of the scientific means to slow aging in people (The Longevity Dividend), and global implications of the re-emergence of infectious and parasitic diseases. During the last 38 years, Jay has been working with colleagues in the biological sciences to develop the modern "biodemographic paradigm" of mortality – an effort to understand the biological nature of*

*the survival and dying out processes of living organisms.*

*Jay's recent work is focused on linking the scientific study of aging with investments in longevity and mortality related products. Jay is a Board member, American Federation of Aging Research (AFAR) and he served on the Board of Scientific Advisors at PepsiCo and is the recipient of numerous internationally recognised awards for his research and scientific pursuits. In 2022 Jay testified before the U.S. House Committee on Science, Space, and Technology on the topic of aging and Geroscience and how advances in aging biology are about to transform what it means to grow old.*

# Keynote Address 2



## Professor Rhema Vaithianathan

Professor of Economics, Auckland University of Technology



Rhema Vaithianathan

### **Projections of obesity and life-expectancy In Queensland : Obtaining social licence for action**

Each cohort born in Queensland is likely to experience high rates of lifetime obesity. The burden might mean that Queenslanders born in the next decade will actually see a reversal in their life expectancy . Additionally, the disproportionate burden on Aboriginal and Torres Strait Island population may also see a widening in disparities. This talk will outline life expectancy projections, and argue that despite the preponderance of epidemiological evidence on the negative effects of obesity , there is little community recognition of the need for system wide change. This talk will argue that new narratives and framing as well as leadership is required for Governments to obtain the social licence required for action.

*Rhema Vaithianathan is a Professor of Health Economics and Director of the Centre for Social Data Analytics (CSDA), a translational research centre located in the School of Social Sciences and Public Policy, in the Faculty of Culture and Society, at the Auckland University of Technology (AUT), New Zealand.*

*Rhema is recognised internationally for her work using data science for social good, and the implementation of machine learning tools in high stakes government systems such as child protection. She leads the international research team that developed, and continues to refine, two active child protection predictive risk modelling tools: the Allegheny Family Screening*

*Tool (Allegheny County, PA, USA) and the Douglas County Decision Aid (Douglas County, CO, USA). Additionally, she has developed a tool to assess homelessness in Allegheny County, aiding in prioritising bed allocation within temporary housing.*

*Rhema has held research positions in Australia, Singapore and the United States, including a Harkness Fellowship at Harvard University. She gained her PhD from the University of Auckland (NZ) in 2000.*

# Keynote Address 3





## Dr Norman Swan

ABC and Founder, Tonic Media Network

### *So You Want to Live Younger Longer?*

Many of us dream of staying as young as possible as long as possible whether we're in our 30s, 40s, 70s or even 80s, and there's a growing Conga line of products and people offering you just that dream. The dilemma is, which of the pills, mental and physical exercise

programs, diets and superfoods actually work?

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-  @TonicMediaNetwork
-  @TonicNetwork
-  Tonic Media Network

Norman hosts RN's Health Report and during the COVID-19 pandemic, has co-hosted Coronacast, a podcast on the coronavirus. Norman is also a reporter and commentator on the ABC's 7.30, Midday, News Breakfast and Four Corners and a guest host on RN Breakfast. He is a past winner of the Gold Walkley and has won other Walkleys including one in 2020. He created Invisible Enemies, on pandemics and civilisation for Channel 4 UK and subsequently broadcast in 27 countries.

Norman has been awarded the medal of the Australian Academy of Science and an honorary MD from the University of Sydney.

His book, *So You Think You Know What's Good For You* (Hachette) is a best seller and was recently released in the UK. His latest book *So You Want To Live Younger Longer* has also been on the best seller list.

Norman trained in medicine and paediatrics in Aberdeen, London and Sydney before joining the ABC.

Norman is Co-Founder of Tonic Media Network, whose mission is to deliver better health outcomes through patient activation at point of care.



# Panel Session 1

## *Life expectancy is on the decline — what does this mean for our kids?*

This session will discuss new research results and modelling commissioned by Health and Wellbeing Queensland that address the life expectancy of Queensland's next generation if nothing is done to reverse obesity rates, and the opportunities this research presents in the area of obesity prevention and public health. We know Queenslanders are at risk of living a shorter life than their parents, which has not been seen before and things need to change. This session will provide insights into experiences overseas to address similar life expectancy modelling, the impact for Queensland and what needs to change to regain potential life expectancy losses.



