

2023 ANNUAL REPORT SUMMARY

The Institute for Physical Activity and Nutrition (IPAN), Deakin University, is home to internationally renowned researchers committed to improving health and quality of life and preventing 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.

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

2023 AT A GLANCE

98



ACADEMIC STAFF

\$7.5M



TOTAL EXTERNAL INCOME*

5



NEW CATEGORY 1
PROJECTS/FELLOWSHIPS
COMMENCED IN 2023

106



PHD STUDENTS

26



PHD COMPLETIONS

8



CATEGORY 1
PROJECTS/FELLOWSHIPS AWARDED
IN 2023**

339



HARD COPY PUBLICATIONS

50



ADVANCE ONLINE PUBLICATIONS

389



TOTAL PUBLICATIONS

764



MEDIA HITS

* Category 1: \$4,378,935;
Category 2-4: \$3,136,597

** To commence in 2024

Highlights of 2023

Notable achievements and activities included:

Deakin Distinguished Professors Jo Salmon and Anna Timperio were once again named as Clarivate Highly Cited Researchers™, placing them in the top 1% of researchers in their field globally. Prof Salmon has been recognised as highly cited for nine consecutive years, and it is the seventh time Prof Timperio has been recognised.



Image: Professors Anna Timperio and Jo Salmon

The School of Exercise and Nutrition Sciences and IPAN were once again ranked #1 in the world by the prestigious ShanghaiRankings Global Ranking of Sports Science Schools and Departments. It's the fifth time since 2016 that the School and IPAN have topped the list. For every year of the ranking, the School and IPAN have been in the top three worldwide and #1 in Australia.

IPAN's flagship INFANT program was identified in a US Centers for Disease Control-funded review as the strongest international model for widespread implementation of a community complementary feeding program. INFANT was developed over 15 years to help families with healthy eating and active play from the start of their baby's life. The INFANT team also won the inaugural Deakin University Faculty of Health's Partnerships in Practice award.

Deakin's Centre for Sport Research (CSR) joined IPAN. CSR transitioned to IPAN, providing further opportunities to increase impact and build capacity in sport and other areas of public health significance.

IPAN's Consumer Network established. Involving people with lived experience throughout the research process ensures our research is more relevant and applicable in the real world.

The IPAN Research Excellence program was launched, providing selected high-performing students the opportunity to experience a research career. Over 12 weeks, students worked directly with some of Australia's best physical activity and nutrition researchers.

More than 1000 children who visited Melbourne's Scienceworks museum in the June-July school holidays joined a massive research activation organised by IPAN physical activity researchers. Children aged between four and 12 years participated in a range of fun activities to measure movement behaviours and skills as part of a large data gathering exercise designed to support multiple research projects.

New research underway

New Category 1 research projects commenced in 2023 include:

- Developing a new test in the form of a milk drink to make it easier for doctors to accurately screen for insulin resistance – a precursor to type 2 diabetes, heart disease and stroke. (Medical Research Future Fund Cardiovascular Health Mission, 2023-2026)
- Testing the effectiveness of a wearable device program to detect and improve management of high blood pressure for people at risk of heart disease. (Heart Foundation Vanguard Grant (App 106872), 2023-2025)
- Investigating the role of skeletal muscle in the onset and progression of motor neurone disease (MND) through a pre-clinical mouse model, which could extend our understanding of MND. (FightMND Impact Grant, 2022-2024)
- Increasing the vegetable intake of young adults in rural communities through the development of a new digital intervention that can be personalised to participants' local food environment and individual preferences. (Heart Foundation Vanguard Grant (App 106800), 2023)



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