

# Women's Wellness Research Program

## *Leading the way for women's health and wellbeing*

Breast cancer accounts for more than two-thirds of new cancer diagnoses in Australian women.

Diabetes has increased by more than 900 per cent in Queensland in the past 20 years, with women in mid-life among those most at risk.

These are just two of the areas driving the vital work conducted by the Women's Wellness Research Program, located within the Menzies Health Institute Queensland at Griffith University.

Led by Director and Founder, Professor Debra Anderson, our researchers are striving to identify the patterns and clusters of risk factors impacting on women's health.

This knowledge can then be translated into strategies to reduce the risk of disease and, in turn, maximise wellness in women across settings, populations and disease groups.

Women and girls are benefiting from the program in areas including:

- changed behaviour enabling improved health outcomes
- symptom management
- quality of life
- strategies for women with and without chronic disease
- diet, exercise, stress management

However, support is essential for this vital research to continue.



With a PhD in Social and Preventive Medicine, along with more than 25 years of experience in education and research, Griffith University's Professor Debra Anderson has an extensive record of global leadership on women's health.

At the Women's Wellness Research Program, Professor Anderson leads a team of experts whose knowledge ranges across areas such as information technology, molecular biology, nutrition and exercise science, nursing, medicine and allied health.

Through individual projects and collaborations with other noted researchers and institutions, the Women's Wellness Research Program is translating findings into clinical practice.

"We use emerging health care delivery models to increase access to, and the quality and efficiency of, interventions for women who might not otherwise have access to them," says Professor Anderson.

*'By identifying, understanding and then acting upon the risk factors affecting women's health, our aim is to improve the quality of life for women everywhere.'*

– Professor Debra Anderson

The result is improved health understanding, strategies and outcomes for women of every age, and everywhere.

**Please help the Women's Wellness Research Program to continue its world-leading work in women's health.**

**For more information on supporting this research, contact:**

**Mr David Hoskot**

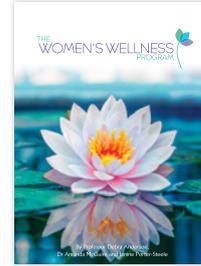
Acting Development Manager (Health)  
Griffith University

**Phone:** (07) 5552 8233

**Mobile:** 0466 486 393

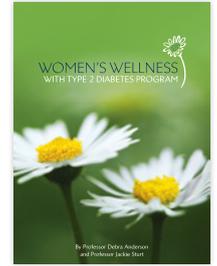
**Email:** d.hoskot@griffith.edu.au

## Available programs



*The Women's Wellness Program*

By Debra Anderson, Amanda McGuire and Janine Porter-Steele



*Women's Wellness With Type 2 Diabetes Program*

By Debra Anderson and Professor Jackie Sturt  
[www.wdp.com.au](http://www.wdp.com.au)



*The Women's Wellness After Cancer Program*

By Debra Anderson, Amanda McGuire and Janine Porter-Steele  
[www.wacp.com.au](http://www.wacp.com.au)