**Moderator:**  
**Loretta Ryan**

ABC Radio Brisbane

@Loretta\_Ryan

@Loretta\_Ryan

Loretta Ryan



**Dr Robyn Littlewood**

Chief Executive, Health and Wellbeing Queensland

@RobynLittlewoo1

Robyn Littlewood

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**Dr Norman Swan**

ABC and Founder,  
Tonic Media Network

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Tonic Media Network



**Professor Rhema Vaithianathan**

Professor of Economics, Auckland  
University of Technology

Rhema Vaithianathan



**Professor John Cairney**

Head of School, School  
of Human Movement and  
Nutrition Sciences, University of  
Queensland

Professor John Cairney is the  
Head of School of Human  
Movement and Nutrition Sciences  
at The University of Queensland,

commencing in January 2020. Prior to this, he was the  
Director of Graduate Studies in the Faculty of Kinesiology  
and Physical Education at the University of Toronto and  
Director of the Infant and Child Health (INCH) Research  
Laboratory at both the University of Toronto and McMaster  
University. Professor Cairney is an academic leader in  
the field of paediatric exercise medicine and child health  
research and is internationally known for his work on  
developmental coordination disorder (DCD) and its impact  
on the health and wellbeing of children. He is the author/  
editor of 4 books and more than 320 published  
works and has held more than \$A20 million in  
research funding.



**Professor S. Jay Olshansky**

Professor of Public Health,  
University of Illinois, Chicago

@SJayOlshansky

S. Jay Olshansky, Ph.D.

# Wellbeing Break

## Wellbeing Break with DC FIT

DC FIT is an exciting eight to 12-week program in addition to the Queensland-wide Deadly Choices Healthy Lifestyle campaign, which will continue to roll out through Queensland schools and community groups, following the recent COVID-19 disruptions.

Inclusion for all fitness levels is at the forefront of the DC FIT or Fun Indigenous Training program, which is designed for Aboriginal and Torres Strait Islander people aged 16 to 25 years old.

DC FIT is an opportunity to participate in low-intensity activities among friends and family at school, or within small community groups. Physical activity is one of the most effective ways to modify and reduce risk of chronic disease, especially cardiovascular disease, cancer, stroke, hypertension and diabetes among First Nations peoples. Obesity is one of the main risk factors for morbidity and mortality, so increasing the levels of physical activity will give communities an opportunity to improve their own quality of life and to continue to close the gap in health outcomes between Indigenous and non-Indigenous Australians.



# Keynote Address 4



## **Matt Golinski**

Queensland Chef and  
Regional Food Ambassador



@ChefMattGolinski



[mattgolinski.com.au](http://mattgolinski.com.au)



@MattGolinski

Matt Golinski is a highly regarded, professional chef with a passion for creating cuisine using fresh, seasonal and local ingredients. Well known as one of the original team members of the popular 'Ready Steady Cook' television series, Matt has worked as executive chef at some of Queensland's leading restaurants over his 30-year career.

Based on Queensland's Sunshine Coast, Matt now enjoys working as a consulting chef to restaurants, being a regular guest chef at festivals and events and writing food articles for In Noosa and Hello Sunshine magazines. He is also an active member of the Slow Food movement and a motivational speaker.

## **Special guest Juiced TV**

Juiced TV is the show made by the kids in hospital, for the kids in hospital!

It's an Australian-first program that provides the opportunity for patients and their siblings to share their hospital journey in an empowering and positive way. The Juiced TV mission is to create meaningful and memorable experiences that entertain, empower, and bring joy! By giving kids of all abilities a platform to share their story, the power is back in their hands – this distracts them from pain, reduces anxiety, builds confidence, reduces isolation and helps improve their wellbeing. Since its launch in 2015, the show has made a difference to the lives of thousands of patients, and continues to revolutionise the way that children and their families experience hospital.



@JuicedTV



@JuicedTV



Juiced TV



Juiced TV



[juicedtv.com.au](http://juicedtv.com.au)



# Panel Session 2



## Impact through Partnerships

True impact can only be achieved by collaborating with and leveraging off each other, listening to the perspectives of key stakeholders including community members, and building on community strengths and the good work that has already been completed in the field. In health promotion we are always looking for ways to do more with less, and extend our reach, and we can do more when we work together.

This session discusses the value of partnerships in health promotion and how we can elevate connections to make a meaningful and lasting impact on health and wellbeing. The panel will discuss what it means to partner well, and with whom, for greatest impact across all levels of the system. The conversation will cover how to make partnership decisions, evaluate their success, and report on their impact to key stakeholders. The importance of locally led and place-based partnerships will be discussed, with key examples of collaborative partnerships that have worked well.



