



IPAN

INSTITUTE FOR PHYSICAL
ACTIVITY AND NUTRITION



DEAKIN
UNIVERSITY

Improving health and quality of life through research

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

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.



IPAN is a world leading institute with our research consistently ranked above or well above world standard. Members of our team are recognised as global leaders in their research fields.

RESEARCH DOMAINS

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.

Preventing and Managing Chronic Conditions

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

Healthy Active Living

We focus on real-world solutions to increase physical activity and reduce sedentary behaviour in the community.

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.

CROSS DOMAIN THEMES

Our cross domain themes harness expertise and strengthen links across all areas of IPAN's research.

- **Implementation science and translation** focuses on effective ways of improving the uptake and use of evidence in practice and methodologies for the design and evaluation of implementation-related research, as well as capacity building opportunities.
- **Sustainability** recognises that food and active living systems that promote healthy eating and active transport have benefits for personal, population and planetary health.
- **Digital technologies** leverages technology to improve physical activity, nutrition and health across the lifespan, and boosts the reach and sustainability of health behaviour interventions.

THE BAKER-DEAKIN DEPARTMENT OF LIFESTYLE AND DIABETES

A partnership between the Baker Heart and Diabetes Institute and IPAN, the Department was established in February 2022 to build on our strong shared history of collaborative public health research. The Department brings together researchers and health practitioners to further understand effective lifestyle approaches for the prevention and management of diabetes.



Connect with us

IPAN is recognised as a leader in innovative, high-quality research that translates into real-world applications.

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