



CRE HiPP 2023 Highlights Report

Funded by the National Health and Medical Research Council
APP1171142 (2020-2024)

Summary of CRE HiPP

The Centre of Research Excellence in Health in Preconception and Pregnancy (CRE HiPP) is an innovative, passionate, multi-disciplinary team of researchers, clinicians, students and consumers determined to refine and implement health promotion, lifestyle improvement and obesity prevention for women planning pregnancy and during pregnancy.

The overall goal of CRE HiPP is to create evidence-based knowledge and support for women before and during pregnancy, to improve the health of women and the next generation.

CRE HiPP is working towards this goal by generating new knowledge, effectively translating new knowledge into policy and practice, developing a multidisciplinary research workforce, and leveraging extensive existing collaborations.

CRE HiPP's work is inclusive of all women and people who experience pregnancy, including Aboriginal and Torres Strait Islanders, people from culturally and linguistically diverse backgrounds, and the LGBTIQA+ community.

For more information on our work please visit our website at: hipp.org.au/about

CRE HiPP acknowledges the Aboriginal and Torres Strait Islander peoples as the first inhabitants of the nation and the traditional custodians of the lands where we live, learn and work.



Our investigators

Chief Investigators



Professor Helen Skouteris
Monash University



Professor Helena Teede
Monash University



Associate Professor Jacqueline Boyle
Monash University



Associate Professor Lisa Moran
Monash University



Professor Shakila Thangaratinam
University of Birmingham



Professor Andrew Hills
University of Tasmania



Professor Alison Venn
University of Tasmania



Professor Brian Jack
Boston University



Professor Robert Norman
University of Adelaide



Associate Professor Zanfina Ademi
Monash University



Associate Investigators



Professor Leonie Callaway
University of Queensland



Professor Cate Nagle
James Cook University



Professor James Dunbar
Deakin University



Professor Judith Stephenson
University College London



Professor Louise Maple-Brown
Menzies School of Health Research



Dr Carina Cotaru
Royal Darwin Hospital



Professor Sandra Eades
Curtin University



Professor Andrew Wilson
The Australian Prevention Partnership Centre



Professor Louise Baur
University of Sydney



Professor Roger Hart
The University of Western Australia





Contents

+ ❤️ 👤

1 / Director's report

Professor Helen Skouteris

1

2 / Board Chair's message

Professor Leonie Callaway

2

3 / Our growth in 2023

Growth summary

3

3 / CRE HiPP News

News and publications | Networks | Events
Grants | Awards | Profiles

4

4 / Research BITES

Brokering Innovation Through Evidence

13

5 / Social media profile

X (formerly Twitter) | Facebook

17

6 / Consumer Advisory Group

19

7 / CRE HiPP Publications

20

8 / Connect with CRE HiPP

26



CRE HiPP Director
Professor Helen Skouteris

***"It is with absolute
pleasure that
we present the
CRE HiPP 2023
Highlights Report."***

Director's report

Another year of having the privilege of being the Director of CRE HiPP - and another year where we have been able to showcase the extensive productivity, collegiality and collaboration across CRE HiPP - that makes me so very very proud.

Here we have collated some of the 2023 achievements and we do so for research, awards, peer reviewed publications, grants and alliances/collectives. These achievements/outputs and others have resulted from the generous funding by the NHMRC, and associated funding and in-kind support that has seen the original \$2.5M investment more than double. To date, CRE HiPP has supported the establishment of the CRE's Consumer Advisory Group, the Australian Anti-racism in Perinatal Practice Alliance, the Growing Queer Families Alliance, the Body Positive Birth Alliance, the National Preconception Health Network, and an Early and Mid-career Researcher Collective, bringing together over 350 students, researchers, clinicians, practitioners, consumers/lived experience, and advocacy and policy experts across Australia, the UK, and US. This represents the largest global collective of researchers, associated with CRE HiPP, focused on improving health during preconception and pregnancy, and preventing maternal obesity.

CRE HiPP acknowledges the commitment and support of Leonie Callaway, our Board Chair, and all the Board members, our Consumer Advisory Group, our Executive and Steering Committees, and all our investigators and early and mid-career researchers. We look forward to continuing our success in 2024, the final year of our CRE HiPP tenure, with greatest thanks to the NHMRC for their funding support.



Board Chair's message



CRE HiPP Board Chair
Professor Leonie Callaway

It has continued to be a pleasure and a privilege to witness the work of the CRE HiPP, led by Professor Helen Skouteris. Through Helen's integrity, generosity and collaborative skills, she has continued to lead a remarkable team of researchers to improve preconception, pregnancy and postpartum care.

The work of CRE HiPP has evolved with emerging research. COVID-19 resulted in a new level of awareness regarding eating disorders, including in larger bodied women. To consider the issues of weight, nutrition and exercise at the vulnerable reproductive years, it gives me great delight to see the way CRE HiPP has engaged with the eating disorder community to more deeply understand the issues at play for women.

The work of CRE HiPP in supporting diversity and consumer engagement needs to be commended. The research conducted to support queer families, people from culturally and linguistically diverse backgrounds and larger bodied women demonstrates the responsive and cutting edge innovation of this research collaborative.

The capacity building of CRE HiPP continues to be outstanding, with a strong program of support for early career researchers, leading to high quality research outcomes.

Please share in my joy in reading through this report. The work represented here shows the finest of efforts in resolving complex health issues, to enable us to provide evidence informed health care to the communities that we serve. It also reassures us that the future of medical research is being fostered, supported, and will continue to be held in well trained and supported hands.



Our growth in 2023

CRE HiPP has grown exponentially in many ways this year...



+ PUBLICATIONS

By CRE HiPP Chief Investigators. This brings the total number of publications from 2021 - 2023 to 120.

43



+ KNOWLEDGE TRANSLATION & DISSEMINATION

New knowledge from CRE HiPP's research is translated and disseminated via multiple channels, including our website news section, research BITES, media and social media. In 2022 we had:



7%

Growth in active website users in Aug-Nov



7

Research BITES published



83M

Media reach for our researchers & networks



20%

Growth in X (formerly Twitter) followers

+ 229

Early & mid career researchers (EMCRs)

+ 26

PhD students

+ \$91K

Grants for EMCRs & PhD students

+ 8

Affiliated networks

"Every year I am so impressed by the excellence that prevails from CRE HiPP investigators, students and affiliates. There is no doubt that CRE HiPP provides the imprimatur, credibility and collaborative platform to catalyse research and translation into policy and practice."

(Professor Helen Skouteris, CRE HiPP Director)

CRE HiPP news stories



News



Regular news articles are published on the [CRE HiPP website](#) to highlight the many different aspects of our work.

