“Research and evaluation are vital tools in helping to understand some people’s unhealthy eating patterns and sedentary lives. Poor nutrition and low levels of exercise are linked to a number of preventable chronic conditions, and currently over half of South Australian adults are overweight or obese. This has serious implications for individuals, our communities, our health system and the State’s economy.

By gaining a better understanding of why people are overweight we will be able to target our healthy lifestyle programs more effectively to reduce obesity and improve health in South Australia.”

Source: Hon Minister John Hill, South Australian Health Media Release, July 2010

Further information:

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Flinders University, in partnership with the University of South Australia, has secured funding through the South Australian Department of Health to establish a research and evaluation centre of excellence known as the Physical Activity and Nutrition Observatory: Research and Monitoring Alliance (PANORAMA).

Our mission

PANORAMA supports the Eat Well Be Active Healthy Weight Strategy for South Australia and will assist the South Australian Government in achieving its vision of a better future and quality of life for South Australians of all ages and backgrounds.

Our mission is to:
• build SA Health’s capacity to support good nutrition, adequate physical activity and healthy weight;
• be a unique hub of expertise in research, population health monitoring and evaluation, focusing on healthy weight and its wider determinants;
• monitor progress of Eat Well Be Active programs and policies;
• improve effectiveness of statewide policies and programs through research and evaluation;
• be recognised as a centre of excellence by 2015.

Our values

PANORAMA is committed to achieving its mission while upholding and demonstrating the following values:
• equity and diversity;
• respect for and recognition of Indigenous perspectives;
• engagement with the community;
• fairness, integrity and respect for others;
• accountability at all levels;
• environmental sustainability;
• innovation and creativity through active contribution to the achievement of positive health outcomes.

Our objectives

PANORAMA aims to accomplish its mission by achieving five broad objectives:
1. improve the health workforce’s access to best quality information about physical activity, good nutrition and healthy weight in South Australia;
2. contribute to the development of state and regional level strategic and evidence-based approaches to healthy weight and health determinants, which are complementary to national policies;
3. build and develop the State’s monitoring, research and evaluation capacity to provide a strong evidence base for informing priorities for further research in the promotion of healthy weight;
4. contribute to the development of the health workforce’s knowledge and skills to improve the use of information for decision-making, policy formulation and practice;
5. support state and regional strategic planning that is responsive to changing priorities.