**Moderator:**  
**Dr Mark Robinson**  
Senior Research Fellow,  
Institute for Social Science  
Research, University of  
Queensland

 @MarkRobinson\_Oz  
 Mark Robinson

Dr Mark Robinson is a Senior Research Fellow in the Institute for Social Science Research (ISSR) and Honorary Senior Research Fellow at the University of Glasgow. Mark is a public health and evaluation specialist and has led the development of evaluation frameworks with varied partners across a range of topics. He recently led the development of a detailed Monitoring, Evaluation and Learning Framework for Health and Wellbeing Queensland (HWQld) and currently leads the strategic evaluation of a suite of six preventive health programs funded by HWQld. Mark is also playing a major role in the development of Queensland Health's new Cancer Strategy for Aboriginal and Torres Strait Islander Peoples. Prior to joining ISSR, Mark successfully led a range of research and evaluation projects to better understand population health and health inequalities at NHS Health Scotland, a national public health agency in Scotland.



**Adjunct Professor**  
**Sue Hawes**

CEO Diabetes Queensland  
(My Health for Life)

 Adj Prof Sue Hawes

Adjunct Professor Sue Hawes  
Sue is a registered nurse and  
has worked in numerous roles

as a senior clinician and executive. She is currently the Chief Executive Officer, QLD for Diabetes Australia and was the former Chief Nursing and Midwifery Officer of the Northern Territory (NT). Sue led NT Health's COVID-19 response, holding governance and accountability for policy, process, and the establishment of the National Quarantine Facility in Howard Springs. Sue has extensive experience in implementing large and small scale transformational change and is committed to the development of others, participating in regular coaching and teaching. She enjoys collaborating with health staff to solve wicked problems that deliver improvements to service delivery. Sue is a Fellow of the Australian College of Nursing and holds honorary academic appointments with Charles Darwin University and the Queensland University of Technology.



## John Kotzas AM

Chief Executive, Queensland Performing Arts Centre

 John. Kotzas

John Kotzas AM is Chief Executive of the Queensland Performing Arts Centre (QPAC), one of Australia's most successful centres of

live performance. Since joining QPAC in 1989, John has undertaken various creative and management roles, directing the inaugural Brisbane Festival, and establishing the Out of the Box Festival.

Under John's leadership, QPAC has established itself not only as a major presenter, producer and investor, but also as a significant public space and centre for arts education. Since 2009, the QPAC International Series has presented exclusive seasons from some of the world's leading arts companies. John led the organisation's successful bid to build a new theatre, which on completion will make QPAC Australia's largest performing arts centre.

In recognition of his distinguished service to the arts, John was appointed a Member of the Order of Australia in 2021. He has also been awarded the Cavaliere dell'Ordine della Stella d'Italia (Knight of the Order of the Star of Italy) for his commitment to Italian arts, culture and community in Australia and he holds Honorary Doctorates from Queensland University of Technology and Griffith University.



## Sandy Murdoch

Founder and CEO, TRACTION For Young People Ltd

 Sandy Murdoch

Sandy started TRACTION in 2015 and has developed the program alongside a fantastic team as a volunteer ever since. TRACTION

helps vulnerable young people realise amazing results and was built with an innovative, inclusive culture and significant capability as an organisation. TRACTION's mission is to spark young people's potential. TRACTION delivers evidence-informed, hands-on learning and mentoring programs, to help young people engage in education and build the resilience and skills they need to thrive. Through his previous career in business and time building the TRACTION community, Sandy has developed faith that ordinary people, working together, can achieve extraordinary things.

## Tiani Van Haren

 Tiani Van Haren

A/ Director of Strategy and Analytics, Sport and Recreation, Department of Tourism, Innovation and Sport

Tiani's team works to capitalise on opportunities that promote the value of physical activity across government, industry and community sectors, including implementing partnerships that amplify impact and align with Activate! Queensland 2019-2029, including with Health and Wellbeing Queensland.

Tiani also works collaboratively with the active industry to strengthen and expand its capability to deliver quality, inclusive and contemporary participation experiences that meet the needs of Queenslanders. Prior to this role, Tiani was an integral part of the team that developed Activate! Queensland, the first ever physical activity strategy for Queensland.



## Robert Hoge

Executive Director, Strategic Communications at Department of State Development, Infrastructure, Local Government and Planning

 Robert Hoge

Robert Hoge is an experienced leader who believes that great communicators can save, change and shape lives. He has strong experience in consumer insight, digital engagement, issues management, crisis communications and behaviour change communications. He is a passionate believer that well planned, executed and evaluated communications can help organisations make a real difference in the world. Robert is a former journalist, an internationally published author and disability advocate.

# Panel Session 3

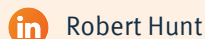
## *From Within and Beyond the Health System: Informing Clinical Prevention*

This session is designed to introduce the term ‘clinical prevention’ and highlight opportunities within the health system to embed clinical prevention into daily clinical care. Exploring what needs to be done to support the health system to be more prevention focused, the session will showcase examples of clinical prevention models of care currently being delivered in community and identify what sectors beyond the health system can play a role in clinical prevention. The session is designed to provide the audience with an understanding of why there is a need for a Clinical Prevention Strategy for Queensland, and how prevention is a key priority for the health reform agenda.



