



IPAN

INSTITUTE FOR PHYSICAL
ACTIVITY AND NUTRITION



DEAKIN
UNIVERSITY

Improving health and quality of life through research

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



The Institute for Physical Activity and Nutrition (IPAN) conducts research to improve health and quality of life across all ages and life stages.

Our vision

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

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.

Sharing our knowledge

Working with our partners, our research informs programs and policies that will have a real impact on improving health and wellbeing.

From our world-class laboratory facilities to the policy table, we are the go-to institute for a diverse range of expertise and high quality research in physical activity and nutrition such as:

- Conducting clinical measures and trials
- Measurement of food, nutrition, physical activity and sedentary behaviours
- Health program and intervention design, implementation and scale up
- Qualitative and quantitative evaluation
- Evidence reviews, including literature reviews.





Our research domains cover a wide range of physical activity and nutrition research, from the lab to real-world settings.

Biology of Health and Disease

We characterise and understand the biological mechanisms behind exercise and nutrition and how this impacts health.

Research groups:

- Biology of cardiovascular and metabolic health
- Regulation of nutrient metabolism
- Growth, development, and function of organs and tissues
- Redox regulation of health and disease.

Preventing and Managing Chronic Conditions

We develop, implement, evaluate and translate lifestyle-based solutions to prevent and manage chronic conditions.

Research groups:

- Digital health for lifestyle and disease management
- Behavioural approaches to promote healthy lifestyles
- Musculoskeletal health and mobility
- Physical activity and nutrition for cognitive and mental health
- Exercise and nutrition for cancer.

Healthy Active Living

We focus on real-world solutions to increase physical activity in the community.

Research groups:

- Physical activity and sedentary behaviour from infancy to young adulthood
- Built and natural environments for healthy living
- Worker health and stress.

Food, Nutrition and Health

We develop and use evidence to inform programs and policies to tackle the diverse range of nutrition issues in our community.

Research groups:

- Nutrition in first 2000 days of life
- Nutrients and health
- Dietary patterns and eating behaviours
- Healthy and sustainable food systems
- School food and nutrition.

Connect with us

IPAN's team of more than 90 researchers includes recognised global leaders in their research fields.

Work with us

Our diverse collaborations with fellow academics, and with government, non-government and industry partners make an important contribution to our research success. If you would like to explore ways to work together, please email us.

Support us

When you choose to invest in IPAN, you're not only investing in improving health, you're also helping to support emerging researchers and keep top researchers in Australia.

You can donate easily via our website:
ipan.deakin.edu.au/connect/support-us

Get in touch

Institute for Physical Activity and Nutrition (IPAN)

Phone: +61 3 9244 6613

Email: ipan@deakin.edu.au

Twitter: @DeakinIPAN

Faculty of Health

School of Exercise and Nutrition Sciences

Deakin University

221 Burwood Highway

Burwood Victoria 3125

ipan.deakin.edu.au