



**DEAKIN**  
UNIVERSITY



# IPAN

INSTITUTE FOR PHYSICAL  
ACTIVITY AND NUTRITION

MAKING AN IMPACT ON HEALTH AND QUALITY OF LIFE THROUGH RESEARCH

**ANNUAL REPORT 2021 | OUR IMPACT**

## 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.



## OUR RESEARCH DOMAINS

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

IPAN wishes to acknowledge the Traditional Owners of the land on which we work and meet. We pay our respects to their Elders past and present, and Elders from other communities.

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# IPAN: 2021 at a glance



**85**  
Academic Staff

**\$5.24<sub>M</sub>**  
Total external income\*



**101**  
PhD students  
(including completions)

**11**  
PhD completions



**361**  
Hard copy  
publications

**87**  
Advanced online/epub  
publications ahead of print



**4**  
Books and book chapters

**1174**  
Total media hits



**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

# A message from our Chairperson

**2021 has been another very successful year for research and innovation at Deakin. Despite the ongoing challenges of the COVID 19 pandemic, Deakin achieved its best ever overall research performance this year. I'm incredibly proud of our researchers who have continued to strive for success, and deliver positive impact for the communities we serve.**

As one of Deakin's research institutes, IPAN is a significant player in Deakin's ongoing research achievements and impact. This year has seen the team generate income of \$5.24million, support 11 PhD students to completion, submit more than 81 funding applications, receive multiple awards and publish 448 journal articles, with at least 66% in the top quartile for the discipline.

IPAN also continued strong engagement with stakeholders, building on already established relationships and developing new ones, and has contributed to major health initiatives, including the National Preventive Health Strategy, and National Obesity Prevention Strategy.

IPAN staff were again recipients of a number of awards, most notably Alfred Deakin Professor Kylie Ball (AM) being awarded an Order of Australia, Alfred Deakin Professors Jo Salmon and Anna Timperio being named Clarivate highly cited researchers and Professor Kylie Hesketh being awarded the overall Victorian Tall Poppy of the Year award.

IPAN's accomplishments over many years is a credit to the outstanding leadership of the Institute, which has continued to flourish under the guidance of its Director, Alfred Deakin Professor Jo Salmon, and Deputy Directors Alfred Deakin Professor Anna Timperio and Professor Sarah McNaughton. My congratulations and thanks to the IPAN leadership team, IPAN researchers and IPAN support staff for everything they've achieved during another challenging year. My thanks also to the IPAN Board, many of whom have been involved with IPAN for some years now, who generously provide their time, expertise and insights to contribute to IPAN's success.

As Chair of the IPAN Board I am delighted to present this 2021 report and I look forward to IPAN's continued success in 2022.



**Alfred Deakin Professor Julie Owens**  
Deputy Vice-Chancellor, Research



# A message from our Director

**As I reflect on the year that was in 2021, I can't help but be amazed at the incredible resilience, adaptability, passion and commitment of our researchers. Despite the difficulties faced with multiple lockdowns, the challenges of working in isolation, and for many also caring for or home-schooling children for much of the year, our staff have once again excelled.**

We exceeded our 2021 income targets, supported around 100 PhD students with their studies, continued to share and disseminate our research findings, received multiple awards, and maintained and built on our national and international collaborations.

Before I comment on our key activities for 2021, I'd firstly like to acknowledge the enormous contribution made by Alfred Deakin Professor Kylie Ball to IPAN. After more than 20 years at Deakin, Kylie made the decision to leave Deakin to explore other opportunities. Kylie was one of the original founding members of IPAN (formerly known as C-PAN) and was instrumental in the growth and development of our Institute. In particular, as the Head of early mid-career researcher (EMCR) development, Kylie established our very successful EMCR program and mentored numerous staff to become successful researchers in their own right. Kylie will continue to be involved with IPAN in an honorary capacity, for which we are incredibly grateful. In recognition of Kylie's outstanding contributions to research, she was awarded a very well-deserved Order of Australia.

IPAN continued with a major focus on engagement with key stakeholders during 2021. To further support our stakeholder engagement, we established a Stakeholder Engagement Committee ably led by Associate Professor Jenny Veitch and Ms Ernestine Thompson, and instigated some new activities particularly to build capacity of our researchers to engage meaningfully with stakeholders.

We established our three cross domain themes – Implementation science and translation, Sustainability, and Digital technologies.

Key activities included the development of Microsoft Teams sites to share resources, seminars conducted with IPAN staff and involvement in Faculty of Health activities including:

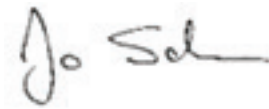
- Dr Harriet Koorts' involvement in the Implementation Science webinar series
- Professor Mark Lawrence and Dr Shannon Sahlqvist involved in the Sustainable Health Network. Professor Lawrence is leading the Sustainable Food Systems theme and Dr Sahlqvist is co-leading the Health and Environmental Change theme.

We actively promoted our research outcomes through a range of communication activities including media, social media and via 15 blogs shared on our IPAN website.

In recognition of the increasing importance of engaging with consumers to inform our research, we formed a working group to establish an IPAN Consumer Advisory Panel. The working group, led by Dr Megan Teychenne, with Associate Professor Michelle Keske, Associate Professor David Scott, Associate Professor Jenny Veitch, Dr Kristy Bolton and PhD student Ms Rebecca Nourse with support from Ms Jean Crewe, has developed resources and processes, which will be piloted early 2022.

Our IPAN EMCR program continued and will be further developed in 2022 by Professor Sarah McNaughton, our new Head of EMCR Development. We've also recruited a Digital Health Research Fellow, Dr Yuxin Zhang, to triage digital health needs and work closely with Deakin's Applied Artificial Intelligence Institute (A<sup>2</sup>I<sup>2</sup>) and Institute for Intelligent Systems Research and Innovation (IISRI).

In closing, I wish to thank our researchers, our professional staff, colleagues both within and outside of the University and our many collaborators and supporters. Our success really is a team effort.



**Alfred Deakin Professor Jo Salmon**  
Director, Institute for Physical Activity and Nutrition



# About IPAN

## 2021 LEADERSHIP

### Director:

Alfred Deakin Professor Jo Salmon

### Deputy Directors:

Alfred Deakin Professor Anna Timperio,  
and Professor Sarah McNaughton

### Domain co-ordinators

- **Biology of health and disease:**  
Professor Aaron Russell and Associate Professor Michelle Keske
- **Preventing and managing chronic conditions:**  
Professor Robin Daly and Associate Professor Nicole Kiss
- **Healthy active living:**  
Professor Kylie Hesketh and Associate Professor Nicky Ridgers
- **Food, nutrition and health:**  
Associate Professor Rachel Laws and Dr Katherine Livingstone

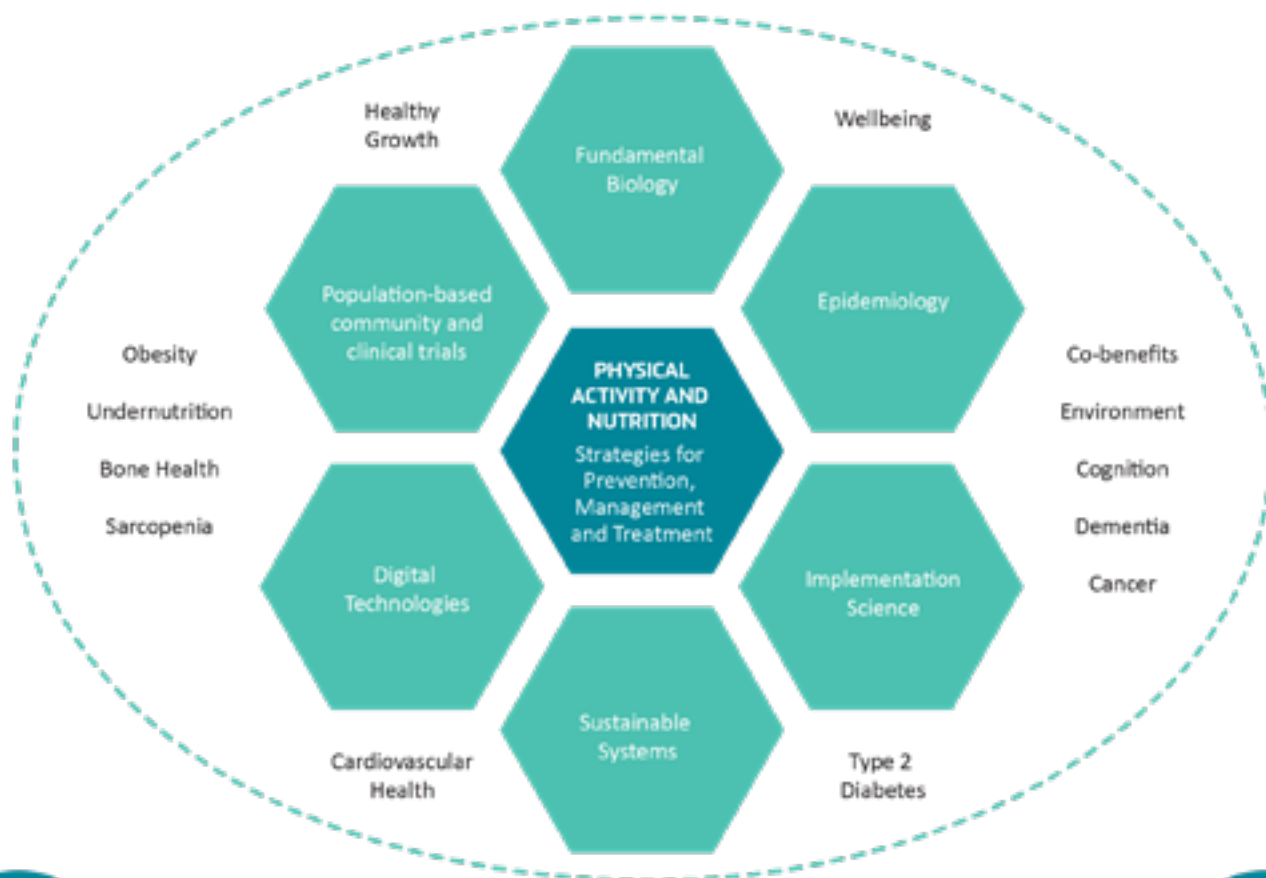
### Cross domain theme leaders

- **Implementation science and translation:**  
Dr Harriet Koorts
- **Sustainability:**  
Professor Mark Lawrence
- **Digital technologies:**  
Professor Ralph Maddison

### Head, EMCR Development

Alfred Deakin Professor Kylie Ball (until April)  
Professor Sarah McNaughton (from May)

## IPAN expertise and research focus



# Highlights of 2021

## IPAN'S NEW CROSS DOMAIN THEMES

Three cross domain themes were introduced in IPAN in 2021. Aligned with all areas of IPAN's research, they are designed to build capacity and strengthen links between IPAN researchers in these key areas, as well as build collaborations with other Institutes and Strategic Research Centres within Deakin. The three themes are Implementation and translation science, Sustainability, and Digital technologies.

### Implementation science and translation



Led by **Dr Harriet Koorts**, this theme covers the implementation and translation of evidence into practice. Specifically, the theme 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 need for more effective implementation of evidence-based practices has never been more apparent globally. Challenges translating evidence into practice span all disciplines, with solutions often requiring the involvement of many agencies across multiple sectors. Bridging the gap between research and practice is essential for equitable and sustainable health promotion. It is also critical to ensure that scientific evidence meets the needs of those it is intended to benefit; minimising 'research waste' in public health.



### Sustainability



Food and active living systems that promote healthy eating and active transport have well recognised benefits for personal, population and planetary health.

This theme, led by **Professor Mark Lawrence**, connects researchers who work on sustainability-related activities that cut across the standard research groups, providing opportunities for connection and collaboration.



### Digital technologies



This theme is led by **Professor Ralph Maddison** and leverages technology to improve physical activity, nutrition and health across the entire lifespan, among people with and without specific health conditions.

Digital technologies improve the reach and sustainability of health behaviour interventions. For example, using digital platforms mitigates many barriers individuals face when attempting to access analogue physical activity and nutrition programs.

IPAN has experience using many digital technologies including hardware (e.g., wearable sensors, computers, conversational agents, smartphones and other mobile devices) and software (e.g., smartphone apps, web apps and websites, SMS, machine learning models and algorithms, image and pattern recognition) to address a broad range of health behaviour research challenges.

IPAN works 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.



Find out more on our website:  
[ipan.deakin.edu.au/ipan-cross-domain-themes](https://ipan.deakin.edu.au/ipan-cross-domain-themes)

## Highlights of 2021 cont.

### IPAN contributes to prestigious number one ranking for Deakin

Deakin University's School of Exercise and Nutrition Sciences (SENS) was again ranked the world's best by the ShanghaiRanking's Global Ranking of Sports Science Schools and Departments (Academic Ranking of World Universities).

It is the third time the School has topped the list since 2016. IPAN is hosted by SENS and our world-class research has a significant impact on the prestigious ranking. The 2021 Global Ranking of Sports Science Schools and Departments assesses areas including the number of times research work is cited by others globally and the total number of papers published in the top 25 per cent of journals in the world.

### Faculty of Health Implementation Science capacity building

With implementation emerging as a key consideration in many major research funding schemes, IPAN is contributing to building expertise and capacity of staff in this area within the Faculty of Health.

- Dr Harriet Koorts presented to the Faculty of Health's Introduction to Implementation Science and Implementation Research webinar. This was the first in a series of webinars designed to provide an overview of the basic principles of implementation science and implementation research.
- Dr Koorts also provided implementation and translation advice to staff from across the Faculty of Health, to assist with funding applications.

### Faculty of Health Sustainable Health Network

Professor Mark Lawrence and Dr Shannon Sahlqvist were selected for leadership roles in the newly established Sustainable Health Network (SHN), an initiative led by Deakin's Faculty of Health.

The network brings together educators, researchers, community stakeholders and industry leaders to address sustainable health challenges, including climate change, environmental degradation and unsustainable living. The focus is on finding new and improved ways to promote human health while not harming the environment.

Professor Lawrence will lead the Sustainable Food Systems theme and Dr Sahlqvist will co-lead the Health and Environmental Change theme.

The SHN is overseen by the Executive Dean – Health (Professor Rachel Huxley), and chaired by the Director, Sustainable Health Network (Dr Rebecca Patrick).

### Research impact case study: Physical literacy in Australia

A new case study describes the research impact of Associate Professor Lisa Barnett's work on the concept of physical literacy.

Associate Professor Barnett, together with researchers from the University of Canberra and Macquarie University, worked with Sport Australia over five years to officially define the concept of 'physical literacy' in Australia. She also led a project to measure children's physical literacy through the Physical Literacy in Children Questionnaire, which is being used by multiple sporting and health organisations.

### New look for TransformUs

IPAN's flagship TransformUs program, designed to incorporate more physical activity and less sitting time in school classrooms, has had a makeover with a new website and branding.

The program, which has been developed over more than a decade, is being implemented in Victorian primary schools and the new rollout to interstate and secondary schools has commenced.

TransformUs is led by Alfred Deakin Professor Jo Salmon. The initiative aims to improve learning outcomes for children and address concerns that Australian children spend up to 70 per cent of their day sitting, putting them at risk of developing chronic diseases such as type 2 diabetes and obesity later in life.



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Learning  
through  
moving  
Revolutionising the  
classroom through  
movement



# Enhancing our impact through stakeholder engagement

**Stakeholder engagement is a key part of IPAN's strategic plan, also aligning with the Faculty of Health Strategic Plan and Deakin 2030. IPAN has a long history of collaborating and working with a range of stakeholder organisations. These include government departments, statutory bodies, community organisations, non-profits and non-government organisations, professional associations and health service providers.**

Engaging with stakeholders is about finding common goals and bringing together expertise to enhance our research impact. It ensures a better understanding of the research problems to be addressed and finding solutions.



IPAN's strong engagement with multiple stakeholders continued in 2021 primarily via online meetings, and regular communications. In particular, the Victorian Government (Department of Health, Department of Education and Training, Department of Jobs, Precincts and Recreation, Sport and Recreation Victoria), Australian Bureau of Statistics, Australian Government Department of Health, VicHealth, Heart Foundation, Active Geelong, and Health and Wellbeing QLD. Some key activities are highlighted below:

## **Working with government to advance health policy and promotion**

- Participated in the national consultation on the *National Obesity Prevention Strategy*, providing an evidence-based submission and practical examples of IPAN's relevant research to support the Australian Government's approach to obesity prevention.
- Submission to the consultation on the draft 10-year *National Preventive Health Strategy* (NPHS), launched in December 2021 by Health Minister Greg Hunt.
- Provided input and expert advice on the *Intergenerational Health and Mental Health Study* (IHMHS) including the National Nutrition and Physical Activity Study (the National Nutrition and Physical Activity Survey and the National Aboriginal and Torres Strait Islander Nutrition and Physical Activity Survey).
- Associate Professor Jenny Veitch presented to the Victorian *Parliamentary Inquiry into Environmental Infrastructure for Growing Populations*. The inquiry is focussing on the current and future arrangements to secure environmental infrastructure, particularly parks and open space, for a growing population in Melbourne and across regional centres. A submission to the inquiry was also prepared.
- Alfred Deakin Professor Anna Timperio and Dr Phil Baker co-authored a special *MJA supplement* exploring how we can achieve health for all by 2030. Professor Timperio was a guest expert speaker at a VicHealth webinar as part of a series on the MJA supplement.
- Participated in two stakeholder roundtable meetings hosted by the Victorian Government to discuss healthy eating and physical activity in schools. Alfred Deakin Professor Jo Salmon represented IPAN at the *physical activity roundtable* and Dr Alison Booth represented IPAN at the *healthy eating roundtable*.
- Provided expert advice to the Department of Jobs Precincts and Regions in relation to Sport and Recreation Victoria's refreshed *Active Victoria Strategy*.
- Wrote to Senator the Hon Richard Colbeck, as Chair of the Food Ministers Meeting, regarding *Regulatory Impact Statement options for the FSANZ Act*, for consideration prior to a meeting of the Food Ministers in November.
- Contributed evidence to two core modules for *VicHealth's Victorian Local Government Partnerships Program: Building active communities and Building better food systems for healthier communities*.

# Enhancing our impact through stakeholder engagement cont.

## Major stakeholder partnership research

- The *TransformUs* team held an online stakeholder presentation on the 13-year journey of TransformUs and the future plans for long term sustainability of the research outcomes. Representatives from 10 stakeholder organisations attended, including past and present research partners.
- Professor Rob Daly and his team held two online workshops with stakeholders and consumers to inform the MRFF funded *TeleFFIT* study - a personalized, telehealth exercise and lifestyle risk factor management program to reduce falls and fracture risk in older adults. Thirteen stakeholder organisations participated in the workshops.
- Dr Megan Teychenne conducted interviews with stakeholders in the policy, health services, community and practitioner space to inform her *Food, Mood and Sleep for Postnatal Mental Health* study, as part of her NHMRC Investigator Grant.

## Webinars featuring IPAN expertise:

- PAN's Sustainability Cross Domain theme hosted a *United Nations Food Systems Summit Dialogue*. The event brought together more than 40 leaders in public policy, nutrition and agricultural sciences to discuss the role of nutrition science in transforming food systems for health, equity and environmental sustainability. The discussions have subsequently been synthesised into a report to inform food system change as part of the Global UN Food Systems Summit process.
- IPAN and other Centre of Research Excellence in the Early Prevention of Obesity in Childhood (EPOCH-CRE) leaders ran a successful interactive online event '*Preventing obesity in early childhood – what can Victorian local governments do?*'
- Professor Judi Porter presented in the *Musculoskeletal Australia consumer webinar* on food and nutrition for older adults.
- Professor Sarah McNaughton presented in the *Heart Foundation of Australia health professional webinar on Dietary patterns*.
- Professor Ralph Maddison and Dr Jonathan Rawstorn presented a *webinar on digital solutions for lifestyle and disease management* to key Heart Foundation staff.

## Capacity Building: developing skills to engage effectively with stakeholders

In 2021 IPAN also had a major emphasis on developing stakeholder engagement skills among our researchers. Key activities included:

### Stakeholder Engagement Skills (SES) Program

In July 2021, IPAN launched a Stakeholder Engagement Skills (SES) Program to provide Early Mid-Career Researchers (EMCRs) with opportunities to shadow more senior IPAN researchers in their interactions with external stakeholders. The pilot program ran from July to November and was highly successful.

### Seminars

Leaders of the newly formed IPAN Stakeholder Engagement Committee, Associate Professor Jenny Veitch and Stakeholder Engagement Manager Ernestine Thompson, hosted seminars to expand researchers' skills.

One seminar highlighted the role of stakeholder engagement in implementation science while also presenting two practical examples from IPAN to highlight the many benefits of engaging stakeholders in research – presented by Dr Katherine Livingstone, Dr Lauren Arundell and Dr Kate Parker. The seminar prompted participants to reflect on the importance of developing relationships with policy and practice partners as well as discussing some of the challenges of working with multiple partners.

A second seminar on the role of government and non-government stakeholder organisations in research included panel members Kellie Ann Jolly (Heart Foundation CEO Vic/Tas) and David Strickland (Executive Officer of Sport and Rec Camps, Department of Jobs, Precincts and Regions).

### IPAN Director's stakeholder awards

These inaugural awards recognised a significant contribution to stakeholder engagement that led to mutually beneficial outcomes or anticipated outcomes over the past year.

- Associate Professor Lisa Barnett received the Senior Researcher Category Award for her work with Sport Australia and a range of other stakeholders, including children, to develop the Physical Literacy Children's Questionnaire.
- Dr Rebecca Lindberg received the Early Career Researcher Category Award for her work with OzHarvest, EatUp and other key stakeholders to build on IPAN's research in food security.
- Dr Lauren Arundell and Dr Kate Parker were Highly Commended for the Our Life at Home (OLAH) Study.
- Dr Patrick Owen was also Highly Commended for his links with Eastern Health and Epworth Healthcare on his program of research evaluating and improving the management of low back pain.

# Sharing our knowledge

**IPAN staff contributed to a range of activities for numerous organisations in 2021. These included:**

## International

- President, International Motor Development Research Consortium (IMDRC)
- Elected Member-at-large, International Motor Development Research Consortium (IMDRC)
- Member, Communications team of the Network for Early Career Researchers and Students, International Society of Behavioral Nutrition and Physical Activity (ISBNPA)
- Member, Nominations committee, International Society of Behavioral Nutrition and Physical Activity (ISBNPA)
- Chair, Pioneer program, International Society of Behavioral Nutrition and Physical Activity (ISBNPA)
- Executive member, Early Childhood Education (ECE) Special interest group, International Society of Behavioral Nutrition and Physical Activity (ISBNPA)
- Chair, Clinical working group for nutrition and head and neck cancer practice guidelines for the American Society of Parenteral and Enteral Nutrition (ASPEN)
- Member, International Association for the Study of Lung Cancer (IASLC) Nursing and Allied Health Committee
- Member, working group, WHO/UNICEF/FAO, 'Technical consultation on measuring healthy diets: concepts, methods, and metrics'
- Member, International Union of Nutritional Sciences Task Force on Sustainable diets
- Member, International Union of Nutritional Sciences, Precision nutrition task force
- Member, Advisory board, Cochrane Nutrition
- External resource expert, World Health Organisation (WHO) Nutrition Guidance Expert Advisory Group (NUGAG) Subcommittee on diet and health
- Member, Communication committee, Active Healthy Kids Global Alliance
- Member, International Federation of Musculoskeletal Research Societies 'Future global leaders' committee
- Member, International Federation for Musculoskeletal Research Societies (IFMRS) board
- Member, Massey University (NZ) Dietetics external advisory group
- Member, Exercise guidelines working group, Canadian Association of Cardiovascular Prevention and Rehabilitation
- Member, International expert panel to create and validate a sarcopenic obesity phenotype, "Preventing obesity, sarcopenia, and Sarcopenic Obesity in retirement: digital personalized interventions for healthy NUTrition and physical activity for Seniors (JPI SO-NUTS)"
- Member, The Australasian Society of Parenteral and Enteral Nutrition (AuSPEN) Scientific committee
- Founding President, Australasian Society for Physical Activity (ASPA)
- Founding Director, and Treasurer, Australasian Society for Physical Activity (ASPA)
- Member, Australasian Society for Physical Activity (ASPA) Executive committee
- Founder, Australasian Society of Physical Activity Physical Literacy Special interest group
- Co-Founder and Chair, Australasian Society for Physical Activity (ASPA) 'Scaling Up Physical Activity (SUPA) Special interest group
- Member, Australasian Society for Physical Activity (ASPA) School-based research special interest group
- Member, World Urban Parks, Older adults committee
- Member, World Urban Parks, Children, play and nature committee
- Member, Australia and New Zealand Sarcopenia and Frailty Society (ANZSSFR) Early mid-career researcher committee
- Convenor, Dietitians Australia Public health and community nutrition interest group,
- Member, Dietitians Australia Healthy and sustainable diets working group
- Member, NHMRC Targeted Call for Research (TCR) Prioritisation working committee
- Member, Advisory group, NHMRC Synthesis and Translation of Research Evidence (SToRE) committee
- Member, Expert reference group – nutrition representative for the McKellar guidelines update for managing older people with diabetes in residential and other care settings
- Member, Health surveys reference group, Intergenerational Health and Mental Health Study (IHMHS), Australian Bureau of Statistics and the Australian Government Department of Health
- Content expert, Physical activity (children), Intergenerational Health and Mental Health Study, Australian Bureau of Statistics and the Australian Government Department of Health
- Member, Active Healthy Kids Australia Research working group
- Chair, Active Healthy Kids Australia (Physical activity report card)
- Member, Nutrition Society of Australia, Think tank
- Early mid-career researcher member, Australian Academy of Science National Committee for nutrition
- Member, Nutrition Society of Australia working group Science meets Parliament
- Member, Nutrition Society of Australia working group Mentoring scheme
- Member, National task-force to establish core concepts in physiology education, Victoria University
- Member, Responsive Feeding in Tough Times (R-FITT) Steering committee, Woolworths Centre for Child nutrition research, QUT and Children's Hospital Foundation
- Chair, NHMRC Dietary Guidelines Expert Committee
- Member, NHMRC Dietary Guidelines Expert Committee

## National

- Member, Food Standards Australia New Zealand board
- Treasurer and Executive Council member, Australian Physiological Society
- Executive member, Clinical Oncology Society of Australia (COSA) Nutrition group
- Member, Dietitians Australia Advocacy and policy advisory committee
- Convenor, Dietitians Australia Gastroenterology interest group

## Sharing our knowledge cont.

- National Co-convenor – Food and nutrition special interest group, Public Health Association of Australia (PHAA)
  - Member, Clinical Oncology Society of Australia Nutrition group
  - Member, Advisory group, The Movember Foundation (TrueNTH, multidisciplinary support group for men with prostate cancer)
  - Member, Advisory group, Ovarian Cancer Australia nutrition and exercise support for women during/after treatment
  - Member, Exercise and Sport Science Australia Grant and Medal review panels
  - Member, Royal Navy - Undersea decision superiority research advisory network
  - Member, Management of CVD risk expert subgroup, Update of the absolute cardiovascular disease risk guidelines, Australian Chronic Disease Prevention Alliance
  - Member, National network of dietetic and nutrition research leaders
  - Member, Parents' Voice steering committee
  - Grant panel member, NZ Health Research Council Project and Program grants
  - Member, Exercise and Sport Science Australia national board
  - Member, Exercise and Sports Science Australia publications committee
  - Member, CSIRO's Vegetable Intake Alliance
  - Member, Australian Department of Health, Healthy food partnership 'Foods for early childhood' reference group
  - Expert group member, Australian Bureau of Statistics/Priority content for the 2023 national nutrition and physical activity study
  - Expert and rapporteur for obesity and salt working groups for Getting Australia's health on track 2021
  - Member, NHMRC Sodium expert working group
  - Member, Immediate past-president, Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR)
  - Member, Healthy Bones Australia Medical and Scientific Advisory committee
- ### State
- Member, Victoria University Institute of Health and Sport mentoring program
  - Member, 'Working Well in Wellington Project Steering Group', Wellington Primary Care Partnership, Victoria
  - Member, 'Roster Risk Assessment Tool Advisory Group', Working Well in Wellington, Wellington Primary Care Partnership
  - Member, Victorian Healthy Eating Enterprise (VHEE)
  - Member, Victorian Healthy Eating Enterprise Education Sub-Group (VHEEG)
  - Member, Fruit & Vegetable Consortium
  - Member, VicHealth Food Systems and Food Security COVID-19 working group
  - Member, Victorian Active Living Alliance (VALA)
  - Director, The Community Grocer
  - Member, Monash Health Human Research Ethics committee
  - Member/Treasurer, Australian Cardiovascular Health and Rehabilitation Association, Victoria
  - Member, Nutrition Australia Victorian Division board
  - Expert panel member, Public Health Association of Australia, Victoria prevention campaign
  - Director, Geelong's Kardinia Health board
  - Member, Victorian Muscle Network (VMN) committee
  - Member, VicHealth working group on harmful industries
  - Member, Generation Victoria (GenV) GIS working group (Method core working group)
  - Member, Active Geelong board
  - Member, Active Geelong knowledge subcommittee
  - Advisory Board Member, Institute for Nutrition Research, Edith Cowen University
  - Coordinator, Australian Society for Medical Research Grant committee (VIC)
- Member, Expert group to develop principles to design physical activity programs to support mental health and wellbeing, joint position statement for Sports Medicine Australia and Australian Psychological Society
  - Member, Advisory group, Whole of primary school body image project for The Butterfly Foundation

# A personal health coach in your pocket - using Telehealth to reduce falls and fracture risk in older adults

## **IPAN researchers are conducting a world-first trial on the role of telehealth as a new model of personalised healthcare delivery to prevent falls and fractures in older adults.**

Falls and fragility fractures result in more days of hospitalisation than most other diseases and account for over half of all injury-related healthcare costs in Australia.