### **Moderator: Robert Hunt**

Chief Executive Officer,  
Dietitians Australia



Robert is a highly experienced CEO with significant health industry

management experience with the National Heart Foundation, Australian Medical Association and most recently as National CEO of St John Ambulance Australia. Robert is a qualified Certified Practising Accountant (CPA), born and bred in Canberra. Robert's strong focus throughout his career has been to advance professional conduct and he is a passionate advocate for support and encouragement of professional life. As a long time member of his professional body CPA Australia and the Australian Institute of Company Directors, Robert is keen to protect and enhance the professional standing and recognition of dietitians in Australia.



### **Professor Sharon Goldfeld**

Director, Centre for Community  
Child Health (CCCH) the Royal  
Children's Hospital Melbourne



Professor Sharon Goldfeld is a paediatrician and Director at the Royal Children's Hospital's Centre for Community Child Health and Theme Director for Population Health at the Murdoch Children's Research Institute. Sharon has a decade of experience in state government as senior policymaker in health and education, including holding the role of Principal Medical Advisor in the Victorian Department of Education and Training. Her unique career has seamlessly straddled research, policy and practice with her cross-sectoral approach ensuring her research is robust and of high policy and practice utility for greater translation success. Sharon was recently awarded the inaugural Marles Medal for excellence in original research that led to outstanding





### Angela Young

Executive Director Aboriginal and Torres Strait Islander Engagement, Queensland Children's Hospital

Angela is a Kullalli/Koa woman and brings a wealth of experience to the role of Executive Director, Aboriginal and Torres Strait

Islander Engagement. Prior to her current appointment, Angela was the General Manager, Policy and Research for the Queensland Aboriginal and Islander Health Council, where she was a strong advocate for the health advancement of Aboriginal and Torres Strait Islander peoples. Angela also has a passion for justice and holds a Bachelor of Laws. She commenced her career as a Government Lawyer and has held senior roles in the areas of Aboriginal and Torres Strait Islander wellbeing, employment and education. Angela is committed to creating a more innovative, culturally safe and engaging healthcare pathway for Aboriginal and Torres Strait Islander children, young people and their families.



### Peter Button

Consumer Advocate, Met North PHN and HWQld Register of Community Voices

 Peter Button

Since returning to Brisbane in 2014, Peter has occupied his time through getting actively

involved in a broad range of health service improvement projects, focusing particularly on empowering the patient or consumer to become more engaged and informed about their own health and wellbeing. In late 2021, Peter participated in the My Health for Life group meetings at Albany Creek. His experience there encouraged him to take more active control of his own health and wellbeing, joining an older age persons Bootcamp program up to 6 mornings a week and achieving a loss of over 16kgs in weight. These have brought a more positive and active focus to his work in giving back to the community through his involvement in a broad range of programs, such as Beyond Blue and Eat Walk Engage, as well as working actively with Health Consumers Queensland and Consumer Health Forum of Australia.



### Dr Tanya Kelly

Chair, Queensland Clinical Senate

 @DrTanKelly

 Queensland Clinical Senate

Dr Tanya Kelly is an experienced senior clinician (anaesthetist). She has held clinical leadership

roles for the past 10 years, most recently as Director of Anaesthesia and Perioperative Medicine and Clinical Director for Digital Transformation within the Sunshine Coast Hospital and Health Service. Tanya has held senior clinical engagement roles in major digital and redesign projects and has had significant involvement in the digital delivery of the local COVID-19 testing and vaccination program. Beyond her clinical practice, she has qualifications in clinical redesign, business and is a Certified Health Informatician (CHIA) with a presence on several state-wide clinical advisory groups. Tanya is keen to ensure that the Queensland Clinical Senate is highly effective in providing a valuable and driving contribution toward responsive healthcare delivery that meets the changing needs of consumers.

# Panel Session 4

## Can we agree on how to talk about higher body weight?

This session will acknowledge the complexity of the word obesity, and weight related terminology whilst exploring the framing, messaging, language and imagery we do/should/ could use when communicating about obesity. The session will explore the need for the development of a communications guide and consensus statement to address the topic communicating about unhealthy weight, and advice around the use of non-stigmatising language and imagery.



### Tiffany Petre

Director, Obesity Collective



@ActionOnObesity



@ActionOnObesity



Tiffany Petre

Tiffany Petre is currently the Director of the Obesity Collective

which is the peak body for obesity in Australia.