These include news and publications, networks, events, grants, awards and researcher profiles.

Presented here is a selection of our 2023 news items, as they were published throughout the year. This was indeed a busy and fulfilling year for the CRE HiPP team!

HiPPP EMR-C Showcase: Maternal healthy lifestyle interventions

Dr Briony Hill, Dr Cheryce Harrison, Assoc Prof Serene Yoong & Dr Mihiri Silva. 24 April, 2023

The Australian Health in Preconception, Pregnancy, and Postpartum Early and Mid-career Researcher Collective (HiPPP EMR-C) held their first online Quarterly Showcase for 2023 in April, attended by 40 members from around Australia.

The session featured a presentation on best practice in maternal healthy lifestyle interventions, and a panel discussion on grant writing.

[+ more](#)

Body Positive Birth Alliance launched to address weight stigma in maternity care

Prof Leonie Callaway & Dr Briony Hill. 10 May, 2023

This new alliance aims to challenge weight-centric maternity care, and address both unconscious and conscious weight stigma and discrimination.

It brings together a collective of consumers, clinicians, researchers, advocates and professional groups, aiming to improve experiences of maternity care and health outcomes for larger bodied women and their children.

[+ more](#)

News and publications



Eating disorders and fertility care

Hilary Smith, Dr Sarah Trobe, Dr Christie Bennett & Dr Briony Hill. 27 July, 2023

The 2nd HiPPP EMR-C 2023 Quarterly Showcase featured a deep dive into the link between fertility care and eating disorders, aiming to encourage EMCR members to take an interest in this fascinating research area.

The session was facilitated by staff from the National Eating Disorders Collaboration (NEDC). It included a lived experience testimony about undertaking IVF with a history of an eating disorder, as well as presentations from a dietitian and Credentialed Eating Disorder Clinician, and a Clinical Psychologist with research expertise in this area.

[+ more](#)



The showcase was facilitated by staff and researchers from the National Eating Disorders Collaboration (NEDC)

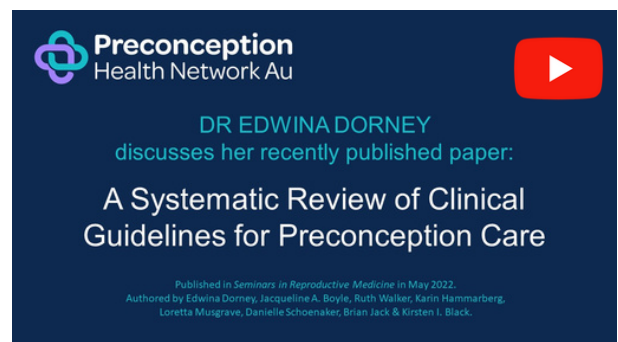
Preconception Health Network video on clinical guidelines for preconception care

Dr Edwina Dorney. 31 July 2023

Preconception care involves a wide range of interventions aimed at improving the health of potential parents before pregnancy. It applies to a wide range of people, including anyone who may become a parent in the future. Research shows that there is a lack of consensus on clinical practice guidelines for this important area of healthcare.

In this Preconception Health Network (PCHN) video, Dr Dorney discusses the findings of a research paper that she led titled [A Systematic Review of Clinical Guidelines for Preconception Care](#).

[+ more](#)



This video discusses the findings of a systematic review on preconception care clinical guidelines ([click here](#) to view video)

Study on pregnant women's nutritional needs after bariatric surgery

Taylor Guthrie. 10 October, 2023

Taylor Guthrie, a CRE HiPP PhD Research Support Grant Scheme recipient, is leading the Bariatric sUrgery and Maternal nutrition in Pregnancy (BUMP) study, which aims to better understand the needs of pregnant women who have had bariatric surgery.

This study forms part of her PhD, which will build understanding of how diet quality and micronutrient status impacts maternal and offspring wellbeing.

[+ more](#)

Top honours for CRE HiPP Chief Investigators

October-December, 2023

Congratulations to Professor Helen Skouteris, CRE HiPP Director, who was awarded two prestigious Fellowships in 2023. The first was her appointment as a Fellow of the Academy of Social Sciences in Australia (FASSA). The second was an inaugural Maureen Brunt Professorial Fellowship, awarded by Monash University to support excellence and ambition among its highly promising women professors.

[+ more](#)

Congratulations to our CIs Professor Helena Teede and Associate Professor Lisa Moran, who were listed in Stanford University's 2023 Stanford Elsevier List, which represents the top two percent of the world's most-cited researchers across various disciplines. Professor Teede ranked in the top 0.07%, and Associate Professor Moran in the top 0.35%.

Promotion for two CRE HiPP early and mid career researchers

2023

Congratulations to Dr Briony Hill who was promoted to Senior Research Fellow, and Associate Professor Cheryce Harrison who was promoted to Associate Professor. These promotions recognise the significant leadership and impact both Briony and Cheryce have made to women's reproductive health. Bravo!



Dr Briony Hill



A/Prof Cheryce Harrison

Preconception Health Network (PCHN)

The Preconception Health Network (PCHN) had a very productive 2023, with membership growing to 68 members. In addition to its quarterly newsletter, the Network published a submission to the Senate inquiry into universal access to reproductive healthcare, and established a 5-member Consumer and Community Involvement (CCI) group. PCHN leaders and members also won two [HiPPP EMR-C Conference Awards](#) and an [Australian Health Research Alliance \(AHRA\) seeding grant](#), conducted two presentations on preconception health topics at the Public Health Association of Australia Prevention Conference in Adelaide, contributed to a number of publications, and produced a video.

 [more](#)

Networks



Growing Queer Families Alliance

In 2023, CRE HiPP's Growing Queer Families Alliance coordinated a special issue for the journal *Midwifery*, titled [Caring for LGBTIQ+ families](#). It explored research, policy and practice that contributes to LGBTIQ+ experiences of health and wellbeing across preconception, pregnancy, and postpartum care.

The special issue included publication of the Alliance's systematic literature review: [Experiences in the delivery of preconception and pregnancy care for LGBTIQ+ people: A systematic review and thematic synthesis of patient and healthcare provider perspectives](#). The findings of the review highlighted significant healthcare disparities experienced by LGBTIQ+ people, and informed several recommendations for investment in healthcare quality improvement to ensure that LGBTIQ+ people receive equitable and affirming care throughout the journey towards parenthood.

In 2023 Alliance members presented the findings of this review at numerous conferences, including the International Sexuality and Social Work Conference in Glasgow in July, the Australian Lesbian Medical Association Conference in Melbourne in August, and the LGBTIQ+ Women's Health Conference in Melbourne in October.

