



# IPAN

INSTITUTE FOR PHYSICAL  
ACTIVITY AND NUTRITION

IMPROVING HEALTH AND QUALITY OF LIFE THROUGH RESEARCH



## 2021 IMPACT SUMMARY

We're focused on understanding, preventing and reducing rates of chronic disease and improving population health through quality research.

### 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: 2021 at a glance



85

academic staff



101

PhD students  
(including completions)



11

PhD completions



\$5.24M

total external income\*



1174

total media hits



361

hard copy  
publications



87

advanced online/epub  
publications ahead of print



4

books and book chapters



7

new category 1 projects/  
Fellowships commenced  
in 2021



9

category 1 projects/  
Fellowships awarded  
in 2021\*\*

\* Category 1: \$3.47m; Category 2-4: \$1.76m \*\*To commence in 2022



# IPAN impact in 2021

2021 was a highly successful year for IPAN. We contributed to major policy initiatives including the National Preventive Health Strategy and National Obesity Prevention Strategy. We focused on building the capacity of our researchers in stakeholder engagement to further strengthen our stakeholder connections.

IPAN researchers also received multiple awards – including Alfred Deakin Professors Jo Salmon and Anna Timperio being named Clarivate Highly Cited Researchers, Alfred Deakin Professor Kylie Ball awarded an Order of Australia, and Professor Kylie Hesketh being awarded the overall Victorian Tall Poppy of the Year award.

## Research highlights

An impressive list of Category 1 research projects commenced in 2021, including:

- A world-first trial on the role of Telehealth as a model of personalised healthcare delivery to prevent falls and fractures in older adults (Medical Research Future Fund (MRFF) Preventive and Public Health Scheme, 2020-24)
- Design of a smart-health ecosystem, connecting different elements in the home to support people living with heart failure to better manage their care (National Health and Medical Research Council (NHMRC) Ideas Grant (APP2004316), 2021-2024)
- A home-based health behaviour program to reduce symptoms of postnatal depression (National Health and Medical Research Council (NHMRC) Investigator Grant Emerging Leadership Level 1 Fellowship (APP1195335), 2021-2025)
- Applying artificial intelligence techniques to mobile phone apps, wearable devices and sensors for people with heart disease to manage the condition in their own home (National Health and Medical Research Council (NHMRC) Investigator Grant Emerging Leadership - Level 1 Fellowship (APP1195406), 2021-2025)
- Understanding why a high-sugar diet can lead to insulin resistance and type 2 diabetes (Diabetes Australia Research Program, 2021-2022)
- Identifying diabetes risk at its earliest stages in young adults (Diabetes Australia Research Program, 2021)
- Working to predict early onset and progression of motor neurone disease (MND) (Fight MND Impact Grant, 2020-2022)



Alfred Deakin Professors Anna Timperio and Jo Salmon

## New cross domain themes to enhance collaboration

Three new cross domain groups were established to harness expertise and strengthen links in these topical fields between IPAN researchers and colleagues across Deakin.

- Implementation science and translation focuses on effective ways of improving the uptake and use of evidence in practice, methodologies to support the design and evaluation of implementation-related research, and capacity building opportunities through training and knowledge sharing.
- The Sustainability theme connects researchers who work on sustainability-related activities that cut across standard research groups, recognising that food and active living systems that promote healthy eating and active transport have well recognised benefits for personal, population and planetary health.
- The Digital technologies theme leverages technology to improve physical activity, nutrition and health across the lifespan, and improves the reach and sustainability of health behaviour interventions. We work closely with technical experts at Deakin, such as A<sup>2</sup>I<sup>2</sup>, IISRI, School of IT and beyond to deliver world-class digital health research and improve health and well-being.



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