It is a national umbrella coalition with a vision to reduce the health and wellbeing impacts of obesity in Australia, working together to raise awareness of the science and reality of obesity and promote evidence-based prevention and treatment action through a strong, cooperative and inclusive network.

Previously Tiffany worked as a consultant for PricewaterhouseCoopers in Australia and Switzerland with clients including a broad range of public, private and NGO organisations, and a particular focus on obesity, chronic diseases, cancer and aging. Tiffany has completed a bachelors in nutritional sciences and an MBA.



### Moderator:

#### Dr Norman Swan

ABC and Founder, Tonic Media Network



@TonicMediaNetwork



@TonicMediaNetwork



@TonicNetwork



Tonic Media Network



### Laureate Professor Clare Collins

NHMRC Leadership Research Fellow and Director Food and Nutrition Research Program, University of Newcastle and Hunter Medical Research Institute

Laureate Professor Clare Collins is an NHMRC Leadership Research Fellow (L3) and received the 2021 NHMRC Elizabeth Blackburn



@ProfCCollins



@ProfCCollins



Clare Collins

Investigator Grant Award (Leadership in Clinical Medicine and Science). She is Director of the Hunter Medical Research Institute Research Program in Food and Nutrition. Her research focuses on personalised nutrition technologies and programs evaluating impact on diet-related health in chronic disease and across life stages. L/Prof Collins is a Fellow of the Australian Academy of Health and Medical Sciences, Fellow of the Nutrition Society of Australia and Fellow of the Dietitians Australia (DA). She has been awarded over \$29M in grant funding, published 450 research papers and supervised 35 PhD candidates to completion. L/Professor Collins is a sought-after nutrition science media commentator.



### Dr Fiona Willer

Lecturer in Nutrition and Dietetics at QUT and Weight Inclusive Practice Consultant at Health, Not Diets



@HealthNotDiets



@FionaWiller



@FionaWiller



Fiona Willer, AdvAPD, FHEA, GAICD, PhD

Dr Fiona Willer (AdvAPD, PhD, FHEA, GAICD) is an Australian dietitian, academic, educator, non-executive board director and health advocate with a career straddling higher education and the non-profit and private sectors.

Fiona is a long-standing lecturer in Nutrition and Dietetics at Queensland University of Technology and is affiliated for research activities with the Healthy Primary Care team at Griffith University's Menzies Health Institute. Fiona's areas of expertise include the relationships between weight stigma, health consciousness, body appreciation and dietary quality, and the integration of inclusive weight-neutral lifestyle approaches (including Health at Every Size®) into healthcare practice and policy. Her business, Health, Not Diets, provides organisational consultancy and professional development resources for inclusive, weight-neutral healthcare practice and will be celebrating 10 years of advocacy in 2023. She is also proud to be the creator of the innovative Unpacking Weight Science professional development podcast. Fiona currently serves on the board of Dietitians Australia and has previously served on the boards of HAES Australia and the Association for Size Diversity and Health (ASDAH) in the USA.



### Asmaa AbdelGawad

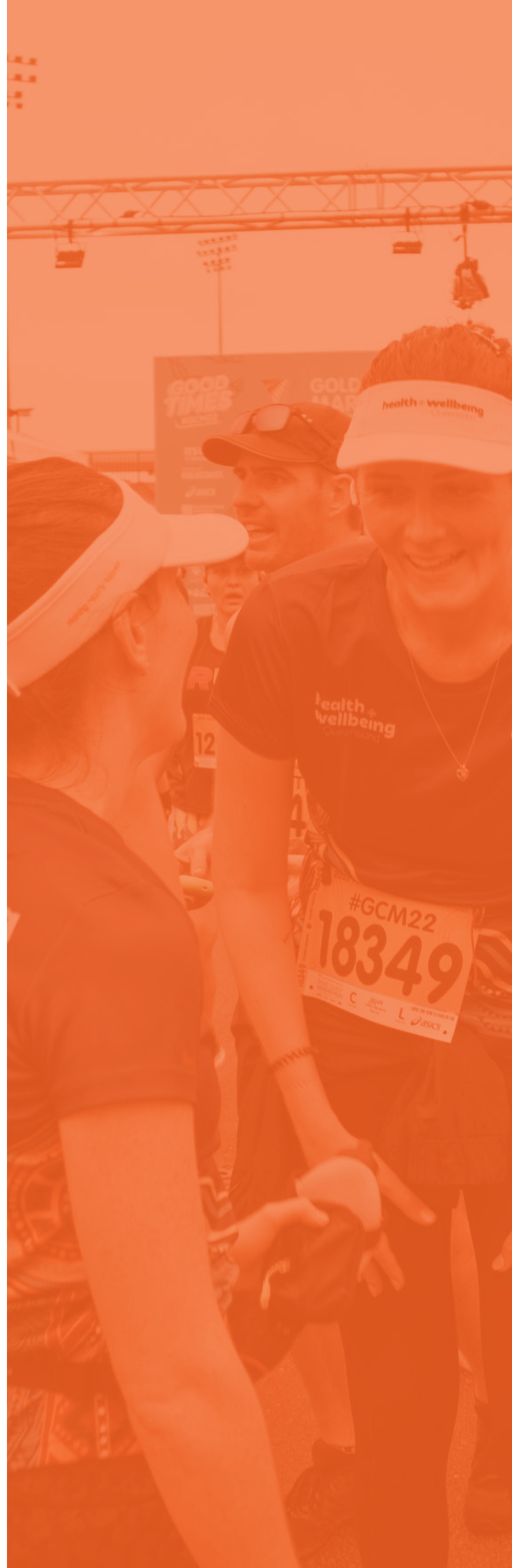
Community Representative, Health and Wellbeing Queensland



