

CI Track Record (inc top publications in the last five years) (maximum of two A4 pages per CI)
CIB Professor Teede, AM, PhD, MBBS, FAAHMS, FRACP, FRANZCOG

Top five relevant publications in past five years:

1. *Guidelines/original research/translation:* Teede, H et al. Recommendations from the international evidence-based guideline for the assessment and management of polycystic ovary syndrome. Human Repro 2018; 33, 1602. Cites>2000 across 3 simultaneous publications. *HT led international guideline, funded by NHMRC CRE (CIA), set up network, 38 societies/ 71 countries. 66 systematic reviews (40 meta analyses - original research), used in 176 countries, 10 languages, accessed > 1M times. Related ASKPCOS patient app used in 156 countries, evidence of implementation and impact.*
2. Dokras, A... Teede, H. Androgen Excess- Polycystic Ovary Syndrome Society: position statement on depression, anxiety, quality of life, and eating disorders in polycystic ovary syndrome, Fertility and Sterility, 109,5,2018, 888-899. Cites 156. This involved original research with evidence synthesis and meta-analysis in the key neglected area of mental health in PCOS.
3. Teede, H et al. Translation and implementation of the Australian-led PCOS guideline: clinical summary and translation resources from the International Evidence-based Guideline for the Assessment and Management of Polycystic Ovary Syndrome. Medical Journal of Australia, 209: S3-S8. <https://doi.org/10.5694/mja18.00656>. Cites 58
4. *Women's experiences:* Gibson-Helm, M, Teede, H et al. Delayed diagnosis and lack of information associated with dissatisfaction in women with polycystic ovary syndrome, JCEM 102 (2), 604-612 2017. Cites 256. Definitive paper on gaps in care and information needs for women with PCOS.
5. *High Impact definitive work in women's health:* Goldstein R....Teede H. Association of gestational weight gain with maternal and infant outcomes: a systematic review and meta-analysis. JAMA 2017;317: 2207. IF 157 Citations 1071. *Influenced guidelines.*

Overall Track Record in the last five years: Career summary: CIB is an active clinician focusing on women's health and healthcare improvement across clinical, implementation, healthcare improvement, epidemiology and public health research and translation. At Monash University, **CIB** is Prof of Women's Health, Head Monash Centre for Health Research and Implementation (MCHRI), Exec Director of Monash Partners Academic Health Sciences Centre and is supported by an NHMRC L3 Investigator grant for implementation and impact in women's health. **CIB** has held competitive fellowships across a successful career and holds clinical, academic, NGO and government leadership roles. Google Scholar H-Index is 87, with 568 publications, 36,706 citations, 75 publications >100 cites, (since 2016 268 papers, and > 24568 citations) in *JAMA*, *JAMA Int Med*, *BMJ*, *Annals Int Med*, *Lancet Diabetes Endocrinol*, *Nature Reviews*, *PloS Med* & specialty journals.

Research support: CIB has attracted \$52M in grant funding and since 2016, \$32M in NHMRC funding including three NHMRC Centres for Research Excellence in women's health (2 as CIA and 1 as CIB), a \$7M Horizons 2020 EU implementation RCT grant, Global Alliance of Chronic disease, US PCORI and NIHR grant, five NHMRC partnerships grants (3 as CIA), \$15.5 M in MRFF implementation grants, including a \$5M Women's Health Network MRFF grant (CIA).

Contribution to field of women's health research: Leadership roles include NHMRC Health Care and Research Principle Committees, NGO Boards, national policy and international research leadership and advisory roles, WHO and International Guidelines, established and Inaugural Chair of the Women's Health Research and Translation Network (\$5M), Advancing Women in Healthcare Leadership Collaborative (\$2M) and the Australian Health Research Alliance across all NHMRC accredited Research Translation Centres. Prior research has impacted national/international guidelines, been implemented and scaled nationally/internationally into healthcare delivery (Sri Lanka, India, Bangladesh, Denmark, Spain, Ireland and the UK). Research outputs include patient priorities and experience, aetiology, natural history, effective interventions at individual, organisational and systems levels, complimented by implementation research and scale-up. Translation outputs include patient and health professional apps via co-design, question prompt lists, core outcome sets, models of care, now used internationally in over 156 countries. She has established the national Learning Health System Framework adopted across Research Translation Centres

nationally, now being adopted by jurisdictions, funded by MRFF (\$9M) and being translated into practice in the UK to drive implementation of evidence into practice.