Alliance members also worked alongside local LGBTIQ+ families to create a video resource that celebrates the resilience of sexuality and gender diverse families, alongside their calls to action for mainstream community and service providers. This video was previewed in October 2023 to local LGBTIQ+ community members, and will be publicly launched in 2024.

 [more](#)

Collaboration for Enhanced Research Impact (CERI)

CERI is a joint initiative between The Australian Prevention Partnership Centre and several NHMRC Centres of Research Excellence (CREs), including CRE HiPP, which are studying topics related to the prevention of chronic disease.

The CERI partners work together to find alignment in the policy and practice implications of their work, and to nurture the next generation of prevention leaders in Australia. The collaboration focuses on strategic joint advocacy, knowledge sharing and capacity building.

 [more](#)



The Australian Prevention
Partnership Centre



Health in Preconception, Pregnancy, and Postpartum Early and Mid-career Researcher Collective



The HiPPP EMR-C had a busy and successful 2023. The international collective is thriving, with a 12-member strong International Executive Committee and two growing overseas networks: The UK Preconception EMCR Network and HiPPP ECC North America. Membership of HiPPP EMR-C Australia grew to 216, with an active 30-member Leadership Team.

The Australian collective held three successful online showcases during the year, as well as the fourth annual HiPPP EMR-C Conference in Adelaide, which was the highlight of the year (see p.9). It also gave out ten awards in 2023, including five HiPPP EMR-C International Awards and five HiPPP EMR-C Conference Awards (see p.11).

The HiPPP EMR-C also maintained a vibrant social media presence on X, formerly Twitter, and grew its follower base to 557, a 17% increase from last year. The HiPPP EMR-C is hosted by CRE HiPP.

 [more](#)

HiPPP EMR-C runs showcase events on preconception and pregnancy health

4 April, 20 July & 27 September, 2023

Events

The vibrant HiPPP EMR-C collective ran three online showcase events in 2023, educating members and generating discussion on a range of important preconception and pregnancy health topics.

The first showcase in April included presentations on best practice for maternal healthy lifestyle interventions, and a panel discussion on techniques for grant submissions. The second one in July covered eating disorders and fertility care, and the third showcase in September looked at generating impact.



[More about showcase 1](#)



[More about showcase 2](#)

HiPPP EMR-C 2023 Annual Conference a great success



17 October, 2023

Early & mid-career researchers descended on Adelaide in October for the fourth annual HiPPP EMR-C Conference. This year's theme was '*Informing and performing implementation research in health systems and services*'. Associate Professor Shelley Wilkinson from Mater Mother's Hospital delivered an inspiring keynote address, highlighting more than a decade of work in improving maternal health through antenatal nutrition programs at the Queensland service. Other highlights included presentations from over 30 researchers, and the excitement generated by the announcement of the Conference Awards and International Awards. The conference was attended by 75 participants. It was held in a hybrid format to maximise accessibility, and provide opportunities for in-person networking to build future research collaborations.



[more](#)

CRE HiPP awards 3 Practising Health Professional Capacity Building SEED Grants

2023

Congratulations to Associate Professor Lauren Kearney, Dr Sharon James & Associate Professor Alka Kothari on being awarded the 2023 CRE HiPP Practising Health Professional Capacity Building Grants. Each grant provides \$10,000 to support research and engagement, translation engagement and capacity building among clinically active health professionals.



CRE HiPP EMCR Small Grant Scheme recipients

30 August, 2023

CRE HiPP is thrilled to announce the successful recipients of the 2023 Early and Mid-Career Researcher (EMCR) Small Grant Scheme.

Four researchers from three different universities were awarded funding of \$10,000 each to support projects in CRE HiPP's priority areas of preconception and pregnancy lifestyle health: Dr Stephanie Pirotta, Dr Kiran Ahuja, Dr Christie Bennett and Dr Mumtaz Begum.

[+ more](#)



CRE HiPP PhD Research Support Grant Scheme winners

29 August, 2023

Seven PhD researchers in Victoria, South Australia, Queensland, Western Australia and Tasmania were awarded grants of \$3,000 each under this 2023-24 funding scheme. Their projects relate to various aspects of maternal lifestyle health during preconception and pregnancy.

The awardees are: Bereket Gebremichael, Haimanot Hailu, Hannah O'Connor, Lane Carrandi, Lesley Pascuzzi, Malith Kumarasinghe and Zahra Ali Padhani.

[+ more](#)

"What a privilege it is to watch these projects unfold and our next generation of researchers flourish."

(Professor Helen Skouteris, CRE HiPP Director)

HiPPP EMR-C International Awards

October 2023

In 2023 HiPPP EMR-C International provided five awards to postgraduate students and EMCRs. The awards aim to create opportunities for members to build capacity, form collaborations, transcend discipline and sector-based silos, and generate impact across research, policy and practice in the HiPPP field. Congratulations to these outstanding award winners!

Best publication for a postgraduate student: Seonad Madden

Best publication for an EMCR: Siew Lim

Award for outstanding stakeholder or consumer collaboration: Siew Lim

Award for outstanding impact outside academia: Michael Daly

Award for outstanding international collaboration: Jenna Hollis

[+ more](#)



HiPPP EMR-C Conference Awards

October, 2023

This year's five HiPPP EMR-C Conference Award recipients delivered engaging, innovative and thought-provoking presentations on their areas of research. These awards are part of the annual HiPPP EMR-C Conference, which was held in Adelaide on 17 October, 2023. It drew researchers from across the country, and some internationally, both in person and online, to share their work and hear the latest research in this specialised field. We are extremely proud of this year's award winners.

Best EMCR Oral Presentation: Asvini Subasinghe

Best Student Oral Presentation: Lane Carrandi

Best EMCR Rapid Fire Award: Katrina Prior

Best Student Rapid Fire Award: Edwina Dorney

People's Choice Award: Bonnie Brammall

[+ more](#)



A MOMENT WITH ...

Dr Rachael Taylor

19 January, 2023

Dietitian and researcher Dr Rachael Taylor loves food and cooking, but her main career motivation is helping others to live healthier lives.

[+ more](#)



Dr Bonnie Brammall

2 November, 2023

Congratulations to Dr Bonnie Brammall, awarded the People's Choice Award at the 2023 HiPPP EMR-C Conference for her presentation: *A mixed-methods exploration of Australian women's engagement and acceptability of a digital preconception healthy lifestyle intervention: The OptimalMe Program*

[+ more](#)



Researcher Profiles

Dr Bec Jenkinson

23 August, 2023

Dr Bec Jenkinson is maternity consumer advocate-turned-researcher, with more than 10 years' experience as a leader in the Australian maternity consumer movement, advocating for high quality, respectful, women-centred continuity of care.

