



THE UNIVERSITY OF
MELBOURNE



Transform:

A leadership program for
the prevention of NCDs in
Indonesia

26 February - 7 March 2018
Melbourne
Australia



Welcome



We are thrilled with the high calibre of all the Transform program delegates, as one important focus of the Health Cluster is to build the workforce and technical capacity in Indonesia as it gears up to meet the new challenge of responding to its growing burden of non-communicable diseases (NCDs).

Indonesia is going through a major health transition: whilst the proportion of 10 to 24-year-old adolescents is increasing dramatically, these young people are presenting with a new set of health problems related to lifestyle behaviours such as unhealthy diet, physical inactivity, tobacco and substance use, and mental disorders. These behaviours commonly persist into adulthood with repercussions on the adult burden of disease (e.g. premature death from cardiovascular disease, stroke and cancer) and the health of the next generation.

Now is the time that future health leaders can contribute to leading primary prevention efforts to limit the onset of NCD risks and NCDs during adolescence. In collaboration with Indonesian adolescents, these efforts will contribute to a healthy, prosperous Indonesia.

The AIC Health Cluster is delighted to support this innovative leadership program on NCD and adolescent health developed by the Department of Paediatrics at The University of Melbourne and the Centre for Adolescent

Health, in partnership with Universitas Indonesia, Universitas Airlangga and Universitas Hasanuddin.

We enthusiastically look forward to delegates sharing each other's experiences as current and future leaders, while learning from some of the world's experts on adolescent health here in Melbourne.

And before delegates return home, we look forward to hearing about their plans to help prevent non-communicable diseases in Indonesia.

Professor Susan Sawyer MBBS MD FRACP FSAHM
Cluster Lead, Health Cluster
The Australia-Indonesia Centre

Geoff and Helen Handbury Chair of Adolescent Health
Department of Paediatrics
The University of Melbourne

Director, Centre for Adolescent Health
Royal Children's Hospital and MCRI



Non-communicable diseases affect millions in the Western world. As Asia transforms into a global powerhouse, billions become more vulnerable to the same healthcare challenges. But non-communicable diseases are preventable.

The Australia-Indonesia Centre is proud to support the Transform program, a collaboration with the Centre's Health Cluster, the Centre for Adolescent Health, delivered at the Melbourne Children's Campus, Royal Children's Hospital.

Building the capacity of future leaders is the beginning to combating non-communicable diseases. Creating the necessary framework for partnership, where health and medical professionals from Australia and Indonesia share knowledge and create valuable collaborative networks, is important in the quest to tackle the 21st century's most pressing health challenges.

We hope all involved in the Transform program - both delegates and presenters - will share their skills and insights into the health landscape of both nations, in the effort to improve quality of life and advance the wellbeing of the Australian and Indonesian people for generations to come.

Dr Eugene Sebastian

Director and CEO
The Australia-Indonesia Centre



The University of Melbourne Department of Paediatrics warmly welcomes delegates of the Health Cluster of the Australia-Indonesia Centre Transform Leadership program. This is an exciting opportunity to jointly work to health and wellbeing outcomes for Indonesian adolescents for bilateral engagement with researchers, educators, policy makers and the non-government community between our two countries.

Our department has a long history of collaboration with Indonesia. Professor Julie Bines has worked with collaborators at the Universitas Gadjah Mada on an effective inexpensive rotavirus vaccine to treat infant diarrhoeal illness in Indonesian communities. Professor Susan Sawyer's leadership of the Health Cluster of the AIC over the last four years has led to collaboration in over thirteen projects on innovative approaches for primary prevention of NCDs early in the life course.

The Melbourne Children's Campus is one of the world's most innovative hospital, education and research facilities

for children and adolescent health. I encourage delegates to explore the campus and take time to learn more about our work while engaging deeply with this unique leadership program, and enjoy the city of Melbourne!

Professor Cheryl Jones MBBS (Hons) PhD FRACP

Stevenson Chair of Paediatrics
Head of Department
The University of Melbourne



About The Program

There is an urgent need for Indonesia to build its workforce and technical capacity to meet the new challenge of responding to this growing burden of NCDs.