Research Translation: **CIB** is strongly committed to implementation research and translation, with research, translation and healthcare improvement work co-designed with community, health professionals and stakeholders. Leadership of Monash Partners and MCHRI reflects **CIB**'s track record and commitment here. **CIB** has led or contributed to multiple guidelines with strong translation activity, involving 71 countries, tri-published. Work in healthcare improvement has been implemented and scaled and AWHL is set up as a translation project.

Collaborations: **CIB** established an international network across 71 countries and led international guidelines involving WHO and 40 International Societies. It is being updated in 2023. **CIB** is also on the International Early Menopause/ POI guideline led by CIC. **CIB** has led large-scale intern/national collaborations. She established the national collaborative Alliance across all 10 NHMRC accredited Research Translation Centres. She leads 3 NHMRC CREs (CIA x 2, **CIB**), was CI on \$10.75M NHMRC Partnership Centre and five NHMRC partnership grants since 2016. **CIB** set up and chairs the Australian Women's Health Research, Translation and Impact Network (awarded \$5M in 2020). In 2020 CI Teede's leadership was recognised in the Lancet series "In Focus: Helena Teede: driving collaboration and impact" and in 2021 with an Order of Australia and an international Laureate award.

Community engagement and participation: Multiple State and Federal government advisory roles and steering committees (Women's Health, Gender Equity, Healthy Communities, Diabetes, Obesity, Prevention Policy Engagement), research and translation lead on the Jean Hailes for Women's Health, Cancer Council and other NGOs. Partnerships with consumer advocacy groups in NHMRC partnership grants, three CREs and a \$5M national network. **CIB** has led research and translation programs with active consumer partnership and other large scale collaborative initiatives.

Professional involvement: Internationally, CI Teede is on the executive of the International Society for Endocrinology (lead in reproductive and women's health), on the International advisory panel Applied Research Centres, UK, Member of WHO and international guidelines in women's health. Nationally, **CIB** serves on the Innovation Council panel on Health system impact through research, Past President of the national /international societies, member of the RACP Advancement of Women initiative, and the lead for the Australian Clinical Trial Alliance on Implementability in Clinical Trials.

International standing: Across international Google Scholar and Expertscape rankings, **CIB** is ranked first internationally in PCOS and second nationally in early menopause, and is in the top 25 in women's health research overall. Prof Teede has 124 invited conference presentations, 58 since 2016, 41 of which are international invitations, was President of National and International Professional Societies, is on International advisory boards, taskforces and guidelines. She holds joint positions at Warwick, and Birmingham University's.

Awards: **CIB** was awarded the top HDR supervisor award for Monash University, was admitted into the AAHMS in 2017, recipient of the Diabetes Australia award for greatest impact 2019, the US Endocrine Laureate award 2020, International Research award 2020, top ranked researcher nationally in her field 2020, honorary RANZCOG Fellowship 2020, Order of Australia 2021 for advancing women's health and Endocrine Society lifetime achievement award 2021.

Supervision and mentoring: CIA has supervised 53 past and current health professional PhD students, 55 clinical advanced Endocrine trainees, is a RACP mentor/supervisor and a role model for female academic clinicians and has been awarded for student mentoring.

Peer review involvement: Editor in Chief, Seminars Reprod Med, Editorial board MJA.