[+ more](#)





CRE HiPP Research BITEs

Brokering Innovation Through Evidence



Under our research mandate, CRE HiPP is generating new knowledge and consolidating existing knowledge via quantitative and qualitative methodologies, systematic reviews and meta-analyses, and audits of current guidelines and best practice.

This knowledge is presented as evidence summaries, lay fact sheets of our guidelines, and published peer reviewed papers, and is centralised in our Knowledge Synthesis Hub.

In 2023, through an initiative led by Dr Siew Lim and Professor Helen Skouteris from the CRE HiPP Translation and Evaluation Program, we supported and published 7 Research BITEs (Brokering Innovation Through Evidence): Bite-sized summaries of research in preconception, pregnancy and postpartum health by CRE HiPP experts, which can be downloaded from our website.

[+ more](#)



Effects of preconception care and periconception interventions on maternal nutritional status and birth outcomes in low- and middle-income countries: A systematic review

Assoc Prof Zohra Lassi, HiPPP EMR-C Conference Co-Chair.
16 February, 2023

The preconception period is an ideal time for interventions aimed at preventing teenage pregnancies and increasing micronutrient supplementation prior to conception, to improve health outcomes in teenage/early pregnancies.

This study looks at the effectiveness of several types of preconception interventions in low- and middle-income countries, as well as periconception care to optimise intervals between pregnancies.

[Download Research BITE](#)

Levels of physical activity and sitting time in women with infants, toddlers and preschoolers

Dr Maureen Makama, CRE HiPP Early Career Researcher and HiPPP EMR-C Generating Impact Stream Co-Lead.
16 March, 2023

Women with infants, toddlers and preschoolers differ in their levels of physical activity and sitting time, and a decline in physical activity often starts during pregnancy. Physical activity is beneficial for the prevention of obesity, cardiometabolic health conditions and postpartum depression, and prolonged sitting time contributes to increased risk of chronic diseases and mortality.

Understanding how activity levels differ in women with young children can help to inform the tailoring of interventions to support them.

[Download Research BITE](#)

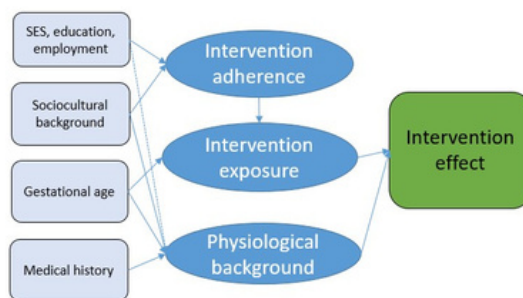
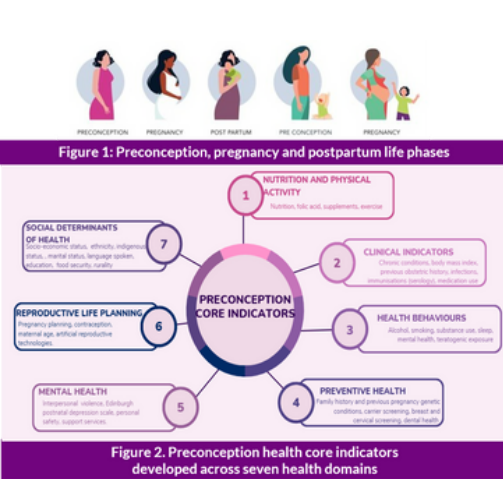
Consumer and Community Involvement (CCI) with women from culturally and linguistically diverse (CALD) backgrounds: Optimising equity, access and engagement in antenatal care for healthy lifestyles

Rebecca Madill, Early Career Researcher.
3 May, 2023

Women from CALD populations are at risk of adverse complications during pregnancy. The antenatal health system may not be responsive to their needs, thus creating barriers such as lack of receptivity, acceptability and trust of health information and care provision.

In order to better inform support pathways for CALD women during pregnancy, understanding experiences of antenatal care from a CCI perspective is vital.

[Download Research BITE](#)



Mapping preconception health indicators across state-based perinatal data sources

Dr Asvini Subasinghe, CRE HiPP Research Fellow.
1 June, 2023

Optimising our nation's preconception health requires ongoing monitoring of important indicators of pregnancy and child health.

This study highlights a lack of important preconception health data being collected from perinatal databases, and co-develops a list of core indicators for preconception health.

[Download Research BITE](#)



Preventing gestational diabetes: A systematic review and meta-analysis of participant characteristics to inform precision medicine

Dr Siew Lim, Senior Research Fellow and HiPPP EMR-C Generating Impact Stream Co-Lead.
2 August, 2023

Precision prevention of diseases like gestational diabetes (GDM) involves using information relating to a person's unique biological, social and environmental context to determine their responses to preventive interventions.

This systematic review aimed to evaluate the participant characteristics associated with GDM prevention to address the question: Does prevention of GDM work similarly for everyone?

[Download Research BITE](#)

Barriers and enablers related to preconception physical activity: Insights from women of reproductive age

Pragya Kandel, PhD candidate and HiPPP EMR-C Secretary.
1 September, 2023

Preconception physical activity has been associated with a range of benefits such as improved cardiovascular fitness, reduced risk of developing gestational diabetes mellitus and preeclampsia, and weight management. Despite potential benefits, the majority of women do not significantly improve physical activity behaviours before pregnancy.

We investigated barriers and enablers to preconception physical activity in women of reproductive age.

[Download Research BITE](#)

Figure 1. Adapted Ecological Model of Behavior Change and Maternal GWG

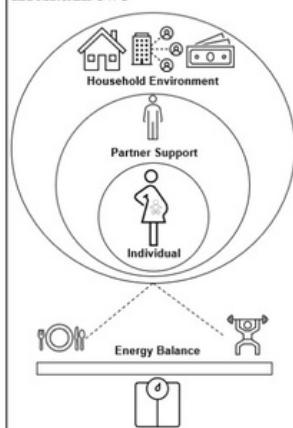


Figure 1. Behavior change depends on individual-level Factors and is influenced by partner support and the household environment, which may impact health behaviors and GWG.

In couples with obesity, can paternal eating behaviours influence maternal gestational weight gain?

Joshua R. Sparks, PhD,
Postdoctoral Research Fellow and
Co-Chair HiPPP ECC North
America.

3 October, 2023

Pregnancy is commonly accepted as a universal teachable moment for health behavior change in women. The same may be true for non-pregnant partners, who may also act to positively support health behavior change.

The relationship between couple concordance in BMI with maternal gestational weight gain (GWG) and consideration for paternal eating behaviors has yet to be elucidated.

