

# 2022 ANNUAL REPORT SUMMARY

The Institute for Physical Activity and Nutrition (IPAN) is home to internationally renowned researchers committed to improving health and reducing rates of chronic disease through world-class research.



**IPAN**  
INSTITUTE FOR PHYSICAL  
ACTIVITY AND NUTRITION



## Our research

We cover a wide range of physical activity and nutrition research, from the lab to real-world settings; across four research domains, three cross domain themes and one joint Department.

### OUR RESEARCH DOMAINS

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

### CROSS DOMAIN THEMES

- Implementation science and translation
- Sustainability
- Digital technologies

### THE BAKER DEAKIN DEPARTMENT OF LIFESTYLE AND DIABETES

### 2022 AT A GLANCE

96  
ACADEMIC STAFF

107  
PHD STUDENTS

379  
HARD COPY PUBLICATIONS

5  
BOOKS AND BOOK CHAPTERS

\$5.82M  
TOTAL EXTERNAL INCOME\*

14  
PHD COMPLETIONS

73  
ADVANCE PUBLICATIONS

314  
MEDIA HITS

9  
NEW CATEGORY 1  
PROJECTS/FELLOWSHIPS  
COMMENCED IN 2022

5  
CATEGORY 1  
PROJECTS/FELLOWSHIPS AWARDED  
IN 2022\*\*

\* **Category 1:** \$3,394,157;  
**Category 2-4:** \$2,429,630

\*\* To commence in 2023

# Highlights and achievements in 2022

With three researchers named Clarivate™ Highly Cited Researchers™ in 2022, IPAN is home to some of the **world's most influential researchers** in their field. Alfred Deakin Professors Jo Salmon (IPAN Director) and Anna Timperio (IPAN Deputy Director), along with Professor David Dunstan (pictured) were among 13 Deakin University academics recognised on the prestigious list.



Image: Professors Anna Timperio, Jo Salmon and David Dunstan

- Two IPAN researchers, Associate Professors Shariful Islam and Nicole Kiss, were named Victorian **Tall Poppy Science Award winners**.
- The **Baker-Deakin Department of Lifestyle and Diabetes** was established in 2022 as a collaborative partnership between the Baker Heart and Diabetes Institute and IPAN. The department is focused on advancing solutions for **lifestyle approaches for the prevention and management of diabetes** – a critical area of research with around 1.5 million Australians living with diabetes.
- IPAN's **new Consumer Network**, developed in 2022 to provide a 'lived experience' lens to our research, will meet a growing demand for people from a range of ages and backgrounds to have a say in the research projects that affect them.
- Together with our many valued stakeholders, both in government and non-government, we engaged in a range of activities to advocate for better health outcomes, including policy submissions, reports, invited presentations and campaigns.

## New research underway in 2022

IPAN researchers are leading a number of exciting Category 1 research projects:

- Mapping the process of muscle ageing in females to understand the various hormonal, functional and molecular factors at play. (Australian Research Council Future Fellowship (FT210100278), 2022-2025)
- Developing behavioural and digital strategies to reduce children's time spent on a variety of screen devices for better social skills, family functioning and wellbeing. (Australian Research Council Discovery Early Career Researcher Award (DE220100847), 2022-2026)
- Lowering the cardiovascular disease risk of future generations through the use of IPAN-developed interventions designed to promote physical activity and active play, and to reduce sedentary behaviour, in children three years and under. (Heart Foundation Future Leader Fellowship Level 2 (ID105929) 2022-2026)
- Testing whether antioxidant screening, followed by a personalised antioxidant treatment strategy, is an accessible and affordable treatment for people with type 2 diabetes. (Heart Foundation Vanguard Grant (APP105590), 2022-2024)
- Exploring whether digital voice assistants could help people with dementia and mild cognitive impairments carry out daily living activities such as meal preparations. (Dementia Australia Research Foundation Project Grant, 2022-2024)
- Trialling the use of whole-body vibration to 'mimic' the effects of traditional exercise as a treatment for people who experience poor exercise capacity, which can occur in people with type 2 diabetes. (Diabetes Australia Research Program Grant, 2022)
- A new technique to measure insulin production rates within the pancreatic beta cells in humans to better understand the defects that underlie diabetes. (Diabetes Australia Research Program Grant, 2022)
- Examining the body's response to a seven-day high-calorie, high-fat diet to understand whether such a diet is enough to disrupt muscle microvascular (smallest blood vessel) function, contributing to risk of pre-diabetes in healthy people. (Diabetes Australia Research Program Grant, 2022)
- Using a nutritional approach to determine the mechanisms regulating blood sugar levels and provide insight into how diseases such as diabetes develop. (Diabetes Australia Research Program Grant, 2022)



Faculty of Health, School of Exercise and Nutrition Sciences, Deakin University  
221 Burwood Highway, Burwood Victoria 3125

Phone +61 3 9244 6613  
Email [ipan@deakin.edu.au](mailto:ipan@deakin.edu.au)  
Twitter @DeakinIPAN

[ipan.deakin.edu.au](http://ipan.deakin.edu.au)