Asmaa AbdelGawad

Asmaa is very passionate about wellbeing and promoting mental and physical health through advocating for early intervention

and care across these two areas. As a mother of three girls, and with experiences working across four countries in various industries and roles, Asmaa is currently completing a Psychology degree, and working as a community representative with Health and Wellbeing Queensland, helping to inform consumer focused programs of work, including child and family orientated digital activities.





# Closing Address



## Natalie Cook OAM OLY




Board Member, Brisbane 2032 Olympic and Paralympic Games Organising Committee

### *Opportunities for the Next Gen: Motivating Change over 10 years*

Natalie Cook is most well-known for her five Olympics appearances, an Olympic gold and bronze medal in the sport of beach volleyball. It is obvious to us all Nat exudes passion when it comes to the Olympic Games and was a driving force behind the Brisbane 2032 candidature.

She is active within the sporting community from grass roots to elite and participates on several boards, serving as president of the Queensland Olympic Council for 10 years, Nat has recently stepped down to give her all as a director of the Brisbane 2032 Board.

Natalie was awarded the Medal of the Order of Australia and has been inducted into the Volleyball Hall of Fame, Sports Australia Hall of Fame and Queensland Sports Hall of Fame. She is a proud regional Queenslander, hailing from Townsville and believes EVERY Queenslanders' health and wellbeing is crucial to our future.

 @NatalieCookOAMOLY  
 @NatCookVB  
 Natalie Cook OAM OLY





# Closing remarks



## Mr Steve Ryan

Chair, Health and Wellbeing Queensland Board

 Steve Ryan

Steve is a professional board member, senior executive and educator with over forty years' experience in strategic leadership, governance and service delivery.

Steve has extensive exposure across the public, union, superannuation and not-for-profit sectors in his various roles as a secondary school teacher, a Trustee of the QSuper Board, and a director of QInvest.

Steve is currently a Director of the Residential Tenancies Authority Qld and chair of its Risk and Audit Committee. He is also a Director of GROW, a national not-for-profit community-based organisation helping Australians recover from mental illness through programs of mutual support and personal development. Steve is a former executive member and President of the Queensland Teachers' Union.

# Exhibitors

## Connecting for Healthy Communities

Connecting for Healthy Communities is a place where we connect – in person and online – to share and learn together from the successes and challenges experienced by our peers. Together, we'll learn from and support one another to maximise impact, minimise duplication of effort and significantly improve the health and wellbeing of all Queenslanders.

**Email:** [C4HC@hw.qld.gov.au](mailto:C4HC@hw.qld.gov.au)

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## Deadly Choices

Deadly Choices empowers First Nations people to make healthy choices for themselves, their families and communities – to eat good food, exercise daily and to stop smoking. Deadly Choices also encourages First Nations people to access their local Community Controlled Health Service and complete an annual Health Check.

**Phone:** (07) 3828 3600

**Email:** [deadly.choices@iuih.org.au](mailto:deadly.choices@iuih.org.au)

**Website:** [www.deadlychoices.com.au](http://www.deadlychoices.com.au)

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## The Good Foundation and Jamie's Ministry of Food

Jamie's Ministry of Food delivers hands-on food literacy and cooking skills courses, both face to face and online, in a friendly, supportive and fun environment.

**Email:** [info@thegoodfoundation.com.au](mailto:info@thegoodfoundation.com.au)

**Website:** [www.thegoodfoundation.com.au](http://www.thegoodfoundation.com.au)

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## My health for life

My health for life is a free lifestyle program helping Queenslanders to live well and lessen their risk of developing a chronic disease. The program is delivered by qualified health professionals, empowering people with support, knowledge, and practical tools to achieve their health goals.