[Download Research BITE](#)

Knowledge Synthesis Hub

“The BITEs are a great way to help researchers, particularly early to mid-career researchers, in knowledge translation and generating impact. It is quick, easy and effective in disseminating our research as bite-sized news that can be tweeted and followed.”

Dr Siew Lim
CRE HiPP Research Fellow



If you would like to find out more about our BITEs, or discuss opportunities to disseminate your research, please contact Dr Siew Lim at

siew.lim1@monash.edu



Social media profile

X

X

CRE HiPP's X (formerly Twitter) has continued to flourish this year, with over 400 posts and reposts, 133 new followers (810 followers total), and strong engagement with our posts (see below).

Top month

8,619 impressions August



29 posts & reposts



16 new followers



605 engagements



148 link clicks

Top tweet

Impressions: 3,393
Engagements: 281

CRE HiPP @CreHipp

Congrats to the 7 winners of @CreHipp's 2023/24 #PhD Research Support Grant Scheme! 🍀🍀

We can't wait to follow their #research & see the impacts on preconception & #pregnancy health.

@HSkouteris @haimanot_ha @LaneCarrandi
@lesleypascuzzi @ZPadhani
<http://bit.ly/3r0wlgY>

Top media tweet

Impressions: 1,397
Engagements: 108



CRE HiPP @CreHipp

This fascinating @CreHipp #research BITE presented by @asvini06 looks into preconception health indicators in #Australia.

Important work by the team at @PreconceptionAu: @jacanab, @DorneyEdwina, Professor Kirsten Black, @BrionyHill5 & @haimanot_ha:
<http://bit.ly/3qoFRd2>
<http://pic.twitter.com/UKm3RIRsrZ>

@CREHiPP



Legend

X

- **Impressions:** The total number of times users saw a post or repost on X.

Facebook

- **Post reach:** The number of users who saw a Facebook post at least once.

All channels

- **Engagements:** The total number of times users interacted with a post (including clicks, reposts/shares, likes, follows and comments).

@Hskouteris closing #HiPPP2023: "This has been like raising my own children, in the beginning you needed a lot of guidance & help & now you're completely independent doing such a fantastic job... you are our future" 🥰👏
 Congrats on a successful 4th conference @HiPPP_EMR_C 🙌👏

CRE HiPP X post: 2023 HiPPP EMR-C Conference

Social media profile



The CRE HiPP Facebook profile has continued to grow during 2023 to 178 followers and 159 likes. During the year, over 35 posts covering the full range of CRE HiPP's research and activities reached our dedicated followers. During November, our post reach (the number of people who saw our content at least once) was 73, and these posts received 14 engagements.



Our page

178

Followers



13%
From 2022



10%
From 2022

159

Likes

Top posts

Post reach: 290

▲ 260%
from 2022
top post

Engagement: 70

▲ 130%
from 2022
top post



Post reach: 112

▲ 40%
from 2022
top post

Engagement: 97

▲ 220%
from 2022
top post



Consumer Advisory Group

hipp.org.au/about/consumer-partners

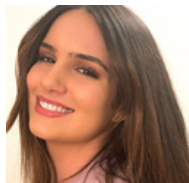


CRE HiPP is proud to partner with everyday women to ensure the research conducted by our team is designed and carried out to meet their wants and needs when it comes to preconception and pregnancy lifestyle health. Our Consumer Advisory Group reflects the rich diversity of women in our community with skills and experience across a number of social and health services relevant to our research work. To find out more about our Consumer Advisory Group, or to become a consumer partner, contact Siarn Rakic at siarn.rakic@monash.edu

Meet our consumer partners



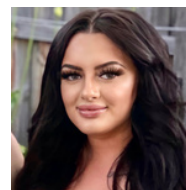
Eva Moore
Solicitor



Georgia McLaughlin
University student



Jacqueline Bowden
Dog Behaviourist



Jasmine Taylor
Young mother



Tatiana Corrales
Researcher

"This year the Consumer Advisory Group generously provided their lived experiences, skills and backgrounds on a variety of projects focusing on lifestyle factors during the preconception period, developing a preconception indicators data set, weight stigma, and pregnancy and infant food labelling. Group members were involved in designing research questions, shaping final reports, providing insights for new resources, and supporting recruitment of diverse women for a number of projects."

Siarn Rakic, CRE HiPP Consumer Advocate Coordinator



Razia Ali
Community
Development Worker



Yvonne Sun
Kindergarten Teacher
and Research Assistant



Zoe Jacks
Community health
nurse



Louisa Whettam
Consultant and
First Nations Advocate



Individual experiences of healthy lifestyle before & during pregnancy: Consumer video series

In 2023 the Consumer Advisory Group launched a series of videos telling individual stories of maintaining a healthy lifestyle before and during pregnancy. They covered topics such as weight management, healthy eating, exercise, and managing PCOS (polycystic ovary syndrome) and gestational diabetes. The videos aimed to educate women, healthcare professionals & policymakers about the diverse experiences of lifestyle, nutrition and physical activity during this time.

 [more](#)

2023 CRE HiPP Publications



A selection of 2023 publications by our CRE HiPP Chief Investigators

1. Bradfield, Z., Leefhelm, E., Soh, S-E., Black, K. I., **Boyle, J. A.**, Kuliukas, L., **Harrison, C.**, Homer, C. S. E., Smith, R. M., **Skouteris, H.** (11/2023). The MidPIC study: Midwives' knowledge, perspectives and learning needs regarding preconception and interconception care. *PLoS ONE*, 18(11):e0289910.

<https://doi.org/10.1371/journal.pone.0289910>

3. **Hill, B.**, Wynn-Jones, A. A., Botting, K. J., Cassinelli, E. H., Daly, M. P., Gardiner, C. V., Hanley, S. J., Heslehurst, N., Steegers-Theunissen, R., Verbiest, S., **Skouteris, H.** (11/2023). The challenge of weight stigma for women in the preconception period: Workshop recommendations for action from the 5th European Conference on Preconception Health and Care. *International Journal of Environmental Research and Public Health*, 20(22), 7034. [Invited Paper - Special edition: Women's Health, Pregnancy and Child Health].

<https://doi.org/10.3390/ijerph20227034>

5. Adane, H. A., Iles, R., **Boyle, J. A.**, Gelaw, A., Collie, A. (10/2023). Maternal Occupational Risk Factors and Preterm Birth: A Systematic Review and Meta-Analysis. *Public Health Reviews*, 44.

