



**AUSTRALASIAN MILITARY  
MEDICINE ASSOCIATION  
CONFERENCE 2023**

**MILITARY MEDICINE:  
PLANNING FOR THE UNEXPECTED**  
12-15 OCTOBER 2023 | PERTH CONVENTION AND EXHIBITION CENTRE

**Consultative Research Design Workshop for the ADF Life  
Course Study to Measure and Monitor the Health of the Force**

**Thursday 12 October  
1400-1600**

**Level 2, Meeting Room 2, Perth Convention and Exhibition Centre  
Presented by Professor Lisa Jackson Pulver AM  
Cost for Conference delegates: NIL**

The Australian Government Department of Defence has identified eight strategic priorities for Defence health research, including 'Measuring and monitoring the health of the force'. One of the innovative ways the ADF is delivering this priority is scoping and building the foundations for a comprehensive life course health study (ADFLCS). This study will measure and monitor the physical, mental, social and environmental health of ADF members through their life course.

To date there have been several existing large-scale longitudinal health studies which have gathered insightful data outcomes for Defence. These prior research projects have built the foundations for a robust evidence base of its member's health data. The next evolution is to move towards a life course approach where the study is enduring beyond a defined study period and follows members' health and wellbeing across their life. This data will provide the data to underpin the prioritisation of areas of need, development and assessment of policies, models of care, services and support for members both during and post service.

Defence invites experts to contribute their knowledge and expertise to provide advice and deliberations towards the scoping and research design of the ADF Life Course Study. Some questions and topics to consider are:

- What are the considerations for establishing a lifelong longitudinal study?
- What to avoid or include to ensure accurate data collection?
- What domains/areas should be included in the study?
- Opportunities for collaboration – domestically and internationally
- How to reduce the survey burden and attrition for participants?
- Data management
- What are the lessons learned from similar studies domestically and internationally?