

NEW FOUNDATION TO BETTER SUPPORT MEN AND THEIR HEALTH

After many years of careful planning we are so proud to have commenced the MHT Foundation (Men. Healthier Together) to support the mental and physical health of WA's men.

This has been a huge undertaking that has been at least three years in development and is designed to respond to the WA State Government 2019 Men's Health and Wellbeing Policy. To get it to this stage has involved a lot of input and work from members of the general, health and research communities, and in particular our wonderful colleagues Professor Bu Yeap and Professor Girish Dwivedi.

The Foundation will officially launch during Men's Health Week in June (keep an eye out for further information) however we have been busy during April with the Fire Up for Men's Health campaign which we think will have to be an annual event given the amount of support we have received!

Fire Up is all about getting together to put the focus on men's health and we have been run off our feet attending events all over town.

This has included Men's Shed, HIF Australia, UWA bake sale, Men's Walk in Busselton, Austal staff event, ANZ Team event and even an amazing taco BBQ with our friends at Go Camping and Overlanding in Balcatta.

The campaign has been sponsored by Bank of Queensland, and we couldn't have done it without them. We are also proud to have also had the support of our official ambassadors, former Australian cricketer Ryan "Cambo" Campbell and YouTube sensation, Fire to Fork's Harry Fisher as well as supporters including Matthew Pavlich, Adam Gilchrist and Michael "Thommo" Thomson who are all helping us spread the word and getting fired up about Men's Health.

MHT Foundation's aim is to fund vital research to stop and treat preventable health issues for our West Aussie dads, brothers, partners, grandfathers, uncles and mates. Importantly, we will make sure that research makes an immediate difference today, and for generations yet to come.



Catia Furtado, Lizelle Fillis, Dana Henderson and Harry Fisher.

The hard facts paint a stark picture.

- 60% of men will die early from preventable causes.
- Men are twice as likely as women to drink at health impacting levels.
- Men account for 3 in 4 suicides.
- Men's behaviours and beliefs are a leading cause of poor health and early death.

So far we have already raised over \$25,000 and we have decided to keep going for the rest of this financial year. There are a number of ways that you can support the men in your life including;

- Follow the MHT Foundation on Instagram [@mht.foundation](https://www.instagram.com/mht.foundation) and Facebook [@MenHealthierTogether](https://www.facebook.com/MenHealthierTogether)
- Visit the Fire Up website and help us raise much needed funds – www.fu4mh.au
- Get involved in one of the events running over the next few months – find out more here – <https://healthiermen.com.au/newsandevents>



ANZ WA Brokers Fire Up event at Kings Park.



A MESSAGE FROM THE CEO

of the Barry Marshall Travel Award and yet another spectacularly successful Golf Day by our wonderful Rotary supporters, and more – we have already achieved so much!

As we head to the end of financial year, I know you will be asked my many organisations who you hold dearly, to support them. We are about to once again launch our annual grants round and need every bit of support we can possibly get. Last year we were able to increase the grant award to \$20,000 and hope that we can maintain that level again this year, but we need your help. We are currently \$30,000 short of our grants fundraising target.

It doesn't take as much as you think to change the world and our community of supporters are the reason that we are able to do that. Already this year, several of the projects we funded in November

2022 have made an impactful difference, including work on liver cancer bio-markers that have captured the attention of scientists around the world!

If you have the capacity to do so this year, with your help I would be so proud to ensure more researchers with incredible ideas have the chance to reshape how we do health in WA.

The team and I are always happy to share some time with you to update you on the great work happening here in research so please don't hesitate to contact me. We love hearing your feedback and always looking to learn from our community as your ideas on what really matters is critical to the work we fund.

Dana Henderson, CEO
dana.henderson@health.wa.gov.au

To our dear friends and supporters,

How could it possibly be June already? It feels like we just saw so many of you at our Annual Awards evening in November and here we are, almost at the middle of the year!