Other contributions, including to NHMRC: National Principal Research Committee 2015-2018, Principal National Health Care Committee: 2009-2015, CEO Advisory Committee, Translation, Translation Faculty Diabetes Steering Committee Chair & Obesity member, National data reference and management committee, Targeted call, Health Services and Clinical trials subcommittee, 8 panels

A. Track Record of Translation into Policy/Practice (maximum one A4 page per CI)

CIB: Professor Helena Teede, AM, PhD, MBBS, FAAHMS, FRACP, FRANZCOG

CIB has an international profile in leadership across clinical, health services and public health research and translation, combining leadership, clinical, academic, government and NGO roles. She holds a L3 Fellowship and is well recognised for her international leadership in bringing together leaders from different sectors, disciplines and organisations in large scale national and international collaborations focused on jointly established visions and impact. CIB has a track record in these large scale partnerships, undertaking implementation research and scale-up underpinned by stakeholder engagement. CIB retains a role in clinical care, with 30 years' clinical experience including as a health service leader, and a strong track record of community and policy engagement, fundamental to research translation. Her efforts in translation of evidence into practice are recognised by NHMRC, Academy of Health and Medical Sciences, Government awards, Order of Australia and the NIH and was recognised in the recent Lancet series "In Focus" publication (Kirby, T 2019).

Leadership development: Leveraging leadership training with an Exec MBA program and a Williamson leadership program, CIA has established leadership development programs in healthcare that have been evaluated, scaled nationally and sustained from 2006-2022, now provided via government for early career clinicians. Work in this area is exemplified by Santen, R. J., ... Teede H (2016). "Career advancement: Meeting the challenges confronting the next generation of endocrinologists and endocrine researchers." *JCEM* **101**: 4512 which involved international and national research and large scale stakeholder engagement, to identify barriers and enablers to career advancement with a focus on gender equity. It included analysis of administrative data analysis, qualitative and survey based research across Australia and the US ⁴⁹: CIA has also established and heads up a women in leadership program, co-designed and delivered with stakeholders and further refined during AWHL (2015-2022). CIA has also led organisational level intervention on women in healthcare leadership with embedded leadership capacity building, engaging policy makers and male champions for change, enhancing mentoring, revising HR and support processes. It builds on a long term commitment in training and capacity to advance healthcare leadership.

Clinical translation and impact: CIB has led the largest Diabetes service nationally (Monash Health 2006-2015) taking it to a Centre of Excellence and driving systems transformation through community and stakeholder engagement. CIB has sat on the Diabetes Australia Board and is awarded for "Impact in Diabetes". In her research focuses on women's health, her research directly influencing guidelines and policy nationally and internationally. Her top publications noted above have resulted in changes to national/ international maternity guidelines to recommend weighting, and enhance healthy diet and exercise recommendations in pregnancy. She has attracted funding and now has implementation research and translation programs in this area across 12 countries and multiple trials including EU Horizons, GACD, NHMRC and MRFF funding. She has led research , international guidelines (NHMRC approved) in PCOS with direct impact on State and federal policies (2017 State and 2019 Federal), adopted across 38 societies and 71 countries, including WHO, Teede, H. J., et al. (2018). "Recommendations from the international evidence-based guideline for the assessment and management of polycystic ovary syndrome." *Hum Reprod* **33**: 1602. Translation included a patient app (ASKPCOS), algorithms, infographics, webinars, online programs reaching 174 countries in many languages: <https://www.monash.edu/medicine/sphpm/mchri/pcos/resources>. Government funded services now provide consumer led, evidence based PCOS care. CIB now coordinates multiple international guideline efforts and leads the associated translation program in infertility, menopause and PCOS with her highly talented, diversely skilled multi-disciplinary team.

Large scale partnerships focused on implementation and impact: CIB has established and grown the Monash Centre for Health Research and Implementation as a partnership across academia and healthcare growing from 2 people in 2006 to 140 in 2022 with clear exemplars of translation and impact. She has led Monash Partners Research Translation Centre as a partnership across health services caring for 3.2M Australians and leading academic organisations. Here she led the development of the national partnership across Centres- the Australian Health Research Alliance and within this the national Women's Health Research, Translation and Impact Network (\$5M, CIA)