The goal of this program is to develop the capacity of a select group of current and future leaders in Indonesia to advance the prevention of NCDs, with a focus on adolescence.

Nine leaders/future leaders have been selected to represent a range of disciplines, roles and sectors, with the purpose of developing their knowledge and skills around NCD prevention in the context of working within and across different sectors.

The program will include NCDs, leadership, advocacy, youth participation, social media, program logic, intervention design, practice change in health and education settings, advocacy and media training.

The aims of the program are to:

- Develop skills for leadership and working collectively in cross-sectoral contexts
- Increase knowledge of adolescence and the evidence-base for effective strategies for the prevention of NCDs at individual and population levels
- Build skills around engagement and consultation with adolescents in the conception, development and implementation of NCD prevention strategies
- Develop skills in using social media to support the advancement of prevention strategies for NCDs



Transform Program Manager, Andrea Krelle

Andrea Krelle is currently the Manager, Practice & Learning at the Centre for Adolescent Health, Royal Children's Hospital, and Course Coordinator of the Master of Adolescent Health &

Wellbeing in the Department of Paediatrics, Faculty of Medicine Dentistry and Health Sciences, The University of Melbourne.

She has an extensive background in teaching, in both the secondary and tertiary sectors, and in workforce development, and has written resources and developed training on youth development and participation (UNICEF), school health promotion (Singapore Health Promotion Foundation and Sangath, India), and youth mental health, drug education, adolescent sexual health and youth mentoring.

Andrea's interest in the interface between health and education, and the potential for achieving mutually beneficial outcomes has led to leadership roles in school-based health research including the landmark Gatehouse Project and the Beyondblue Schools Research Initiative.

Both these programs looked at multi-level approaches in prevention programming, from the classroom, to service integration, to the whole school community. She has worked with disadvantaged communities and populations, supporting, resourcing and advocating particularly for the needs of vulnerable youth and their families.

In 2011 she co-wrote the book, *The Critical Friend: Facilitating Change and Wellbeing in School Communities*, a practical guide on the facilitation of cross-sectoral collaboration in school communities.

It's been a privilege to work on Transform program with our Indonesian partners Universitas Indonesia, Universitas Airlangga and Universitas Hasanuddin. I have every expectation that the program will be a wonderful learning experience, not only for the delegates, but for the Australian experts who have been so keen to engage in knowledge exchange around NCD prevention.

Andrea Krelle

Manager, Practice & Learning, Centre for Adolescent Health, Department of Paediatrics, The University of Melbourne

Health Cluster Mission

Innovative approaches to address primary prevention of NCDs

Across the world, NCDs have overtaken acute infectious diseases to become the leading cause of morbidity and mortality globally. In addition to mental disorders, NCDs such as cardiovascular disease, diabetes, chronic lung disease and cancers share the common lifestyle (behavioural) risk factors of tobacco use, unhealthy diet, harmful use of alcohol, and physical inactivity. The World Health Organization estimates that by 2020, NCD deaths will increase by 15%. The rise in NCDs is accompanied by prolonged economic impact; the cumulative lost economic output for 2011-2025 is estimated at more than US\$7 trillion in low and middle income countries alone.

In Australia, 91% of deaths are now attributed to NCDs. Diabetes alone affects at least 1.1 million and is the 4th largest contributor to overall disease burden. The total costs associated with diabetes are estimated to be as high as \$14 billion. Rising rates of obesity will only increase the prevalence of diabetes in Australia so it is not surprising that a new government taskforce has been established to prioritise national responses including prevention

efforts and addressing the impact in the community. In Australia, NCDs and NCD risks (e.g. smoking, obesity) are most commonly experienced in the most disadvantaged communities, including in Indigenous communities.

While NCDs were once perceived as diseases of rich people in rich countries, the influence of the underlying drivers of NCDs (globalisation, urbanisation, powerful transnational corporations, economic development, and ageing populations) is increasingly also being felt in emerging economies such as Indonesia. As in Australia, addressing the future burden of NCDs is a feature of all recent health plans that relate to Indonesia.

While the burden of NCDs falls most acutely on adults, the risk factors that contribute to NCDs have their onset in early life, including during pregnancy (e.g. gestational diabetes), in early childhood (malnutrition) and in adolescence (smoking, physical inactivity and obesity). It is for this reason that prevention strategies to address adult NCDs must commence during these early years.

