



ANNUAL REPORT SUMMARY | 2019

Prevention and management of chronic conditions – like diabetes, cancer, cardiovascular disease, obesity and musculoskeletal conditions – starts with quality research.

Our research domains

cover a wide range of physical activity and nutrition research, from the lab to real-world settings in four key areas:

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

IPAN: 2019 at a glance



79

academic staff



87

PhD students
(including completions)



6

PhD completions



\$3.65m

total external income*



1900

total media hits



242

hard copy
publications



42

advanced online/epub
publications ahead of print



11

books and book chapters



11

new category 1 projects/
Fellowships commenced
in 2019



6

category 1 projects/
Fellowships awarded
in 2019**



2019 at IPAN

Research successes

2019 saw our researchers embark on 11 new prestigious category 1 projects or fellowships. We eagerly await the results of research in many exciting areas in the coming years. A few of the projects underway include:

- IPAN's INFANT initiative is to be expanded and implemented across more maternal and child health services in local government areas – making it the pre-eminent preventative healthy lifestyle program for Australian infants in their first 1000 days of life. Supported by a range of partners, the project is funded through an NHMRC Partnership grant.

National Health and Medical Research Council Partnership Grant (APP116123), five years (2019-23)

- A new mobile health app to increase physical activity, decrease sedentary behaviour and optimise sleep in 2-year old children is being developed and tested, funded through an NHMRC project grant.

National Health and Medical Research Council Project Grant (APP1162980), five years (2019-23)

- Developing a new framework to contemporise food policy and tackle the world's growing nutrition and food security problems, funded through an ARC Discovery Project.

Australian Research Council Discovery Project (DP190101323), three years (2019-21)

- Understanding why people with type 2 diabetes have a low tolerance to exercise and poor blood sugar control will be explored in an NHMRC/ National Heart Foundation Early Career Fellowship.

National Health and Medical Research Council / National Heart Foundation Early Career Fellow (APP1157930), four years (2019-23)

- Exploring new technologies (such as wearable devices to self-manage high blood pressure* and a 'smart home' system** to prompt people living with heart failure to take certain actions, such as to take medication or to go for a walk) to help prevent and manage heart disease, supported by the National Heart Foundation of Australia.

**National Heart Foundation of Australia Vanguard Grant, ID: 102287, 1 year (2019-20);*

***National Heart Foundation of Australia Postdoctoral Fellowship, ID: 102112, two years (2019-21)*

Several of our researchers were awarded funding for projects to commence in 2020.

IPAN researchers recognised in global top 1%

Alfred Deakin Professors Jo Salmon and Anna Timperio were announced as Clarivate Analytics Highly Cited Researchers for 2019. Professor Salmon has featured on the highly prestigious list for five years running, while Professor Timperio was honoured for the fourth time since 2015.

Making an impact

Three of IPAN's flagship projects – Transform-US!, REVAMP and INFANT – continue to evolve and are having a growing impact on a healthier future for Australians.

All three initiatives are highlighted as evidence-based resources for practitioners in the Victorian Public Health and Wellbeing Plan 2019-23, which sets out the Victorian Government's vision for public health over five years. IPAN was also one of nine key partners involved in Victoria's Healthy Eating and Active Living (HEAL) Roundtable, a VicHealth initiative. In mid-2019, the group released a consensus statement calling for more preventative action on childhood obesity and recommended specific policies to address the problem.

We partnered with Nutrition Australia in our third successful iteration of our Researcher in Residence program in 2019, where we worked on a collaborative project investigating national recommendations for food provision in early childhood education and care settings.

Thank you

Our wonderful staff and students; our Executive Committee and Board have all contributed to IPAN's success in 2019. We also thank the many individuals and organisations who support us in helping to work towards better health and quality of life in Australia and around the world.



IPAN staff

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