Current models of care for fracture prevention focus on pharmaceuticals which reduce fracture risk by 20-50%. However, this approach misses 50-60% of fracture cases in those with osteopenia (low bone density), and has no effect on reducing the risk of falls.

Current best practice clinical guidelines endorse the prescription of regular exercise and nutrition interventions with lifestyle risk factor management to reduce falls and fractures. However, uptake and adherence to traditional community programs is often low/poor, and not personalised to meet individuals' needs, preferences, financial and social resources.

Digital health technologies (telehealth) offer an equitable, inexpensive and accessible opportunity to meet the needs of a greater number of people at risk of falls and fractures. They offer the added advantage of being able to deliver personalised programs and information and timely patient-practitioner communication anywhere at any time – a personal health coach in your pocket.

Professor Robin Daly is leading the Telehealth for Falls and Fracture Prevention Implementation Trial (TeleFFIT), funded by the Australian Government's Medical Research Future Fund.

The trial involves using digital health as a model of service delivery to reduce falls and fractures in older adults with osteoporosis and/or who are at risk for falls and fractures.


'The TeleFFIT project offers a personalised, multifaceted, telehealth falls/fracture prevention program to people who are at increased risk in their own homes,' Professor Daly said.

'It involves a 12-month hybrid effectiveness-implementation trial to evaluate the clinical and cost effectiveness, implementation and potential scalability of the program into 'real-world' practice.'

Professor Daly said the intervention would be the first to assess a smart device exercise app with personalised behaviour change support, self-directed learning, and nutrition and online peer support to improve self-management behaviours related to common falls/fracture risk factors.

'Findings from this study will fill a critical clinical and practice care gap providing a telehealth model of service delivery that is feasible, cost-effective and with immediate real-world applicability and scalability to reduce the risk of falls/fractures in older people,' Professor Daly said.

This four year clinical trial involves a multi-disciplinary team of researchers from across Deakin University in collaboration with the University of Melbourne (Department of Physiotherapy and Department of Medicine and Aged Care), Monash University (Department of Medicine/School of Clinical Sciences at Monash Health) and the University of Waterloo (Department of Kinesiology) in Canada.



'The trial involves using digital health as a model of service delivery to reduce falls and fractures in older adults with osteoporosis and/or who are at risk for falls and fractures.'

# A smart home ecosystem for people with heart failure

**It's estimated that 511,000 Australians live with heart failure. An innovative project led by Professor Ralph Maddison will help people better manage their condition and improve their quality of life.**

Professor Maddison and team are designing and developing a smart ecosystem which connects different elements in the home to support people living with heart failure to better manage their care.

Heart failure is a debilitating disease. As well as the personal burden on those living with disease, it is estimated to cost the healthcare system \$3.1 billion annually. Professor Maddison's NHMRC-funded Ideas Grant project centres on self-management of heart failure, in an effort to prevent hospitalisation and improve health outcomes.

'Self-management requires people to monitor their symptoms, engage in medication, diet and exercise regimens and manage symptoms by recognising changes and responding appropriately, by either changing behaviours and/or by seeking appropriate assistance,' he explained.

'This can be difficult for many people, so we are designing a support system to make it easier.'

**The project is broken down into three phases:**

- In *Phase 1*, the research team is working with people with heart failure and their primary contact person, as well as healthcare providers and stakeholders to better understand their needs in terms of self-management.
- *Phase 2* will see the design of possible solutions and prototype features to support people in their self-care activities.
- *Phase 3* will involve testing the entire ecosystem in a living laboratory situation, whereby users use the system and provide feedback as they use it. Feedback will provide a basis for changes to the system.

Professor Maddison said the ecosystem approach was a significant advance from existing management approaches for people with heart failure, and could potentially be expanded to apply to other health conditions.

'Our Smart-Heart project is based on a new paradigm: a smart home ecosystem providing people with heart failure integrated self-management behaviour monitoring and support in their homes. It will redefine future healthcare,' he said.

The project involves a range of multi-disciplinary partners and collaborators, both in Australia and internationally, to help design an acceptable, usable, and feasible system to benefit people with heart failure.

Professor Maddison plans to apply for further funding to fully evaluate the system before translating into practice.

'Our Smart-Heart project is based on a new paradigm: a smart home ecosystem providing people with heart failure integrated self-management behaviour monitoring and support in their homes. It will redefine future healthcare.'



Project funding: National Health and Medical Research Council (NHMRC) Ideas Grant (APP2004316), four years (2021-2024)

# Helping new mums beat postnatal depression

## **A home-based health behaviour program aims to reduce symptoms of postnatal depression.**

Postnatal depression (PND) is one of the leading causes of illness and death among postnatal women. It's estimated to affect up to 20 per cent of Australian mothers – a figure that has reportedly almost tripled since the COVID-19 pandemic<sup>1</sup>.

NHMRC Emerging Leadership Fellow, Dr Megan Teychenne, is developing and testing a home-based health behaviour program, called Food, Move, and Sleep (FOMOS) for postnatal mental health, designed to reduce symptoms of postnatal depression.

Mothers with lived PND experience have been significantly involved in designing the FOMOS program to ensure it meets their needs. The evidence-based, 6-month program will combine free hire of home exercise equipment, information/motivational material and social support delivered via web-app, text messages and social media.

'The program will target physical activity, diet, sleep and reduced sedentary behaviour – key behaviours that have been linked to the prevention and treatment of postnatal depressive symptoms,' Dr Teychenne said.

'Just leaving the house can be difficult with a baby. Home-based programs give mums the flexibility to work around the sleeping and feeding routines of their babies,' Dr Teychenne said.

The first phase of Dr Teychenne's NHMRC Emerging Leadership Fellowship research program involves consulting with key stakeholders on the feasibility of the FOMOS program, including potential for real-world sustainable implementation and scalability.

Those to be consulted include healthcare professionals, mental health professionals, community organisations supporting new mothers, and government and non-government organisations involved in mental and/or perinatal health policy and practice.

The second phase, to commence in 2022, will involve an 18-month randomised controlled trial (RCT) in Victoria, New South Wales and South Australia, to test the program's impact on PND symptoms, and associated health behaviours.

'Postnatal women are a high-risk group for poor health behaviours and mental health problems. I hope that by improving health behaviours including diet, physical activity and sleep, that we will subsequently reduce depressive symptoms in this group,' Dr Teychenne said.

'If the FOMOS program is effective and appealing to mums, it will show that face-to-face delivery of health behaviour programs may not be necessary to achieve improvements in health behaviours and mental health amongst postnatal women.

'It could also open up doors to utilising social media platforms in a positive way for behaviour change and mental health,' she said.

'Just leaving the house can be difficult with a baby. Home-based programs give mums the flexibility to work around the sleeping and feeding routines of their babies.'

Project funding: National Health and Medical Research Council (NHMRC) Investigator Grant Emerging Leadership Level 1 Fellowship (APP1195335), five years (2021-2025)

[1] Davenport MH, Meyer S, Meah VL, Strynadka MC, Khurana R: Moms Are Not OK: COVID-19 and Maternal Mental Health. 2020, 1(1).



# My Smart Home - digital health technology to improve heart disease outcomes

## **Advances in home-sensing technologies offer new opportunities to support people with heart disease to manage their condition in the comfort of their own home.**

Dr Shariful Islam is leading the My Smart Home research program, bringing together innovative engineering methods, artificial intelligence (AI), and a range of digital tools including wearable devices, sensors and smartphone applications to create an integrated, personalised health care model for self-management of heart disease.

The research program, funded through an NHMRC Investigator Grant, has a strong emphasis on collaboration with colleagues across Deakin University, including the Applied Artificial Intelligence Institute (A<sup>2</sup>I<sup>2</sup>) and the Institute for Intelligent Systems Research and Innovation (IISRI).

Heart disease remains the leading cause of death in Australia. Digital health technologies, including AI, have shown promise in healthcare, but their application in clinical practice is not yet established. Dr Islam aims to fill this gap.

‘We are developing mobile phone apps, wearable devices and sensors and combining this with sophisticated AI techniques to allow us to learn behaviour patterns, predict health problems and provide personalised digital support and monitoring for people with heart disease,’ Dr Islam said.

My Smart Home includes a suite of integrated measures to enhance early detection of complications and worsening health, provide timely support, and reduce hospital admissions and deaths in people with heart conditions.

### **Dr Islam’s program of research includes four inter-related studies:**

- Testing an innovative smartphone application to support healthy lifestyle behaviours;
- Investigating the effectiveness of a wearable blood pressure device on blood pressure control;
- Co-design and development of a technology-supported smart home program for people with heart failure, and
- Examining the effectiveness of the Smart Home program to improve physiological monitoring and health outcomes in people with heart failure.

‘My Smart Home will be the first program of its kind to support lifestyle activity, improve blood pressure control, and allow home management for people with heart conditions,’ Dr Islam said.

Dr Islam plans to work with clinical partners and collaborators to apply the successful outcomes from his research into clinical practice.

‘For example, the wearable blood pressure and lifestyle projects will develop apps and care platforms for clinicians in primary healthcare centres and hospitals. The artificial intelligence algorithms will develop new decision-aid tools and software for clinicians, patients and carers,’ he said.

This research program addresses the World Health Organization Global Strategy on Digital Health (2020-2024) and Australia’s National Digital Health Strategy.



‘My Smart Home includes a suite of integrated measures to enhance early detection of complications and worsening health, provide timely support, and reduce hospital admissions and deaths in people with heart conditions.’

Project funding: National Health and Medical Research Council (NHMRC) Investigator Grant Emerging Leadership Level 1 Fellowship (APP1195406), five years (2021-2025)

# Investigating the role of the gut in dysfunctional vascular health

## **A new IPAN project is aiming to explain why a diet high in sugar can lead to insulin resistance and type 2 diabetes.**

Associate Professor Michelle Keske is working to discover a new mechanism that links the gut to poor skeletal muscle microvascular blood flow after consumption of a high-sugar meal or drink.

‘We know that insulin stimulates microvascular blood flow in skeletal muscle after we eat and drink to help deliver nutrients to the muscle,’ Associate Professor Keske explained.

‘Poor blood flow in the skeletal muscle after eating and drinking is a hallmark feature of insulin resistance and type 2 diabetes.

‘However, our new research has shown that this vascular impairment can also occur in healthy people if they consume a meal or a drink that contains too much sugar.’

Associate Professor Keske’s team recently completed a human study showing that the route of sugar administration, rather than the amount of sugar in the blood, determines whether muscle microvascular blood flow is impaired or enhanced.

‘We found that when sugar is administered orally muscle microvascular blood flow is impaired, whereas when sugar is administered intravenously this enhances microvascular blood flow,’ she explained.

‘Given intravenous infusion bypasses the gut, our data provides evidence for the first time that something is being released from the gut upon oral consumption of high amounts of sugar that leads to impairment of muscle microvascular blood flow.’

This project, funded through a Diabetes Australia Research Program grant, will analyse blood samples to identify what factors are being released from the gut.

Associate Professor Keske said that while there is considerable evidence linking microvascular dysfunction to development of insulin resistance and type 2 diabetes, very little was known about distinct sugar-related mechanisms that lead to microvascular complications in muscle.

‘This work will provide new insight into why diets high in sugar over the long-term are detrimental to vascular health, and subsequently, contribute to the increased risk of insulin resistance and pre-diabetes,’ she said.

‘The link between the gut and the microcirculation in skeletal muscle as a potential cause of vascular insulin resistance is a completely new research area which has significant clinical implications– in other words, we need to consider the gut as an important contributor to insulin resistance and pre-diabetes.’

This research could potentially help inform new treatments to stop the decline in vascular health for people with insulin resistance, pre-diabetes and type 2 diabetes.

‘Our data provides evidence for the first time that something is being released from the gut upon oral consumption of high amounts of sugar that leads to impairment of muscle microvascular blood flow.’



Project funding: Diabetes Australia Research Program, one year (2021-2022)

# Understanding early indicators for diabetes in young healthy adults

## **Dr Chris Shaw is working to identify diabetes risk in its earliest stages.**

A team of researchers led by Dr Shaw noticed that a proportion of healthy, young individuals have high insulin levels in the blood, even though they are not obese, have normal blood glucose levels and are free from existing metabolic disease.

‘We want to understand why certain individuals have these high insulin levels despite being otherwise healthy. We’re investigating what impact high insulin levels have on the body’s tendency to store fat and gain weight, and the risk of developing diabetes and other diseases in the future,’ he explained.

For the project, Dr Shaw plans to screen several hundred non-obese people aged 18 to 35 years using an oral glucose tolerance test. This test is used clinically to screen for the presence of diabetes, or diabetes risk, and will identify those individuals with normal blood glucose levels.

From this initial screen, Dr Shaw will identify two groups – those with normal insulin levels and those with high insulin levels in the blood.

‘We will then examine their ability to secrete insulin and explore the impact this has on the body’s tissues, in particular their fat stores,’ Dr Shaw said.


Dr Shaw explained that high insulin levels in the blood (termed hyperinsulinemia) is linked with increased prevalence of obesity, insulin resistance and diabetes as well as other diseases including coronary heart disease, stroke, hypertension and cancer. Usually, the development of these diseases occurs over decades and clinical features only become apparent once the disease is firmly established and difficult to reverse.

‘Our work is significant as we think individuals with high insulin levels are at the earliest stages of diabetes, which may not become apparent until many years into the future,’ Dr Shaw said.

‘Almost 2 million Australians have diabetes and the cost impact is estimated at \$14.6 billion, so there is an urgent and growing need to improve ways to prevent and treat the disease.’

Dr Shaw said information gleaned from the study could potentially be used to identify and treat individuals before diabetes and related chronic diseases fully develop, ultimately lowering the incidence and impact of these diseases.

‘This work will also help determine whether therapeutic approaches should be developed to specifically target people with high insulin levels in the blood,’ he said.



‘Our work is significant as we think individuals with high insulin levels are at the earliest stages of diabetes, which may not become apparent until many years into the future.’

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Project funding: Diabetes Australia Research Program, one year (2021)

# Working to predict early on-set and progression of motor neurone disease (MND)

**Professor Aaron Russell is measuring and comparing changes in blood proteins to try and identify ways to accurately detect motor neurone disease (MND) and pinpoint how long a person has lived with the disease.**

In a project funded through a FightMND Impact Grant, Professor Russell is using a recently developed preclinical model of sporadic MND to identify biomarkers for early detection, disease progression and therapeutic efficiency in MND.

Professor Russell said the lack of reliable biofluid biomarkers for diagnosis and prognosis of the disease had been a major stumbling block in developing a cure for MND.

‘This new model allows for MND to be precisely initiated, halted and reversed, allowing us to know exactly when to look for early diagnostic biomarkers before symptoms appear,’ he said.

‘We’re also able to identify prognostic biomarkers as MND progresses and biomarkers of recovery that may assist in quickly recognising if drugs designed to treat MND are effective.’

Professor Russell and his team are using the latest proteomics and bioinformatics technologies.

‘If successful, this project could deliver a suite of new biomarker signatures for use in current and future clinical trials to accurately measure treatment responsiveness,’ Professor Russell said.

‘By enabling the identification of MND patients with a similar prognostic outlook, the biomarkers could also improve clinical trial outcomes.’

In addition to this project, Professor Russell and his team are developing a new mouse model to specifically study the role of skeletal muscle in MND on-set and progression, with experiments to commence in the second half of 2022.



‘This new model allows for MND to be precisely initiated, halted and reversed, allowing us to know exactly when to look for early diagnostic biomarkers before symptoms appear.’

# Is testosterone really the key to a female's athletic performance?

**A project led by Associate Professor Severine Lamon aims to discover whether testosterone, the major male hormone that is also found in females, is a direct determinant of muscle adaptation and athletic performance in females.**

Associate Professor Lamon said certain females naturally presenting 'higher than normal' testosterone concentrations were currently excluded from international competitions in certain disciplines.

'This is because there is an assumption that natural high testosterone levels provide them with an unfair advantage over other competitors. This assumption has however not been verified, and we want to prove that assumption wrong' she said.

The research, funded by the International Olympic Committee, seeks to prove the hypothesis that testosterone levels do not correlate with female muscle mass, strength and performance.

'This work fights for the right of naturally gifted female athletes to compete in their discipline of choice regardless of their natural testosterone level. This will make female sport fairer.'

Associate Professor Lamon will recruit 30 pre-menopausal females presenting a broad range of natural testosterone concentrations.

The participants will perform a 12-week resistance exercise program designed to maximize gains in muscle mass and strength. The research team will then determine the role of testosterone in this process and establish whether testosterone levels are a reliable predictor of their gains in muscle mass, strength and power.

The research aligns with Associate Professor Lamon's focus on the lack of scientific research specifically in female physiology, despite females comprising 50 per cent of the population.

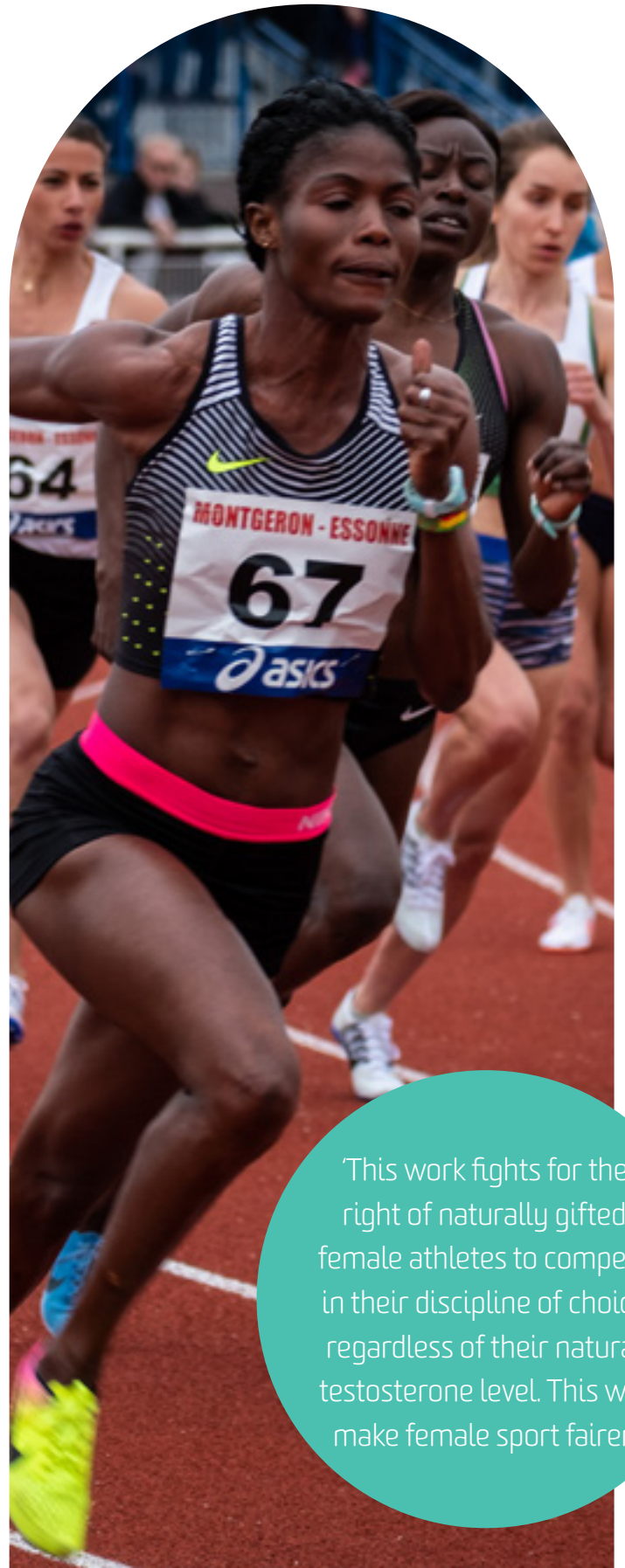
'This is fundamental research that will shed light on the very understudied area of female muscle physiology and will help our understanding of how the female muscle grows and adapts,' she said.

She added that the results would inform more applied research about how to best design interventions (exercise, nutritional, hormonal) to maintain muscle mass and function in health and disease conditions.

'Importantly, this research may have the very practical consequence to inform or change the female eligibility rules surrounding naturally high testosterone levels in athletics competitions,' Associate Professor Lamon said.

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Project funding: International Olympic Committee- Medical and Scientific Research Fund for Injury and Illness Prevention, one and a half years (2021-2022)



'This work fights for the right of naturally gifted female athletes to compete in their discipline of choice regardless of their natural testosterone level. This will make female sport fairer.'

# Understanding the factors that drive neurological dysfunction in Duchenne muscular dystrophy

**Dr Angus Lindsay is aiming to improve the quality of life and increase life expectancy of patients with a devastating muscle wasting disease.**

Duchenne muscular dystrophy (DMD) is a fatal neuromuscular disease affecting 1 in 3,500-5000 males.

DMD is caused by the loss of dystrophin protein, resulting in severe muscle wasting and weakness. Patients with DMD also suffer from neurocognitive dysfunction, including anxiety, impaired working memory and lower IQ.

Dr Angus Lindsay is working to better understand the mechanisms regulating neurological dysfunction in DMD with the intention of identifying new therapies to improve the quality of life for patients.

Through a Phillip Wrightson Fellowship from the Neurological Foundation (New Zealand), Dr Lindsay is utilising gene therapy, hormonal manipulations and quantitative multi-omics platforms to achieve his research aims.

'There is currently no cure for DMD. Clinical trials to restore dystrophin in patients with DMD are progressing well, but there is still a need for 'right-now' therapies to improve the quality of life for patients,' Dr Lindsay said.

'My research could determine the underlying factors that drive or contribute to neurological disorders in patients with DMD, which will help identify therapies to improve quality of life and support inclusion of patients into everyday society.'

Dr Lindsay explained that most available therapies target restoration of skeletal and cardiac muscle function, but patients with DMD could also greatly benefit from understanding the mechanisms that drive neurological dysfunction.

Patients with DMD are routinely prescribed glucocorticoids, a type of steroid, to extend the time they are able to walk, and their life expectancy. However, one of the severe side-effects of chronic glucocorticoid therapy is adrenal insufficiency. This means the body does not produce an adequate supply of certain hormones, which then limits a patient's ability to adequately respond to a physiological or psychological stress. Without this ability to respond adequately, patients with DMD are at risk of severe complications.

'Outcomes from my fellowship offer a real prospect of fine tuning the complex balance of benefits and side-effects from the current use of glucocorticoids for DMD, such that the negative aspects of using these drugs could be eliminated,' Dr Lindsay said.

Previously, Dr Lindsay was part of a group of scientists at the University of Minnesota that determined loss of dystrophin in a mouse model of DMD predisposes it to behavioural/psychological stress hyper-sensitivity. Exposure to behavioural/psychological stress can worsen disease pathology and even cause sudden death.

More recently, his IPAN research identified that the stress response of mdx mice (a specific type of mouse used for the scientific study of DMD) is regulated by several muscle and hormonal factors.

Ultimately, Dr Lindsay hopes to clarify the molecular mechanisms that drive neurological dysfunction in patients with DMD; and identify a mechanism(s) which could lead to a clinical trial to improve the quality of life for patients with DMD and extend their life expectancy.

'My research could determine the underlying factors that drive or contribute to neurological disorders in patients with DMD, which will help identify therapies to improve quality of life and support inclusion of patients into everyday society.'

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Project funding: Neurological Foundation – Phillip Wrightson Fellowship, two years (2021-2022)

# Improving outcomes for people with heart disease

**Dr Adam Trewin is working to better understand the cause of damage to the heart muscle cells due to ischemia – the lack of oxygen and nutrients – that occurs during a heart attack.**

Through research funded by a Cardiac Society of Australia and New Zealand (CSANZ) Bayer Young Investigator Research Grant, Dr Trewin is investigating the underlying molecular mechanisms that regulate the ‘energy powerhouses’ of heart muscle cells known as mitochondria.

Mitochondria are essential for a range of critical cellular processes, yet they are extremely sensitive to ischemic injury. Damage to mitochondria is a key driver of the outcome of ischemic heart disease, which is the leading cause of death in Australia.

‘If ischemia occurs for a prolonged period, the damaged mitochondria release ‘self-destruct’ signals which drives irreversible cell death processes and heart muscle injury,’ Dr Trewin explained.

Specifically, the aim of this project is to determine whether specific types of genes known as ‘long non-coding RNA’ can regulate mitochondrial function to protect them from damage during ischemia in order to mitigate subsequent heart muscle cell death.

Identifying new long non-coding RNAs that regulate mitochondrial function in response to ischemia may reveal potential therapeutic targets. This means that new treatments could be developed to act on a non-coding RNA in order to reduce the severity of injury or improve functional recovery of the heart.

As part of his laboratory studies, Dr Trewin will use cells grown from heart tissue and conduct experiments using these cells to simulate ischemia in the heart.

‘To identify candidate long non-coding RNAs from these heart cell experiments, we will conduct RNA-sequencing analyses. The most promising ones will then be studied with additional experiments in heart cells to better understand their role in regulating mitochondrial function,’ Dr Trewin explained.

‘This basic research is a vital first step towards opening new avenues of investigation that could ultimately lead to drug development and clinical translation.’



‘This basic research is a vital first step towards opening new avenues of investigation that could ultimately lead to drug development and clinical translation.’

Project funding: CSANZ Bayer Young Investigator Research Grant, one year (2021)

# IPAN in the media

At IPAN, we recognise the importance of sharing our research findings with the community through media channels. Despite COVID-19 and lockdowns once again dominating media coverage, there remained a strong appetite for media stories on population health and wellbeing.

## IPAN stories included:

- Dr Jazzmin Zheng's research found that babies who eat too much protein in their first year may increase their risk of being overweight when they reach primary school.
- Dr Katherine Livingstone's study found that eating a Mediterranean-style diet can help minimise the risk of heart attack, even for those pre-disposed to heart disease.
- Dr Rebecca Leech's dietary patterns research identified five different breakfast personalities that are broadly categorised by gender, age and socio-economic factors.
- Dr Sze-Yen Tan's study found significant cognitive benefits for people aged over 60 who eat a moderate amount of nuts every day.
- Dr Emiliano Mazzoli's research examined the positive effects of active classroom breaks on children's brains.
- Another study led by Dr Mazzoli found that active breaks can benefit children with intellectual disabilities.
- Research led by Dr Elena George found that eating a moderate amount of nuts per day may help to prevent non-alcoholic fatty liver disease.
- Associate Professor Jenny Veitch's research program revealed the most appealing park features for children, teens, adults and older adults.
- Baseline findings from the Our Life at Home Study led by Dr Lauren Arundell and Dr Kate Parker found people turned to digital platforms to stay fit during lockdowns.
- Further findings from the Our Life at Home Study found that children spent almost 27 more hours using screens during lockdown; while physical activity among children fell dramatically.
- A study led by Dr Helen MacPherson showed that middle-aged adults with healthy diets had a larger brain volume, potentially reducing their risk of dementia in later life.
- Research led by Dr Clint Miller explained the effects of exercise on chronic pain.
- IPAN PhD student Jennifer McCann's research revealed that many toddler snacks and milks are ultra-processed and could be classified as junk food.
- A study by IPAN PhD student Barbara Brayner, supervised by Dr Katherine Livingstone, showed that people who consume so-called 'healthy fats' are less likely to put on weight than those who eat unhealthy fats – despite eating the same number of kilojoules.

## Key media stats 2021:

1174

Media items

39.68m

Estimated potential audience reach

4

Articles published in The Conversation

## Boost for diabetes research

TAMARA MCDONALD

A GEELONG-based researcher has been awarded funding through the Diabetes Australia Research Program.

