



Maridulu **Budyari Gumal**

Working together for good health and wellbeing

Freya MacMillan

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Professor Freya MacMillan is Associate Pro Vice-Chancellor Research at Western Sydney University, based in the Office of Research, Enterprise and International. She is also deputy director of the Diabetes, Obesity and Metabolism Translational Research Unit (DOMTRU), an Executive member and lead of the prevention working group in the Maridulu Budyari Gumal Sydney Partnership for Health, Enterprise, Research & Education (SPHERE) Diabetes, Obesity and Metabolism Clinical Academic Group and is an International Union for Health Promotion and Education registered Health Promotion Practitioner in Australia.

Freya is a health promotion, diabetes prevention and injury prevention intervention expert. She uses her community engagement, mixed-methods and implementation science expertise to co-develop, evaluate and translate interventions into sustainable practice for the prevention of diabetes, promotion of health and wellbeing and reduction of injury and mortality relating to driving. Prof MacMillan has strong expertise in combining qualitative and quantitative research methods to guide intervention development and for comprehensive and rigorous evaluation. Community engagement is at the core of her research. She co-creates programs with communities, healthcare workers and other professionals to develop innovative community-based and health service strategies. She has a particular focus on models incorporating peer support, that are more likely to be adopted and integrated long-term into practice for multi-cultural groups.

Current industry partners include Box Divvy, Think of the Five - Arrive Alive, Local Health Districts, Primary Health Networks, Diabetes Australia, SPHERE and NSW Health. Her links within these networks and across DOMTRU, SPHERE and Western, provide multi-disciplinary collaborative opportunities to tackle diabetes.

SKILLSET:

- Adaptation
- Barriers and facilitators/ Context
- Evaluation
- Measurement
- Public Health

AREAS OF EXPERTISE:

- Diabetes
- Health Promotion
- Injury Prevention

SETTINGS:

- Chronic Care
- Community
- Integrated Care

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Sydney Partnership for Health, Education,
Research and Enterprise (SPHERE).

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