Program Schedule

Transform: A leadership program for the prevention of NCDs in Indonesia

Monday 26 February

Orientation

- Welcome and introductions
- Transform program, aims and expectations
- Mapping skills and knowledge – delegates
- Royal Children's Hospital Campus Tour

NCDs in Indonesia

- Prevalence, trends and implications

Tuesday 27 February

Frameworks and contexts

- Adolescent development: individual and global transitions
- Concepts and frameworks for youth development, adolescent-friendly health services

Prevention programming workshop

- Communities That Care: a whole-of-community approach to prevention

NCD proposal framework

Wednesday 28 February

Leadership workshop

- The Servant Leadership Model

Tobacco

- Building health networks in resource-poor communities
- Tobacco policy

NCD proposal framework

- Site visits

Thursday 1 March

Mental health

- Mental health system development in low and middle income countries
- Youth mental health: a national strategy
- The role of schools, curriculum and school-based strategies

Youth participation

- Participatory models and ethical issues
- Discussion panel on the opportunities and challenges of youth participation
- Youth Power website
- Site visits



Friday 2 March

Health promotion - site visit

- Health promotion campaign strategies

Mental health

- Mental health promotion approaches
- Site visits

Transform welcome dinner

Monday 5 March

Building capacity in primary care

- Building capacity in general practice
- Paediatric training
- Patient and family-centred care at the Royal Children's Hospital

Media skills workshop

- Skills for media engagement and message management
- Research translation
- NCD Proposal Development

Tuesday 6 March

Food

- Advocacy, research and partnerships

Social media workshop

- Using Twitter, FB, and Instagram: what, why and how

NCD proposal development

Wednesday 7 March

NCD prevention proposals

- Delegate presentations of their proposals for prevention of NCDs

Graduation and appreciation

Program Speakers

Dr Peter Azzopardi

Burnet Institute and The University of Melbourne

Kristina Bennett

Centre for Adolescent Health, Murdoch Children's Research Institute

Dr Cathy Crock AM

Executive Director, Australian Institute for Patient and Family Centred Care and Royal Children's Hospital

Karly Cini

Centre for Adolescent Health, Murdoch Children's Research Institute

Kristen Douglas

National Manager School Support, Headspace National Youth Mental Health Foundation

Associate Professor Nathan Grills

Nossal Institute for Global Health, Melbourne School of Population and Global Health, The University of Melbourne

Tina Hosseini

Centre for Adolescent Health, Murdoch Children's Research Institute

Andrea Krelle

Department of Paediatrics, The University of Melbourne

Ms Kylie Lindorff

Mc Cabe Centre for Law and Cancer

Mr Jonathan Liberman

Mc Cabe Centre for Law and Cancer

Kati Marinkovic

Centre for Health Equity, Melbourne School of Population and Global Health, The University of Melbourne

Jane Martin

Executive Manager, Obesity Policy Coalition

Robyn McNeil

Centre for Adolescent Health, Murdoch Children's Research Institute

Professor Harry Minas

Director of the Centre for International Mental Health, School of Population and Global Health, Global and Cultural Mental Health Unit, The University of Melbourne

Cassie Nicholls

Victorian Health Promotion Foundation

Molly O'Sullivan

Centre for Adolescent Health, Murdoch Children's Research Institute

Professor George Patton

Director of Adolescent Health Research, RCH Centre for Adolescent Health, Department of Paediatrics, The University of Melbourne and Murdoch Children's Research Institute

Annie Rahilly

Public Relations Manager, Faculty of Medicine, Dentistry and Health Sciences, The University of Melbourne

Associate Professor Nicola Reavley

Melbourne School of Population and Global Health, The University of Melbourne

Associate Professor Lena Sanci

Acting Head, Department of General Practice, The University of Melbourne

Professor Susan Sawyer

Geoff and Helen Handbury Chair of Adolescent Health, Department of Paediatrics, The University of Melbourne; Director, RCH Centre for Adolescent Health

Associate Professor Sen Sendjaya

AP in Leadership, Monash Business School, Monash University

Dr Catherine Smith

Youth Research Centre, Faculty of Education, The University of Melbourne

Kate Thompson

Manager ONTrac at Peter Mac Victorian Adolescent & Young Adult Cancer Service

Professor John Toumbourou

Chair in Health Psychology, Deakin University



Program Delegates



Mr Benny Prawira
*Head Coordinator
 Into The Light Indonesia*

Benny Prawira is the founder and Head Coordinator of Into The Light Indonesia, and a Social Health

Psychology graduate student at Unika Atma Jaya in Jakarta.