Deakin University's Chris Shaw (below) was one of 19 Victorian researchers each awarded up to \$60,000.

Dr Shaw's research is looking at people who are not yet obese or diabetic but are potentially at risk.

"The earlier you can identify people at risk, the earlier you can intervene," he said.

The study will be recruiting subjects later this year.

Diabetes Victoria chief executive Craig Bennett said the organisation sought to support world class research to further understanding of the serious and complex condition and lead to the next critical development.

Over the past 20 funding rounds, Diabetes Victoria has contributed more than \$18m to the DARP funding pool, which supports research into the prevention and management of all aspects of diabetes.



# EXCESS PROTEIN A RISK FOR BUBS

## Diet link to obesity

**BRIGID O'CONNELL**  
HEALTH REPORTER  
brigid.oconnell@news.com.au

Melbourne infants who were followed until age five. Their total protein intake and protein sources

adolescence. Miaobing Zheng, of the Institute for Physical Activity and Nutrition, said her advice to parents was

not to cut down on or cut out meats, fish, eggs and dairy, but increase the amount of

optimal gut health in later life."

The guidelines for babies aged 7-12 months is for about 14g of protein daily, and they will consume 8g of that in their recommended 600ml of breastmilk or formula.

remaining 6g of protein equivalent of one he tablespoon of peas or on half a slice of bread.

Kaiser-Grobe, whose 6-year-old son Alva also

# PARKS HEART OF CITY LIFE

**SARAH PERILLO**

A NATIONAL study into suburban parks and playgrounds has identified a wishlist of features that meet the needs of Aussies.

Associate Professor Jenny Vitch and her team from Deakin University's Institute for Physical Activity and Nutrition found that all look for different uses in parks but all agree to benefit from well-designed urban spaces that cater to play and relaxation.

# GAME FOR A BREAK WHEN HOME SCHOOLING KIDS

**BRIGID O'CONNELL**

PARENTS could be well served sending their kids running around the lounge room, or hosting a quick game of Simon Says, as a way to boost brain power during home schooling. Breaks of just five minutes are enough to improve brain function, focus and impulse control. And active tasks that involve an element of concentration and decision making give kids an extra cognitive boost. Deakin University researchers have found in their world-first study. Lead researcher Emilia

Mazzoli from Deakin's Institute for Physical Activity and Nutrition said they wanted to test whether simple, quick active breaks could influence cognitive function in classrooms. "Children, they sit all day. I don't think it is meant to be. Your body is designed to

Games such as Simon Says. Children who had active breaks had better impulse control, sat for about 14 minutes less each day and walked for four minutes more in classroom hours. Those who took complex active breaks used less brain power to complete tasks, suggesting their cognitive

"For those having breaks their thinking performance was the same, but the brain was becoming more efficient - like a car that covers a greater distance but consumes less petrol." Dr Mazzoli said regular active breaks during home schooling was important too, something Ana Cortardo has built into the schedule for

# NO STRETCH TO SUSTAIN EXERCISE MOJO WITH APPS

**BRIGID O'CONNELL**

to keeping your

again at the height of stage

four restrictions in September, finding 39 per cent of adults used digital platforms to keep fit. These people were more than twice as likely to meet the guidelines for cardio-based exercise and more than three times as likely to do enough muscle strengthening work, compared with non-users. The survey found 26 per cent of teenagers used apps or social media to keep fit, and they were more than twice as likely to get enough cardio exercise and

# BREAKFAST DIVIDES US

# JUST TOO SWEET

Call for label overhaul as kids' grub fails health test

**SARAH O'BRIEN**  
FOOD REPORTER  
sarah.obrien@news.com.au

POPULAR toddler snacks and milks are no better than junk food, a new study has found. Parents are being misled by foods marketed as healthy for toddlers when only one in 10 meets dietary guidelines, according to Deakin University researchers. This includes some toddler

milks that have nearly twice the sugar of cows' milk and nearly as much sugar as a can of Fanta. Jennifer McCann of the Institute for Physical Activity and Nutrition analysed 32 toddler milks and 154 foods designed to be eaten by toddlers, including fruit and cereal bars, salty snacks and ready-made frozen meals. She found eight out of 10 toddler products were sweetened and 85 per cent were

ultra-processed. Two-thirds of the products had added sugar in the form of fruit sugars or concentrates. Most had more fat, sugar, carbohydrates and proteins than normal foods. Even some raw food with minimal processing had more fat and sugar. "Toddlers need a variety of foods to supply essential nutrients and they also need different tastes and textures to prepare them for a varied diet as they grow," Ms McCann said. "They should be eating family meals and fresh, unprocessed or minimally processed foods to achieve their nutrient and food-based needs." The foods were found in supermarkets and pharmacies and many had unsubstantiated health claims such as "no artificial colours or

flavours" and "added probiotics". "This is very concerning as the packaging is designed to give consumers a false sense of the healthiness of these foods," Ms McCann said. "Hopefully, the new understanding and awareness will help deliver a positive and healthy change within this retail market." There is recent evidence linking high intakes of ultra-processed foods in young children to cardiovascular risks, asthma, being overweight and obesity as well as lower overall diet quality. "We encourage consumers to carefully read product labels and ingredient lists when buying food for their children and question the on-pack claims and marketing of those products." The findings were published in the journal of Public Health and Nutrition.

# A nutty brain booster

daily 'dose' makes you smarter

**RYAN**

DEAFUL of nuts a dietary brain booster for Australians, new research from Deakin University says that people aged 18 and over should eat a single serving - between 15g and 30g - of nuts daily for better cognitive performance.

Tan, who led the study, said eating a single serving of nuts was a simple

"If you incorporate nuts into your diet, you should see this cognitive benefit," he said. "There are already a number of benefits to eating nuts, now we know it boosts cognitive performance." "We need to encourage nut consumption in older people's diets." "Hopefully, through this study, people will be talking about nuts." More than 3000 participants were divided into four groups based on their nut consumption as part of the study. They included those who did not eat nuts and those who ate more than the daily recom-

ended amount. Researchers then compared the participants' cognitive function, including immediate and delayed recall, verbal fluency, processing speed and attention across the groups. De Tan, of Deakin University's Institute for Physical Activity and Nutrition, said that while eating nuts had positive benefits, it should not give cause to reach for sugary treats containing them, such as chocolate bars and ice cream. "Nuts in chocolate bars and in desserts - those are the things we don't want people to consume," he said. "The benefits can be offset

by what is in these dietary products. "We don't want to be recommending those." Peanut butter could be as a way to increase nut intake for those who did not like eating them raw, however, their nutrients released when they were cooked. About two-fifths of Australians do not eat nuts. A single serving of nuts is about 20 almonds, 15 cashews, 10 hazelnuts or 10 walnuts. The International Nut and Dried Fruit Council paid for the study. Nut consumption beyond the recommended daily intake of 30g a day did not further improve cognitive performance. nichol.ryan@news.com.au

# Awards and recognition

## IPAN leaders

### in top 1% in their field

PAN Director, Alfred Deakin Professor Jo Salmon, and Deputy Director, Alfred Deakin Professor Anna Timperio, were both named Clarivate Highly Cited Researchers for 2021.

It marks an impressive seventh year in a row that Professor Salmon has been named as a Highly Cited Researcher, while Professor Timperio has been recognised five times since 2015.

The highly anticipated annual list identifies researchers who demonstrated significant influence in their chosen field or fields through the publication of multiple highly cited papers during the last decade. Their names are drawn from the publications that rank in the top 1% by citations for field and publication year in the Web of Science™ citation index.



## Awards and recognition

**Alfred Deakin Professor Kylie Ball** was honoured with an Order of Australia award (AM) for her significant service to physical activity and nutrition education.

**Alfred Deakin Professor Jo Salmon** won the 2021 Sedentary Behaviour Research Network (SBRN) Research Leadership Award for outstanding leadership in research and scholarly activity in the field of sedentary behaviour.

**Professor Kylie Hesketh** was named the 2021 Victorian Young Tall Poppy of the Year for outstanding research and leadership by the Australian Institute of Policy and Science.

**Associate Professor Jenny Veitch's** ProjectPARK presentation was named a People's Choice Finalist at the Australasian Society for Physical Activity conference.

**Associate Professor Veitch's** ProjectPARK was nominated as a finalist in the category Playground Design and Development for the National Sports & Physical Activity Convention 2021 Australian Sport, Recreation and Play Innovation Awards.

**Associate Professor Lisa Barnett** was one of three lead researchers on the 'Physical Literacy in Australia: a journey from research to community impact' project, which was a Finalist in the Outstanding Engagement for Research Impact category at the 2021 Engagement Australia Excellence Awards.

**Professor Robin Daly** was named a Finalist in the Nutrition Research Project Category at the 2021 NutraIngredients Asia Awards as the lead researcher for the 'LETS Move Study (Ladies Exercise Training and Supplement Study)'.

**Dr Miaobing (Jazzmin) Zheng** received the Australian New Zealand Obesity Society (ANZOS) Young Investigator Award 2021.

**Dr Jazzmin Zheng** also received the Australasian Epidemiological Association Early Career Professional Development Award in 2021.

**Dr Elena George** was named runner up in the British Nutrition Foundation's 2021 Drummond Early Career Scientist Award.

**Dr Elena George** also received a Dietitians Australia 2021 Young Achiever Award.

**Dr Shariful Islam** was named one of Australia's outstanding researchers for 2021 in the Early Career Researcher category in The Australian's annual Research Magazine.

**Professor Judi Porter** received a Dietitians Australia Award of Merit 2021.

**Dr Sze Yen Tan** received an Outstanding Contribution Award from Dietitians Australia for his major and sustained commitment to the profession at a national level over the past three years.

**Professor Robin Daly** was one of 19 authors to receive the 2021 American Nutrition Society Best Infographic Award, for the infographic titled 'Do fruit and vegetables reduce stress?' Radavelli-Bagatini S, Blekkenhorst LC, Sim M, Prince RL, Bondonno NP, Bondonno CP, Woodman R, Anokye R, Dimmock J, Jackson B, Rees J, Costello L, Devine A, Stanley M, Magliano DJ, Shaw JE, Daly RM, Hodgson JM, Lewis JR.

**Associate Professor Nicola Ridgers** was an author on the 2021 Ergonomics Journal Best Paper Award, for the paper titled 'The accumulation of, and associations between, nurses' activity levels within their shift in the emergency department'. The paper was led by Dr Stephanie Chappel, (a previous IPAN PhD student).


**Dr Harriet Koorts** was named the 2021 Winner of the International Journal of Behavioural Nutrition and Physical Activity (IJBNPA) most cited Methodology paper category for her paper 'Implementation and scale up of population physical activity interventions for clinical and community settings: the PRACTIS guide.'

**Dr Koorts** was also named a 2021 Finalist in the Early Career Implementation Professional Keynote Spot at the European Implementation Event.

**Dr Claire Margerison** was awarded Advanced Accredited Practising Dietitian (AdvAPD) credentials from Dietitians Australia.

## Internal award

**Associate Professor David Scott** received the Vice-Chancellor's Mid-Career Researcher Award for Career Excellence – Faculty of Health.



## Can our food choices prevent cancers of the breast, ovary, and endometrium?

**Almost 3 million women are diagnosed with breast, endometrial, or ovarian cancer each year, making prevention research a priority.**

Through her Alfred Deakin Postdoctoral Research Fellowship, Dr Suzanne Dixon-Suen is exploring whether women's usual whole diet (their dietary pattern) can influence their risk of developing these hormone-sensitive cancers.

'We're not sure yet how and to what extent whole diet influences risk of these cancers, because this is an emerging research area,' she said.

Dr Dixon-Suen is using evidence on diet at multiple levels (including reported diet and information on biomarkers and genes) and from multiple studies (large Australian and international prospective cohorts).

'In several analyses I will use data from studies which asked women about their usual diet, and then followed them up over many years to see who develops cancers. We can then compare the whole diet of women who did develop cancers with the diet of women who didn't,' she explained.

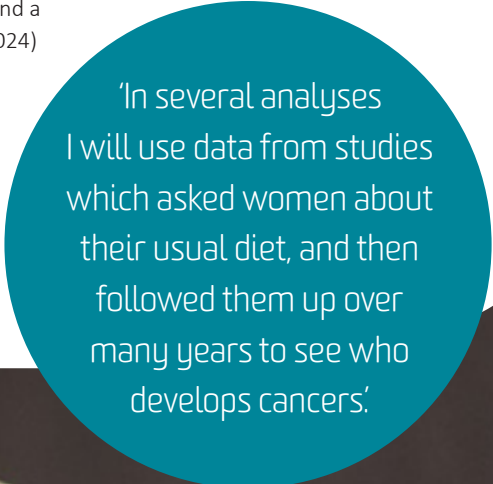
'In other analyses I will use data on genetics (diet and cancer related genes), epigenetics (whether these genes are switched on or off), and measured hormone levels to further explore how diet may be linked to cancer development.'

Dr Dixon-Suen said having a clearer understanding of how diet influences future cancer risk may help women make better everyday food choices and be more mindful about the long-term consequences of their diet choices.

'Ultimately this research may lead to a reduced burden from these cancers if any evidence of association can be translated into practice. Over time, there could be a clear avenue to translation via public health messaging around diet choices, coupled with risk prediction tools and ongoing programs to help women, particularly those at higher risk of cancer, improve their diet.'

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Project funding: Deakin University, Alfred Deakin Postdoctoral Research Fellowship, three and a half years part-time (2021-2024)



'In several analyses I will use data from studies which asked women about their usual diet, and then followed them up over many years to see who develops cancers.'



## Exploring the optimal diet to manage fatty liver disease

**Despite non-alcoholic fatty liver disease (NAFLD) affecting up to 30% of Western populations, there are no known drug therapies to treat it.**

NAFLD is the metabolic form of fatty liver disease, caused by poor diet and physical inactivity. Weight loss through diet and exercise is the only form of treatment – but we don't yet know what the best diet is for those affected.

Through her Deakin University Dean's Postdoctoral Research Fellowship, Dr Elena George aims to get a better understanding of the impacts of diet, lifestyle and body composition on the prevalence and outcomes of this common disease.

In particular, she is investigating the association between a Mediterranean diet and body composition in people with NAFLD. Her three studies will work towards establishing improved recommendations around diet for NAFLD.

One study will examine a large data set for associations between the Mediterranean diet and NAFLD on body composition.

'European guidelines for the management of NAFLD indicate that a Mediterranean diet may be the most beneficial dietary pattern for this condition, but we have very limited studies in non-Mediterranean populations like Australia,' Dr George said.

Dr George's previous research has shown that the Mediterranean diet has some benefits, such as improvements in visceral fat even without weight loss. But other diets, such as the low-fat diet, which achieve weight loss, actually see greater improvements in liver, metabolic and visceral fat outcomes.

'My fellowship aims to combine the benefits of a Mediterranean diet which include anti-inflammatory and antioxidant effects, as well as being more palatable and sustainable, with weight loss,' she said.

Dr George will conduct a clinical trial to assess the impacts of a low energy Mediterranean diet in Australians with NAFLD.

'This is the first Mediterranean diet intervention in Australia aimed at weight loss so we will assess if it is feasible and the impact on body composition and NAFLD,' she said.

'Our concern is that with weight loss there may be loss of muscle mass which can have detrimental health outcomes in the long term. We think we can mediate this with a Mediterranean diet.'

Dr George hopes the trial will lead to a better understanding about the feasibility of a low energy Mediterranean diet for Australians, and that it will help inform a larger scale trial incorporating exercise.

As part of the fellowship, Dr George is also collecting data on people with liver cancer to better understand the role of NAFLD on liver cancer outcomes.

'Current research indicates that obesity, and in turn NAFLD, are increasingly likely to be risk factors for liver cancer and may impact survival rates,' she said.

'This is concerning given the poor survival rate of people with liver cancer and that NAFLD is increasing in conjunction with the obesity epidemic. I will be focusing on quantifying visceral fat and lean mass in these individuals to determine if there is a link with liver cancer survival,' she said.

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Project funding: Deakin University, Dean's Postdoctoral Research Fellowship, three years part-time (2021-2024)

## Food for all: Improving household food and nutrition security

**Dr Rebecca Lindberg is developing a comprehensive package of policy measures to reduce the number of Australians living without access to affordable nutritious food.**

In Australia, about 13 per cent of the population is estimated to be food insecure, or without adequate access to affordable nutritious food.

Through a Dean's Postdoctoral Research Fellowship, Dr Rebecca Lindberg is aiming to tackle food insecurity by developing a comprehensive framework of evidence-informed public policy measures.

'Food insecurity can have life-long consequences for a person's physical and mental health,' Dr Lindberg said.

'Existing policies are narrow and ineffective. Despite millions invested in foodbanks across the country, the number of food insecure people in Australia has remained stubbornly persistent.'

'A new policy framework is needed to demonstrate what works to directly improve the diets and food environments of low socio-economic children and adults – to transform lives and build nutritious futures.'

Dr Lindberg is planning several studies as part of her fellowship.

'My first study, already underway, compares and contrasts the USA and Australia's different policy approaches to the same public health nutrition issue,' she said.

'I have also conducted interviews to explore the lived experience of food insecurity in families and their usage of program and policy supports in both the USA and Australia.'

In her second study, she will establish the first measure of diet quality in food insecure Australians using the National Nutrition and Physical Activity Survey.

In a planned systematic review, Dr Lindberg will synthesise the highest quality evidence available on policy measures that promote food and nutrition security and/or reduce the prevalence and severity of household food insecurity.

Dr Lindberg plans to use the findings from her studies to develop a framework of policy interventions, case studies and community perspectives as a public toolkit for food security action and accountability.

'The framework will include interventions that enable better models of care and services to address food insecurity and improve outcomes, particularly targeted towards reducing disparities,' Dr Lindberg said.

'Policy-makers, nutrition and food organisations will have input into the tool kit design, increasing the likelihood of its use, visibility and trustworthiness and therefore genuinely improving nutritional outcomes for more households.'

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Project funding: Deakin University, Dean's Postdoctoral Research Fellowship, three years part-time (2021-2023)

# Incorporating sustainability into healthy diets

**Alfred Deakin Postdoctoral Research Fellow Dr Priscila Machado is developing a new way to measure the quality of our diets considering the principles of both health and sustainability.**

Diets are currently scientifically measured for the adequacy of nutrient intake, for health and/or prevention of chronic disease. Few published metrics attempt to account for the sustainability of diets. In particular, the significance of ultra-processing on the nature of food and the state of human and planetary health is understated.

‘We face two massive challenges that are intertwined – unprecedented pandemics of obesity and chronic disease, and environmental degradation. We need to promote healthy, sustainable diets to help deal with these issues,’ Dr Machado said.

She said the existing metrics were insufficient to tackle the complexity of these problems because they didn’t consider important aspects such as the role of food processing. For example, ultra-processed foods already dominate diets globally, but no existing metric captures the intake of these foods. As such, she is identifying indicators of a global sustainable healthy diet based on the degree of food processing.

For the first phase of the project, Dr Machado is conducting a scoping review to identify how indicators of a sustainable healthy diet are considered in global diet quality metrics published to date and how they are associated with health and environmental sustainability outcomes.

Based on the results of this review, she will survey national and international experts in nutritional epidemiology, environmental health, dietary assessment and food and nutrition policy, to determine the most important considerations for a healthy and sustainable diet.

Dr Machado will then develop a metric and assess the impact of this recommended diet on people’s health (e.g. body-mass-index, blood pressure) and environmental (greenhouse gas emissions, water and land use) outcomes. She will use data from the National Nutrition and Physical Activity Survey (NNPAS) 2011-12, part of the Australian Health Survey 2011-13, to answer these questions.

Finally, she will determine whether the metric can be used as a tool to help inform Australian and global food and nutrition policies aiming to achieve sustainable healthy diets.

‘I plan to develop a metric that is adaptable to different cultural and food systems scenarios, and that can be used to assess the impact of diets on both health and environmental sustainability outcomes,’ Dr Machado said.

‘Such a tool will be of immediate use to monitor the global performance and progress of populations’ diets against current sustainable healthy diet recommendations and towards the United Nations’ 2030 Sustainable Development Goals.

‘I hope my research will help governments to create policies that support people to achieve a diet that is good for both human and planetary health, and that people can be informed to make healthier and more sustainable food choices,’ she said.

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Project funding: Deakin University, Alfred Deakin Postdoctoral Fellowship, two years (2021-2023)

‘Ultra-processed foods already dominate diets globally, but no existing metric captures the intake of these foods’



## Swapping short car rides for walking or cycling: increasing daily physical activity for adolescents

**Dr Venurs Loh is exploring how to get adolescents moving more each day by choosing active travel options for short trips.**

The proportion of Australian adolescents (aged 12 to 17 years) that accrue enough physical activity for good health is alarmingly low.

Walking and cycling for daily trips can contribute substantially to physical activity, but research has shown more than half of Victorian adolescents rely on a private vehicle to get to school.

Through a Deakin University Dean's Postdoctoral Research Fellowship, Dr Venurs Loh is exploring opportunities for adolescents to substitute short car trips for active travel.

'As a nation, we are becoming increasingly sedentary and adolescents are no different,' Dr Loh said.

'At this developmental stage, it's important to set adolescents up with good habits for life. Too much sedentary time in adolescence can increase risk factors for chronic diseases later in life, so we need to find feasible opportunities to get our young people moving more each day,' Dr Loh said.

'It's also important from an environmental perspective. As well as getting more physical activity into each day, less reliance on cars will contribute to environmental sustainability through reduced vehicle emissions.'

For her first study as part of her fellowship, Dr Loh is analysing GPS and accelerometer data to characterise adolescents' travel patterns and quantify short, motorised trips (made by car or public transport) that could be feasibly replaced with walking or cycling. She will also calculate the additional physical activity that could be gained through this shift.

The second study will identify environmental (built and social) and individual barriers and facilitators of motorised trips made within walkable or cyclable distances.

Informed by the first two studies, the third study will involve one-on-one interviews with adolescents and parents of adolescents to explore the most appealing approaches to increase the uptake of active travel within feasible distances.

'By the end of the fellowship, I am hoping to have collected practical and actionable ways to encourage adolescents to choose walking or cycling over motorised travel where possible,' she said.

'The findings will be useful for advocacy, identifying behaviour change strategies and informing improvements to local infrastructure.'

As part of the fellowship, Dr Loh will also cover new research ground by examining trips beyond school.

'I'm interested to see if it's more appealing for adolescents to shift their behaviour around non-school journeys, such as trips for social, shopping or recreational activities,' she said.

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Project funding: Deakin University, Dean's Postdoctoral Research Fellowship, two years (2021-2023)

## Seeing is believing: Using wearable cameras to understand self-management of heart failure

**For his Dean's Postdoctoral Research Fellowship, Dr Tegegne is leading a world first study applying machine-learning techniques to existing wearable camera image data to identify patterns of self-management in people with heart failure.**

Unlike self-report methods, wearable cameras are more likely to accurately capture patient's self-management behaviours, thereby improving the validity of the findings. Ultimately the findings will inform a future nurse-led intervention for self-management of heart failure.

Heart failure is a chronic condition where the heart does not pump as it should. Beyond medical management, supporting people to self-manage this chronic condition is critical for controlling disease progression, preventing complications, and reducing the burden on the health system.

Dr Tegegne will analyse image data collected from people with heart failure who wore wearable cameras for 30 days. The cameras captured images every 30 seconds, resulting in about 2,000,000 images.

'These images have been annotated using bespoke software, with only preliminary analysis undertaken. The data provides lived experience of heart failure patients, such as dietary intake, physical activity, and medication adherence as well as information about their individual challenges,' he explained.

'This data bank of images gives us a unique opportunity to apply machine learning analysis for a more thorough understanding of self-management of heart failure. This level of detail and context can then be used to fine-tune future self-management programs,' he said.

**The specific aims of his fellowship are to:**

- Quantify types and frequency of self-management behaviours in people with heart failure
- Determine patterns of self-management and whether these differ for those who are readmitted to hospital versus those who are not
- Determine whether self-management behaviour predicts rehospitalisation
- Determine the feasibility of a nurse-led intervention to support self-management using wearable camera technology.

The project involves collaborations with the Insight group at Dublin City University, Ireland.

'It's an exciting project that will transform our understanding of home-based care for heart failure patients by shifting the focus from reactive care to proactive self-management support,' Dr Tegegne said.

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Project funding: Deakin University, Dean's Postdoctoral Research Fellowship, two years (2021-2023)

# Understanding if sex hormones affect muscle differently in males and females

**Sex is a fundamental biological characteristic that influences nearly all human traits – yet most scientific knowledge is inferred from males.**

Through a Deakin University Dean's Postdoctoral Research Fellowship, Dr Danielle Hiam is working to better understand the role of sex hormones in regulating skeletal muscle at a molecular level.

Her research directly challenges the 'one-size-fits-all' approach by addressing the under-representation of females in clinical and medical research.

'We all agree that there are obvious physiological differences between males and females, however these differences extend far beyond the things we can see. Under the microscope there are a whole host of molecular differences between sexes,' Dr Hiam said.

'Unfortunately, most of our scientific knowledge of the human body is inferred from males, meaning that we have an incomplete picture of how things work in females.'

Skeletal muscle is one of the most important tissues to maintain a healthy body and is especially important in promoting healthy ageing. Interestingly, research has shown that muscle loss is different between males and females.

'However, we don't have a good insight into the molecular regulators of skeletal muscle mass and function in females which means we don't have enough information to differentiate between and respond to the differing needs of males and females,' Dr Hiam said.

One of the most obvious differences between the sexes is the level of sex hormones like testosterone, which is much higher in males. Dr Hiam will research whether sex hormones could be altering important biological molecules (microRNAs) that result in changes to what the skeletal muscle looks like and how well it works.

Dr Hiam has already recruited male and female adults for part of her study and plans to recruit a second group of interest – females aged 18-45 years with Polycystic Ovary Syndrome (PCOS). PCOS is the most common hormonal disorder in females. By studying PCOS, Dr Hiam hopes to understand how hormonal imbalances can impact muscle health.

All participants will be asked to undergo fitness tests, body composition measures, and provide muscle and blood samples. She will then measure a range of microRNAs and sex hormones in participants to understand the role these play in regulating skeletal muscle mass and function.

'I'm hoping the findings from my fellowship will eventually lead to a broader research project investigating the role sex hormones play in females across the lifespan – in particular in the context of muscle loss and associated conditions such as type 2 diabetes,' she said.

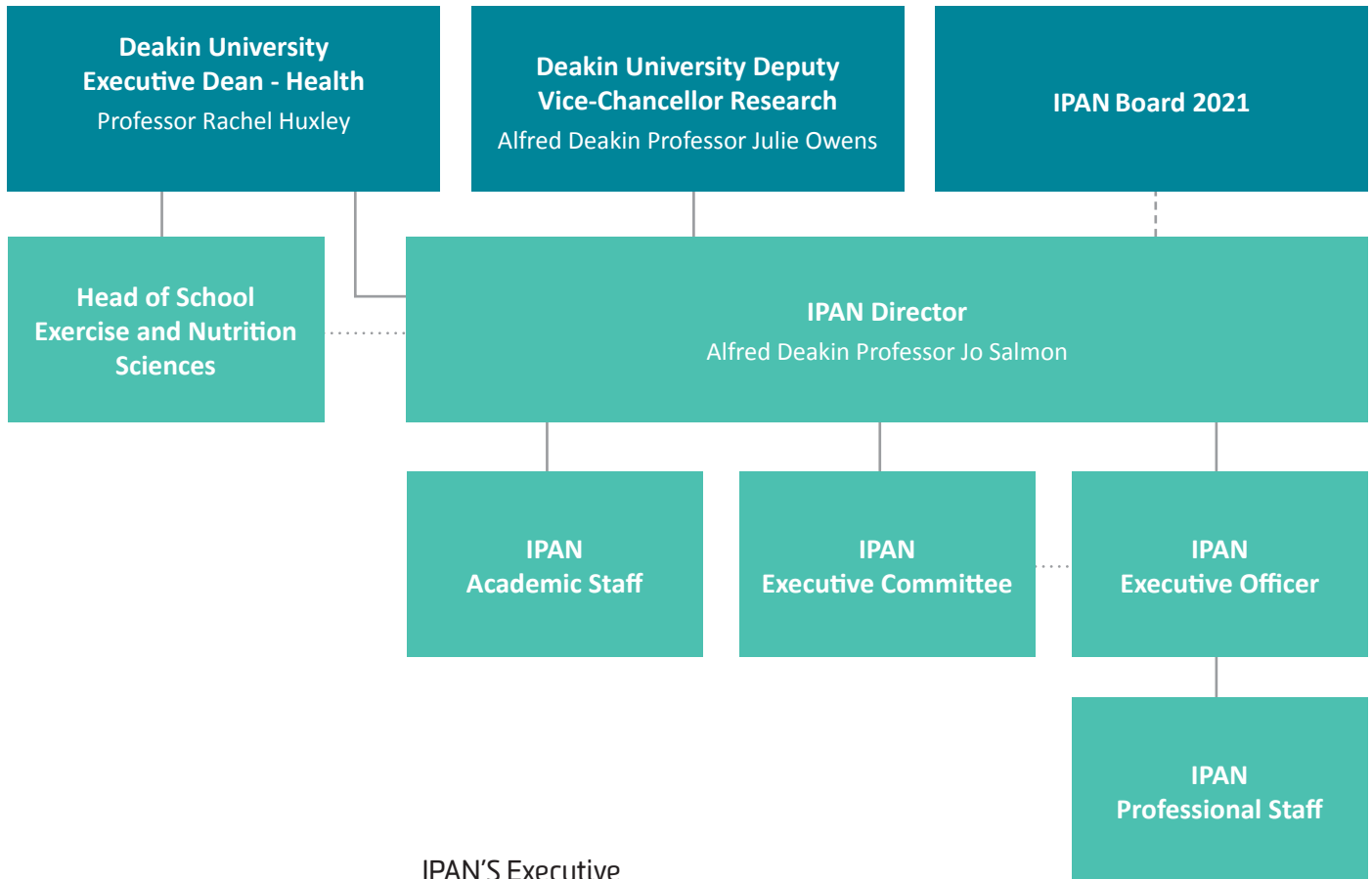


'One of the most obvious differences between the sexes is the level of sex hormones like testosterone, which is much higher in males.'

