

## PROJECT DETAILS

Project Title:

**Suboptimal health: A new instrument for chronic disease assessment**

Project Summary:

Identification of people with suboptimal health status (SHS) can be a crucial key to preventing chronic diseases, long-term complications associated with non-communicable diseases, and mortality. From the predictive, preventive, personalized medicine perspective, the concept of SHS indicates that chronic diseases can be effectively predicted and prevented before the appearance of clinical manifestation. This study seeks to elucidate and stratify SHS in the productive age group across various contexts such as socio-economic status, occupation, perception of health, and lifestyle. This will allow for early intervention which is a cost-effective approach with better health outcomes for the individual and the population. Beyond prevention, better SHS parameters can assist healthcare professionals in assessing chronic diseases effectively minimizing both under-diagnosis and over-diagnosis of chronic diseases. The overall aim of this study is to construct a dynamic SHS screening panel.

Preferred Applicant Skillset:

The ideal PhD candidate should have a strong background in systematic review, and meta-analysis and lab-based skills, with a Master's in medicine, biomedical sciences, pharmacology, or public health, with experience in clinical research and data analysis. Proficiency in biostatistics and familiarity with statistical software. The candidate should demonstrate strong problem-solving, project management, and communication skills. The applicant should be highly self-motivated and capable of working both independently and collaboratively within a multidisciplinary research environment. International applicants with a background of global health in non-communicable diseases (NCD) study are also welcome to apply.

Internship opportunity:

Dr Tao Wang from Telethon Institute will be invited to serve as the external co-supervisor for the successful PhD candidate. The PhD candidate will be having a chance to work at the Telethon Kids Institute during the scholarship. The applicant will be also provided a chance to working with an international partner, Global Health Centre University of Edinburgh, on an ongoing project "Global health burden study".

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