**Phone:** 13 74 75

**Email:** [hello@mh4l.com.au](mailto:hello@mh4l.com.au)

**Website:** [www.myhealthforlife.com.au](http://www.myhealthforlife.com.au)

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## Pick of the Crop

Pick of the Crop provides a whole school healthy eating program aimed at increasing the opportunities for Queensland primary school students to learn about and eat more vegetables and fruit.

**Email:** [pickofthecrop@hw.qld.gov.au](mailto:pickofthecrop@hw.qld.gov.au)

**Website:** [www.hw.qld.gov.au/pick-of-the-crop](http://www.hw.qld.gov.au/pick-of-the-crop)

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## Queensland Association of School Tuckshops

Queensland Association of School Tuckshops supports school tuckshop convenors, volunteers and operating organisations to increase opportunities for tuckshops to offer and promote healthy food and drinks in Queensland school tuckshops.

**Phone:** (07) 3324 1511

**Email:** [enquiry@qast.org.au](mailto:enquiry@qast.org.au)

**Website:** [www.qast.org.au](http://www.qast.org.au)

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## QCWA Country Kitchens program

The Queensland Country Women's Association's (QCWA) Country Kitchens program builds the capacity of the QCWA volunteer members to support regional, rural and remote Queensland communities to improve their health by adopting healthier lifestyle practices.

**Phone:** 0417 539 663

**Email:** [countrykitchens@qcwa.org.au](mailto:countrykitchens@qcwa.org.au)

**Website:** [www.qcwacountrykitchens.com.au](http://www.qcwacountrykitchens.com.au)

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## Draft Queensland Obesity Prevention Strategy 2023-2032 (working title)

The Queensland Government's response to the National Obesity Strategy 2022-2032. It is an ambitious strategy to change the systems which are not supportive of healthy weight, and to do more to support Queenslanders living with a higher body weight.

**Have your say now:** [www.hw.qld.gov.au/queensland-obesity-prevention-strategy](http://www.hw.qld.gov.au/queensland-obesity-prevention-strategy)

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## Logan Healthy Living, UQ Healthcare

Logan Healthy Living aims to exemplify healthcare reform by leveraging primary care to deliver coordinated, cross sectoral care to improve health equity and reduce avoidable hospitalisation now and into the future.

Health and Wellbeing Queensland (HWQld) has joined a Queensland-first alliance with The University of Queensland, UQ HealthCare, Metro South Health, Brisbane South PHN, Griffith University and Diabetes Queensland to deliver a comprehensive lifestyle management program for the prevention and management of Type 2 Diabetes.

**Phone:** (07) 3365 1057

**Email:** [LHL@uqhealthcare.org.au](mailto:LHL@uqhealthcare.org.au)

**Website:** [www.loganhealthyliving.org.au](http://www.loganhealthyliving.org.au)

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## 10,000 Steps, CQUniversity

Raises awareness and increases participation in physical activity by encouraging the accumulation of incidental activity as part of everyday living through a free program for individuals, workplaces and communities with step-counting, challenges and walkway signage.


**Phone:** (07) 4930 6751

**Email:** [10000steps@cqu.edu.au](mailto:10000steps@cqu.edu.au)

**Website:** [www.10000steps.org.au](http://www.10000steps.org.au)

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*Healthy tuckshops, healthy schools,  
**healthy children.***

## HEALTHIER TUCKSHOPS PROGRAM

The *Healthier Tuckshops Program* is a proud partnership between the Queensland Association of School Tuckshops and Health and Wellbeing Queensland.

The program is all about helping tuckshops serve healthy foods and drinks, in line with the *Smart Choices* strategy for Queensland schools.

Available to all schools, the program offers free:

- ✓ Recipes and menu planning resources
- ✓ *Smart Choices* advice and classification service
- ✓ Regular communications and podcasts
- ✓ Networking opportunities.

## ABOUT THE QUEENSLAND ASSOCIATION OF SCHOOL TUCKSHOPS (QAST)

QAST aims to build capacity, confidence and connections in Queensland school tuckshops and improve health outcomes for children.

Our vision is *Healthy tuckshops, healthy schools, healthy children* and we have been supporting Queensland tuckshops to serve sustainable, affordable, nutritious and safe food choices since 1996.

QAST is a membership association with over 400 member schools across Queensland.



My health  
for life 

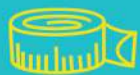
**Don't just take our word for it...**



**25,000+** program enrolments, and  
they keep coming



**97%** of participants feel the program  
experience is excellent



**1.8kg** average reduction in participant  
weight



**31%** average increase in participant  
vegetable consumption

\*Source: Griffith University *My health for life* Program Evaluation Report 2019, and *My health for life* Consumer Experience Survey 2021.