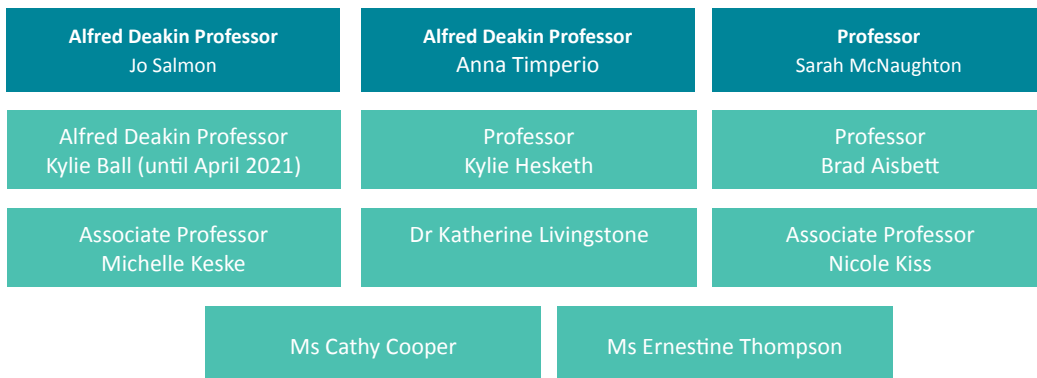
Project funding: Deakin University, Dean's Postdoctoral Research Fellowship, two years (2021-2023)

# IPAN Governance

IPAN'S organisational chart



IPAN'S Executive



# IPAN Board

IPAN is extremely grateful to our Board members who give their expertise and time voluntarily to provide us with invaluable advice and support.



**Alfred Deakin Professor Julie Owens** (*Chair*)

Professor Julie Owens is an Alfred Deakin Professor and the Deputy Vice-Chancellor Research at Deakin University. Her role is to provide academic leadership to advance Deakin's distinctive research and research training both nationally and internationally. This

includes research development, industry-focused research and commercialisation and research promotion. Prior to her appointment in 2018, she was Pro Vice Chancellor Research Strategy at University of Adelaide. Her previous roles there also included Associate Dean Research in Faculties of Sciences and Health Sciences, Head of School of Paediatrics and Reproductive Health and Department of Physiology. Originally an ARC QEII Fellow and NHMRC Research Fellow, she continues to be engaged in research into pregnancy and early development and how exposures such as parental obesity can program the lifelong health of offspring, supported by various bodies, including NIH, NHMRC, ARC and others.



**Professor Rachel Huxley**

Professor Rachel Huxley is an internationally renowned epidemiologist who has made significant contributions to the field of cardiovascular epidemiology particularly in describing how sex and ethnic differences in risk factors impact on disease risk. She received her DPhil

in Epidemiology and Public Health from the University of Oxford in 2001 and over the past 20 years has held academic appointments in leading universities and research institutes in the UK, United States and in Australia. She has published prolifically and leads a current program of NHMRC funded research exploring how sex and gender contribute to disparities in vascular disease management in Australia. In 2019, she joined Deakin as the Executive Dean for the Faculty of Health and holds an Honorary Professorial appointment at The George Institute for Global Health, University of New South Wales, an Honorary Professorship at the Olivia Newton John Cancer Research Institute, Melbourne and is a Visiting Professorial Fellow in Epidemiology at the Nuffield Department of Population Health, University of Oxford.



**Professor Trish Livingston** (*Until October 2021*)

Professor Trish Livingston was the Associate Dean (Research) in the Faculty of Health from 2012-2021 and led the strategic direction, management and co-ordination of a significant area of research activity in the University. Professor Livingston will now support IPAN

as part of her new role as Director, Special Projects Faculty of Health in the scope and viability of key strategic initiatives to meet and exceed its research performance metrics.

Professor Livingston is also leading a program of research, addressing the psychosocial needs of people living with cancer and their carers. Professor Livingston's research involves large collaborative teams, leading studies that have demonstrated gaps in service delivery; and she and her teams have developed recommendations, changes in clinical practice and policy initiatives to improve the health outcomes of cancer survivors and their carers.



**Professor Peter Enticott** (*from October 2021*)

Professor Peter Enticott is Associate Dean, Research in the Faculty of Health, Deakin University. Peter joined Deakin University in 2013, where he established the Cognitive Neuroscience Unit (CNU) in the School of Psychology. A registered psychologist who obtained

his PhD at Monash University (2006), Peter's program of research concerns developmental social and affective neuroscience. He works with both neurotypical and clinical populations, including autism spectrum disorder (ASD). Peter's research utilises a combination of cutting-edge neuroscience techniques (e.g., functional neuroimaging, electroencephalography, non-invasive brain stimulation) along with clinical and neurocognitive assessment. Peter currently leads an Australia-wide multisite clinical trial of repetitive transcranial magnetic stimulation in ASD, which is funded by the Medical Research Future Fund. He has received over \$8M in competitive funding (including a recent Future Fellowship from the Australian Research Council), published over 170 articles, and co-edited two collected volumes. Peter has received numerous awards, including a Young Tall Poppy Science Award from the Australian Institute of Policy and Science and a Young Scientist Award from the World Federation of Societies of Biological Psychiatry.

# IPAN Board Cont.



**Dr Ben Spincer** (until September 2021)

Dr Ben Spincer was the Executive Director of Deakin Research Innovations and member of the IPAN Board until September 2021. He is a geoscientist by background but has also worked in investment banking, journalism and stakeholder relations roles, with more than 20 years of diverse finance, business and technology experience. Previously, Dr Spincer was the Director of Technology Strategy and Innovation at Telstra, overseeing the company's innovation program including relationships with research institutions and universities.



**Mr Ross Mahon** (from October 2021)

Mr Ross Mahon is the Executive Director, Deakin Research Innovations. Ross is an automotive and aerospace advanced manufacturing leader with experience across all facets of developing strategy, research and development, winning new customers, transformation, engineering, manufacturing and establishing new products, sites and supply lines utilising technology and Industry 4.0 principles to establish a competitive advantage.

Ross has had a long manufacturing career in Australia and overseas including, senior roles with Deakin Partners, Futuris and Quickstep. Ross will be responsible for positioning Deakin University as a leader in research translation through innovation that: creates impact, develops new products, services and ways of operating for industry, government and, other public and private sector organisations and communities.



**Professor Matthew Gillespie (AM)**

Professor Matthew Gillespie is Vice-Provost (Academic Affairs) at Monash University. Matthew trained in microbiology and immunology, and is a bone cell biologist and cancer researcher. He was director of Prince Henry's Institute 2008-2013, and has held high-level research administration roles in other leading research organisations including Associate Director of Melbourne's St Vincent's Institute of Medical Research. An active member of the Australian and global scientific communities, Professor Gillespie has held editorial roles including on the boards of Arthritis and Rheumatism, Endocrinology, Bone, and the Journal of Bone and Mineral Research, and on research committees including the Cancer Council Victoria, NHMRC Research Committee (2006-2012) and NHMRC Audit Committee (2006-2022). He was president of the Australian Society for Medical Research (1999-2000) and the Australian and New Zealand Bone and Mineral Society (2011-2013).



**Dr Lyn Roberts (AO)**

Dr Lyn Roberts has extensive experience working within health NGOs with over 25 years working at an Executive level in state, national and international capacities. She has considerable expertise in strategic public health policy development and implementation, working with a wide range of stakeholders. She has been a member of a number of expert advisory committees for the government and non-government sectors and currently she is a member of the Expert Steering Committee for the National Preventative Health Strategy 2020-2030. Dr Roberts has held numerous Board positions including recently with the Australian Institute of Health and Welfare and the Victorian Government Justice Health Ministerial Advisory Committee. She is an ongoing member of the Deakin University Council as well as a member of the Finance and Business Affairs Committee. During 2019 she was Principal Advisor for the Victorian Health Promotion Foundation, and in addition she was Acting CEO for an interim period. Since 2020 she has had the role of Strategic Advisor for the National Asthma Council Australia.



**Ms Kellie-Ann Jolly**

Ms Kellie-Ann Jolly began her professional career as a dental therapist in the School Dental Service. A Masters in Health Sciences (Health Promotion) and a passion to prevent disease rather than just treat it led to a move to health promotion where she remained for over 20 years. She has held senior management roles in policy and program development with State Government and VicHealth and has been a senior lecturer in health promotion/public health at Latrobe University. In 2008, Ms Jolly took up the role of Director Cardiovascular Health at the Heart Foundation (Victoria) where she led the Foundation's health programs. In August 2016, she was appointed Victorian Chief Executive Officer and in January 2021 she took on the role of Chief Executive officer Vic/Tas. Ms Jolly has also played a national role in her capacity as Acting Chief Development Officer over the past 12 months. She has served on Boards and Ministerial appointed Committees including Dental Health Services Victoria and Cabrini Research Institute and is the current Chair of the not-for-profit organisation Victoria Walks.

# IPAN Board Cont.



**Ms Melanie Chisholm**

Ms Melanie Chisholm is the Director – Strategic Development, Engagement and Delivery for the Victorian Department of Health – COVID-19 Vaccination Program. This involves supporting at an Executive level the iterative design, delivery, and evaluation of the Commonwealth’s COVID-19 Vaccination program across Victoria. The largest most complex and high-profile program in Australia which recently achieved its target of 80% double dose. Ms Chisholm is a qualified Health Professional and Manager, having worked for over 16 years in the health sector. She has worked across a range of areas including community organisations, NGOs and Government both here in Australia and in the UK, spending several years as a children’s health commissioner in London. She is passionate about driving improvements in population health and reducing health inequities, particularly through designing and implementing policies and programs that support healthy eating and physical activity. Her previous roles include Healthy Eating Manager at VicHealth, National Manager for Nutrition and Active Living at the Heart Foundation and as Director of Data, Research and Evaluation at North Western Melbourne Primary Health Network. She holds a Masters in Nutrition and Dietetics from Deakin University and an undergraduate degree in Human Movement Science from RMIT.



**Mr Terry Slevin**

Mr Terry Slevin has been Chief Executive Officer for the Public Health Association of Australia (PHAA) since May 2018. He is Adjunct Professor in the College of Health and Medicine at the Australian National University. He is a Fellow of PHAA and was the first Vice President (Development) of the Association. He has worked in public health for 36 years.



**Mr Peter McCue**

Mr Peter McCue is currently engaged at the NSW Office of Sport where he’s leading the development of NSW’s State-wide Physical Activity Strategy. Prior to his current role Peter spent a decade as the Executive Officer of the NSW Premier’s Council for Active Living (PCAL). During Peter’s tenure, PCAL served six different Premier’s across both major political parties, developed the state’s first walking strategy and facilitated the incorporation of health considerations within various Planning instruments. Peter is currently undertaking a PhD investigating effective ways to frame physical activity to engage political leaders.



# Our Staff

Professor Brad Aisbett
Dr Lauren Arundell
Dr Brenton Baguley
Dr Phillip Baker
Alfred Deakin Professor Kylie Ball (Until Nov 2021)
Associate Professor Lisa Barnett
Dr Andrew Betik
Dr Kristy Bolton
Dr Alison Booth
Associate Professor Clinton Bruce
Professor Karen Campbell
Mr Sam Cassar (until Sept 2021)
Dr Ana Maria Contardo Ayala
Professor Robin Daly
Dr Paul Della Gatta
Dr Suzanne Dixon-Suen
Dr Katherine Downing
Associate Professor Steve Fraser
Dr Jackson Fyfe
Dr Elena George
Dr Carley Grimes
Dr Lee Hamilton
Dr Ashley Hendy
Professor Kylie Hesketh
Dr Danielle Hiam
Dr Jill Hnatiuk
Dr Kirsten Howlett
Dr Shariful Islam
Dr Paul Jansons
Dr Gunveen Kaur

Associate Professor Michelle Keske
Associate Professor Nicole Kiss
Dr Harriet Koorts
Dr Greg Kowalski
Dr Katie Lacy
Associate Professor Severine Lamon
Dr Natalie Lander (From Oct 2021)
Professor Mark Lawrence
Associate Professor Rachel Laws
Dr Rebecca Leech
Dr Rebecca Lindberg
Dr Angus Lindsay
Dr Katherine Livingstone
Dr Venurs Loh
Dr Penny Love
Dr Priscila Machado
Dr Helen Macpherson
Professor Ralph Maddison
Dr Luana Main
Dr Claire Margerison
Dr Shaun Mason
Dr Emiliano Mazzoli
Professor Sarah McNaughton
Dr Clint Miller
Dr Catherine Milte
Dr Janandani Nanayakkara
Dr Pat Owen
Dr Kate Parker
Dr Lewan Parker
Professor Judi Porter

Dr Jonathan Rawstorn
Professor Lynn Riddell
Associate Professor Nicky Ridgers
Professor Aaron Russell
Dr Georgie Russell (From Oct 2021)
Dr Shannon Sahlqvist
Alfred Deakin Professor Jo Salmon
Associate Professor David Scott
Dr Chris Shaw
Dr Alison Spence
Dr Ewa Szymlek-Gay
Dr Sze-Yen Tan
Dr Teketo Tegegne
Dr Megan Teychenne
Associate Professor Lukar Thornton (Until Aug 2021)
Alfred Deakin Professor Anna Timperio
Associate Professor Susan Torres
Dr Adam Trewin
Dr Anne Turner
Dr Riaz Uddin
Dr Paige van der Pligt
Associate Professor Jenny Veitch
Professor Glenn Wadley
Dr Stuart Warmington
Dr Kim Way
Dr Julie Woods
Dr Craig Wright (Until Nov 2021)
Dr Yuxin Zhang (From Nov 2021)
Dr Jazzmin Zheng

# Externally funded research projects in 2021

Project team	Project title	Funding scheme
<b>Baker P, Lawrence M</b> , Worsley T, <b>van der Pligt P</b> , Judhiastuty F, Nurlita H	Responding to Indonesia's growing double burden of malnutrition	DFAT Australia Indonesian Institute
<b>Campbell K, Laws R, Hesketh K</b> , Denney-Wilson E, Moodie M, <b>Koorts H</b> , Ong KL, Orellana L, <b>Love P</b> , Browne J	Evaluating real-world implementation of an evidence-based program addressing lifestyle behaviours from the start of life	NHMRC Partnership Grant
<b>Daly R</b> , Bennell K, <b>Scott D</b> , Ebeling P, Maier A, Giangregorio L, Hinman R, Watts J, <b>Koorts H</b> , <b>McNaughton SA</b> . AI's: <b>Milte C</b> , Gianoudis J, <b>Rawstorn J</b> , Orellana L, <b>Maddison R</b>	TeleFFIT- A personalized, telehealth exercise and lifestyle risk factor management program to reduce falls and fracture risk in older adults: A 12-month hybrid effectiveness-implementation trial	MRFF Preventive and Public Health Research Initiative
<b>Hesketh K, Salmon J</b> , Galland B, Nicholson J, Taylor R, Orellana L, Abdelrazek M, <b>Koorts H</b> , Brown V, <b>Downing K</b> . AI <b>Campbell K</b>	Maximising health potential through enhancement of movement behaviours from early life	NHMRC Project Grant
<b>Islam S, Maddison R</b> , Abawajy J, Chow C	Effectiveness of wearable continuous blood pressure monitoring device with a care platform on hypertension control: A randomized controlled trial	National Heart Foundation of Australia- Vanguard Grant
<b>Keske M</b> , Marwick T, <b>Parker L, Maddison R</b>	Novel therapy for improving exercise tolerance and glycaemic regulation in type 2 diabetes associated HFpEF	National Heart Foundation of Australia- Vanguard Grant
<b>Keske M</b> , Roberts-Thompson K, <b>Parker L</b>	Oral glucose tolerance test causes acute skeletal muscle microvascular insulin resistance in healthy people: determining the gut-derived factors that underpin microvascular impairments	Diabetes Australia Research Program
<b>Kowalski G, Bruce C</b>	Aminogenic insulin-glucagon secretion and action in human insulin resistance	Diabetes Australia Research Program
<b>Lamon S</b> , Eynon E, Garnham A, <b>Aisbett B</b>	Does endogenous testosterone determine athletic performance in females?	International Olympic Committee- Medical and Scientific Research Fund for Injury and Illness Prevention
<b>Lawrence M, Baker P</b> , Worsley A, <b>McNaughton SA</b>	Reforming evidence synthesis and translation for food and nutrition policy	ARC Discovery Project
<b>Maddison R, Ball K</b> , Oldenburg B, Chow C, <b>McNaughton S, Rawstorn J</b> , Lamb K, Gao L. AI's Moodie M, Neil C, Amerena J, Nadurata V	A 21st century approach for improving Self-Management of Heart Disease	NHMRC Project Grant
<b>Maddison R</b> , Vasa R, Atherton J, Oldenburg B, Kostakos V, Dingler T, <b>Rawstorn J</b> , Kwasnicka D	Harnessing information technology to improve self-management behaviours and health outcome in people with heart failure: A smarhome ecosystem Living Lab Study	NHMRC Ideas Grant
<b>Maddison R</b> , Hargreaves E, Marsh S, Heke I, Kara S, Sundborn G, Jiang Y, Eyles H, Wyke S, Hunt K, Gray C, Lubans D	Rugby Fans In Training: A randomised controlled trial	Health Research Council of New Zealand
<b>Maddison R</b> , Baghaei N, Murphy R, Heke I, Dobson R	Feasibility of a mobile game to improve diabetes self-management in young people	Health Research Council of New Zealand

Project team	Project title	Funding scheme
<b>Rawstorn J</b> , Wallen W, Cartledge S, <b>Islam S</b> , Evans L, <b>Maddison R</b> , Amerena J, Grace F	Identifying barriers, facilitators and strategies for implementing cardiac telerehabilitation to address inequalities in Western Victoria	Western Alliance Grants-In Aid program
<b>Ridgers N</b> , <b>Salmon J</b> , <b>Timperio A</b> , Chastin S	Do children have a physical activity 'set-point'?	ARC Discovery Project
<b>Russell A</b> , Walker A, Mathivanan S, Chung R	Identifying biomarkers from extracellular vesicles for early detection, disease progression and therapeutic efficiency in MND	FightMND Impact Grant
<b>Salmon J</b> , <b>Timperio A</b> , Bauman A, Lubans D, Lonsdale C, <b>Koorts H</b> , Telford A, <b>Ridgers N</b> , <b>Barnett L</b> , Lamb K, Al Brown H, <b>Arundell L</b>	Scalability of the Transform-Us! program to promote children's physical activity and reduce prolonged sitting in Victorian primary schools	NHMRC Partnership Grant
<b>Scott D</b> , <b>Daly R</b> , Ebeling P, <b>Kiss N</b> , <b>Jansons P</b>	A pilot feasibility trial of voice-controlled intelligent personal assistants as a telehealth self-management tool for postmenopausal women with osteoporosis	Amgen-Osteoporosis Australia-ANZBMS Clinical Grant
<b>Shaw C</b> , <b>Bruce C</b> , <b>Howlett K</b> , Mcgee S, <b>Kowalski G</b>	Fasting hyperinsulinemia remodels adipose tissue metabolism to drive obesity and insulin resistance	Diabetes Australia Research Program
<b>Tan SY</b> , Cardoso B, <b>George E</b> , <b>Daly R</b>	Associations between nut intake, cognitive function and non-alcoholic fatty liver disease in older adults	International Nut and Dried Fruit Council Foundation
<b>Trewin A</b>	Myocardial mitochondrial regulation by long non-coding RNAs and their role in cardioprotection	CZANZ- Bayer Young Investigator Research Grant

IPAN staff are indicated in bold



# Externally funded research fellowships in 2021

Staff member	Project name	Funding scheme
Islam S	Smart Home System for promoting healthy lifestyle and self-management in people with Heart Failure	National Heart Foundation of Australia Postdoctoral Fellowship and
	Improving outcome for people with heart diseases using digital health technologies	NHMRC Investigator Grant Emerging Leadership Level 1 Fellowship
Kiss N	Predicting muscle loss during lung cancer treatment: the PREDICT study	Victorian Cancer Agency Nursing and Allied Health Clinical Research Fellowship
Leech R	Eating in context: A multilevel approach to understanding eating patterns and their role in cardiometabolic health	National Heart Foundation of Australia Postdoctoral Fellowship and
	Eating in context: Understanding the pathways through which everyday contextual factors influence food choices and cardiometabolic health	NHMRC Investigator Grant Emerging Leadership Level 1 Fellowship
Lindsay A	The role of stress on Duchenne muscular dystrophy pathogenesis	Neurological Foundation of New Zealand
Livingstone K	Designing tailored approaches to improve dietary patterns in young adults	NHMRC Investigator Grant Emerging Leadership Level 1 Fellowship
MacPherson H	A multi-faceted intervention to enhance cognition in older people at risk of cognitive decline	NHMRC-ARC Dementia Research Development Fellowship
Parker L	Exercise intolerance and impaired glycaemic control in heart failure patients: Identifying microvascular dysfunction as a novel mechanism	NHMRC/NHF Early Career Fellowship
Rawstorn J	Broadening access to supervised exercise training for people with heart failure via innovative digital health technologies	National Heart Foundation of Australia Postdoctoral Fellowship
Ridgers N	Addressing the challenges of promoting youth physical activity	National Heart Foundation of Australia Future Leader Fellowship
Salmon J	Moving a sedentary generation: Comparing implementation approaches at scale to increase child and youth physical activity	NHMRC Investigator Grant Leadership Level 2 Fellowship
Scott D	Optimising exercise interventions for maintaining physical function, bone and muscle health in older adults with obesity and osteoarthritis	NHMRC Investigator Grant Emerging Leadership Level 2 Fellowship
Teychenne M	Informing the development and real-world translation of a home-based physical activity intervention for improving postnatal mental health	NHMRC Investigator Grant Emerging Leadership Level 1 Fellowship
Veitch J	Parks for heart health: understanding and influencing park design to optimise physical activity	National Heart Foundation of Australia Future Leader Fellowship
Zheng J	Informing childhood obesity prevention: Describing dietary correlates of rapid growth, overweight and obesity across the first five years of life.	NHMRC Early Career Fellowship

# Externally funded research collaborations in 2021

Project team	Lead institute	Project title	Funding scheme
Baur L, Askie L, Rissel C, Moodie M, Trost S, <b>Campbell K, Hesketh K</b> , Hayes A, Golley R, Taylor R. AI: <b>Laws R</b>	University of Sydney	Centre of Research Excellence in the early prevention of obesity in childhood	NHMRC Centres of Research Excellence
Belavy DL, <b>Owen P, Miller CT</b> , Mundell NL and the Pain, Action and Interference (PAIN) Scientific Research Network.	Ghent University	Scientific Research Network in Pain, Action and INTERference (PAIN)	Research Foundation Flanders (FWO), Belgium: Scientific Research Network Grant
Belavy DL, Ehrenbrusthoff K, Peschke D, <b>Owen P, Miller C</b> , Buehring B, Armbrrecht G, Donath L, Kopkow C, Williams T, Danneels L	HSG Bochum University, Germany	Back pain guideline implementation: systematic review, establishment of research network, interdisciplinary clinician survey	HSG Bochum University, Germany
Buntine P, Belavy D, Taylor N, <b>Owen P</b> , Fong C, Roddy L, <b>Miller C, Koorts H</b> , Moodie M, Brown B	Eastern Health	Management of acute low back pain in hospital emergency departments: adherence to evidence-based guidelines	Eastern Health Foundation Research and Innovation Grant
Cleland V, <b>Ball K</b> , Blizzard C, Jose K, Palmer A, Venn A	Menzies Research Institute, University of Tasmania	Health by Stealth: Developing strategies to increase active and public transport	NHMRC Partnership Grant
Cleland V, <b>Timperio A</b> , Jose K, Davern M	Menzies Research Institute, University of Tasmania	Developing benchmarks and a smart online tool for assessing walkability in regional and rural communities: Supporting rural Australians to live healthy, active lives	MRFF Preventive and Public Health Research Grant
Coates A, Buckley J, Hill A, <b>Tan S Y</b> , Rogers G	University of South Australia	Does inclusion of almonds in energy restricted diet enhance weight loss and protect against weight regain?	Almond Board of California
Daley A, Thursfield C, Jolly K, Yates T, Mutrie N, Biddle S, <b>Maddison R</b>	Loughborough University, UK	'Snackitivity' to promote physical activity and reduce future risk of disease in the population	National Institute Health Research- NIHR
DeForche B, <b>Veitch J</b> , Van dyck D, De Maeyer P	Ghent University	Critical attributes of parks associated with physical, mental and social health in older adults; a participatory approach	Research Foundation Flanders (FWO)
Dodd JM, Pena A, Schoenaker D, Giles L, Hoyo C, Owens J. AI: <b>Campbell K</b>	University of Adelaide	The First 1,000 Days: In-utero and early life exposures and their contribution to child obesity	NHMRC Project Grant
Dodd J, Poprzeczny A, Louise J, Keir A, Pham C, <b>Laws R</b> , Briley A, Turnbull D, <b>Campbell K</b> . AI: Goold J, Chen R	University of Adelaide	The Begin Better Randomised Trial	MRFF Preventive and Public Health Research Grant
Dunstan D, Owen N, Eakin E, Biddle S, Healy G, <b>Daly R</b> , Green D, Moodie M, Winkler E, Cohen N	Baker IDI Heart and Diabetes Institute	Can reducing sitting time influence sustained glycaemic control in middle-aged and older office worker with Type 2 Diabetes?	NHMRC Project Grant