<https://doi.org/10.3389/phrs.2023.1606085>

2. Ukke, G. G., **Boyle, J. A.**, Reja, A., Lee, W. K., Chen, M., Ko, M. S. M., Alycia, C., Kwon, J.' Lim, S. (11/2023). Lifestyle Interventions to Prevent Type 2 Diabetes in Women with a History of Gestational Diabetes: A Systematic Review and Meta-Analysis through the Lens of Health Equity. *Nutrients*, 15(21), 4666.

<http://dx.doi.org/10.3390/nu15214666>

4. Willey, S. M., Gibson, M. E., Blackmore, R., Goonetilleke, L., McBride, J., Highet, N., Ball, N., Gray, K. M., Melvin, G., Boyd, L. M., East, C. E. & **Boyle, J. A.** (10/2023). Perinatal mental health screening for women of refugee background: Addressing a major gap in pregnancy care. *Birth* (In Press). <https://doi.org/10.1111/birt.12782>

6. Nkabane-Nkholongo, E., Mokgatlhe, M., Bickmore, T., Julce, C. & **Jack, B. W.** (10/2023). Adaptation of the Gabby conversational agent system to improve the sexual and reproductive health of young women in Lesotho. *Frontiers in Digital Health*, 5, 1224429.

<https://doi.org/10.3389/fdgth.2023.1224429>

7. Geng, L., Yang, Y., Chen, Y., Ye, T., Qiu, A., Bukulmez, O., Mol, B. W., **Norman, R. J.**, Teng, X., Xiang, J. & Chen, M. (09/2023). Association between ambient temperature exposure and pregnancy outcomes in patients undergoing in vitro fertilization in Shanghai, China: a retrospective cohort study. *Human Reproduction*, 38(12), 2489-2498.
<https://doi.org/10.1093/humrep/dead192>
9. Tay, C. T., Loxton, D., Bahri Khomami, M., **Teede, H.**, **Harrison, C. L.**, Joham, A. E. (09/2023). High prevalence of medical conditions and unhealthy lifestyle behaviours in women with PCOS during preconception: findings from the Australian Longitudinal Study on Women's Health. *Human Reproduction*, 38 (11), 2267–2276.
<https://doi.org/10.1093/humrep/dead190>
11. Madden, S. K., Ahuja, K. D. K., Blewitt, C., Hill, B., **Hills, A. P.**, **Skouteris, H.** (09/2023). Understanding the pathway between work and health outcomes for women during the preconception, pregnancy, and postpartum periods through the framing of maternal obesity. *Obesity Reviews*, e13637.
<https://doi.org/10.1111/obr.13637>
13. O'Reilly, S. L., Laws, R., Maindal, H. T., **Teede, H.**, **Harrison, C.**, McAuliffe, F. M., Geraghty, A., Campoy, C., Bermúdez, M. G., Pirhonen, L., Burden, C., Davies, A., Laursen, D. H., Skinner, T., IMPACT DIABETES B2B Consortium. (08/2023) A Complex mHealth Coaching Intervention to Prevent Overweight, Obesity, and Diabetes in High-Risk Women in Antenatal Care: Protocol for a Hybrid Type 2 Effectiveness-Implementation Study. *JMIR Research Protocols*, 12, e51431.
<https://doi.org/10.2196/51431>
8. Cooray, S. D., De Silva, K., Enticott, J. C., Dawadi, S., **Boyle, J. A.**, Soldatos, G., Paul, E., Versace, V. L., **Teede, H. J.** (09/2023). Temporal validation and updating of a prediction model for the diagnosis of gestational diabetes mellitus. *Journal of Clinical Epidemiology*, (In Press).
<https://doi.org/10.1016/j.jclinepi.2023.08.020>
10. Belsti, Y., **Moran, L.**, Du, L., Mousa, A., De Silva, K., Enticott, J. & **Teede, H.** (09/2023). Comparison of machine learning and conventional logistic regression-based prediction models for gestational diabetes in an ethnically diverse population; the Monash GDM Machine learning model. *International Journal of Medical Informatics*, 179, 105228.
<https://doi.org/10.1016/j.ijmedinf.2023.105228>
12. Tiruneh, S. A., Thanh Vu, T. T., **Moran, L. J.**, Callander, E. J., Allotey, J., **Thangaratinam, S.**, Rolnik, D. L., **Teede, H. J.**, Wang, R. & Enticott, J. (09/2023). Externally validated prediction models for pre-eclampsia: systematic review and meta-analysis. *Ultrasound in Obstetrics and Gynecology* (In Press).
<https://doi.org/10.1002/uog.27490>
14. Titmuss, A., Barzi, F., Barr, E. L. M., Webster, V., Wood, A., Kelaart, J., Kirkwood, M., Connors, C., **Boyle, J. A.**, Moore, E., Oats, J., McIntyre, H. D., Zimmet, P., Brown, A. D. H., Shaw, J. E., Craig, M. E. & Maple-Brown, L. J. (08/2023). Association between maternal hyperglycaemia in pregnancy and offspring anthropometry in early childhood: the pandora wave 1 study. *International Journal of Obesity*, 47, 1120–1131.
<https://doi.org/10.1038/s41366-023-01366-6>

15. Lee, S.I., Hanley, S., Vowles, Z., Plachcinski, R., Moss, N., Singh, M., Gale, C., Fagbamigbe, A. F., Azcoaga-Lorenzo, A., Subramanian, A., Taylor, B., Nelson-Piercy, C., Damase-Michel, C., Yau, C., McCowan, C., O'Reilly, D., Santorelli, G., Dolk, H., Hope, H., Phillips, K., Abel, K. M., Eastwood, K-A., Kent, L., Locock, L., Loane, M., Mhereeg, M., Brocklehurst, P., McCann, S., Brophy, S., Wambua, S., Sudasinghe, S. P. B. H., **Thangaratinam, S.**, Nirantharakumar, K. & Black, M (on behalf of the MuM-PReDiCT Group). (08/2023). The development of a core outcome set for studies of pregnant women with multimorbidity. *BMC Medicine*, 21, 314. <https://doi.org/10.1186/s12916-023-03013-3>

17. Lee, S. I., Hanley, S., Vowles, Z., Plachcinski, R., Azcoaga-Lorenzo, A., Taylor, B., Nelson-Piercy, C., McCowan, C., O'Reilly, D., Hope, H., Abel, K. M., Eastwood, K-A., Locock, L., Singh, M., Moss, N., Brophy, S., Nirantharakumar, K., **Thangaratinam, S.** & Black, M (08/2023). Key outcomes for reporting in studies of pregnant women with multiple long-term conditions: a qualitative study. *BMC Pregnancy and Childbirth*, 23, 551. <https://doi.org/10.1186/s12884-023-05773-5>