*My health for life* is a free, healthy lifestyle program helping Queenslanders to live and age well.

Funded by the State Government through Health and Wellbeing Queensland, the program offers flexible options including workplace and multicultural adaptations.

Call us on **13 74 75** or visit [myhealthforlife.com.au](https://myhealthforlife.com.au) to find out more.

**HEALTHIER QUEENSLAND ALLIANCE**





*Jamie's*

# MINISTRY OF FOOD AUSTRALIA

## LET'S COOK

**Great for  
school groups, community groups,  
corporates & individuals**

Our lessons include knife skills, nutrition tips, budget friendly recipes  
and food safety in the kitchen.



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GOOD  
FOUNDATION**

*Jamie's*  
**MINISTRY  
OF FOOD  
AUSTRALIA**

**health  
wellbeing**  
Queensland



**Queensland  
Government**

# 10,000 Steps

## Every Step Counts.



**10,000 Steps** is a free, evidence-based program that motivates individuals to increase daily physical activity by setting goals and tracking steps. The flexible program has a number of strategies and resources to support workplaces and communities to encourage healthy people and healthy places.

The program is delivered via an interactive, online website and mobile application with support from the Queensland based project office at CQUniversity.



**590,000** members registered\*



**325 billion** steps logged\*



**18,700** organisations registered\*

Satisfaction with the program\*\*

**94%**  
members

**91%**  
organisations

Recommend to others\*\*

**93%**  
members

**93%**  
organisations

Organisations report that resources are\*\*\*

**95%**

useful for promoting activity

**93%**

effective at increasing activity in employees

### Individuals

Encouraging individuals to increase awareness of their physical activity levels and stay motivated and accountable to include more movement everyday.



Track Steps online



Track and View Steps Over Time



Connect with Friends



Monthly Challenges



Participate in Tournaments

"I was inspired to reach targets and felt accomplished doing so."

### Workplaces

Supporting workplaces to promote active choices, encourage connection, build team morale and boost the mental wellbeing of staff.



Run a Team Tournament



Active Workplaces Guide



Resources to Promote Physical Activity



Encourage Staff to Track Steps



Encourage Staff to Join Monthly Challenges

"It's good to have a program like 10,000 Steps...to get our employees engaged in team building activities that support everyone's wellbeing."

### Communities

Creating healthy communities and environments that support movement as a part of everyday lives and connect people with their community.



Walkway Signage



Dog Walking



Community Team Tournament



Health Challenge



Resources to Promote Physical Activity

"We could lean on the 10,000 Steps resources and branding to make our project in the community walking space credible and identifiable."

E: 10000steps@cqu.edu.au

**10000steps.org.au**

f /10000steps.1

t /10000steps\_

@ /10000Steps\_

in /10000steps

Source: 10,000 Steps program \*uptake (2001-2022);  
\*\*satisfaction (2022); \*\*\*workplace evaluation (2012-2018)





# Deadly Choices®

An initiative of the Institute for Urban Indigenous Health

Deadly Choices aims to empower Queensland's Aboriginal and Torres Strait Islander peoples to make healthy choices for themselves and their families – to stop smoking, to eat good food, and exercise daily.

It's all about gaining real outcomes across the whole spectrum of the community; from infants, adolescents and our elders. Everyone is positively affected towards becoming healthy, active and educated around a healthy lifestyle.

We also want to empower community to take control of their health, by providing readily accessible and reliable health information.

Prevention and empowerment are key.

For further information visit: [www.DeadlyChoices.com.au](http://www.DeadlyChoices.com.au)



Our sporting partnerships are invaluable towards reinforcing those positive health outcomes among communities through the promotion of healthy eating and active participation.



Positive schooling, behavioural and educational experiences, plus sports participation programs for all ages are administered by Deadly Choices with the support of Indigenous ambassadors.





# QCWA Country Kitchens



The QCWA Country Kitchens program is a health promotion program funded by the Queensland Government through Health and Wellbeing Queensland, run in partnership with the Queensland Country Women's Association. A team of dietitians and nutritionists provide training and support to QCWA members who volunteer to be facilitators of the program. The program aims to improve the health and wellbeing of Queenslanders, particularly those living in rural, regional and remote areas.

Volunteer QCWA Country Kitchens facilitators across Queensland engage communities to participate in a variety of localised, fun-filled activities, learning nutrition basics and cooking delicious healthy food. Every activity promotes one or more of the Country Kitchens programs 5 key messages.



Get more  
**fruit and veg**  
into your meals



Cook at  
**home**



Check your  
**portion size**



Be aware of  
**sugar** in  
your **drinks**



Sit less,  
**move more**

## Notes