Project team	Lead institute	Project title	Funding scheme
Estevan I, García-Massó X, Castillo I, Queralt A, Menescardi C, Molina-García J, Álvarez O. External consultants: Pesce C, <b>Barnett LM</b> , Sallis J	Led by University of Valencia, Spain	Effects of Active Learning in PHYSical Literacy and educative and social and physical health components: ALPHYL	Spanish Research Agency, Ministry of Science and Innovation, Spanish Government
Eynon N, Voisin S, <b>Lamon S</b> , Levinger I	Victoria University	Can exercise slow down the epigenetic ageing clock?	ARC Discovery Project
Gardiner P, Dunstan DW, Gray L, Owen N, Healy G, Comans T, Fjeldsoe B, Schaumberg M. AI's: Lynch B, Green D, Rosenberg D, Eakin E, Moodie M, Summers M, Buman M, Cohen N, <b>Daly RM</b> , Biddle S	University of Queensland	Taking a whole of day approach to optimizing activity to prevent dementia in people with type 2 diabetes	NHMRC Boosting Dementia Research Grant
Green DJ, Maiorana AJ, Nosaka K, Naylor LH, Hillis GS, <b>Ridgers ND</b> , Lloyd DG. AI's: Smith A, Gucciardi D, Dembo L	University of Western Australia	Exercise as medicine for heart failure: A novel intervention to improve outcomes	NHMRC Project Grant
Hart N, Siafarikas A, Newton R, Belavy D, Vincent D, Allen G, Brown WJ, Rantalainen T, Chivers P, <b>Owen P</b> , Latella C	Edith Cowan University	Lower-body injury risk stratification in female and male recruits through muscle-bone imaging	Defence Science Centre Collaborative Research Fund
Hodgson J, Lewis J, Schousboe J, Woodman J, Jackson B, Dimmock J. AI's Zhu K, <b>Daly RM</b>	Edith Cowan University	Developing a novel approach to improve diet and lifestyle	MRFF Preventive and Public Health Research Grant
La Gerche A, Loi S, Haykowsky M, Howden E, <b>Daly RM</b> , Antill Y, Salim A, <b>Fraser S</b>	Baker IDI Heart and Diabetes Institute	Preventing functional disability in breast cancer survivors- A randomised controlled exercise intervention	World Cancer Research Fund International Regular Grant Programme
Löf M, Bendtsen P, Mussener U, Hendriksson P, Thomas K, <b>Maddison R</b> , MacCambridge J	Karolinska Institute Sweden	mHealth Multiple Lifestyle Behaviors research program across the lifespan	Forte, Swedish Research Council for Health, Working Life and Welfare
Lonsdale C, Lubans D, <b>Salmon J</b> , Morgan P, Parker P, Moodie M, McKay H	Australian Catholic University	Evidence-based physical activity promotion in primary schools: Improving children's health through sustainable partnerships	NHMRC Partnership Grant
Mouzakis K, Venkatesh S, Maeder A, Hutchinson A, Berk M, <b>Maddison R</b> , et al	Deakin University	ARC Research Hub for Digital Enhanced Living	ARC Industrial Transformation Research Hubs
Natarajan L, <b>Ridgers N</b> (consultant)	University of California, San Diego	Novel computational techniques to detect the relationship between sitting patterns and metabolic syndrome in existing cohort studies	National Institutes of Health
Neal B, Nowson C, Swinburn B, Woodward M, NiMhurchu C, Simpson S, Moodie M, Webster J, Sacks G, Wu J. AI: <b>Grimes C</b> (there are 10 AI's in total)	The George Institute	Centres of Research Excellence in reducing salt intake using food policy interventions	NHMRC Centres of Research Excellence
Oldenburg B, <b>Maddison R</b> , Kostakos V, Boyle D, Borland R, Lau A, Furler J, Scuffham P, Abraham C, Taylor CB	Melbourne University	Centre of Research Excellence in Interactive Digital Technology to Transform Australia's Chronic Disease Outcomes	NHMRC Centres of Research Excellence
Olstad D, Blanchett R, <b>Livingstone K</b> , Chowdhury TT, Vanderlee L, Hammond D, Nejatnamini S, Tyminski S, Prowse R, Jafri K, Nganda L, Bencz-Knight T, Lake DM, Rashid R.	University of Calgary, Canada	The impact of the COVID global pandemic and government policy responses on dietary and health inequities among individuals from racial/ethnic minority groups: a mixed methods, solution-focused investigation	MSI Foundation, Canada and O'Brien Institute for Public Health, University of Calgary, Canada

Project team	Lead institute	Project title	Funding scheme
O'Neill A, Jacka F, Yucel M, Speight J, Absetz P, Versace V, <b>Teychenne M</b> , Rosenbaum S, Chatterton ML.	Deakin University	Evaluating the effectiveness of lifestyle therapy versus standard psychotherapy for reducing depression in adults with COVID-19 related distress: The CALM trial	MRFF Covid-19 Mental Health Research Grant
O'Reilly S, <b>Laws R</b> , Skinner T, Norman J, Teede H, Anderson J, Campoy C, Evans J, Terkildsen H, <b>Campbell K</b> , Versace V	University College Dublin	Implementation Action to prevent Diabetes from Bump 2 Baby (IMPACT DIABETES B2B): a low-resource system of care intervention for appropriate gestational weight gain and improved postnatal outcomes	Horizon 2020 European Commission
Pipingas A, Murphy K, Itsiopoulos C, Kingsley M, Scholey A, <b>Macpherson H</b> , Segal L, Breckon J, Minihane A	Swinburne University	Mediterranean diet and exercise to reduce cognitive decline and dementia risks in independently living older Australians: the MedWalk randomised controlled trial	NHMRC Boosting Dementia Research
Price T, Wardill H, Yeung D, Crawford G, Bowen J, Shakib S, Smid S, Ludbrook G, Zannettino A, Whetton S. AI's: Boublik J, Marker J, <b>Kiss N</b> , Costello S, Louise J, Saman K	University of Adelaide	The CANNabinoids for CANcer Therapy (CANCAN) Trial	MRFF-Emerging Priorities and Consumer Driven Research- 2020 Medicinal Cannabis Clinical Trials
Rantalainen T. Collaborators: Rantanen T, Finni T, <b>Ridgers ND</b>	University of Jyväskylä, Finland	Bodily movement and sustaining quality of life in old age	Academy of Finland
Reed J, <b>Way K</b> , Wells GA, Parkash R, Dorian P, Poirier P, Andrade J, Birnie DH, Pipe AL, Tulloch HE, Balnchard C, Oh P, Prince SA, Edwards J	University of Ottawa, Canada	A multi-site observational study evaluating device measured physical activity levels of atrial fibrillation patients across Canada (CANSURVEY-AF)	Heart and Stroke Foundation of Canada (HSFC): Grants-in-Aid
Reed J, <b>Way K</b> , Wells GA, Parkash R, Dorian P, Poirier P, Andrade J, Birnie DH, Pipe AL, Tulloch HE, Blanchard C, Oh P, Prince SA, Edwards J	University of Ottawa, Canada	A multi-site population health study evaluating the physical activity levels of patients with atrial fibrillation (CANSURVEY-AF)	Canadian Institutes of Health Research (CIHR)
Renwick K, <b>Booth A</b> , Larsson C, <b>Margerison C</b> , Powell L, Nolan A	University of British Columbia, Canada	Growing a Transnational Food Literacy Education Partnership	Social Sciences and Humanities, Research Council of Canada (SSHRC): Partnership Development Grants
Resaland GK, Daly-Smith A, Singh AS, Stokka ES, Tammelin T, Mota J, von Seelen J, Tjomslund HE, Oliveira JM, ChinAPaw M. International advisors: Bartholomew J, Pesce C, McKay HA, <b>Salmon J</b>	Western Norway University of Applied Sciences, Norway	ACTivating classroom teachers - Teachers on the move	Erasmus strategic partnerships for higher education
Short C, <b>Maddison R</b> , Denehy L, <b>Rawstorn J</b> , Hayes S. AI's: Ismail H, Nightingale S	University of Melbourne	REMOTE-COR-B: Pilot evaluation of a remotely delivered cardio-oncology rehabilitation intervention for breast cancer survivors at high risk of cardio-toxicity	National Breast Cancer Foundation- Initiated Research Scheme
Silva R, <b>Nanayakkara GJM</b> , Worsley A, <b>Booth A</b> , Subasinghe P, Pieris R	Wayamba University, Sri Lanka	Examination of the state of food literacy education and food environment in Sri Lankan secondary schools	National Research Council of Sri Lanka
Silva M, <b>Laws R</b> , Moreno-Betancur M, Dashper S, <b>Zheng M</b> , Hall M, Burgner D, Singh A, Kilpatrick N, Le Cao KA. AI: <b>Campbell K</b>	MCRI & Melbourne Dental School, University of Melbourne	Infant2Child: Optimising nutrition in early life to reduce childhood dental caries	MRFF 2020 Maternal Health and First 2000 Days, Early Childhood, and Exercise and Nutrition

Project team	Lead institute	Project title	Funding scheme
Tyler R, MacDonald, Fairclough S, <b>Barnett LM</b>	Edge Hill University, UK	Cross-sectional investigation into the levels of physical literacy and associations with physical activity and health in primary school aged children	Research Investment Fund, Edge Hill University, UK
Vik FN, Hillesund ER, Medin AC, Kiland C, Rutter H, Barker M, Wills AK, Helland SH, Bjørkkjaer T, Gebremariam M, <b>Campbell K</b> , <b>Love P</b> , Conti G, von Thiele-Schwarz U, Abel M, van Daele W, Sagedal L	University of Agder, Norway	Scaling up evidence based early-life nutrition interventions for community resilience and lifecourse health (Nutrition Now)	Norwegian Research Council: Collaborative and Knowledge Building Project
Vogel C, Baird J, Cooper C, Moon G, <b>Ball K</b> , Cade J, Lord J, Crozier S, Lawrence W	University of Southampton, UK	Nudging healthier dietary habits: evaluation of a supermarket placement strategy in the WRAPPED study	National Institute for Health Research (NIHR) - Primary Research
Walder K, Berk M, Bortolasci C, McGee S, <b>Bruce C</b> , Marx W.	Deakin University	Using 'omics to unravel the pathophysiology and repurpose drugs to treat ME/CFS	NHMRC Targeted Call for Research into Myalgic Encephalomyelitis (ME)/ Chronic Fatigue Syndrome (CFS)
Wiggers J, Kingsland M, <b>Campbell K</b> , Pennell C, Wolfenden L, Rissel C, Attia J, Foureur M, Paolucci F, Hollis J	University of Newcastle	A practice change intervention to increase the routine provision of care addressing gestational weight gain: a stepped-wedge trial	NHMRC Partnership Grant
Williams J, Taylor C, Sawyer S, Moodie M, Luo, Romaniuk, <b>Hesketh K</b> , Wilfley D	Deakin University	Preventing obesity and promoting healthy body image in Australian secondary schools: a web-based system tailored to individual needs	NHMRC Project Grant

IPAN staff are indicated in bold



# 2021 publications

2021 publications		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
1.	Abouzid M, El-Sherif DM, Eltewacy NK, Dahman NBH, Okasha SA, Ghozy S, Islam SMS*, and EARG Collaborators. <i>Journal of Translational Medicine</i> . 2021; 19: 129. Doi: 10.1186/s12967-021-02767-9	Q1	5.531
2.	Ahmed KR, Uddin R*, Kolbe-Alexander TL, Khan A. The effectiveness of physical activity interventions in Asian children and adolescents: a systematic review. <i>Public Health</i> . 2021; 194: 48-59. Doi: 10.1016/j.puhe.2021.02.011	Q2	2.427
3.	Akehurst E, Scott D*, Rodriguez JP, Gonzalez CA, Murphy J, McCarthy H, Dorgo S, Hayes A. Associations of sarcopenia components with physical activity and nutrition in Australian older adults performing exercise training. <i>BMC Geriatrics</i> . 2021; 21: 276. Doi: 10.1186/s12877-021-02212-y	Q1	3.921
4.	Alexander SE, Abbott G, Aisbett B*, Wadley G*, Hnatiuk J*, Lamon S*. Total testosterone is not associated with lean mass or handgrip strength in pre-menopausal females. <i>Scientific Reports</i> . 2021; 11: 10226. Doi: 10.1038/s41598-021-89232-1	Q1	4.379
5.	Ali M, Aluddin S, Khatun F, Maniruzzaman F, Islam SMS*. Determinants of early age of mother at first birth in Bangladesh: a statistical analysis using a two-level multiple logistic regression model. <i>Journal of Public Health</i> . 2021; 29: 1081-1087. Doi: 10.1007/s10389-020-01228-9	Q2#, Q3#	2.341
6.	Alizadehsani R, Sani ZA, Behjati M, Roshanzamir Z, Hussain S, Abedini N, Hasanzadeh F, Khosravi A, Shoeibi A, Roshanzamir M, Moradnejad P, Nahavandi S, KhozimehF, Zare A, Panahiazar M, Acharya UR, Islam SMS*. Risk factors prediction, clinical outcomes, and mortality in COVID-19 patients. <i>Journal of Medical Virology</i> . 2021; 93: 2307-2320. Doi: 10.1002/jmv.26699	Q2#, Q3#	2.327
7.	Allender S, Orellana L, Crooks N, Bolton KA*, Fraser P, Brown AD, et. al. Four-year behavioral, health-related quality of life, and BMI outcomes from a cluster randomized whole of systems trial of prevention strategies for childhood obesity. <i>Obesity</i> . 2021; 29(6): 1022-1035. Doi: 10.1002/oby.23130	Q1	5.002
8.	Allerton TD, Kowalski GM*, Stampely J, Irving BA, Lighton JRB, Floyd ZE, Stephens JM. An ethanolic extract of <i>artemisia dracuncululus</i> L. Enhances the metabolic benefits of exercise in diet-induced obese mice. <i>Medicine and Science in Sports and Exercise</i> . 2021; 53(4): 712-723. Doi: 10.1249/MSS.0000000000002516	Q1	5.411
9.	Alvarez-Romero J, Voisin S, Eynon N, Hiam D*. Mapping robust genetic variants associated with exercise responses. <i>International Journal of Sports Medicine</i> . 2021; 42(1): 3-18. Doi: 10.1055/a-1198-5496	Q2#, Q3#	3.118
10.	Al-Zubayer A, Ahammed B, Sarder A, Kundu S, Majumder UK, Islam SMS*. Double and triple burden of non-communicable diseases and its determinants among adults in Bangladesh: evidence from a recent demographic and health survey. <i>International Journal of Clinical Practice</i> . 2021; 75(10): e14613. Doi: 10.1111/ijcp.14613	Q2	2.503
11.	Apostolopoulos M, Hnatiuk JA*, Maple JL, Olander EK, Brennan L, van der Pligt P*, Teychenne M*. Influences on physical activity and screen time amongst postpartum women with heightened depressive symptoms: a qualitative study. <i>BMC Pregnancy and Childbirth</i> . 2021; 21: 376. Doi: 10.1186/s12884-021-03847-w	Q1	3.007
12.	Arentson-Lantz EJ, Mikovic J, Bhattarai N, Fry CS, Lamon S*, Porter C, Paddon-Jones D. Leucine augments specific skeletal muscle mitochondrial respiratory pathways during recovery following 7 days of physical inactivity in older adults. <i>Journal of Applied Physiology</i> . 2021; 130(5): 1522-1533. Doi: 10.1152/jappphysiol.00810.2020	Q2#, Q3#	3.531
13.	Arman M, Barnett LM*, Bowe S, Bahram A, Kazemnejad A. The validity and reliability of scales to measure perceived movement skill competence in Iranian young children. <i>Journal of Motor Learning and Development</i> . 2021; 9(1): 58-79. Doi: 10.1123/jmld.2019-0023	Q2#, Q3#	N/A

## 2021 publications

		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
14.	Arundell L*, Veitch J*, Sahlqvist S*, Uddin R*, Ridgers N*, Salmon J*, Timperio A*, Parker K*. Changes in families' leisure, educational/work, and social screen time behaviours before and during COVID-19 in Australia: findings from the Our Life at Home Study. <i>International Journal of Environmental Research and Public Health</i> . 2021; 18(21): 11335. Doi: 10.3390/ijerph182111335	Q2	3.390
15.	Ashton B, Star C, Lawrence M*, Coveney J. Voluntary food fortification policy in Australia: did 'formal' stakeholder consultation influence the outcome? <i>Health Promotion International</i> . 2021; 36(5): 1393-1402. Doi: 10.1093/heapro/daab003	Q2	2.483
16.	Atkins L, McNaughton SA*, Spence AC*, Szymlek-Gay EA*. Dietary patterns of Australian pre-schoolers and associations with haem and non-haem iron intakes. <i>European Journal of Nutrition</i> . 2021; 60: 3059-3070. Doi: 10.1007/s00394-020-02477-w	Q1	5.614
17.	Aydin G, Booth A*, Margerison C*, Worsley A. Food and nutrition education in Australian primary schools: parents' views. <i>Health Education</i> . 2021; 121(4): 451-464. Doi: 10.1108/HE-11-2020-0113	Q3	N/A
18.	Aydin G, Margerison C*, Worsley A, Booth A*. Parents' and teachers' views of the promotion of healthy eating in Australian primary schools. <i>BMC Public Health</i> . 2021; 21: 1788. Doi: 10.1186/s12889-021-11813-6	Q1	3.295
19.	Baker P*, Santos T, Neves PA, Machado P*, Smith J, Piwoz E, Barros AJD, Victora CG, McCoy D. First-food systems transformations and the ultra-processing of infant and young child diets: the determinants, dynamics and consequences of the global rise in commercial milk formula consumption. <i>Maternal and Child Nutrition</i> . 2021; 17(2): e13097. Doi: 10.1111/mcn.13097	Q1	3.092
20.	Baker P*, Russ K, Kang M, Santos TM, Neves PAR, Smith J, Kingston G, Mialon M, Lawrence M*, Wood B, Moodie R, Clark D, Sievert K, Boatwright M, McCoy D. Globalization, first-foods systems transformations and corporate power: a synthesis of literature and data on the market and political practices of the transnational baby food industry. <i>Globalization and Health</i> . 2021; 17: 58. Doi: 10.1186/s12992-021-00708-1	Q1	4.185
21.	Baker P*, Zambrano P, Mathisen R, Singh-Vergeire MR, Escobar AE, Mialon M, Lawrence M*, Sievert K, Russell C, McCoy D. Breastfeeding, first-food systems and corporate power: a case study on the market and political practices of the transnational baby food industry and public health resistance in the Philippines. <i>Globalization and Health</i> . 2021; 17: 125. Doi: 10.1186/s12992-021-00774-5	Q1	4.185
22.	Balogun SA, Aitken D, Wu F, Scott D*, Jones G, Winzenberg T. Linear and non-linear associations between physical activity, body composition and multimorbidity over 10 years among community-dwelling older adults. <i>The Journals of Gerontology: Series A</i> . 2021; 76(11): 2015-2020. Doi: 10.1093/gerona/glab086	Q1	6.053
23.	Barnett LM*, Ulrich BD. The Michigan State University Motor Performance Study, look to the past to shed light on the future. <i>Measurement in Physical Education and Exercise Science</i> . 2021; 25(1): 1-6. Doi: 10.1080/1091367X.2020.1860993	Q2#, Q3#	2.304
24.	Barnett LM*, Hnatiuk JA*, D'Souza N, Salmon J*, Hesketh KD*. What factors help young children develop positive perceptions of their motor skills? <i>International Journal of Environmental Research and Public Health</i> . 2021; 18: 759. Doi: 10.3390/ijerph18020759	Q2	3.390
25.	Barua L, Banik PC, Islam SMS*, Farugue M. Application of country-specific Globorisk score to estimate next 10 years risk of cardiovascular diseases and its associated predictors among postmenopausal rural women of Bangladesh: a cross-sectional study in a primary care setting. <i>Lifestyle Medicine</i> . 2021; 2(2): e32. Doi: 10.1002/lim2.32	N/A	N/A
26.	Baum F, Friel S, Baker B*, Bowen K, Bússt C. Chapter 7 Governance for health and equity: a vision for our future. <i>Medical Journal of Australia</i> . 2021; 214(8 Suppl): S36-S40. Doi:10.5694/mja2.51020	Q2	7.738
27.	Baumann CW, Lindsay A*, Sidky SR, Ervasti JM, Warren GL, Lowe DA. Contraction-induced loss of plasmalemmal electrophysiological function is dependent on the dystrophin glycoprotein complex. <i>Frontiers in Physiology</i> . 2021; 12: 757121. Doi: 10.3389/fphys.2021.757121	Q2	4.566
28.	Belavy DL, Van Oosterwijck J, Clarkson M, Dhondt E, Mundell NL, Miller CT*, Owen PJ*. Pain sensitivity is reduced by exercise training: evidence from a systematic review and meta-analysis. <i>Neuroscience and Biobehavioral Reviews</i> . 2021; 120: 100-108. Doi: 10.1016/j.neubiorev.2020.11.012	Q1	8.989
29.	Belavy DL, Diwan AD, Ford J, Miller CT*, Hahne AJ, Mundell N, Tagliaferri S, Bowe S, Pedder H, Saueressig T, Zhao X, Chen X, Balasundaram AP, Arora NK, Owen PJ*. Network meta-analysis for comparative effectiveness of treatments for chronic low back pain disorders: systematic review protocol. <i>BMJ Open</i> . 2021; 11: e057112. Doi: 10.1136/bmjopen-2021-057112	Q1	2.692

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
30.	Benmelouka AY, Abdelaal A, Mohamed ASE, Shamseldin LS, Zaki MM, Elsaeidly K, Mahmoud MA, El-Qushayri AE, Ghozy S, Islam SMS*. Association between sarcoidosis and diabetes mellitus: a systematic review and meta-analysis. <i>Expert Review of Respiratory Medicine</i> . 2021; 15(12): 1589-1595. Doi: 10.1080/17476348.2021.1932471	Q2#, Q3#	3.772
31.	Betik AC*, Parker L*, Kaur G*, Wadley GD*, Keske MA*. Whole-body vibration stimulates microvascular blood flow in skeletal muscle. <i>Medicine and Science in Sports and Exercise</i> . 2021; 53(2): 375-383. Doi: 10.1249/mss.0000000000002463	Q1	5.411
32.	Bolton KA*, Kremer P, Laws R*, Campbell KJ*, Zheng M*. Longitudinal analysis of growth trajectories in young children of Chinese-born immigrant mothers compared with Australian-born mothers living in Victoria, Australia. <i>BMJ Open</i> . 2021; 11: e041148. Doi: 10.1136/bmjopen-2020-041148	Q1	2.692
33.	Bondonno NP, Davey RJ, Murray K, Radavelli-Bagatini S, Bondonno CP, Blekkenhorst LC, Sim M, Magliano DJ, Daly RM*, Shaw JE, Lewis JR, Hodgson JM. Associations between fruit intake and risk of diabetes in the AusDiab cohort. <i>Journal of Clinical Endocrinology and Metabolism</i> . 2021; 106(10): e4097-e4108. Doi: 10.1210/clinem/dgab335	Q1	5.958
34.	Bortolasci CC, Turner A, Mohebi M, Liu ZS, Ashton M, Gray L, Marx W, Walker AJ, Kowalski GM*, Jacka F, Berk M, Dean OM, Walder K. Baseline serum amino acid levels predict treatment response to augmentation with N-acetylcysteine (NAC) in a bipolar disorder randomised trial. <i>Journal of Psychiatric Research</i> . 2021; 142: 376-383. Doi: 10.1016/j.jpsychires.2021.08.034	Q1	4.791
35.	Brayner B, Kaur G*, Keske MA*, Perez-Cornago A, Piernas C, Livingstone KM*. Dietary patterns characterized by fat type in association with obesity and type 2 diabetes: a longitudinal study of UK Biobank participants. <i>The Journal of Nutrition</i> . 2021; 151(11): 3570-3578. Doi: 10.1093/jn/nxab275	Q1	4.798
36.	Brazendale K, Beets MW, Armstrong B, Weaver RG, Hunt ET, Pate RR, Brusseau TA, Bohnert AM, Olds T, Tassitano RM, Tenorio MC, Garci J, Andersen LB, Davey R, Hallal PC, Jago R, Kolle E, Kriemler S, Kristensen PL, Kwon S, Puder JJ, Salmon J*, Sardinh LB, van Sluijs EMF on behalf of the International Children's Accelerometry Database (ICAD) Collaborators. Children's moderate-to-vigorous physical activity on weekdays versus weekend days: A multi-country analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 28. Doi: 10.1186/s12966-021-01095-x	Q1	6.457
37.	Broatch JR, O'Riordan SF, Keske MA*, Betik AC*, Bishop DJ, Halson SL, Parker L*. Reduced post-exercise muscle microvascular perfusion with compression is offset by increased muscle oxygen extraction: assessment by contrast-enhanced ultrasound. <i>FASEB Journal</i> . 2021; 35(5): e21499. Doi: 10.1096/fj.202002205RR	Q2#, Q3#	5.192
38.	Brown V, Tran H, Downing KL*, Hesketh KD*, Moodie M. A systematic review of economic evaluations of web-based or telephone-delivered interventions for preventing overweight and obesity and/or improving obesity-related behaviors. <i>Obesity Reviews</i> . 2021; 22(7): e13227. Doi: 10.1111/obr.13227	Q1	9.213
39.	Brown V, Moodie M, Tran HNQ, Sultana M, Hunter KE, Byrne R, Zarnowiecki D, Seidler AL, Golley R, Taylor R, Hesketh KD*, Matvienko-Sikar K. Protocol for the development of Core Outcome Sets for Early Intervention trials to Prevent Obesity in Children (COS-EPOCH). <i>BMJ Open</i> . 2021; 11: e048104. Doi: 10.1136/bmjopen-2020-048104	Q1	2.692
40.	Bruce CR*, Hamley S, Ang T, Howlett KF*, Shaw CS*, Kowalski GM*. Translating glucose tolerance data from mice to humans: insights from stable isotope labelled glucose tolerance tests. <i>Molecular Metabolism</i> . 2021; 53: 101281. Doi: 10.1016/j.molmet.2021.10121	Q1	7.422
41.	Bujtor M, Turner AI*, Torres SJ*, Esteban-Gonzalo L, Pariante CM, Borsini A. Associations of dietary intake on biological markers of inflammation in children and adolescents: a systematic review. <i>Nutrients</i> . 2021; 13(2): 356. Doi: 10.3390/nu13020356	Q1	5.719
42.	Burnett AJ, Lamb KE, Spence AC*, Lacy KE*, Worsley A. Parenting style as a predictor of dietary score change in children from 4 to 14 years of age. Findings from the Longitudinal Study of Australian Children. <i>Public Health Nutrition</i> . 2021; 24(18): 6058-6066. Doi: 10.10017/S1368980021003062	Q1	4.022
43.	Burnett AJ, Lamb KE, Spence AC*, Lacy KE*, Worsley A. Associations between feeding practices and child dietary quality, and the moderating effect of child eating behaviours on these associations. <i>Eating Behaviors</i> . 2021; 43: 101569. Doi: 10.1016/j.eatbeh.2021.101569	Q2	2.699
44.	Cabelka CA, Baumann CW, Lindsay A*, Norton A, Blixt NC, Le G, et. al. Tissue selective effects of bazedoxifene on the musculoskeletal system in female mice. <i>Journal of Endocrinology</i> . 2021; 248(2): 181-191. Doi: 10.1530/JOE-20-0391	Q1	4.286

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
45.	Cai Z, Fan L, Wang H, Lamon S*, Alexander SE, Lin T, Edwards SL. Constructing 3D macroporous microfibrinous scaffolds with a featured surface by heat welding and embossing. <i>Biomacromolecules</i> . 2021; 22(5): 1867-1874. Doi: 10.1021/acs.biomac.0c01654	Q1	6.988
46.	Cain K, Salmon J*, Conway TL, Cerin E, Hinckson E, Mitas J, Schipperijn J, Frank LD, Anjana RM, Barnett A, Dygrýn J, Islam MZ, Molina-Garcia J, Moran M, Muda WWAM, Oyeyemi AL, Reis R, Santos MP, Schmidt T, Schofield G, Timperio A*, van Dyck D, Sallis JF. The International Physical activity and Built Environment study of adolescents: IPEN Adolescent design, protocol and measures. <i>BMJ Open</i> . 2021; 11: e046636. Doi: 10.1136/bmjopen-2020-046636	Q1	2.692
47.	Cardoso BR, Hare DJ, Macpherson H*. Sex-dependent association between selenium status and cognitive performance in older adults. <i>European Journal of Nutrition</i> . 2021; 60(2): 1153-1159. Doi: 10.1007/s00394-020-02384-0 (Correction: published online 5 Jan 2021; Doi: 10.1007/s00394-020-02442-7)	Q1	5.614
48.	Cardosa BR, Tan SY*, Daly RM*, Villa JD, Georgousopoulou EN, George ES*. Intake of nuts and seeds is associated with a lower prevalence of nonalcoholic fatty liver disease in US adults: findings from 2005-2018 NHANES. <i>The Journal of Nutrition</i> . 2021; 151(11): 3507-3515. Doi: 10.1093/jn/nxab253.	Q1	4.798
49.	Carino S, Collins J, Malekpour S, Porter J*. Environmentally sustainable hospital foodservices: drawing on staff perspectives to guide change. <i>Sustainable Production and Consumption</i> . 2021; 25: 152-161. Doi: 10.1016/j.spc.2020.08.003	Q2#, Q3#	5.032
50.	Cartledge S, Gallagher C, Rawstorn J*, Thomas EE, Bourne C, Janssen K, et. al. It's easier than you think to make a conference virtual: learning from our pandemic experience. <i>European Journal of Cardiovascular Nursing</i> . 2021; 20(8): 733-735. Doi: 10.1093/eurjcn/zvab044	Q2#, Q3#	3.908
51.	Cervo MM, Scott D*, Seibel M, Cumming R, Naganathan V, Blyth F, et. al. Adherence to Mediterranean diet and its associations with circulating cytokines, musculoskeletal health and incident falls in community-dwelling older men. <i>Current Developments in Nutrition</i> . 2021; 5(S2): 6. Doi: 10.1093/cdn/nzab033_006	Q2#, Q3#	0.60
52.	Cervo MM, Scott D*, Seibel M, Cumming R, Naganathan V, Blyth F, et. al. Adherence to Mediterranean diet and its associations with circulating cytokines, musculoskeletal health and incident falls in community-dwelling older men. The Concord Health and Ageing in Men Project. <i>Clinical Nutrition</i> . 2021; 40(12): 5753-5763. Doi: 10.1016/j.clnu.2021.10.010	Q1	7.325
53.	Cetthakrikul N, Baker P*, Banwell C, Kelly M, Smith J. Corporate political activity of baby food companies in Thailand. <i>International Breastfeeding Journal</i> . 2021; 16: 94. Doi: 10.1186/s13006-021-00437-6	Q1	3.461
54.	Chappel SE, Aisbett B*, Considine J, Ridgers ND*. Bidirectional associations between emergency nurses' occupational and leisure physical activity: an observational study. <i>Journal of Sports Sciences</i> . 2021; 39(6): 705-713. Doi: 10.1080/02640414.2020.1841921	Q2#, Q3#	3.337
55.	Chegini Z, Arab-Zozani M, Islam SMS*, Tobiano G, Rahimi SA. Barriers and facilitators to patient engagement in patient safety from patients and healthcare professionals' perspectives: a systematic review and meta-synthesis. <i>Nursing Forum</i> . 2021; 56(4): 938-949. Doi: 10.1111/nuf.12635	Q1	N/A
56.	Chegini Z, Islam SMS*. Expert perspectives on the active role of patients in their safety: toward a framework using Delphi methodology. <i>Nursing Forum</i> . 2021; 56(3): 490-499. Doi: 10.1111/nuf.12567	Q1	N/A
57.	Corrigan SL, Roberts S, Warmington S*, Drain J, Main LC*. Monitoring stress and allostatic load in first responders and tactical operators using heart rate variability: a systematic review. <i>BMC Public Health</i> . 2021; 21: 1701. Doi: 10.1186/s12889-021-11595-x	Q1	3.295
58.	Creaser AV, Clemes AA, Costa S, Hall J, Ridgers ND*, Barner SE, Bingham DD. The acceptability, feasibility and effectiveness of wearable activity trackers for increasing physical activity in children and adolescents: A systematic review. <i>International Journal of Environmental Research and Public Health</i> . 2021; 18(12): 6211. Doi: 10.3390/ijerph18126211	Q2	3.390
59.	Crooks N, Alston L, Nichols M, Bolton KA*, Allender S, Fraser P, et. al. Association between the school physical activity environment, measured and self-reported student physical activity and active transport behaviours in Victoria, Australia. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 79. Doi: 10.1186/s12966-021-01151-6	Q1	6.457
60.	Cullerton K, Baker P*, Adsett E, Lee A. What do the Australian public think of regulatory nutrition policies? A scoping review. <i>Obesity Reviews</i> . 2021; 22(1): e13106. Doi: 10.1111/obr.13106	Q1	9.213

