

# PRIORITY RESEARCH CENTRE FOR GENDER, HEALTH AND AGEING

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## NEWS

### House and Home Project Funded!

Researchers at RCGHA were recently awarded funding by the IRT Foundation for their research project "House and Home: Pathways and alternatives to residential aged care for older Australian women." This is an outstanding achievement, with only 3 projects chosen from 48 applications!

The project follows a large group of women as they age from their 70s through their 80s and looks at changes to their housing and living arrangements, how these changes correspond to health and care needs, the care and support they receive, and whether and when they move into residential care. Congratulations to Prof Julie Byles, Peta Forder, A/Prof Deborah Loxton, Kha Vo, and Cassie Curryer!

## EVENT

### RCGHA Retreat

Internal members of RCGHA attended the Centre's annual retreat on Friday 22nd May. The Centre's 2011-2015 strategic plan was reviewed and directions for the future of the Centre were discussed. It was a very productive and exciting day where attendees were able to reflect on the strengths of the Centre and brainstorm ideas and strategies for further developments and future directions. Thank you to everyone who participated in this exciting day! Prof Julie Byles and A/Prof Deb Loxton will be consulting with Centre members who do not work at the HMRI building over the coming months with regards to the RCGHA Strategic Plan 2016-2020.

# NEWSLETTER

[www.newcastle.edu.au](http://www.newcastle.edu.au)

# FEATURED PROJECT

## Cooking for One or Two

The Cooking for One or Two program is now online at the Department of Veterans' Affairs website. The program is designed to enable any Australian community group or individual to use it. It involves five sessions where the group cook a delicious, easy, quick and nourishing two course meal, including a main and dessert. It provides participants with an opportunity to develop their cooking skills in a supportive environment, and enjoy a meal together. Researchers from RCGHA and the University of Newcastle's Nutrition and Dietetics Department, in collaboration with veterans and community-dwelling older adults, and students from the University of Newcastle were involved in the development of the program. For more information: <http://www.dva.gov.au/about-dva/publications/health-publications/cooking-one-or-two-programme>

# ALSWH UPDATE

## Major Report Released

ALSWH has already launched surveys for two of its cohorts this year. Survey 3 of the 1989-95 cohort, which is the Study's youngest cohort, began in April. Women in this cohort have been surveyed annually since 2013, and are now aged 20-25. The seventh survey of the 1973-78 cohort also began in April. Women in this cohort, who are now aged 37 to 42, have been surveyed every three years since 1996. Future data collection from the 1973-78 cohort and the 1989-95 cohort will allow ALSWH to continue providing unparalleled data on the early predictors of many health outcomes, as well as supporting the development of health policy, and informing the type, timing, and targeting of preventative health initiatives and health services.



## RECENT PUBLICATIONS

Byles J, Vo K, Mackenzie L, Thomas L, Kendig H. Partner status and mental and physical health of independently living men aged 70 years and older. *Australasian Journal on Ageing* (accepted March 2015).

Byles J & Tavener M. (2015). Chapter 10.8 Health of Older People. In: *The Oxford Textbook of Public Health*, Vol 3, 6th edition, Oxford University Press, Oxford, UK, p 1408. Eds: Detels R, Gulliford M, Quarraisha Abdool Karim, and Chorh Chuan Tan. ISBN 987-0-19-871932-8.

Christiani Y, Byles J, Tavener M, Dugdale P. Socioeconomic related inequality in depression among young and middle-adult women in Indonesia's major cities. *Journal of Affective Disorders*, 2015, 182: 76-81.

Harris ML, Loxton D, Wigginton B, Lucke J. Harris et al. respond to "social media recruitment". *American Journal of Epidemiology*, 2015 (in early view). doi:10.1093/aje/kwv008

Harris ML, Byles JE, Sibbritt DW, Loxton D. "Just get on with it": Qualitative insights of coming to terms with a deteriorating body for older women with osteoarthritis. *PLOS One*, 2015, 10(3).

Loxton D, Powers J, Anderson A, Townsend N, Harris M, Tuckerman R, Pease S, Mishra G, Byles, J. Online and offline recruitment of young women for a longitudinal health survey: Findings from the Australian Longitudinal Study on Women's Health 1989-95 cohort. *Journal of Medical Internet Research*, 2015, 7(5): e109.

Majeed T, Forder P, Mishra G, Byles J. Women, work, and illness: A longitudinal analysis of workforce participation patterns for women beyond middle age. *Journal of Women's Health* (accepted March 2015).

Rowlands IJ, Loxton D, Dobson AJ, Mishra GD. Seeking health information online: Association with young Australian women's physical, mental and reproductive health. *Journal of Medical Internet Research* (accepted March 2015).

Xu X, Hall J, Byles J, Shi Z. Assessing dietary quality of older Chinese people using the Chinese Diet Balance Index (DBI). *PLOS One*. 2015; 10(3).

## FEATURED PUBLICATION

Harris ML, Loxton D, Wigginton B, Lucke J. Recruiting online: Lessons from a longitudinal survey of contraception and pregnancy intentions of young Australian women. *American Journal of Epidemiology*, 2015 (in early view). doi:10.1093/aje/kwv006

The effectiveness of online recruitment methods in recruiting young women to complete online surveys was assessed as a part of the Contraceptive Use and Pregnant Intention and Decisions (CUPID) project. Methods included Facebook advertisements and posts, Twitter, and online forums, as well as face-to-face events, distribution of promotional material, and media releases. A total of 3,795 women were recruited, with an average cost of \$11 per participant. This was a far better result than the pilot study, which used mailed invitations and attracted only 54 participants at a cost of around \$100 each. The sample was found to be broadly representative in terms of demographics, with the exception of education level. Facebook appears to be a particularly effective recruitment method. These findings suggest that it is possible to recruit a representative sample of young women using online methods, and that this can be done at a reasonable cost.

ENQUIRIES (or to subscribe or unsubscribe from this quarterly newsletter):

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