20. Hafford-Letchfield, T., Arnold, A. S. C., Brown, R., McNair A. M., R., Permezel, J., Thomas, J., & **Skouteris, H.** (07/2023). Experiences of LGBTIQ+ people in preconception, pregnancy, and postpartum care. *Midwifery*, 125, 103769 [Editorial]. <https://doi.org/10.1016/j.midw.2023.103769>

16. Jeer, B., Haberland, E., Khalil, A., **Thangaratinam, S.** & Allotey, J. (08/2023). Perinatal and maternal outcomes according to timing of induction of labour: A systematic review and meta-analysis. *European Journal of Obstetrics & Gynecology and Reproductive Biology*, 288, 175-182. <https://doi.org/10.1016/j.ejogrb.2023.07.021>

18. Adane, H. A., Iles, R., **Boyle, J. A.**, Collie, A. (07/2023). Maternal occupational risk factors and preterm birth: Protocol for a systematic review and meta-analysis. *PLoS ONE*, 18(7):e0283752. <https://doi.org/10.1371/journal.pone.0283752>

19. Alesi, s., Habibi, N., Silva, T. R., Cheung, N., **Torkel, S.**, Tay, C. T., Quinteros, A., Winter, H., **Teede, H.**, Mousa, A., Grieger, J. A., **Moran, L. J.** (07/2023). Assessing the influence of preconception diet on female fertility: a systematic scoping review of observational studies. *Human Reproduction Update*, 29(6), 811-828. <https://doi.org/10.1093/humupd/dmad018>

21. Belsti, Y., **Moran, L.**, Handiso, D. W., Versace, V., Goldstein, R., Mousa, A., **Teede, H.** & Enticott, J. (06/2023). Models Predicting Postpartum Glucose Intolerance Among Women with a History of Gestational Diabetes Mellitus: a Systematic Review. *Current Diabetes Reports*, 23, 231-243. <https://doi.org/10.1007/s11892-023-01516-0>

22. Wan, C. S., Nankervis, A., **Teede, H.** & Aroni, R. (06/2023). Priorities to improve woman-centred gestational diabetes mellitus care: A qualitative study to compare views between clinical and consumer end-users. *Journal of Human Nutrition and Dietetics*, 36(5), 1636-1648. <https://doi.org/10.1111/jhn.13191>
24. Reyes, P. A., Immanuel, J., Hague, W. M., **Teede, H.**, Hibbert, E., Nolan, C. J., Peek, M. J., Wong, V., Flack, J. R., McLean, M., Dalal, R., Harreiter, J., Kautzky-Willer, A., Rajagopal, R., Sweeting, A., Ross, G. P., Cheung, N. W., Simmons, D. (06/2023). The relationship between body mass index and sleep in women with risk factors for gestational diabetes mellitus. *Obesity Science and Practice (In Press)*. <https://doi.org/10.1002/osp4.689>
26. Simmons, D., Immanuel, J., Hague, W. M., **Teede, H.**, Nolan, C. J., Peek, M. J., Flack, J. R., McLean, M., Wong, V., Hibbert, E., Kautzky-Willer, A., Harreiter, J., Backman, H., Gianatti, E., Sweeting, A., Mohan, V., Enticott, J., Cheung, N. W., & TOBOGM Research Group. (05/2023). Treatment of Gestational Diabetes Mellitus Diagnosed Early in Pregnancy. *The New England Journal of Medicine*, 388(23), 2132-2144. <https://doi.org/10.1056/NEJMoa2214956>
28. Rocha, T., Allotey, J., Palacios, A., Vogel, J. P., Smits, L., Carroli, G., Mistry, H., Young, T., Qureshi, Z. P., Snell, K. I. E., Abalos, E., Pena-Rosas, J-P., Khan, K. S., Koi Larb, K., Thorson, A., Singata-Madliki, M., Hofmeyr, G. J., Bohren, M., Riley, R., Betran, A. P., **Thangaratinam, S.** (on behalf of the International Calcium in Pregnancy (i-CIP) Collaborative Network). (05/2023). Calcium supplementation to prevent pre-eclampsia: protocol for an individual participant data meta-analysis, network meta-analysis and health economic evaluation. *BMJ Open*, 13:e065538. <https://doi.org/10.1136/bmjopen-2022-065538>
23. **Harrison C. L.**, Bahri Khomami, M., Enticott, J., **Thangaratinam, S.**, Rogozińska, E., **Teede, H. J.** (06/2023). Key Components of Antenatal Lifestyle Interventions to Optimize Gestational Weight Gain: Secondary Analysis of a Systematic Review. *JAMA Network Open*, 6(6):e2318031. <https://doi.org/10.1001/jamanetworkopen.2023.18031>
25. Herath, M. P., **Hills, A. P.**, Beckett, J. M., Jayasinghe, S., Byrne, N. M. & Ahuja, K. D. K. (06/2023). Trends and associations between maternal characteristics and infant birthweight among Indigenous and non-Indigenous people in Tasmania, Australia: a population-based study. *Public Health*, 221, 10-16. <https://doi.org/10.1016/j.puhe.2023.05.016>
27. Permezel, J., Arnold, A., Thomas, J., Maepioh, A., Brown, R., Hafford-Letchfield, T., **Skouteris, H.**, Hatzikiriakidis, K., & McNair, R. (05/2023). Experiences in the delivery of preconception and pregnancy care for LGBTIQ+ people: A systematic review and thematic synthesis of patient and healthcare provider perspectives. *Midwifery*, 123. <https://doi.org/10.1016/j.midw.2023.103712>
29. Marschner, S., Pant, A., Henry, A., Maple-Brown, L. J., **Moran, L.**, Cheung, N. W., Chow, C.K. & Zaman, S. (05/2023). Cardiovascular risk management following gestational diabetes and hypertensive disorders of pregnancy: a narrative review. *The Medical Journal of Australia*, 218(10), 484-491. <https://doi.org/10.5694/mja2.51932>

30. Dahlen, H. G, Homer, C., **Boyle, J.**, Lequertier, B., Kildea, S., Agho, K. E. (04/2023). Vaccine intention and hesitancy among Australian women who are currently pregnant or have recently given birth: the Birth in the Time of COVID-19 (BITTOC) national online survey. *BMJ Open*, 13:e063632. <https://doi.org/10.1136/bmjopen-2022-063632>

32. Makama, M., Earnest, A., Lim, S., **Skouteris, H., Hill, B., Teede, H., Boyle, J. A.**, Brown, W. J., Hodge, A. M., **Moran, L. J.** (04/2023). Response to 'Effects of parity on lifestyle changes: from a methodological perspective to societal applications'. *International Journal of Epidemiology*, 52(2), 645–646. <https://doi.org/10.1093/ije/dyad017>