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
61.	Dalla Via J, Owen PJ*, Daly RM*, Mundell NL, Livingston PM, Rantalainen T, Foulkes SJ, Millar JL, Murphy DG, Fraser SF*. Musculoskeletal responses to exercise plus nutrition in men with prostate cancer on androgen deprivation: a 12-month RCT. <i>Medicine and Science in Sports and Exercise</i> . 2021; 53(10): 2054-2065. Doi: MSS.0000000000002682	Q1	5.411
62.	Daly R*, Gianoudis J, Hall T, Mundell N, Maddison R*. Feasibility, usability and enjoyment of a home-based exercise program delivered via an exercise app for musculoskeletal health in community-dwelling older adults: short-term prospective pilot study. <i>JMIR mHealth and uHealth</i> . 2021; 9(1): e21094. Doi: 10.2196/21094	Q1	4.773
63.	Daly RM*, Dalla Via J, Fyfe JJ*, Nikander R, Kukuljan S. Effects of exercise frequency and training volume on bone changes following a multi-component exercise intervention in middle aged and older men: secondary analysis of an 18-month randomized controlled trial. <i>Bone</i> . 2021; 148: 115944. Doi: 10.1016/j.bone.2021.115944	Q1	4.398
64.	Daly-Smith A, Morris JL, Norris E, Williams TL, Archbold V, Kallio J, Tammelin TH, Singh A, Mota J, von Seelen J, Pesce C, Salmon J*, McKay H, Bartholomew J, Resaland GK. Behaviours that prompt primary school teachers to adopt and implement physically active learning: a meta synthesis of qualitative evidence. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 151. Doi: 10.1186/s12966-021-01221-9	Q1	6.457
65.	Dana LM, Chapman K, Dixon H, Miller C, Neal B, Kelly B, Ball K*, Pettigrew S. The relative importance of primary food choice factors among different consumer groups: A latent profile analysis. <i>Food Quality and Preference</i> . 2021; 94: 104199. Doi: 10.1016/j.foodqual.2021.104199	Q1	5.565
66.	Dangerfield F, Lamb KE, Oostenbach LH, Ball K*, Thornton L*. Urban-regional patterns of food purchasing behaviour: a cross-sectional analysis of the 2015-16 Australian Household Expenditure Survey. <i>European Journal of Clinical Nutrition</i> . 2021; 75: 697-707. Doi: 10.1038/s41430-020-00746-9 (Correction: 2021; 75: 733. Doi: 10.1038/s41430-020-00791-4)	Q2#, Q3#	4.016
67.	Dangerfield F, Ball K*, Dickson-Swift V, Thornton L*. Understanding regional food environments: a qualitative exploration of food purchasing behaviour. <i>Health and Place</i> . 2021; 71: 102652. Doi: 10.1016/j.healthplace.2021.102652	Q1	4.078
68.	Dart J, Twohig C, Anderson A, Bryce A, Collins J, Gibson S, Kleve S, Porter J*, Volders E, Palermo C. The value of programmatic assessment in supporting educators and students to succeed: a qualitative evaluation. <i>Journal of the Academy of Nutrition and Dietetics</i> . 2021; 121(9): 1732-1740. Doi: 10.1016/j.jand.2021.01.013	Q1	4.910
69.	Daryabeygi-Khotbehsara R, Islam SMS*, Dunstan DW, McVicar J, Abdelrazek M, Maddison R*. Smartphone-based interventions to reduce sedentary behaviour and promote physical activity using integrated dynamic models: a systematic review. <i>Journal of Medical Internet Research</i> . 2021; 23(9): e26315. Doi: 10.2196/26315	Q1	5.428
70.	das Virgens Chagas D, Mohebbi M, Barnett LM*. How important is motor competence for healthy weight status across adolescence? <i>Childhood Obesity</i> . 2021; 17(3): 220-227. Doi: 10.1089/chi.2020.0353	Q2#, Q3#	2.992
71.	De Cocker K, Biddle SJH, Teychenne MJ*, Bennie JA. Is all activity equal? Associations between different domains of physical activity and depressive symptom severity among 261,121 European adults. <i>Depression and Anxiety</i> . 2021; 38(9): 950-960. Doi: 10.1002/da.23157	Q1	6.505
72.	Deftereos I, Djordjevic A, Carter VM, McNamara J, Yeung J, Kiss N*. Malnutrition screening tools in gastrointestinal cancer: a systematic review of concurrent validity. <i>Surgical Oncology</i> . 2021; 38: 101627. Doi: 10.1016/j.suronc.2021.101627	Q2#, Q3#	3.279
73.	Deftereos I, Yeung J, Arslan J, Carter V, Isenring E, Kiss N*, and on behalf of The Nourish Point Prevalence Study Group. Preoperative nutrition intervention in patients undergoing resection for upper gastrointestinal cancer: results from the multi-centre NOURISH Point Prevalence Study. <i>Nutrients</i> . 2021; 13(9): 3205. Doi: 10.3390/nu13093205	Q1	5.719
74.	Deftereos I, Yeung J, Arslan J, Carter V, Isenring E, Kiss N*, and on behalf of The Nourish Point Prevalence Study Group. Assessment of nutritional status and nutrition impact symptoms in patients undergoing resection for upper gastrointestinal cancer: results from the multi-centre NOURISH Point Prevalence Study. <i>Nutrients</i> . 2021; 13(10): 3349. Doi: 10.3390/nu13103349	Q1	5.719

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
75.	Deftereos I, Kiss N*, Brown T, Carey S, Carter VM, Usatoff V, Ananda S, McYeung J. Awareness and perceptions of nutrition support in upper gastrointestinal cancer surgery: a national survey of multidisciplinary clinicians. <i>Clinical Nutrition ESPEN</i> . 2021; 46: 343-349. Doi: 10.1016/j.clnesp.2021.09.734	Q2#, Q3#	0.51
76.	Den E, Steer B, Quinn P, Kiss N*. Effect of an evidence-based nutrition care pathway for cancer patients undergoing gastrointestinal and pelvic surgery. <i>Nutrition and Cancer</i> . 2021; 73(11-12): 2546-2553. Doi: 10.1080/01635581.2020.1839517	Q2#, Q3#	2.900
77.	Denniss E, Woods J*, Lawrence M*. Promoting healthy and sustainable diets: barriers and enablers for successful policy activities in Australia. <i>Health Promotion International</i> . 2021; 36(6): 1633-1643. Doi: 10.1093/heapro/daab013	Q2	2.483
78.	Dent E, Woo J, Scott D*, Hoogendijk EO. Sarcopenia measurement in research and clinical practice. <i>European Journal of Internal Medicine</i> . 2021; 90: 1-9. Doi: 10.1016/j.ejim.2021.06.003	Q2	4.624
79.	De Pasquale C, De Sousa Morgado L, Jidovtseff B, De Martelaer K, Barnett LM*. Utility of a scale to assess Australian children's perceptions of their swimming competence and factors associated with child and parent perception. <i>Health Promotion Journal of Australia</i> . 2021; 32(S2): 106-115. Doi: 10.1002/hpja.404	Q2	1.954
80.	Desneves KJ, Panisset MG, Galea MP, Kiss N*, Daly RM*, Ward LC. Comparison of segmental lean tissue mass in individuals with spinal cord injury measured by dual energy X-ray absorptiometry and predicted by bioimpedance spectroscopy. <i>Spinal Cord</i> . 2021; 59: 730-737. Doi: 10.1038/s41393-020-00568-3	Q2#, Q3#	2.772
81.	D'Hondt E, Buelens L, Barnett LM*, Howells K, Sääkslahti A, Costa AM, Jidovtseff B, et. al. Differences between young children's actual, self-perceived and parent-perceived aquatic skills. <i>Perceptual and Motor Skills</i> . 2021; 128(5): 1905-1931. Doi: 10.1177/00315125211017864	Q3#, Q4#	1.647
82.	Dowman LM, May AK, Cox NS, Morris NR, Nakazawa A, Parker L*, Bondarenko J, Holland AE. Attenuation of exertional desaturation and preference for interval exercise compared to continuous exercise in people with interstitial lung disease. <i>Respirology</i> . 2021; 26: 1076-1079. Doi: 10.1111/resp.14159	Q1	6.424
83.	dos Santos PC, Salmon J*, Arundell L*, Lopes MVV, da Silva KS. Effectiveness and moderators of a multicomponent school-based intervention on screen time devices: the Movimente cluster-randomized controlled trial. <i>BMC Public Health</i> . 2021; 21: 1852. Doi: 10.1186/s12889-021-11895-2	Q1	3.295
84.	Downing K*, Hinkley T, Timperio A*, Salmon J*, Carver A, Cliff D, Okely T, Hesketh KD*. Volume and accumulation patterns of physical activity and sedentary time: longitudinal changes and tracking from early to late childhood. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 39. Doi: 10.1186/s12966-021-01105-y	Q1	6.457
85.	D'Souza N, Zheng M*, Abbott G, Lioret S, Hesketh KD*. Associations between child and family level correlates and behavioural patterns in school-aged children. <i>Children</i> . 2021; 8: 1023. Doi: 10.3390/children8111023	Q2	2.863
86.	D'Souza NJ, Downing K*, Abbott G, Orellana L, Lioret S, Campbell KJ*, Hesketh KD*. A comparison of children's diet and movement behaviour patterns derived from three unsupervised multivariate methods. <i>PLoS One</i> . 2021; 16(7): e0255203. Doi: 10.1371/journal.pone.0255203	Q1	3.240
87.	Duckham R, Hawley NL, Rodda C, Rantalainen T, Hesketh KD*. The skeletal maturity of Australian children aged 10-13 years in 2016. <i>Annals of Human Biology</i> . 2021; 48(2): 150-152. Doi: 10.1080/03014460.2021.1909137	Q3#, Q4#	1.533
88.	Duncan M, Hall C, Eyre E, Barnett LM*, James RS. Pre-schoolers fundamental movement skills predict BMI, physical activity and sedentary behaviour: a longitudinal study. <i>Scandinavian Journal of Medicine and Science in Sports</i> . 2021; 31(S1): 8-14. Doi: 10.1111/sms.13746	Q1	4.221
89.	Ekambareshwar M, Ekambareshwar S, Mihrshahi S, Wen LM, Baur LA, Laws R*, Taki S, Rissel C. Process evaluations of early childhood obesity prevention interventions delivered via telephone or text messages: a systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 10. Doi: 10.1186/s12966-020-01074-8	Q1	6.457
90.	Ersson M, Henström M, Almquist-Tangen G, Hesketh KD*, Nyström CD. How to support child healthcare nurses in Sweden to promote healthy lifestyle behaviors from the start of life. <i>Children</i> . 2021; 8: 696. Doi: 10.3390/children8080696	Q2	2.863
91.	Essiet IA, Salmon J*, Lander NL*, Duncan MJ, Eyre ELJ, Barnett LM*. Rationalizing teacher roles in developing and assessing physical literacy in children. <i>Prospects</i> . 2021; 50: 69-86. Doi: 10.1007/s11125-020-09489-8	Q3	N/A

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
92.	Essiet IA, Lander N*, Salmon J*, Duncan MJ, Eyre EL, Ma J, Barnett LM*. A systematic review of tools designed for teacher proxy-report of children's physical literacy or constituting elements. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 131. Doi: 10.1186/s12966-021-01162-3	Q1	6.457
93.	Estevan I, Menescardi C, García-Massó X, Barnett LM*, Molina- García J. Profiling children longitudinally: a three-year follow-up study of perceived and actual motor competence and physical fitness. <i>Scandinavian Journal of Medicine and Science in Sports</i> . 2021; 31(S1): 35-46. Doi: 10.1111/sms.13731	Q1	4.221
94.	Estevan I, Menescardi C, Castillo I, Molina-García J, García-Massó X, Barnett LM*. Perceived movement skill competence in stability: validity and reliability of a pictorial scale in early adolescents. <i>Scandinavian Journal of Medicine and Science in Sports</i> . 2021; 31(5): 1135-1143. Doi: 10.1111/sms.13928	Q1	4.221
95.	Estevan I, Bardid F, Utesch T, Menescardi C, Barnett LM*, Castillo I. Examining early adolescents' motivation for physical education: associations with actual and perceived motor competence. <i>Physical Education and Sport Pedagogy</i> . 2021; 26(4): 359-374. Doi: 10.1080/17408989.2020.1806995	Q1	5.830
96.	Fernandes S, Caperchione CM, Thornton LE*, Timperio A*. A qualitative exploration of perspectives of physical activity and sedentary behaviour among Indian migrants in Melbourne, Australia: how are they defined and what can we learn? <i>BMC Public Health</i> . 2021; 2085. Doi: 10.1186/s12889-021-12099-4	Q1	3.295
97.	Foley BC, McLaughlin M, Edney S, Islam SMS*, Seymour J, Peralta LR, Douglas A, et. al. "A 15% reduction in physical inactivity will be achieved in Australasia by 2030"-Audience votes negative in online debate. <i>Journal of Physical Activity and Health</i> . 2021; 18(11): 1321-1324. Doi: 10.1123/jpah.2021-0456	Q2	2.592
98.	Fowweather L, Crotti M, Foulkes JD, O'Dwyer MV, Utesch T, Knowles ZR, Fairclough SJ, Ridgers ND*, Stratton G. Foundational movement skills and play behaviors during recess among preschool children: a compositional analysis. <i>Children</i> . 2021; 8: 543. Doi: 10.3390/children8070543	Q2	2.863
99.	Fox EH, Chapman JE, Moland AM, Alfonsin NE, Frank LD, Sallis JF, Conway TL, Cain KL, Geremia C, Cerin E, Vanwolleghem G, Van Dyck D, Queralt A, Molina-García J, Hino AAF, dos Santos Lopes AA, Salmon J*, Timperio A*, Kershaw SE. International evaluation of the Microscale Audit of Pedestrian Streetscapes (MAPS) Global instrument: comparative assessment between local and remote online observers. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 84. Doi: 10.1186/s12966-021-01146-3	Q1	6.457
100.	Fraser K, Markides BR, Barrett N, Laws R*. Fussy eating in toddlers: a content analysis of parents' online support seeking. <i>Maternal and Child Nutrition</i> . 2021; 17: e13171. Doi: 10.1111/mcn/13171	Q1	3.092
101.	Frowen J, Gough K, Hughes R, Drosowsky A, Duffy M, Kiss N*, Phipps-Nelson J, et. al. Functional and patient-reported changes in swallowing and voice after combined chemotherapy and radiotherapy for limited-stage small-cell lung cancer. <i>Journal of Medical Imaging and Radiation Oncology</i> . 2021; 65(6): 786-795. Doi: 10.1111/1754-9485.13290	Q3	1.735
102.	Gandham A, Zengin A, Bonham MP, Brennan-Olsen SL, Aitken D, Winzenberg TM, Ebeling PR, Jones G, Scott D*. Associations between socioeconomic status and obesity, sarcopenia, and sarcopenic obesity in community-dwelling older adults: The Tasmanian Older Adult Cohort Study. <i>Experimental Gerontology</i> . 2021; 156: 111627. Doi: 10.1016/j.exger.2021.111627	Q2	4.032
103.	Gandham A, Mesinovic J, Jansons P*, Zengin A, Bonham MP, Ebeling PR, Scott D*. Falls, fractures, and areal bone mineral density in older adults with sarcopenic obesity: a systematic review and meta-analysis. <i>Obesity Reviews</i> . 2021; 22(5): e13187. Doi: 10.1111/obr.13187	Q1	9.213
104.	Garzillo JMF, Machado P*, Leite FHM. Carbon footprint of the Brazilian diet. <i>Revista De Saude Publica</i> . 2021; 55: 90. Doi: 10.11606/s1518-8787.2021055003614	Q2	2.106
105.	GBD 2019 Blindness and Vision Collaborators. Vision loss expert group of the Global Burden of Disease Study. Causes of blindness and vision impairment in 2020 and trends over 30 years, and prevalence of avoidable blindness in relation to VISION 2020: the Right to Sight: an analysis for the Global Burden of Disease Study. *named collaborator, Islam SMS*. <i>The Lancet Global Health</i> . 2021; 9(2): e144-e160. Doi: 10.1016/S2214-109X(20)30489-7	Q1	26.763
106.	GBD 2019 Chewing Tobacco Collaborators. Spatial, temporal, and demographic patterns in prevalence of chewing tobacco use in 204 countries and territories, 1990-2019: a systematic analysis from the Global Burden of Disease Study 2019. *named collaborator, Islam SMS*. <i>The Lancet Public Health</i> . 2021; 6(7): e482-e499. Doi: 10.1016/S2468-2667(21)00065-7	Q1	21.648

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
107.	GBD 2019 Under-5 Mortality Collaborators. Global, regional, and national progress towards Sustainable Development Goal 3.2 for neonatal and child health: all-cause and cause-specific mortality findings from the Global Burden of Disease Study 2019. *named collaborator, Islam SMS*. The Lancet. 2021; 398: 87-905. Doi: 10.1016/S0140-6736(21)01207-1	Q1	79.323
108.	GBD 2020, Release 1, Vaccine Coverage Collaborators. Measuring routine childhood vaccination coverage in 204 countries and territories, 1980-2019: a systematic analysis for the Global Burden of Disease Study 2020, Release 1. *named collaborator, Islam SMS*. The Lancet. 2021; 398: 503-521. Doi: 10.1016/S0140-6736(21)00984-3	Q1	79.323
109.	GBD 2019 Stroke Collaborators. Global, regional, and national burden of stroke and its risk factors, 1990-2019: a systematic analysis for the Global Burden of Disease Study 2019. *named collaborator, Islam SMS*. The Lancet Neurology. 2021; 20: 795-820. Doi: 10.1016/S1474-4422(21)00252-0	Q1	44.182
110.	George ES*, Sood S, Broughton AA, Cogan G, Hickey M, Chan WS, Sudan S, Nicoll A. The association between diet and hepatocellular carcinoma: A systematic review. Nutrients. 2021; 13(1): 172. Doi: 10.33390/nu13010172	Q1	5.719
111.	George ES*, Gavrilis S, Itsiopoulou C, Manios y, Moschonis G. Poor adherence to the Mediterranean diet is associated with increased risk of Metabolic Syndrome in children. The Healthy Growth Study. Public Health Nutrition. 2021; 24(10): 2823-2833. Doi: 10.1017/S1368980021001701	Q1	4.022
112.	Gesese HA, Koye DN, Fetene DM, Woldegiorgis M, Kinfu Y, Geleto AB, Melaku YA, Mohammed H, Alene KA, Awoke MA, Birhanu MM, Gebremedhin AT, Gelaw YA, Shifti DM, Muluneh MD, Tegegne TK*, et. al. Risk factors for COVID-19 infection, disease severity and related deaths in Africa: a systematic review. BMJ Open. 2021; 11: e044618. Doi: 10.1136/bmjopen-2020-044618	Q1	2.692
113.	Giles-Corti B, Capon A, Wright A, Harris P, Timperio A*, Butt A, Lowe M, et. al. Chapter 3 Physical determinants of health: healthy, liveable and sustainable communities. Medical Journal of Australia. 2021; 214(8 Suppl): S17-S21. Doi: 10.5694/mja2.51020	Q2	7.738
114.	Global Burden of Disease 2020 Health Financing Collaborator Network. Tracking development assistance for health and for COVID-19: a review of development assistance, government, out-of-pocket, and other private spending on health for 204 countries and territories, 1990-2050. *named collaborator, Islam SMS*. The Lancet. 2021; 398(10308): 1317-1343. Doi: 10.1016/S0140-6736(21)01258-7	Q1	79.323
115.	Godrich SL, Barbour L, Lindberg R*. Problems, policy and politics - perspectives of public health leaders on food insecurity and human rights in Australia. BMC Public Health. 2021; 21: 1132. Doi: 10.1186/s12889-021-11188-8	Q1	3.295
116.	Grimes C*, Bolton K*, Booth A*, Khokhar D, Service C, He F, Nowson C. The association between dietary sodium intake, adiposity and sugar-sweetened beverages in children and adults: a systematic review and meta-analysis. British Journal of Nutrition. 2021; 126(3): 409-427. Doi: 10.1017/S0007114520004122	Q2#, Q3#	3.718
117.	Habibi N, Livingstone KM*, Edwards S, Grieger JA. Do older women of reproductive age have better diet quality than younger women of reproductive age? Nutrients. 2021; 13(11): 3830. Doi: 10.3390/nu13113830	Q1	5.719
118.	Hargreaves EA, Marsh S, Maddison R*. Factors influencing men's experiences and engagement with the Rugby Fans in Training - New Zealand Pilot Trial: a healthy lifestyle intervention for men. Healthcare. 2021; 9: 1737. Doi: 10.3390/healthcare9121737	Q1	2.645
119.	Harris DM, Duckham RL, Daly RM*, Abbott G, Johnson L, Rantalainen T, Teo W-P. Development of a Parkinson's disease specific falls questionnaire. BMC Geriatrics. 2021; 21: 614. Doi: 10.1186/s12877-021-02555-6	Q1	3.921
120.	Harrowfield J, Isenring E, Kiss N*, Laing E, Lipson-Smith R, Britton B. The impact of human papillomavirus (HPV) associated oropharyngeal squamous cell carcinoma (OPSCC) on nutritional outcomes. Nutrients. 2021; 13(2): 514. Doi: 10.3390/nu13020514	Q1	5.719
121.	Hart M, Torres S*, McNaughton SA*, Milte CM*. Dietary patterns and associations with biomarkers of inflammation in adults: a systematic review of observational studies. Nutrition Journal. 2021; 20: 24. Doi: 10.1186/s12937-021-00674-9	Q2#, Q3#	3.271
122.	Hart M, Torres S*, McNaughton SA*, Milte C*. A dietary inflammatory index and associations with C-reactive protein in a general adult population. European Journal of Nutrition. 2021; 60(7): 4093-4106. Doi: 10.1007/s00394-021-02573-5	Q1	5.614

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
123.	Hashim HT, Miranda AV, Babar MS, Essar MY, Hussain H, Ahmad S, Tazyeen S, Abujedan HM, Alsanabani NT, Khan H, Ramadhan MA, Tuama YD, Isa MA, Ahmadi A, Lucero-Prisno 3rd DE, Islam SMS*, Basalilah AFM. Yemen's triple emergency: food crisis amid a civil war and COVID-19 pandemic. <i>Public Health in Practice</i> . 2021; 2: 100082. Doi: 10.1016/j.puhip.2021.100082	N/A	N/A
124.	Hasani F, Malliaras P, Haines T, Munteanu SE, White J, Ridgeway J, Nicklen P, Moran A, Jansons P*. Telehealth sounds a bit challenging, but it has potential: participant and physiotherapist experiences of gym-based exercise intervention for Achilles tendinopathy monitored via telehealth. <i>BMC Musculoskeletal Disorders</i> . 2021; 22: 138. Doi: 10.1186/s12891-020-03907-w	Q2	2.355
125.	He G, Huang W, Salmon J*, Wong SHS. Adaptation and evaluation of the neighborhood environment walkability scale for youth for Chinese children (NEWS-CC). <i>BMC Public Health</i> . 2021; 21: 480. Doi: 10.1186/s12889-021-10530-4	Q1	3.295
126.	Hemamy M, Pahlavani N, Amanollahi A, Islam SMS*, McVicar J, et. al. The effect of vitamin D and magnesium supplementation on the mental health status of attention-deficit hyperactive children: a randomized controlled trial. <i>BMC Pediatrics</i> . 2021; 21(1): 178. Doi: 10.1186/s12887-021-02631-1 (Erratum published 21(1): 230. Doi: 10.1186/s12887-021-02683-3)	Q1	2.125
127.	Hesketh KD*, Kuswara K, Abbott G, Salmon J*, Hnatiuk J*, Campbell KJ*. How to change young children's physical and sedentary behaviour: mechanisms of behaviour change in the INFANT cluster-randomized controlled trial. <i>Children</i> . 2021; 8: 470. Doi: 10.3390/children8060470	Q2	2.863
128.	Hiam D*, Landen S, Jacques M, Voisin S, Alvarez-Romero J, Byrnes E, Chubb P, et. al. Osteocalcin and its forms respond similarly to exercise in males and females. <i>Bone</i> . 2021; 144: 115818. Doi: 10.1016/j.bone.2020.115818	Q1	4.398
129.	Hoang NTD, Orellana L, Gibson RS, Le TD, Worsley A, Sinclair A, Hoang NTT, Szymlek-Gay EA*. Multiple micronutrient supplementation improves micronutrient status in primary school children in Hai Phong City, Vietnam: a randomised controlled trial. <i>Scientific Reports</i> . 2021; 11: 3728. Doi: 10.1038/s41598-021-83129-9	Q1	4.379
130.	Hockey M, Aslam H, Berk M, Pasco JA, Ruusunen A, Mohebbi M, Macpherson H*, et. al. The Moo'D study: protocol for a randomised controlled trial of A2 beta-casein only versus conventional dairy products in women with low mood. <i>Trials</i> . 2021; 22: 899. Doi: 10.1186/s130693-021-05812-6	Q1	2.279
131.	Huschtscha Z, Parr A, Porter J*, Costa RJS. Sarcopenic characteristics of active older adults: a cross-sectional exploration. <i>Sports Medicine Open</i> . 2021; 7(1): 32. Doi: 10.1186/s40798-021-00323-9	Q1	N/A
132.	Irenso AA, Letta S, Chemedo AS, Asfaw A, Egata G, Assefa N, Campbell KJ*, Laws R*. The facilitators and barriers of adopting amylase-rich flour to enhance complementary foods in the Kersa district community of eastern Ethiopia. <i>Nutrients</i> . 2021; 13(3): 838. Doi: 10.3390/nu13030838	Q1	5.719
133.	Islam FMA, Lambert EA, Islam SMS*, Islam A, Biswas D, McDonald R, Maddison R*, Thompson B, Lambert GW. Lowering blood pressure by changing lifestyle through a motivational education program: a cluster randomized controlled trial study protocol. <i>Trials</i> . 2021; 22: 438. Doi: 10.1186/s13063-021-05379-2	Q1	2.279
134.	Islam FMA, Bhowmik J, Camera DM, Maddison R*, Lambert GW. Concordance between different criteria for self-reported physical activity levels and risk factors in people with high blood pressure in a rural district in Bangladesh. <i>International Journal of Environmental Research and Public Health</i> . 2021; 18(19): 10487. Doi: 10.3390/ijerph181910487	Q2	3.390
135.	Islam FMA, Hosen MA, Islam MA, Lambert EA, Thompson BR, Lambert GW, Maddison R*. Knowledge of and intention to participate in physical activity programs and their associated sociodemographic factors in people with high blood pressure in a rural area of Bangladesh: initial investigation from a cluster randomized controlled trial. <i>International Journal of Environmental Research and Public Health</i> . 2021; 18 (18): 9561. Doi: 10.3390/ijerph18189561	Q2	3.390
136.	Islam FMA, Lambert EA, Islam SMS*, Islam A, Maddison R*, Thompson B, Lambert GW. Factors associated with antihypertensive medication use and blood pressure control in a rural area in Bangladesh: baseline data from a cluster randomised control trial. <i>BMC Public Health</i> . 2021; 21: 2316. Doi: 10.1186/s12889-021-12379-z	Q1	3.295
137.	Islam FMA, Lambert EA, Islam SMS*, Hosen MA, Thompson BR, Lambert GW. Understanding the sociodemographic factors associated with intention to receive SMS messages for health information in a rural area of Bangladesh. <i>BMC Public Health</i> . 2021; 21: 2326. Doi: 10.1186/s12889-021-12418-9	Q1	3.295

