Transformative Research and Innovation for Holistic Human Health (TRI-H3)

The primary focus of this research program is health maintenance throughout the lifespan (including acute and chronic disease prevention, management, and adaptation). A secondary focus is on transformative health research in behaviour, environment, and society (TRIBES).

Research priorities include:

- Psychological health across the lifespan
- Brain and cardiovascular health
- Adjustment to acute and chronic disease
- Health assessment and technology, including clinical guidelines
- Healthy ageing, including environmental and societal adaptation
- Socioecological determinants of health, including effects of climate change on mental health
- Sustainable community health systems and quality of care models

This research program will:

- Provide resources and tools to respond to the impact of psychological distress associated with acute and chronic disease across the lifespan.
- Provide disease preventive and self-management interventions for community health.
- Implement capacity building initiatives to support the embedding of sustainable health systems and integrated care pathways for enhancing community health.
- Improve and enhance health professionals' understanding of health behaviours and cognitive health required for healthy ageing.
- Implement socioecological solutions for enhancing health across the lifespan.

Secondary Ageing Prevention Program (Intervention) (SAPPI)

Secondary ageing prevention for Western Australia. I've scoped out multiple aspects/variables/domains that could be included in a broader program, and my plan is to isolate core sections pending a funding opportunity. Baltes' framework to guide this research and innovative investigation, as it has micro (neurochemistry/neuroanatomy), meso (behavioural), and macro (interface with environmental resources) components. A broader secondary ageing prevention framework or lens for investigation would include protective and risk factors and without reinventing the wheel, assess health practices (e.g., modifiable risk factors including level of physical activity, nutritional management, sleep patterns, cognitive and social stimulation activities) but also a closer look at those at risk of cerebral small vessel disease (cSVD) through a subset looking at imaging and genomics and open to using any available retrospective data and identifying what a new prospective dataset would require.

CIs - geriatric medicine, nursing, cardiovascular/cerebrovascular, genomics, and physio for PA, nutrition, and SLT for swallow function.

Health professionals SAPPIs – use EdTech – CEBHOA example to catalogue all available training online, e.g., Dementia Training Australia

Quality Index Metric for assessing online health interventions and training for health professionals and patients

Development of a Digital Resources Evaluation and Appraisal Tool for Assessing Online Mental Health Programs (DREAM)

Brain Train Evaluation DEATO – BTP - online brain training Program