Into The Light Indonesia is billed as the first inclusive youth community group on suicide prevention and mental health issues for adolescents and across other population sectors in Indonesia. Benny's role as Head Coordinator spans community advancement strategy, connecting with other communities and organisations, and supervising each program developed and conducted by the volunteers.

Into the Light Indonesia is a pioneer for change in allowing young people to speak up about mental health issues, reduce stigma, and spread suicide prevention awareness.



Mr John Prawira
*Researcher
 Universitas Gadjah Mada*

John Prawira is a researcher of NCDs at the Center for Health Policy and Management, Faculty of Medicine, Universitas Gadjah Mada in Yogyakarta.

Prior to this position, John previously worked with the WHO Country Office for Indonesia in the area of program planning, health systems, and emergency humanitarian actions. He has been working in the area of public health for more than ten years.

He completed his Master of International Health at Charité University in Berlin. His first degree was Medicine from Universitas Andalas in Padang.

Currently, his research interest areas include NCDs and health policy, particularly related to diet and physical activities. In addition to his role as a researcher, John is active in a youth cultural exchange organization (Bina Antarbudaya) as a volunteer.



Dr Cut Novianti Rachmi

*PhD Candidate
The University of Sydney*

Dr Cut Novianti Rachmi is an Indonesian medical graduate and Lecturer in the Faculty of Medicine at

Universitas Padjadjaran in Bandung.

Cut received a medical doctor degree from Universitas Padjadjaran and a Master of International Public Health degree from the University of Sydney. From 2014 to 2018 she has been a full-time PhD student (LPDP scholarship) at the Discipline of Child and Adolescent Health at the University of Sydney.

Her PhD work focuses on the double burden of malnutrition - namely underweight, stunting, and overweight/obesity in Indonesian children. Her research is a mixed method approach which has resulted in publications in both internationally peer-reviewed journals and local Indonesian publications, transversing policy, research and practitioner levels.

She has received several awards, and was invited to present her research at the South East Asian Public Health Nutrition conference in May 2017. Cut has worked collaboratively in a joint research project with UNICEF Indonesia incorporating policy analysis and adolescent health.



Dr Sudirman Nasir

*Senior Lecturer
Universitas Hasanuddin*

Dr Nasir is senior lecturer and researcher at the Faculty of Public Health, Universitas

Hasanuddin in Makassar.

He has conducted research on various issues related to drug use and HIV-AIDS in Indonesia, including the social context of HIV risk-taking behaviors among young people who inject drugs in low-income neighborhoods in Makassar.

He obtained a Bachelor of Medical Sciences from Universitas Hasanuddin, and a master's degree and PhD from The University of Melbourne.

He has been involved in drug use and HIV prevention programs in Indonesia since the mid-1990s. Besides publishing articles in international academic journals, Dr Nasir frequently writes essays for Indonesian and international media. He also serves as a vice president of the Indonesian Young Academy of Sciences (ALMI), whose mission is to empower mid-career scientists for building a strong science community in Indonesia.



Ms Deviana Wijaya Dewi

*Senior Program Manager
Australian Embassy, Jakarta*

Deviana Wijaya Dewi is Senior Program Manager in Poverty Social Development at the Department of

Foreign Affairs and Trade, Australian Embassy in Indonesia.

Deviana holds a Bachelor of International Relations from Universitas Katolik Parahyangan and a Master of Development Studies from the Institute of Development Studies (IDS), University of Sussex.

She has worked as a Project Leader for Pencerah Nusantara at Centre for Indonesia's Strategic Development Initiatives, aiming at strengthening primary health care and fostering collaboration among young health professionals. Prior to this role, she worked as a project coordinator to address undernutrition in children under age two with World Vision Indonesia in a remote rural environment of Palu, Sulawesi.

