



Annual Report Summary | 2018

Our vision

Our Vision is to improve the health of all populations through physical activity and nutrition research excellence.

Our mission

Our Mission is to conduct high quality, multidisciplinary physical activity and nutrition research to actively inform policy and practice to improve health, and build capacity in the field.

Our research domains

IPAN's research covers a broad spectrum from lab based through to public health research, across the following four domains:

- Biology of health and disease
- Preventing and managing chronic conditions
- Healthy active living
- Food, nutrition and health

IPAN: 2018 at a glance



79
academic staff



80
PhD students
(including completions)



15
PhD completions



\$2.69M
total external income*



630
total media hits



221
hard copy
publications



48
advanced online/epub
publications ahead of print



2
book chapters



4
new category 1 projects/
Fellowships commenced
in 2018



11
category 1 projects/
Fellowships awarded
in 2018**



A selection of our 2018 highlights

Global leaders in research

Two of IPAN's researchers were recognised on the Clarivate Analytics Highly Cited Researchers list in 2018. Alfred Deakin Professor Jo Salmon (IPAN Co-Director) received recognition for the fourth consecutive year and Alfred Deakin Professor Anna Timperio was honoured for the third time since 2015. Highly cited researchers are in the top 1% of their field.

Transform-Us! program Victorian launch

Together with the Deputy Premier and Minister for Education in Victoria, the Honorable James Merlino, we launched our Transform-Us! program, at Dandenong West Primary School in September. Transform-Us! uses easy to deliver strategies within and outside of the primary school classroom to get students moving more and sitting less throughout the day. The event attracted significant media coverage in over 100 media outlets, reaching an estimated audience of almost 2 million. The National Health and Medical Research Council and VicHealth have funded a scale-up of the program enabling it to be available to all primary schools in Victoria. In addition to our funders, we're also partnering with the Victorian Department of Education and Training (DET), Australian Council for Health, Physical Education and Recreation (ACHPER), the Victorian Principals Association, Independent Schools Victoria and Peak Phys Ed. The project is also supported by the Achievement Program - Cancer Council Victoria, Blueearth, Catholic Education Melbourne, Hawthorn Football Club, Municipal Association of Victoria (MAV), Victorian Curriculum and Assessment Authority (VCAA) and the Victorian Department of Health and Human Services (DHHS). Victorian Primary Schools can register for Transform-Us! at: transformus.com.au

Project funding: NHMRC Partnership Project grant (APP1115708)



The Transform-Us! team and partner organisation representatives

Using a smart phone platform to improve cardiovascular health

Professor Ralph Maddison received a National Health and Medical Research Council (NHMRC) project grant to lead a trial of a new mobile cardiac rehabilitation program. The three-year study is looking at whether a smartphone-delivered rehabilitation program improves people's recovery, and represents value for money for Victoria's health system. The approach could improve access to, and use of cardiac rehabilitation services, for all Australians, especially those living in regional and rural areas.

Project funding: NHMRC Project grant (APP1144331), three years (2018-2020).

Working with international leaders

Two of our early career researchers were awarded highly competitive Endeavour Research Fellowships through the Australian Government Department of Education and Training, to undertake research overseas. Dr Rachel Duckham spent 4-months at the University of Georgia, USA working with Professor Richard Lewis, one of the world leaders in childhood nutrition and bone development during growth. Dr Katherine Downing spent four months at the University of Strathclyde in Glasgow, Scotland working with Professor John Reilly, a leading researcher in the field of children's physical activity, sedentary behaviour and energy expenditure.

Working with stakeholders

Throughout 2018 we again worked closely with key stakeholders to both inform and share our research and support various stakeholder initiatives. We hosted a food policy symposium attended by 90 participants and an implementation science workshop for 30 invited key decision makers. Postdoctoral fellow, Dr Susie Cartledge, was our second Researcher in Residence participant, with a six month placement at the Heart Foundation, Victorian Division.

IPAN's strategic plan

2018 saw the beginning of the implementation of our three-year strategic plan. At the core of our strategic plan, is research excellence - this underpins everything we do.

Our plan outlines five key objectives to guide our decisions and activities over the coming years.

Objective 1: *The 'Go-To' for physical activity and nutrition*

Objective 2: *Build capacity in research*

Objective 3: *Make a difference*

Objective 4: *Collaborate and engage*

Objective 5: *Sustainable*

Thank you

Thanks to our wonderful staff and students for another stellar year, and to our Executive Committee and Board for their contributions. Thanks also to the many individuals and organisations who support us, and have been a part of our journey in 2018. Together we can improve the health and quality of life in our communities.



Faculty of Health, School of Exercise and Nutrition Sciences
Deakin University
221 Burwood Highway
Burwood Vic 3125

+ 61 3 9244 6613
ipan@deakin.edu.au
Twitter: @deakinipan
deakin.edu.au/ipan