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
138.	Islam SMS*, George ES*, Maddison R*. Effectiveness of a mobile phone text messaging intervention on dietary behaviour in patients with type 2 diabetes: a post-hoc analysis of a randomised controlled trial. <i>mHealth</i> . 2021; 7: 10. Doi: 10.21037/mhealth-2020-3	N/A	N/A
139.	Islam SMS*, Uddin R*, Zaman SB, Biswas T, Tansi T, Chegini Z, Moni MA, Niessen L, Naheed A, for the MPID Trial Investigators. Healthcare seeking behavior and glycemic control in patients with type 2 diabetes attending a tertiary hospital. <i>International Journal of Diabetes in Developing Countries</i> . 2021; 41: 280-287. Doi: 10.1007/s13410-020-00875-8	Q3#, Q4#	0.718
140.	Islam SMS*, Ahmed S, Uddin R*, Siddiqui MU, Malekahmadi M, Al Mamun AA, Alizadehsani R, et. al. Cardiovascular diseases risk prediction in patients with diabetes: posthoc analysis from a matched case-control study in Bangladesh. <i>Journal of Diabetes and Metabolic Disorders</i> . 2021; 20: 417-425. Doi: 10.1007/s40200-021-00761-y	Q2#, Q3#	N/A
141.	Islam SMS*, Islam T, Uddin R*, Tansi T, Talukder S, Sarker F, Mumun KAA, et. al. Factors associated with low medication adherence in patients with type 2 diabetes mellitus attending a tertiary hospital in Bangladesh. <i>Lifestyle Medicine</i> . 2021; 2(4): e47. Doi: 10.1002/lim2.47	N/A	N/A
142.	Islam SMS*, Salehin M, Zaman SB, Tansi T, Gupta RD, Barua L, Banik PC, Uddin R*. Factors associated with chronic kidney disease in patients with type 2 diabetes in Bangladesh. <i>International Journal of Environmental Research and Public Health</i> . 2021; 18(23): 12277. Doi: 10.3390/ijerph182312277	Q2	3.390
143.	Jacobs J, Strugnell C, Allender S, Orellana L, Backholer K, Bolton KA*, Fraser P, et. al. The impact of a community-based intervention on weight, weight-related behaviours and health-related quality of life in primary school children in Victoria, Australia, according to socio-economic position. <i>BMC Public Health</i> . 2021; 21: 2179. Doi: 10.1186/s12889-021-12150-4	Q1	3.295
144.	Jacques M, Landen S, Romero JA, Yan X, Garnham A, Hiam D*, Siegwald M, et. al. Individual physiological and mitochondrial responses during 12 weeks of intensified exercise. <i>Physiological Reports</i> . 2021; 9: e14962. Doi: 10.14814/phy2.14962	Q2	2.261
145.	Jinnette R, Narita A, Manning B, McNaughton SA*, Mathers JC, Livingstone KM*. Does personalized nutrition advice improve dietary intake in healthy adults? A systematic review of randomized controlled trials. <i>Advances in Nutrition</i> . 2021; 12(3): 657-669. Doi: 10.1093/advances/nmaa144	Q1	8.701
146.	Jones A, Lacy-Nichols J, Baker P*, Thow AMT, Martin JE, Daube M, Backholer K, Townsend B. Chapter 5 Disrupting the commercial determinants of health. <i>Medical Journal of Australia</i> . 2021; 214 (8 Suppl): S27-S31. Doi: 10.5694/mja2.51020	Q2	7.738
147.	Jong J, Porter J*, Palermo C, Ottrey E. Meals beyond the bedside: an ethnographic exploration of staffs' perspectives and experiences of communal dining in subacute care. <i>Nursing and Health Sciences</i> . 2021; 23(2): 372-380. Doi: 10.1111/nhs.12812	Q2#, Q3#	1.857
148.	Karpouzis F, Lindberg R*, Walsh A, Shah S, Abbott G, Lai J, Berner A, Ball K*. Evaluating OzHarvest's primary-school Food Education and Sustainability Training (FEAST) program in 10–12-year-old children in Australia: protocol for a pragmatic cluster non-randomized controlled trial. <i>BMC Public Health</i> . 2021; 21: 967. Doi: 10.1186/s12889-021-10302-0	Q1	3.295
149.	Kennedy SG, Smith JJ, Estabrooks PA, Nathan N, Noetel M, Morgan PJ, Salmon J*, Dos Santos GC, Lubans D. Evaluating the reach, effectiveness, adoption, implementation and maintenance of the Resistance Training for Teens program. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 122. Doi: 10.1186/s12966-021-01195-8. (Erratum published 2021; 18: 154. Doi: 10.1186/s12966-021-01229-1)	Q1	6.457
150.	Keske MA*, Przewlocka-Kosmala M, Woznicka AK, Mysiak A, Jankowska EA, Ponikowski P, Kosmala W. Role of skeletal muscle perfusion and insulin resistance in the effect of dietary sodium on heart function in overweight. <i>ESC Heart Failure</i> . 2021; 8(6): 5304-5315. Doi: 10.1002/ehf2.13620	Q2	4.411
151.	Khan A, Dix C, Burton NW, Khan SR, Uddin R*. Association of carbonated soft drink and fast food intake with stress-related sleep disturbance among adolescents: a global perspective from 64 countries. <i>EClinicalMedicine</i> . 2021; 31: 100681. Doi: 10.1016/j.eclinm.2020.100681	Q1	N/A
152.	Khozeimeh F, Sharifrazi D, Izadi NH, Joloudari JH, Shoeibi A, Alizadehsani R, Gorriz JM, Hussain S, Sani ZA, Moosaei H, Khosravi A, Nahavandi S, Islam SMS*. Combining a convolutional neural network with autoencoders to predict the survival chance of COVID-19 patients. <i>Scientific Reports</i> . 2021; 11: 15343. Doi: 10.1038/s4159-021-93543-8	Q1	4.379

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
Title			
153.	Kingsland M, Hollis J, Farragher E, Wolfenden L, Campbell KJ*, Pennell C, Reeves P, et. al. An implementation intervention to increase the routine provision of antenatal care addressing gestational weight gain: study protocol for a stepped-wedge cluster trial. <i>Implementation Science Communications</i> . 2021; 2: 118. Doi: 10.1186/s43058-021-00220-y	N/A	N/A
154.	Kinyoki D, Osgood-Zimmerman AE, Bhattacharjee NV, Local Burden of Disease Anaemia Collaborators, Kassebaum NJ, Hay SI. *named collaborator, Islam SMS*. Anemia prevalence in women of reproductive age in low-and middle-income countries between 2000 and 2018. <i>Nature Medicine</i> . 2021; 27(10): 1761-1782. Doi: 10.1038/s41591-021-01498-0	Q1	53.44
155.	Kiss N*, Symons K, Hewitt J, Davis H, Ting C, Lee A, Boltang A, Tucker RM, Tan SY*. Taste function in adults undergoing cancer radiotherapy or chemotherapy, and implications for nutrition management: a systematic review. <i>Journal of the Academy of Nutrition and Dietetics</i> . 2021; 121(2): 278-304. Doi: 10.1016/j.jand.2020.08.014	Q1	4.910
156.	Kiss N*, Denehy L, Edbrooke L, Prado CM, Ball D, Siva S, Abbott G, Ugalde A, Fraser SF*, Everitt S, Hardcastle N, Wirth A, Daly RM*. Predicting muscle loss during lung cancer treatment (PREDICT): protocol for a mixed methods prospective study. <i>BMJ Open</i> . 2021; 11(9): e051665. Doi: 11136/bmjopen-2021-051665	Q1	2.692
157.	Koorts H*, Cassar S*, Salmon J*, Lawrence M*, Salmon P, Dorling H. Mechanisms of scaling up: combining a realist perspective and systems analysis to understand successfully scaled interventions. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 42. Doi: 10.1186/s12966-021-01103-0	Q1	6.457
158.	Kovac K, Vincent GE, Paterson JL, Reynolds A, Aisbett B*, Hilditch CJ, Ferguson SA. The impact of a short burst of exercise on sleep inertia. <i>Physiology and Behavior</i> . 2021; 242: 113617.	Q2#, Q3#	3.244
159.	Kreutz A, Timpero A*, Veitch J*. Participatory school ground design: play behaviour and student and teacher views of a school ground post-construction. <i>Landscape Research</i> . 2021; 46(6): 860-877. Doi: 10.1080/01426397.2021.1909713	Q2#, Q3#	2.055
160.	Kruger R, Hepburn AJ, Beck KL, McNaughton SA*, Stonehouse W. Evaluating a novel dietary diversity questionnaire to assess dietary diversity and adequacy of New Zealand women. <i>Nutrition</i> . 2021; 91-92: 111468. Doi: 10.1016/j.nut.2021.111468	Q2	4.008
161.	Kuswara K, Knight T, Campbell KJ*, Hesketh KD*, Zheng M*, Bolton KA*, Laws R*. Breastfeeding and emerging motherhood identity: An interpretative phenomenological analysis of first time Chinese Australian mothers' breastfeeding experiences. <i>Women and Birth</i> . 2021; 34: e292-e301. Doi: 10.1016/j.wombi.2020.03.005	Q1	3.172
162.	Lamb K, Crawford D, Thornton LE*, Islam SMS*, Maddison R*, Ball K*. Educational differences in diabetes and diabetes self-management behaviours in WHO SAGE countries. <i>BMC Public Health</i> . 2021; 21: 2108. Doi: 10.1186/s12889-021-12131-7	Q1	3.295
163.	Lamon S*, Morabito A, Arentson-Lantz E, Knowles O, Vincent GE, Condo D, Alexander SE, Garnham A, Paddon-Jones D, Aisbett B*. The effect of acute sleep deprivation on skeletal muscle protein synthesis and the hormonal environment. <i>Physiological Reports</i> . 2021; 9(1): 14660. Doi: 114814/phy2.14660	Q2	2.261
164.	Landen S, Jacques M, Hiam D*, Alvarez-Romero J, Harvey NR, Haupt LM, Griffiths LR, Ashton KJ, Lamon S*, Voisin S, Eynon N. Skeletal muscle methylome and transcriptome integration reveals profound sex differences related to muscle function and substrate metabolism. <i>Clinical Epigenetics</i> . 2021; 13: 202. Doi: 10.1186/s13148-021-01188-1	Q1	6.551
165.	Lanting SM, Way KL*, Sabag A, Sultana RN, Johnson NA, Baker MK, Gerofi JA, et. al. Degree of adiposity and obesity severity is associated with cutaneous microvascular dysfunction in type 2 diabetes. <i>Microvascular Research</i> . 2021; 136: 104149. Doi: 10.1016/j.mvr.2021.104149	Q2#, Q3#	3.514
166.	Lastella M, Miller DJ, Quilelli M, Roberts S, Aisbett B*, Condo D. The impact of chronotype on the sleep and training responses of elite female Australian footballers. <i>Clocks and Sleep</i> . 2021; 3(4): 528-535. Doi: 10.3390/clocksleep3040037	N/A	N/A
167.	Laws R*, Love P*, Hesketh KD*, Koorts H*, Denney-Wilson E, Moodie M, Brown V, Ong K-L, Browne J, Marshall S, Lioret S, Orellana L, Campbell KJ* on behalf of the INFANT collaboration. Protocol for an effectiveness-implementation hybrid trial to evaluate scale up of an evidence-based intervention addressing lifestyle behaviours from the start of life: INFANT. <i>Frontiers in Endocrinology</i> . 2021; 12: 717468. Doi: 10.3389/fendo.2021.717468	Q1	5.555

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
168.	Laukkanen A, Aunola K, Korhonen E, Barnett LM*, Sääkslahti A. Construct validity and reliability of the physical activity parenting questionnaire for children (PAP-C). <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 61. Doi: 10.1186/s29-021-01128-5	Q1	6.457
169.	Leech RM*, Boushey CJ, McNaughton SA*. What do Australian adults eat for breakfast? A latent variable mixture modelling approach for understanding combinations of foods at eating occasions. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 46. Doi: 10.1186/s12966-021-01115-w	Q1	6.457
170.	Leech R*, Spence A*, Lacy K*, Zheng M*, Timperio A*, McNaughton SA*. Characterizing children's eating patterns: does the choice of eating occasion definition matter? <i>Current Developments in Nutrition</i> . 2021; 5 (S2): 1053. Doi: 10.1093/cdn/nzab053_046	Q2#, Q3#	0.60
171.	Leech R*, Spence A*, Lacy K*, Zheng M*, Timperio A*, McNaughton SA*. Characterizing children's eating patterns: does the choice of eating occasion definition matter? <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 165. Doi: 10.1186/s12966-021-01231-7	Q1	6.457
172.	Lewis M, McNaughton SA*, Rychetnik L, Lee AJ. Cost and affordability of healthy, equitable and sustainable diets in low socioeconomic groups in Australia. <i>Nutrients</i> . 2021; 13(8): 2900. Doi: 10.3390/nu13082900	Q1	5.719
173.	Lewis M, McNaughton SA*, Rychetnik L, Chatfield MD, Lee A. Dietary intake, cost, and affordability by socioeconomic group in Australia. <i>International Journal of Environmental Research and Public Health</i> . 2021; 18(24): 13315. Doi: 10.3390/ijerph182413315	Q2	3.390
174.	Lindberg R*, Barbour L, Godrich S. A rights-based approach to food security in Australia. <i>Health Promotion Journal of Australia</i> . 2021; 32(1): 6-12. Doi: 10.1002/hpja.324	Q2	1.954
175.	Lindsay A*, Abbott G, Ingalls CP, Baumann CW. Muscle strength does not adapt from a second to third bout of eccentric contractions: a systematic review and meta-analysis of the repeated bout effect. <i>Journal of Strength and Conditioning Research</i> . 2021; 35(2): 576-584. Doi: 10.1519/JSC.0000000000003924	Q1	3.781
176.	Lindsay A*, Holm J, Razzoli M, Bartolomucci A, Ervasti JM, Lowe DA. Some dystrophy phenotypes of dystrophin-deficient mdx mice are exacerbated by mild, repetitive daily stress. <i>FASEB Journal</i> . 2021; 35(4): e21489. Doi: 10.1096/fj.202002500R	Q2#, Q3#	5.192
177.	Lindsay A*, Trewin AJ*, Sadler KJ, Laird C, Della Gatta PA*, Russell AP*. Sensitivity to behavioral stress impacts disease pathogenesis in dystrophin-deficient mice. <i>FASEB Journal</i> . 2021; 35(12): e22034. Doi: 10.1096/fj.202101163RR	Q2#, Q3#	5.192
178.	Lindsay A*, Kemp B, Larson AA, Baumann CW, McCourt PM, Holm J, Karachunski P, et. al. Tetrahydrobiopterin synthesis and metabolism is impaired in dystrophin-deficient mdx mice and humans. <i>Acta Physiologica</i> . 2021; 231(4): e13627. Doi: 10.1111/apha.13627	Q1	6.311
179.	Lindsay A*, Peake JM. Muscle strength and power: primary outcome measures to assess cold water immersion efficacy after exercise with a strong strength or power component. <i>Frontiers in Sports and Active Living</i> . 2021; 3: 655975. Doi: 10.3389/fspor.2021.655975	N/A	N/A
180.	Liu MW, McNaughton SA*, He QQ, Leech R*. Longitudinal trajectories of diet quality and subsequent mortality among Chinese adults: results from the China Health and Nutrition Survey 1997-2015. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 51. Doi: 10.1186/s12966-021-01118-7 (Erratum published 2021; 18: 56. Doi: 10.1186/s12966-021-01127-6)	Q1	6.457
181.	Livingstone K*, Abbott G, Bowe S, Ward J, Milte CM*, McNaughton SA*. Diet quality indices, genetic risk and risk of cardiovascular disease and mortality: a longitudinal analysis of 77,004 UK Biobank participants. <i>BMJ Open</i> . 2021; 11: e045362. Doi: 10.1136/bmjopen-2020-045362	Q1	2.692
182.	Livingstone KM*, Celis-Morales C, Navas-Carretero S, San-Cristobal R, Forster H, Woolhead C, et.al. Personalised nutrition advice reduces intake of discretionary foods and beverages: findings from the Food4Me randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 70. Doi: 10.1186/s12966-021-01136-5	Q1	6.457
183.	Livingstone KM*, Tan MH, Abbott G, Duckham RL, Croft L, Ward J, McEvoy M, Keske MA*, Austin C, Bowe SJ. Discovery Genome- Wide association study of body composition in 4,386 adults from the UK Biobank's Pilot Imaging Enhancement Study. <i>Frontiers in Endocrinology</i> . 2021; 12: 692677. Doi: 10.3389/fendo.2021.692677	Q1	5.555
184.	Livingstone KM*, Abbott G, Lamb KE, Dullaghan K, Worsley T, McNaughton SA*. Understanding meal choices in young adults and interactions with demographics, diet quality, and health behaviors: a discrete choice experiment. <i>The Journal of Nutrition</i> . 2021; 151(8): 2361-2371. Doi: 10.1093/jn/nxab106	Q1	4.798

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
185.	Livingstone KM*, Abbott G, Ward J, Bowe SJ. Unhealthy lifestyle, genetics and risk of cardiovascular disease and mortality in 76,958 individuals from the UK Biobank Cohort Study. <i>Nutrients</i> . 2021; 13: 4283. Doi: 10.3390/nu13124283	Q1	5.719
186.	Local Burden of Disease Vaccine Coverage Collaborators. Mapping routine measles vaccination in low-and middle-income countries. *named collaborator, Uddin R*. <i>Nature</i> . 2021; 589: 415-419. Doi: 10.1038/s41586-020-03043-4	Q1	49.962
187.	Loeliger J, Dewar S, Kiss N*, Drosdowsky A, Stewart J. Patient and carer experiences of nutrition in cancer care: a mixed-methods study. <i>Supportive Care in Cancer</i> . 2021; 29(9): 5475-5485. Doi: 10.1007/s00520-021-06111-1	Q2	3.603
188.	Lonsdale C, Sanders T, Parker P, Noetel M, Hartwig T, Vasconcellos D, Lee J, Antczak D, Kirwan M, Morgan P, Salmon J*, Moodie M, et. al. Effect of a scalable school-based intervention on cardiorespiratory fitness in children: a cluster randomized clinical trial. <i>JAMA Pediatrics</i> . 2021; 175(7): 680-688. Doi: 10.1001/jamapediatrics.2021.0417	Q1	16.193
189.	Ma J, Hogan MJ, Eyre ELJ, Lander N*, Barnett LM*, Duncan MJ. Using collective intelligence to identify barriers to implementing and sustaining effective Fundamental Movement Skill interventions: a rationale and application example. <i>Journal of Sports Sciences</i> . 2021; 39(6): 691-698. Doi: 10.1080/02640414.2020.1841395	Q2#, Q3#	3.337
190.	Ma J, Hogan MJ, Eyre E, Lander N*, Barnett LM*, Duncan MJ. Enhancing the implementation and sustainability of fundamental movement skill interventions in the UK and Ireland: lessons from collective intelligence engagement with stakeholders. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 144. Doi: 10.1186/s12966-021-01214-8	Q1	6.457
191.	Ma J, Lander N*, Eyre E, Essiet I, Barnett LM*, Duncan M. It's not just what you do, but the way you do it: a systematic review of process evaluation of interventions to improve gross motor competence. <i>Sports Medicine</i> . 2021; 51(12): 2547-2569. Doi: 10.1007/s40279-021-01519-5	Q1	11.140
192.	Macpherson H*, McNaughton SA*, Lamb KE, Milte CM*. Associations of diet quality with midlife brain volume: findings from the UK Biobank cohort study. <i>Journal of Alzheimer's Disease</i> . 2021; 84(1): 79-90. Doi: 10.3233/JAD-210705	Q1	4.472
193.	Mahizir D, Briffa JF, Anevska K, Wadley GD*, Mortiz KM, Wlodek ME. Exercise alters cardiovascular and renal pregnancy adaptations in female rats born small on a high-fat diet. <i>American Journal of Physiology -Regulatory Integrative and Comparative Physiology</i> . 2021; 320(4): R404-R416. Doi: 10.1152/ajpregu.00260.2020	Q2	3.156
194.	Malekahmadi M, Shadnough M, Islam SMS*, Shirvani A, Pahlavani N, Navashenaq JG, Firouzi S, et. al. The effect of French maritime pine bark extract supplementation on inflammation, nutritional and clinical status in critically ill patients with traumatic brain injury: a randomized controlled trial. <i>Phytotherapy Research</i> . 2021; 35(9): 5178-5188. Doi: 10.1002/ptr.7187	Q2	5.882
195.	Marshall S, Taki S, Love P*, Laird Y, Kearney M, Tam N, Baur LA, et. al. The process of culturally adapting the Healthy Beginnings early obesity prevention program for Arabic and Chinese mothers in Australia. <i>BMC Public Health</i> . 2021; 21: 284. Doi: 10.1186/s12889-021-10270-5	Q1	3.295
196.	Marshall S, Taki S, Love P*, Laird Y, Kearney M, Tam N, Baur LA, et.al. Feasibility of a culturally adapted early childhood obesity prevention program among migrant mothers in Australia: a mixed methods evaluation. <i>BMC Public Health</i> . 2021; 21: 1159. Doi: 10.1186/s12889-021-11226-5	Q1	3.295
197.	Mason SA*, Keske MA*, Wadley GD*. Effects of Vitamin C supplementation on glycemic control and cardiovascular risk factors in people with type 2 diabetes: A GRADE-assessed systematic review and meta-analysis of randomized controlled trials. <i>Diabetes Care</i> . 2021; 44(2): 618-630. Doi: 10.2337/dc20-1893	Q1	19.112
198.	Mazidi M, Kengne AP, George ES*, Siervo M. The association of red meat intake with inflammation and circulating intermediate biomarkers of type 2 diabetes is mediated by central adiposity. <i>British Journal of Nutrition</i> . 2021; 125(9): 1043-1050. Doi 10.1017/S0007114519002149.	Q2#, Q3#	3.718
199.	Mazzoli E, Salmon J*, Pesce C, Teo WP, Rinehart N, May T, Barnett LM*. Effects of classroom-based active breaks on cognition, sitting and on-task behaviour in children with intellectual disability: a pilot study. <i>Journal of Intellectual Disability Research</i> . 2021; 65(5): 464-488. Doi: 10.1111/jir.12826	Q2#, Q3#	2.424

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
200.	Mazzoli E*, Salmon J*, Teo WP, Pesce C, He J, Ben-Soussan TD, Barnett LM*. Breaking up classroom sitting time with cognitively engaging physical activity: behavioural and brain responses. <i>PLoS One</i> . 2021;16(7): e0253733. Doi: 10.1371/journal.pone.0253733	Q1	3.240
201.	McCann J, Russell CG*, Campbell KJ*, Woods JL*. Nutrition and packaging characteristics of toddler foods and milks in Australia. <i>Public Health Nutrition</i> . 2021; 24(5): 1153-1165. Doi: 10.1017/S1368980020004590. (Corrigendum published 24(5): 1175. Doi: 10.1017/S1368980020005182)	Q1	4.022
202.	McKeegan K, Mason SA*, Trewin AJ*, Keske MA*, Wadley GD*, Della Gatta PA*, Nikolaidis MG, Parker L*. Reactive oxygen species in exercise and insulin resistance: working towards personalized antioxidant treatment. <i>Redox Biology</i> . 2021; 44: 102005. Doi: 10.1016/j.redox.2021.102005	Q1	11.799
203.	Mesinovic J, Scott D*, Seibel MJ, Cumming RG, Naganathan V, Blyth FM, Couteur DG, et. al. Risk factors for incident falls and fractures in older men with and without type 2 diabetes mellitus: The Concord Health and Ageing in Men Project. <i>The Journals of Gerontology: Series A</i> . 2021; 76(6): 1090-1100. Doi: 10.1093/gerona/ glab062	Q1	6.053
204.	Mesinovic J, Jansons P*, Zengin A, de Courten B, Rodriguez AJ, Daly RM*, Ebeling PR, Scott D*. Exercise attenuates bone mineral density loss during diet-induced weight loss in adults with overweight and obesity: a systematic review and meta-analysis. <i>Journal of Sport and Health Science</i> . 2021; 10(5): 550-559. Doi: 10.1016/j.jshs.2021.05.001	Q1	7.179
205.	Miller EG, Nowson CA, Dunstan DW, Kerr DA, Menzies D, Daly RM*. Effects of whey protein plus vitamin D supplementation combined with progressive resistance training on glycemic control, body composition, muscle function and cardiometabolic risk factors in middle-aged and older overweight/obese adults with type 2 diabetes? A 24-week randomized controlled trial. <i>Diabetes, Obesity and Metabolism</i> . 2021; 23(4): 938-949. Doi: 10.1111/dom.14299	Q1	6.577
206.	Milsom P, Smith R, Baker P*, Walls H. Corporate power and the international trade regime preventing progressive policy action on non-communicable diseases: a realist review. <i>Health Policy and Planning</i> . 2021; 36(4): 493-508. Doi: 10.1093/heapol/czaa148	Q1	3.344
207.	Milsom P, Smith R, Baker P*, Wells H. International investment liberalization, transnational corporations and NCD prevention policy non-decisions: a realist review on the political economy of tobacco, alcohol and ultra-processed food. <i>Globalization and Health</i> . 2021; 17: 134. Doi: 10.1186/s12992-021-00784-3	Q1	4.185
208.	Moni ASB, Abdullah S, Abdullah MFILB, Kabir MS, Alif SM, Sultana F, Salehin M, Islam SMS*, Cross W, Rahman MA. Psychological distress, fear and coping among Malaysians during the COVID-19 pandemic. <i>PLoS One</i> . 2021; 16(9): e0257304. Doi: 10.1371/journal.pone.0257304	Q1	3.240
209.	Morales-Scholz M, Swinton C, Murphy RM, Kowalski GM*, Bruce CR*, Howlett KF*, Shaw CS*. Autophagy is not involved in lipid accumulation and the development of insulin resistance in skeletal muscle. <i>Biochemical and Biophysical Research Communications</i> . 2021; 534: 533-539. Doi: 10.1016/j.bbrc.2020.11.048	Q2#, Q3#	3.575
210.	Moses JC, Adibi S, Islam SMS*, Wickramasinghe N, Nguyen L. Applications of smartphone technologies in disease monitoring: a systematic review. <i>Healthcare</i> . 2021; 9(7): 889. Doi: 10.3390/healthcare9070889	Q1	2.645
211.	Muccini AM, Tran NT, de Guingand, Philip M, Della Gatta PA*, Galinsky R, Sherman LS, et. al. Creatine Metabolism in Female Reproduction, Pregnancy and Newborn Health. <i>Nutrients</i> . 2021; 13(2): 490. Doi: 10.3390/nu13020490	Q1	5.719
212.	Mundell NL, Owen PJ*, Dalla Via J, Macpherson H*, Daly RM*, Fraser SF*. Does androgen deprivation impact associations between cognition and strength, fitness and function in community-dwelling men with prostate cancer? A cross-sectional study. <i>BMJ Open</i> . 2021; 11: e058478. Doi: 10.1136/ bmjopen-2021-058478	Q1	2.692
213.	Muntaner-Mas A, Martínez-Gómez D, Castro-Piñero J, Fernandez-Santos JR, Salmon J*, Veiga OL, Esteban-Cornejo I. Objectively measured physical activity and academic performance in school-aged youth: the UP&DOWN longitudinal study. <i>Scandinavian Journal of Medicine and Science in Sports</i> . 2021; 31(12): 2230-2240. Doi:10.1111/sms.14036	Q1	4.221
214.	Murnane A, Kiss N*, Fraser SF*, Lewin J. Health-related quality of life, fatigue and health behaviours in Australian adolescent and young adult cancer survivors. <i>Pediatric Blood and Cancer</i> . 2021; 68(10): e29243. Doi: 10.1002/pbc.29243	Q2#, Q3#	3.167
215.	Nain Z, Rana HK, Lio P, Islam SMS*, Summers MA, Moni MA. Pathogenetic profiling of COVID-19 and SARS-like viruses. <i>Briefings in Bioinformatics</i> . 2021; 22(2): 1175-1196. Doi: 10.1093/bib/bbaa173	Q1	11.622