Deviana's research focus includes: impact evaluation of mobile phones for nutrition surveillance, links between poverty and child and maternal nutrition, and village governance. She also serves as the IDS Alumni Ambassador for Indonesia.



Ms Hasna Pradityas

*Programme Coordinator
Smoke-Free Agents*

Hasna Pradityas is a Programme Coordinator with the Smoke-Free Agents (SFA), a youth tobacco

control organisation in Indonesia.

She is responsible for implementing projects to de-normalise tobacco, petitioning policy makers, and countering the tobacco industry, in a mission to reduce the number of adolescents smoking tobacco within Indonesia and create a tobacco-free generation.

Hasna holds a Bachelor of Informatics Engineering from the Universitas Gunadarma. She is currently Project Lead for the Australia-Indonesia Centre Health Cluster's youth-led initiative: '*Breaking the chain of tobacco smoking in Generation Z by changing the perspective of school students*'.

Through her works, she was selected as one of Tempo Magazine's 45 women who '*Breakthrough the Limit*', and helped form the NCD Alliance Indonesia in partnership with Alzheimer Indonesia, Indonesia Heart Foundation and Smoke Free Jakarta.

**Ms Hafizah Jusril***Associate Researcher
Universitas Indonesia*

Hafizah Jusril has studied in Indonesia and Australia and recently completed a Master of Health

Communication at the University of Sydney, Australia.

Hafizah's interest area includes researching NCDs, with a focus on obesity prevention. She has previously worked with UNICEF Indonesia on an adolescent nutrition policy mapping project which provided insight into Indonesia's double burden of malnutrition. Her recent project on evaluating a national communication campaign on stunting in Indonesian remote areas taught her on the importance of employing a mix of methods to encourage behavioural change.

Her experience in conducting collaborative research between Australia and Indonesia has fostered her interest in research that can be beneficial for the shared challenge of obesity prevention. She recognises that the adolescent population of Indonesia is vulnerable to NCDs and is dedicated to spreading research outcomes through local networks and expanding collaborative research opportunities.

**Mr Hasirun***Intern
South Buton Department of Health*

Hasirun is an intern at the South Buton Department of Health.

He holds a Bachelor of Public

Health and Master of Epidemiology from Universitas Airlangga.

He is an alumni of Universitas Airlangga's Field Epidemiology Training Program, and was accepted as a volunteer in the national Guiding Lights of The Archipelago (Pencerah Nusantara) program, serving for a year in remote areas.

During his role at the Public Health Center, he actively strengthened worker capacity and reinforced cross-sector involvement in community health, creating several innovative health programs. In addition, he established a Capacity Training Center, which aims to strengthen capacity in providing services and improving the capacity of adolescents through public speaking and other agendas.

**Dr Fransisca Handy Agung***Lecturer
Universitas Pelita Harapan*

Dr Fransisca Agung is a Lecturer at the Faculty of Medicine at the Universitas Pelita Harapan, Banten,

and a paediatrician at sub-district public hospital Pesanggrahan in Jakarta.

Fransisca has a strong focus on adolescent health: teaching a dedicated topic, leading a clinical skill lab program, designing educational modules, and establishing peer support networks. She has been assisting the Ministry of Health of Indonesia to develop Adolescent Friendly Health Service guidelines for hospitals, and is a committee member of the Adolescent Task Force of the Indonesian Paediatrician Society.

She has also contributed to a development program for comprehensive community education toward adolescent sexual and reproductive health with Johns Hopkins Center for Communication Programs in Indonesia.

Following the recent International Association for Adolescent Health World Congress in India, she helped establish the Indonesian Society for Adolescent Health and is committed to working with stakeholders in Indonesia towards providing better adolescent health service and education.





Australian Government

Department of Foreign Affairs and Trade



Australian Government

Department of Education and Training



The Australia-Indonesia
Centre Health Cluster

Christianne O'Donnell
Cluster Coordinator

Department of Paediatrics
Centre for Adolescent Health
The University of Melbourne

P: +61 3 9345 6860

E: c.odonnell@unimelb.edu.au

W: health.australiaindonesiacentre.org

T: twitter.com/AIC_Health