



2020 Annual Report summary

Prevention and management of chronic conditions – like diabetes, cancer, cardiovascular disease, obesity and musculoskeletal conditions – starts with quality research. Here is a summary of the ways IPAN research made an impact on health in 2020.

IPAN | 2020 at a glance



86

Academic staff



98

PhD students (including completions)



16

PhD completions



\$4.72M

Total external income*



930

Total media hits



296

Hard copy publications



68

Advance online/epub publications ahead of print



11

Book chapters



7

New category 1 projects/fellowships commenced in 2020



4

Category 1 projects/fellowships awarded in 2020**

Our research domains

We 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.deakin.edu.au

2020 at IPAN

In a year marked with turbulence and uncertainty, IPAN achieved strong research outcomes, continued to support the development of our researchers, and strengthened collaborations.

The year's events reinforced the importance of our research to help find new ways of managing and preventing chronic diseases, recognising that people with chronic diseases – including heart disease, diabetes and obesity – are most at risk in a pandemic.

The retirement of esteemed Emeritus Professor David Crawford AM as IPAN Co-Director led to a leadership change. Alfred Deakin Professor Jo Salmon became IPAN Director, with the appointment of Deputy Directors, Alfred Deakin Professor Anna Timperio and Professor Sarah McNaughton, to support her.

Many staff received well-deserved awards and recognition for their achievements – including Alfred Deakin Professor Jo Salmon being named as a Highly Cited Researcher for the sixth consecutive year.

Research highlights

Staff embarked on several new projects, including:

- Testing various implementation pathways to increase child and youth physical activity in real world settings, such as schools, funded through a National Health and Medical Research Council (NHMRC) Investigator Grant (Leadership L2 APP 1176885, 2020-2024).
- Investigating exercise interventions to improve the health of older adults who are obese, while avoiding bone and muscle loss, funded through an NHMRC Investigator Grant (Emerging Leadership L2 APP1174886, 2020-2024).
- Addressing unhealthy eating habits of young adults by designing tailored approaches to improve dietary patterns, funded through an NHMRC Investigator Grant (Emerging Leadership L1 APP1173803, 2020-2024).
- Understanding how context affects our food choices by exploring combinations of foods at meals and snacks across the day and how this affects cardiovascular health, a project funded through a National Heart Foundation of Australia (NHF) Postdoctoral Fellowship and NHMRC Investigator Grant (NHF Postdoctoral Fellowship ID102109, 2019-2021; and NHMRC Emerging Leadership L1 APP1175250, 2020-2024).
- Testing a telerehabilitation program which provides real-time remote exercise monitoring, coaching and health behaviour change support to people with coronary heart disease, with funding through a NHF Postdoctoral Fellowship (NHF Postdoctoral Fellowship ID102585, 2020-2021).
- Investigating exercise therapy to improve the health of small blood vessels in the skeletal muscle of people with type 2 diabetes, funded through a NHF Vanguard Grant (NHF Vanguard Grant ID 102754, 2020-2021).
- Understanding the development and progression of diabetes by examining the complex ways that different hormones interact inside the body, funded through a Diabetes Australia grant (Diabetes Australia Research Program, 2020).

Making an impact

IPAN staff kept active and involved in many working groups, committees, and collaborative research projects. Staff participated in consultations on aspects of post-COVID-19 life and contributed to submissions to key health initiatives such as the National Preventive Health Strategy.

The Victorian Government provided support for the scale up of INFANT, IPAN's early life intervention program, across local government areas in Victoria. The Victorian Government also announced funding to adapt IPAN's Transform-Us! program to secondary schools as part of the Active Schools Framework to get students moving more and sitting less. This work will commence in 2021.

IPAN researchers initiated specific projects investigating the effects of the COVID-19 pandemic and associated lockdowns on movement and eating behaviours in Australians, with key findings shared with relevant stakeholders to inform policy and programs.

Thank you

Thank you to our wonderful staff, supporters, donors, stakeholders and collaborators whose commitment to better health through research contributed to IPAN's success in 2020.

Contact

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

ipan.deakin.edu.au



VicHealth CEO Dr Sandro Demaio and Executive Lead Kellie Horton (centre back) met with key IPAN staff in February 2020.