That said, when I stop to reflect on what we have achieved this year already – launching the MHT Foundation and the new Fire Up campaign, adding two new Board members and two new staff members, completing two rounds

RESEARCH FOCUS:

BARRY MARSHALL TRAVEL GRANT - IMPACT

2022 recipient of the Barry Marshall Travel Award, Kathryn Watson, recently travelled to New Zealand to attend the 2023 Thoracic Society of Australia and New Zealand annual scientific meeting in Christchurch, joining professionals from all respiratory focussed disciplines to meet to discuss current and future management of patients with a broad range of acute and chronic respiratory conditions. At the meeting, Kathryn won the Thoracic Society of Australia and New Zealand Physiotherapy SIG Award for her work: "1-minute-sit-to-stand-test elicits less desaturation than 6MWT in advanced respiratory disease".

Thank you to Barry and Adrienne Marshall and Business Events Perth for their ongoing funding of this award, allowing health professionals to learn, grow and share experiences.



Professor Barry Marshall and grant recipient Kathryn Watson.

DONOR FOCUS:

TELETHON GRANT

Thank you to the Channel 7 Telethon Trust for their recent grant of \$74,800 to support the Bod Pod at Fiona Stanley Hospital. This is the third grant we have received from Telethon and we are incredibly grateful for their support. The Bod Pod will facilitate research across Fiona Stanley Hospital, with an immediate focus of providing important data about the body composition of children in support of our focus on intergenerational metabolic disease risk.

This work is part of an approach to shift the focus from a discussion about Body Mass Index (BMI),

nutrition and exercise, to incorporate one about better understanding of biological impacts. Teams working on paediatric health at Fiona Stanley Hospital will use the Bod Pod to assess the biological composition of children and then create mitigation strategies within the context of the lifestyle and health habits of the whole family, thereby addressing familial traits that can lead to poor health outcomes and increased life-long disease risk.

Thank you, Telethon, and all the generous donors throughout WA who made last year's Telethon the biggest ever!



Nicholas Way

DONOR FOCUS:

KATHERINE WALES - GENERATIONAL GIVING, PIONEERING RESEARCH

Katherine's family has a long-standing connection to research through her father, Emeritus Professor Ray Wales. Emeritus Professor Wales was a pioneer and internationally renowned researcher in the science of IVF and a long term and prolific researcher at Murdoch University. As well as developing in his daughter a keen philanthropic sensibility, he also highlighted from an early age the importance of research to changing health outcomes.

Katherine attended the Spinnaker Health Research Foundation Awards night in 2022 and was impressed by the breadth and approach to research funding. When CEO Dana Henderson spoke about an opportunity to fund

a Bioprinter, which would enable researchers at Fiona Stanley Hospital the chance to trial world leading research into 3D printing lungs which may one day be able to take the place of organ donation, Katherine knew she had to help.

"I am so proud to be my father's daughter and of all the work he did in his lifetime. It seems fitting to continue the legacy of his philanthropy and to have been able to make this donation, in his memory and in his name. To donate to an organisation like Spinnaker is the perfect fit - the impact they make, with relatively small amounts, can be and is life changing, both for the recipients and for the donors."



Spinnaker Board member Jenny Rachmat, donor Katherine Wales, Jay Ellis and Spinnaker CEO Dana Henderson.

RESEARCH FOCUS:

NICHOLAS WAY AWARD

The Nicholas Way Fund for Early Career Research top up grants recently awarded Andrea Lyon, Registered Nurse and PhD Candidate at Edith Cowan University, additional funding to support her Spinnaker early career research grant. Andrea's research is examining novel approaches to the treatment of young people with mental illness, hoping to achieve better translational outcomes, on the ground in Western Australia.

The Nicholas Way Grant provides critical funds for researchers to achieve their early career goals and ensure they have the best possible chance of success in translating the outcomes.

It is funded by a very generous donor, Professor Sue Fletcher, who understands how hard it can be to kick start a research career. We are so proud to work with her to support our aspirational next generation researchers to help them achieve success.