34. Awoke, M. A., Earnest, A., **Skouteris, H., Moran, L. J.**, & Wycherley, T. P. (03/2023). Modeling the effect of diet and physical activity on body mass index in pre-pregnant and postpartum women. *Nutrition*, 111, 112026. <https://doi.org/10.1016/j.nut.2023.112026>

36. Cluver, C., de Groot, C., Mol, B. W., Murphy, K. E., Norman, J. E., Pacagnella, R., Palmer, K., Poon, L. C., Rolnik, D. L., Spong, C. Y., Stock, S. J., **Thangaratinam, S.**, Tong, S., Verhoeven, C., Vuong, L. N., Walker, S. P. & Xiaohua, L. (03/2023). The need for appropriate language in the debate on medicalisation of pregnancy. *The Lancet*, 401(10379), 818-819. [https://doi.org/10.1016/S0140-6736\(23\)00125-3](https://doi.org/10.1016/S0140-6736(23)00125-3)

31. Makama, M., Earnest, A., Lim, S., **Skouteris, H., Hill, B., Teede, H., Boyle, J. A.**, Brown, W. J., Hodge, A. M. & **Moran, L. J.** (04/2023). Assessing patterns of change in lifestyle behaviours by parity: a longitudinal cohort study. *International Journal of Epidemiology*, 52(2), 589–599. <https://doi.org/10.1093/ije/dyac139>

33. Burton, E., Barzi, F., Longmore, D., Webster, V., **Boyle, J. A.**, Shaw, J. E., Guthridge, S., Singh, G. R., Brown, K., Crispe, S., Maple-Brown, L. J. & Hare, M. J. L. (03/2023). Trends in outcomes of pregnancies complicated by diabetes among First Nations and non-First Nations women in Australia. *Diabetes Research and Clinical Practice*, 197(1), 110354. <https://doi.org/10.1016/j.diabres.2023.110354>

35. Lloyd, M., Morton, J., **Teede, H.**, Marquina, C., Abushanab, D., Magliano, D. J., Callander, E. J. & **Ademi, Z.** (03/2023). Long-term cost-effectiveness of implementing a lifestyle intervention during pregnancy to reduce the incidence of gestational diabetes and type 2 diabetes. *Diabetologia*, 66(7), 1223–1234. <https://doi.org/10.1007/s00125-023-05897-5>

37. Lee S. I., Hope, H., O'Reilly, D., Kent, L., Santorelli, G., Subramanian, A., Moss, N., Azcoaga-Lorenzo, A., Fagbamigbe, A. F., Nelson-Piercy, C., Yau, C., McCowan, C., Kennedy, J. I., Phillips, K., Singh, M., Mhereeg, M., Cockburn, N., Brocklehurst, P., Plachcinski, R., Riley, R. D., **Thangaratinam, S.**, Brophy, S., Sudasinghe, S. P. B. H., Agrawal, U., Vowles, Z., Abel, K. M., Nirantharakumar, K., Black, M., Eastwood, K-A. (on behalf of MuM-PreDiCT Group). (02/2023). Maternal and child outcomes for pregnant women with pre-existing multiple long-term conditions: protocol for an observational study in the UK. *BMJ Open*, 13:e068718. <https://doi.org/10.1136/bmjopen-2022-068718>

38. Rassie, K., Giri, R., Joham, A. E., **Teede, H.**, & Mousa, A. (02/2023). Prolactin in Pregnancies Affected by Pre-Existing Maternal Metabolic Conditions: A Systematic Review. *International Journal of Molecular Sciences*, 24(3), 2840.

<http://dx.doi.org/10.3390/ijms24032840>

40. Hine, R., Krakouer, J., Elston, J., Fredericks, B., Hunter, S. A., Taylor, K., Stephens, T., Couzens, V., Manahan, E., DeSouza, R., **Boyle, J.**, Callander, E., Cunningham, H., Miller, R., Willey, S., Wilton, K., & **Skouteris, H.** (02/2023).

Identifying and dismantling racism in Australian perinatal settings: Reframing the narrative from a risk lens to intentionally prioritise connectedness and strengths in providing care to First Nations families. *Women and Birth: Journal of the Australian College of Midwives*, 36(1), 136-140.

<https://doi.org/10.1016/j.wombi.2022.04.007>

42. Hare, M. J. L., Maple-Brown, L. J., Shaw, J. E., **Boyle, J. A.**, Lawton, P. D., Barr, E. L. M., Guthridge, S., Webster, V., Hampton, D., Singh, G., Dyck, R. F. & Barzi, F. (01/2023). Risk of kidney disease following a pregnancy complicated by diabetes: a longitudinal, population-based data-linkage study among Aboriginal women in the Northern Territory, Australia. *Diabetologia*, 66, 837-846.

<https://doi.org/10.1007/s00125-023-05868-w>

39. Lake, A. J., Williams, A., Neven, A. H. C., **Boyle, J. A.**, Dunbar, J. A., Hendrieckx, C., Morrison, M., O'Reilly, S. L., **Teede, H.** & Speight, J. (02/2023). Barriers to and enablers of type 2 diabetes screening among women with prior gestational diabetes: A qualitative study applying the Theoretical Domains Framework. *Frontiers in Clinical Diabetes and Healthcare*, 4, 1086186.

<https://doi.org/10.3389/fcdhc.2023.1086186>

41. Neven, A. C. H., Mousa, A., **Boyle, J. A.** & **Teede, H. J.** (01/2023). Endocrine and metabolic interactions in healthy pregnancies and hyperinsulinemic pregnancies affected by polycystic ovary syndrome, diabetes and obesity. *Frontiers in Endocrinology*, 13, 993619.

<https://doi.org/10.3389/fendo.2022.993619>

43. Subramanian, A., Azcoaga-Lorenzo, A., Anand, A., Phillips, K., Lee, S. I., Cockburn, N., Fagbamigbe, A. F., Damase-Michel, C., Yau, C., McCowan, C., O'Reilly, D., Santorelli, G., Hope, H., Kennedy, J. I., Abel, K. M., Eastwood, K-A., Locock, L., Black, M., Loane, M., Moss, N., Plachcinski, R., **Thangaratinam, S.**, Brophy, S., Agrawal, U. (on behalf of the MuM-PreDiCT Group). (01/2023). Polypharmacy during pregnancy and associated risk factors: a retrospective analysis of 577 medication exposures among 1.5 million pregnancies in the UK, 2000-2019. *BMC Medicine*, 21 (2023).

<https://doi.org/10.1186/s12916-022-02722-5>





Connect with CRE HiPP



hipp.org.au
crehipp@monash.edu
[@CREHiPP](https://www.instagram.com/CREHiPP)