Healthy Mothers, Babies and Children

Theme Overview
The Healthy Mothers, Babies and Children theme aims to improve the health and well-being of children and young people by developing and applying evidence-based interventions in early life. We have a particular strength in the evaluation of nutritional interventions in pregnancy and infancy, and are currently assessing nutritional strategies to reduce the risk of preterm birth, improve the health and developmental outcomes of children who are born premature and to minimise the risk of allergy development in young children at higher hereditary risk.

We have a number of exciting projects available across a range of areas in both the clinical and laboratory settings. Most of these areas have both Honours and PhD projects. Please get in touch with the relevant contact person if you are interested in projects in any of these areas.

Preterm Infant Nutrition
• Investigating the childhood health outcomes (neurodevelopmental, metabolic, cardiovascular) of extremely preterm infants following DHA supplementation in the early postnatal period
• Developing and implementing clinical practice guidelines to improve breast milk use and the feeding management of preterm infants

Contact: Carmel Collins
carmel.collins@sahmri.com

Maternal and Infant Nutrition
• Assessing the vitamin D status in lactating women and their infants
• Assessing lipid composition and levels of lipid metabolites, fat-soluble and vitamins in in human breast milk, and in pregnant women, infants and young children
• Characterising contemporary human milk composition in light of current dietary and supplementation practices

Contact: Tim Green
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Early Life Nutrition and Childhood Health

- Maternal omega-3 supplementation and risk of childhood asthma: a follow up of the DOMInO randomized controlled trial
- Improving our understanding of clinical research participation – bringing a consumer voice into clinical research

Contact: Karen Best  
karen.best@sahmri.com

Neurodevelopment and Behaviour

- Assessing the child and adolescent developmental and behavioural outcomes of preterm infants following DHA supplementation in the early postnatal period
- Understanding behaviour and how it develops including parental perceptions of behavior

Contact: Jacqueline Gould  
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Public Health

- Evaluating the nutrition knowledge of health professionals working with pregnant women and young families
- Developing enhanced antenatal care for disadvantaged women and families
- Reducing anxiety and stress during pregnancy to improve maternal, pregnancy and infant outcomes.
- Assessing the health literacy of families related to diet and nutrition
- Evaluating uptake and implementation of nutritional guidelines in pregnant and breast feeding women
- Developing evidence-based resources focused on behaviours impacting on stillbirth risk

Contact: Philippa Middleton  
philippa.Middleton@sahmri.com

Allergic Diseases

- Undertaking an audit of the material available for toddler/weaning foods
- Evaluating uptake of harmonised message regarding introduction of complementary foods
- Evaluating impact of avoidance diets on breast milk composition

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All projects will be conducted at our SAHMRI Theme offices located at either Women’s & Children’s Hospital or Flinders Medical Centre