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
Title			
216.	Nally S, Carlin A, Blackburn NE, Baird JS, Salmon J*, Murphy MH, Gallagher AM. The effectiveness of school-based interventions on obesity-related behaviours in primary school children: a systematic review and meta-analysis of randomised controlled trials. <i>Children</i> . 2021; 8: 489. Doi: 10.3390/children8060489	Q2	2.863
217.	Nanayakkara J*, Margerison C*, Worsley A. Teachers' self-efficacy beliefs in teaching food and nutrition subjects in Australian secondary schools. <i>Health Education</i> . 2021; 121(3): 311-321. Doi: 10.1108/HE-01-2021-0003	Q3	N/A
218.	Naspolini NF, Machado PP*, Fróes-Asmus CIR, Câmara VdM, Moreira JC, Meyer A. Food consumption according to the degree of processing, dietary diversity and socio-demographic factors among pregnant women in Rio de Janeiro, Brazil: The Rio Birth Cohort Study of Environmental Exposure and Childhood Development (PIPA Project). <i>Nutrition and Health</i> . 2021; 27(1): 79-88. Doi: 10.1177/0260106020960881	Q3	1.368
219.	Navas-Carretero S, San-Cristobal R, Alvarez-Alvarez I, Celis-Morales C, Livingstone KM*, O'Donovan CB, Mavrogianni C, et. al. on behalf of Food4Me. Interactions of carbohydrate intake and physical activity with regulatory genes affecting glycaemia: a Food4Me study analysis. <i>Lifestyle Genomics</i> . 2021; 14: 63-72. Doi: 10.1159/000515068	Q2#, Q3#	2.500
220.	Nayak M, Wills K, Teychenne M*, Salmon J*, Cleland V. Patterns and predictors of sitting among women from disadvantaged neighbourhoods over time: a 5-year prospective cohort study. <i>International Journal of Environmental Research and Public Health</i> . 2021; 18(9): 4625. Doi: 10.3390/ijerph18094625	Q2	3.390
221.	Nuzum ND, Teo WP, Macpherson H*, Loughman A, Szymlek-Gay EA*, HENDY A*. Inhibition, excitation and bilateral transfer following a unilateral complex finger-tapping task in young and older adults. <i>European Journal of Neuroscience</i> . 2021; 54(7): 6608-6617. Doi: 10.1111/ejn.15467	Q2	3.386
222.	NCD Risk Factor Collaboration (NCD-RisC). Heterogeneous contributions of change in population distribution of body mass index to change in obesity and underweight. *named collaborator, Islam SMS*. <i>eLife</i> . 2021; 10: e60060. Doi: 10.7554/elife.60060	Q1	8.146
223.	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in hypertension prevalence and progress in treatment and control from 1990 to 2019: a pooled analysis of 1201 population-representative studies with 104 million participants. *named collaborator, Islam SMS*. <i>The Lancet</i> . 2021 398: 957-980. Doi: 10.1016/S0140-6736(21)01330-1	Q1	79.323
224.	Neves PAR, Vaz JS, Maia FS, Baker P*, Gatica-Dominguez G, Piwoz E, Rollins N, Victora CG. Rates and time trends in the consumption of breastmilk, formula, and animal milk by children younger than 2 years from 2000 to 2019: analysis of 113 countries. <i>The Lancet Child &amp; Adolescent Health</i> . 2021; 5(9): 619-630. Doi: 10.1016/S2352-4642(21)00163-2	Q1	11.288
225.	Neves PAR, Barros AJD, Gatica-Dominguez G, Vas JS, Baker P*, Lutter CK. Maternal education and equity in breastfeeding: trends and patterns in 81 low and middle income countries between 2000 and 2019. <i>International Journal for Equity in Health</i> . 2021; 20: 20. Doi: 10.1186/s12939-020-01357-3	Q1	3.192
226.	Ng C, McMillan LB, Humbert L, Ebeling PR, Scott D*. Feasibility, safety and effectiveness of a pilot 16-week home-based, impact exercise intervention in postmenopausal women with low bone mineral density. <i>Osteoporosis International</i> . 2021; 32(5): 893-905. Doi: 10.1007/s00198-020-05723-3	Q1	4.507
227.	Nguyen TT, Cashin J, Ching C, Baker P*, Tran HT, Weissman A, Nguyen TT, Mathisen R. Beliefs and norms associated with the use of ultra-processed commercial milk formulas for pregnant women in Vietnam. <i>Nutrients</i> . 2021; 13 (11): 4143. Doi: 10.3390/nu13114143	Q1	5.719
228.	Nyström CD, Cameron AJ, Campbell KJ*, Hesketh KD*. Variation in outcomes of the Melbourne Infant, Feeding, Activity, and Nutrition Trial (INFANT) according to maternal education and age 2- and 3.5- years post-intervention. <i>Public Health Nutrition</i> . 2021; 24(6): 1460-1468. Doi: 10.1017/S1368980021000045	Q1	4.022
229.	Nyström CD, Abbott G, Cameron AJ, Campbell KJ*, Löf M, Salmon J*, Hesketh KD*. Maternal knowledge explains screen time differences 2 and 3.5 years post-intervention in INFANT. <i>European Journal of Pediatrics</i> . 2021; 180: 3391-3398. Doi: 10.1007/s00431-021-04134-8	Q1	3.183
230.	O'Neill CD, Vidal-Almela S, Terada T, Way KL*, Kamiya K, Sperlich B, Duking P, et. al. Moving together while staying apart: practical recommendations for 24-hour home-based movement behaviours for those with cardiovascular disease. <i>CJC Open</i> . 2021; 3(12): 1495-1504. Doi:10.1016/j.cjco.2021.08.010.	Q3	N/A
231.	Ong JS, Dixon-Suen SC*, Han X, An J, et. al. A comprehensive re-assessment of the association between vitamin D and cancer susceptibility using Mendelian randomization. <i>Nature Communications</i> . 2021; 12: 246. Doi: 10.1038/s41467-020-20368-w	Q1	14.919

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
232.	Oostenbach LH, Lamb KE, Dangerfield F, Poelman MP, Kremers S, Thornton L*. The role of dwelling type on food expenditure: a cross-sectional analysis of the 2015-2016 Australian Household Expenditure Survey. <i>Public Health Nutrition</i> . 2021; 24(8): 2132-2143. Doi: 10.1017/S1368980020002785	Q1	4.022
233.	Opie R, Abbott G, Crawford D, Ball K*. Exploring the associations of depressive symptoms with healthy eating self-efficacy over time amongst women in the READI cohort study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 161. Doi: 10.1186/s12966-021012335	Q1	6.457
234.	Opie R, Zheng M*, Torres S*, Campbell K*. The impact of maternal post-partum depressive symptoms on child diet at 18 months. <i>Maternal and Child Nutrition</i> . 2021; 17(4): e13187. Doi: 10.1111/mcn.13187	Q1	3.092
235.	O'Reilly SL, Burden C, Campoy C, McAuliffe FM, Teede H, Andresen J, Campbell KJ*, Geraghty AA, Harrison CL, Laws R*, et. al. Bump2Baby and me: protocol for a randomised trial of mHealth coaching for healthy gestational weight gain and improved postnatal outcomes in high-risk women and their children. <i>Trials</i> . 2021; 22: 963. Doi: 10.1186/s13063-021-05892-4	Q1	2.279
236.	Oskouei ST, Malliaras P, Jansons P*, Hill K, Soh SE, Jaberzadeh S, Perraton L. Is ankle plantar flexor strength associated with balance and walking speed in healthy people? A systematic review and meta-analysis. <i>Physical Therapy</i> . 2021; 101(4): pzab018. Doi: 10.1093/ptj/pzab018	Q1	3.14
237.	Owen PJ*, Hart NH, Latella C, Hendy AM*, Lamon S*, Rantalainen T. Identifying and assessing inter-muscular fat at the distal diaphyseal femur measured by peripheral quantitative computed tomography (pQCT). <i>Journal of Clinical Densitometry</i> . 2021; 24(1): 106-111. Doi: 10.1016/j.jocd.2019.11.001	Q2	2.617
238.	Owen PJ*, Hangai M, Kaneoka K, Rantalainen T, Belavy DL. Mechanical loading influences the lumbar intervertebral disc. A cross-sectional study in 308 athletes and 71 controls. <i>Journal of Orthopaedic Research</i> . 2021; 39(5): 989-997. Doi: 10.1002/jor.24809	Q1	3.494
239.	Papassotiriou I, Islam SMS*. Adherence to Mediterranean diet is associated with lung function in older adults: data from the Health and Retirement study. <i>Journal of the American College of Nutrition</i> . 2021; 40(2): 119-124. Doi: 10.1080/07315724.2020.1740114	Q2	3.175
240.	Parker L*, Morrison DJ, Wadley GD*, Shaw CS*, Betik A*, Roberts-Thomson K, Kaur G*, Keske M*. Prior exercise enhances skeletal muscle microvascular blood flow and mitigates microvascular flow impairments induced by a high-glucose mixed meal in healthy young men. <i>Journal of Physiology</i> . 2021; 599(1): 83-102. Doi: 10.1113/JP280651	Q1	5.182
241.	Parker K*, Riaz U*, Ridgers N*, Brown H, Veitch J*, Salmon J*, Timperio A*, Sahlqvist S*, Cassar S*, Toffoletti K, Maddison R*, Arundell L*. The use of digital platforms for adults' and adolescents' physical activity during the COVID-19 pandemic (Our Life at Home): survey study. <i>Journal of Medical Internet Research</i> . 2021; 23(2): e23389. Doi: 10.2196/23389	Q1	5.428
242.	Parker K*, Timperio A*, Salmon J*, Villanueva K, Brown H, Esteban-Cornejo I, Cabanas-Sánchez V, et. al. Correlates of dual-trajectories of physical activity and sedentary time in youth: The UP & DOWN longitudinal study. <i>Scandinavian Journal of Medicine and Science in Sports</i> . 2021; 31(5): 1126-1134. Doi: 10.1111/sms.13927	Q1	4.221
243.	Parker K*, Timperio A*, Salmon J*, Villanueva K, Brown H, Esteban-Cornejo I, Cabanas-Sánchez V, et. al. Activity-related typologies and longitudinal change in physical activity and sedentary time in children and adolescents: The UP & DOWN Study. <i>Journal of Sport and Health Science</i> . 2021; 10: 447-453. Doi: 10.1016/j.jshs.2020.02.004	Q1	7.179
244.	Patience FE, Downing K*, Hesketh KD*, Hnatiuk J*. The reliability and validity of a physical activity and sedentary behaviour home audit tool for children aged 2-5 years. <i>Journal of Science and Medicine in Sport</i> . 2021; 24(11): 1143-1148. Doi: 10.1016/j.jsams.2021.05.010	Q1	4.319
245.	Petersen AC, Fyfe JJ*. Post-exercise cold water immersion effects on physiological adaptations to resistance training and the underlying mechanisms in skeletal muscle: a narrative review. <i>Frontiers in Sports and Active Living</i> . 2021; 3: 660291. doi: 10.3389/fspor.2021.660291	N/A	N/A
246.	Phulkard S, Nakraksa P, Mo-suwan L, Lawrence M*. Progress towards achieving the recommendations of the commission on ending childhood obesity: A comprehensive review and analysis of current policies, actions and implementation gaps in Thailand. <i>Nutrients</i> . 2021; 13(6): 1927. Doi: 10.3390/nu13061927	Q1	5.719

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
247.	Pope DH, Karlsson JO, Baker P*, McCoy D. Examining the environmental impacts of the dairy and baby food industries: are first-food systems a crucial missing part of the healthy and sustainable food systems agenda now underway? <i>International Journal of Environmental Research and Public Health</i> . 2021; 18(23): 12678. Doi: 10.3390/ijerph182312678	Q2	3.390
248.	Porter J*, Collins J. Do images of dietitians on the internet reflect the profession? <i>Journal of Human Nutrition and Dietetics</i> . 2021; 34(1): 106-114. Doi: 10.1111/jhn.12793	Q2	3.089
249.	Porter J*, Collins J. A qualitative study exploring hospital food waste from the patient perspective. <i>Journal of Nutrition Education and Behavior</i> . 2021; 53(5): 410-417. Doi: 10.1016/j.jneb.2020.10.008	Q2	3.045
250.	Poulter S, Steer B, Baguley B*, Edbrooke L, Kiss N*. Comparison of the GLIM, ESPEN and ICD-10 criteria to diagnose malnutrition and predict 30-day outcomes: an observational study in an oncology population. <i>Nutrients</i> . 2021; 13(8): 2602. Doi: 10.3390/nu13082602	Q1	5.719
251.	Qarawi ATA, Ng SJ, Gad A, Luu MN, Al-Ahdal TMA, Sharma A, Huan VT, Vuong NL, Tawfik GM, Hashan MR, Dumre SP, Ghozy S, Shaikhkhalil HW, Mahmoud MH, Alhady STM, Nam NH, Islam SMS*, et. al. Study protocol for a global survey: awareness and preparedness of hospital staff against coronavirus disease (COVID-19) outbreak. <i>Frontiers in Public Health</i> . 2021; 9: 580427. Doi: 10.3389/fpubh.2021.580427. ecollection 2021	Q2	3.709
252.	Queralt A, Molina-García J, Terrón-Pérez M, Cerin E, Barnett A, Timperio A*, Veitch J*, et. al. Reliability of streetscape audits comparing on-street and online observations: MAPS-Global in 5 countries. <i>International Journal of Health Geographics</i> . 2021; 20: 6. Doi: 10.1186/s12942-021-00261-5	Q1	3.918
253.	Raad T, Griffin A, George ES*, Larkin L, Fraser A, Kennedy N, Tierney AC. Dietary interventions with or without Omega-3 supplementation for the management of rheumatoid arthritis: a systematic review. <i>Nutrients</i> . 2021; 13(10): 3506. Doi: 10.3390/nu13103506	Q1	5.719
254.	Rabbani G, Islam SMS*, Rahman MA, Amin N, Marzan B, Robin RC, Alif SM. Pre-existing COPD is associated with an increased risk of mortality and severity in COVID-19: a rapid systematic review and meta-analysis. <i>Expert Review of Respiratory Medicine</i> . 2021; 15(5): 705-716. Doi: 10.1080/17476348.2021.1866547	Q2#, Q3#	3.772
255.	Radavelli-Bagatini S, Blekkenhorst LC, Sim M, Prince RL, Bondonno NP, Bondonno CP, Woodman R, Anokye R, Dimmock J, Jackson B, Costello L, Devine A, Stanley MJ, Dickson JM, Magliano DJ, Shaw JE, Daly RM*, Hodgson JM, Lewis JR. Fruit and vegetable intake is inversely associated with perceived stress across the adult lifespan. <i>Clinical Nutrition</i> . 2021; 40(5): 2860-2867. Doi: 10.1016/j.clnu.2021.03.043	Q1	7.325
256.	Radavelli-Bagatini S, Anokye R, Bondonno NP, Sim M, Bondonno CP, Stanley MJ, Harms C, Woodman R, Magliano DJ, Shaw JE, Daly RM*, Hodgson JM, Lewis JR, Blekkenhorst LC. Association of habitual intake of fruits and vegetables with depressive symptoms: the AusDiab study. <i>European Journal of Nutrition</i> . 2021; 60(7): 3743-3755. Doi: 10.1007/s00394-021-02532-0	Q1	5.614
257.	Rahman A, Rahman S, Rahman MA, Szmlék-Gay EA*, Uddin R*, Islam SMS*. Prevalence of and factors associated with anaemia in women of reproductive age in Bangladesh, Maldives and Nepal: evidence from nationally-representative survey data. <i>PLoS One</i> . 2021; 16(1): e0245335. Doi: 10.1371/journal.pone.0245335	Q1	3.240
258.	Rahman A, Rahman MA, Rawal LB, Paudel M, Howlader H, Khan B, Siddiquee T, Rahman A, Sarkar A, Rahman S, Botlero R, Islam SMS*. Factors influencing place of delivery: evidence from three south-Asian countries. <i>PLoS One</i> . 2021; 16(4): e0250012. Doi: 10.1371/journal.pone.0250012	Q1	3.240
259.	Rahman MA, Salehin M, Islam SMS*, Alif SM, Sultana F, Sharif A, Hoque N, et. al. Reliability of the tools used to examine psychological distress, fear of COVID-19 and coping amongst migrants and non-migrants in Australia. <i>International Journal of Mental Health Nursing</i> . 2021; 30(3): 747-758. Doi: 10.1111/inm.12845	Q1	3.503
260.	Rahman MA, Rahman S, Wazib A, Arafat SMY, Chowdhury ZZ, Uddin BMM, Rahman MM, Moni ASB, Alif SM, Sultana F, Salehin M, Islam SMS*, Cross W, Bahar T. COVID-19 related psychological distress, fear and coping: identification of high-risk groups in Bangladesh. <i>Frontiers in Psychiatry</i> . 2021; 12: 718654. Doi: 10.3389/fpsy.2021.718654	Q1	4.157
261.	Rahman MA, Islam SMS*, Tungpunkom P, Sultana F, et. al. COVID-19: Factors associated with psychological distress, fear, coping strategies among community members across 17 countries. <i>Globalization and Health</i> . 2021; 17(1): 117. Doi: 10.1186/s12992-021-00768-3	Q1	4.185
262.	Rahmawati W, Willcox JC, van der Pligt P*, Worsley A. Nutrition information-seeking behaviour of Indonesian pregnant women. <i>Midwifery</i> . 2021; 100: 103040. Doi: 10.1016/j.midw.2021.103040	Q2#, Q3#	2.372

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
263.	Rahmawatu W, van der Pligt P*, Worsley A, Willcox J. Indonesian antenatal nutrition education: a qualitative study of healthcare professional views. <i>Women's Health</i> . 2021; 17: 17455065211066077. Doi: 10.1177/17455065211066077	Q1	N/A
264.	Rantalainen T, Ridgers ND*, Gao Y, Belavy DL, Haapala E, Finni T. Physical activity accumulation along the intensity spectrum differs between children and adults. <i>European Journal of Applied Physiology</i> . 2021; 121(9): 2563-2571. Doi: 10.1007/s00421-01-04731-3	Q2#, Q3#	3.078
265.	Ratan ZA, Zaman SB, Islam SMS*, Hosseinzadeh H. Smartphone overuse: a hidden crisis in COVID-19. <i>Health Policy and Technology</i> . 2021; 10(1): 21-22. Doi: 10.1016/j.hlpt.2021.01.002	Q3	1.931
266.	Razu SR, Yasmin T, Arif TB, Islam S, Islam SMS*, Gesesew HA, Ward P. Challenges faced by healthcare professionals during the COVID-19 pandemic: a qualitative inquiry from Bangladesh. <i>Frontiers in Public Health</i> . 2021; 9: 647315. Doi: 10.3389/fpubh.2021.647315	Q2	3.709
267.	Rees J, Bagatini SR, Lo J, Hodgson JM, Christophersen CT, Daly RD*, Magliano DJ, et. al. Association between fruit and vegetable intakes and mental health in the Australian Diabetes Obesity and Lifestyle Cohort. <i>Nutrients</i> . 2021; 13(5): 1447. Doi: 10.3390/nu13051447	Q1	5.719
268.	Refalo MC, Hamilton DL*, Paval DR, Gallagher IJ, Feros SA, Fyfe JJ*. Influence of resistance training load on measures of skeletal muscle hypertrophy and improvements in maximal strength and neuromuscular task performance: a systematic review and meta-analysis. <i>Journal of Sports Sciences</i> . 2021; 39(15): 1723-1745. Doi: 10.1080/02640414.2021.1898094	Q2#, Q3#	3.337
269.	Renton MC, McGee SL, Howlett KF*. The role of protein kinase (PKD) in intracellular nutrient sensing and regulation of adaptive responses to the obese environment. <i>Obesity Reviews</i> . 2021; 22(3): 1-10. Doi: 10.1111/obr.13145	Q1	9.213
270.	Rheese M, Drinkwater EJ, Leung H, Andrushko JW, Tober J, Hendy AM*. The effects of verbal cueing for high intended movement velocity on power, neuromuscular activation and performance. <i>Scandinavian Journal of Medicine and Science in Sports</i> . 2021; 31(5): 1115-1125. Doi: 10.1111/sms.113926	Q1	4.221
271.	Ridgers ND*, Timperio A*, Ball K*, Lai S, Brown H, Macfarlane S, Salmon J*. Effect of commercial wearables and digital behaviour change resources on the physical activity of adolescents attending schools in socio-economically disadvantaged areas: The RAW-PA cluster randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 52. Doi: 10.1186/s12966-021-01110-1	Q1	6.457
272.	Rivera E, Timperio A*, Loh VHY*, Deforche B, Veitch J*. Critical factors influencing adolescents' active and social park use: a qualitative study using walk-along interviews. <i>Urban Forestry and Urban Greening</i> . 2021; 58: 126948. Doi: 10.1016/j.ufug.2020.126948	Q1	4.539
273.	Rivera E, Timperio A*, Loh VHY*, Deforche B, Veitch J*. Important park features for encouraging park visitation, physical activity and social interaction among adolescents: a conjoint analysis. <i>Health and Place</i> . 2021; 70: 102617. Doi: 10.1016/j.healthplace.2021.102617	Q1	4.078
274.	Røed M, Medin AC, Vik FN, Hillesund ER, Van Lippevelde W, Campbell K*, Øverby NC. Effect of a parent-focused eHealth intervention on children's fruit, vegetable and discretionary food intake (Food4toddlers): randomized controlled trial. <i>Journal of Medical Internet Research</i> . 2021; 23(2): e18311. Doi: 10.2196/18311	Q1	5.428
275.	Ronto R, Nanayakkara J*, Worsley A, Rathi N. COVID-19 & culinary behaviours of Australian household food gatekeepers: a qualitative study. <i>Appetite</i> . 2021; 167: 105598. Doi: 10.1016/j.appet.2021.105598	Q1	3.868
276.	Rosewarne E, Santos JA, Hoek A, Grimes C*, Nowson C, Webster J, Bolton KA*. Are there socio-demographic differences in salt behaviours and fruit and vegetable consumption in Australian adults? A nationally representative cross-sectional survey. <i>Nutrition Journal</i> . 20: 77. Doi: 10.1186/s12937-021-00734-0	Q2#, Q3#	3.271
277.	Rossiter C, Cheng H, Appleton J, Campbell KJ*, Denney-Wilson E. Addressing obesity in the first 1000 days in high-risk infants: systematic review. <i>Maternal and Child Nutrition</i> . 2021; 17(3): e13178. Doi: 10.1111/mcn.13178	Q1	3.092
278.	Russell C, Dickie S, Baker P*, Lawrence M*. Does the Australian health star rating system encourage added sugar reformulation? Trends in sweetener use in Australia. <i>Nutrients</i> . 2021; 13(3): 898. Doi: 10.3390/nu13030898	Q1	5.719
279.	Russell C, Grimes C*, Baker P*, Sievert K, Lawrence MA*. The drivers, trends and dietary impacts of non-nutritive sweeteners in the food supply: a narrative review. <i>Nutrition Research Reviews</i> . 2021; 34(2): 185-208. Doi: 10.1017/S0954422420000268	Q1	7.800

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
280.	Russo I, Della Gatta P*, Garnham A, Porter J*, Burke LM, Costa RJS. Assessing overall exercise recovery processes using carbohydrate and carbohydrate-protein containing recovery beverages. <i>Frontiers in Physiology</i> . 2021; 12: 628863. Doi: 10.3389/fphys.2021.628863	Q2	4.566
281.	Russo I, Della Gatta P*, Garnham A, Porter J*, Burke LM, Costa RJS. Does the nutritional composition of dairy milk based recovery beverages influence post-exercise gastrointestinal and immune status, and subsequent markers of recovery optimisation in response to high intensity interval exercise? <i>Frontiers in Nutrition</i> . 2021; 7: 622270. Doi: 10.3389/fnut.2020.622270	Q1	6.576
282.	Sabag A, Keating SE, Way KL*, Sultana RN, Lanting SM, Twigg SM, Johnson NA. The association between cardiorespiratory fitness, liver fat and insulin resistance in adults with or without type 2 diabetes: a cross sectional-analysis. <i>BMC Sports Science, Medicine and Rehabilitation</i> . 13(1): 40. Doi: 10.1186/s13102-021-00261-9	Q1#, Q2#	1.934
283.	Sadler KJ, Della Gatta PA*, Naim T, Wallace MA, Lee A, Zaw T, Lindsay A*, Chung RS, Bello L, Pegoraro E, Lamon S*, Lynch GS, Russell AP*. Striated muscle activator of Rho signalling (STARS) overexpression in the mdx mouse enhances muscle functional capacity and regulates the actin cytoskeleton and oxidative phosphorylation pathways. <i>Experimental Physiology</i> . 2021; 106(7): 1597-1611. Doi: 10.1113/EP089253	Q2	2.969
284.	Sakib N, Islam M, Habib SA, Bhuiyan AKMI, Alam M, Tasneem N, Hossain M, Islam SMS*, Griffiths MD, Mamun MA. Depression and suicidality among Bangladeshi students: subject selection reasons and learning environment as potential risk factors. <i>Perspectives in Psychiatric Care</i> . 2021; 57(3): 1150-1162. Doi: 10.1111/ppc.12670	Q2#, Q3#	2.186
285.	Sandborg J, Söderström E, Henriksson P, Bendtsen M, Henström M, Leppänen MH, Maddison R*, Migueles JH, Blomberg M, Löf M. Effectiveness of a smartphone app to promote healthy weight gain, diet, and physical activity during pregnancy (HealthyMoms): randomized controlled trial. <i>JMIR mHealth and uHealth</i> . 2021; 9(3): e26091. Doi: 10.2196/26091	Q1	4.773
286.	Sandborg J, Henriksson P, Larsen E, Lindqvist AK, Rutberg S, Söderström E, Maddison R*, Löf M. Participants' engagement and satisfaction with a smartphone app intended to support healthy weight gain, diet, and physical activity during pregnancy: qualitative study within the HealthyMoms trial. <i>JMIR mHealth and uHealth</i> . 2021; 9(3): e26159. Doi: 10.2196/26159	Q1	4.773
287.	Sarder A, Islam SMS*, Maniruzzaman, Talukder A, Ahammed B. Prevalence of unintended pregnancy and its associated factors: evidence from six south Asian countries. <i>PLoS One</i> . 2021; 16(2): e0245923. Doi: 10.1371/journal.pone.0245923	Q1	3.240
288.	Satu S, Howlader KC, Mahmud M, Kaiser MS, Islam SMS*, Quinn JMW, Alyami SA, Moni MA. Short-term prediction of COVID-19 cases using machine learning models. <i>Applied Sciences</i> . 2021; 11: 4266. Doi: 10.3390/app11094266	Q2	2.679
289.	Saueressig T, Owen PJ*, Diemer F, Zebisch J, Belavy DL. Diagnostic accuracy of clusters of pain provocation tests for detecting sacroiliac joint pain: systematic review with meta-analysis. <i>Journal of Orthopaedic and Sports Physical Therapy</i> . 2021; 51(9): 422-431. Doi: 10.2519/jospt.2021.10469	Q1	4.751
290.	Scott D*, Blyth F, Naganathan V, Le Couteur DG, Handelsman DJ, Seibel MJ, Waite LM, Hirani V. Prospective associations of chronic and intrusive pain with sarcopenia and physical disability amongst older Australian men: The Concord Health and Ageing in Men Project. <i>Experimental Gerontology</i> . 2021; 153: 111501. Doi: 10.1016/j.exger.2021.111501	Q2	4.032
291.	Scott D*, Johansson J, Gandham A, Ebeling PR, Nordstrom P, Nordstrom A. Associations of accelerometer-determined physical activity and sedentary behaviour with sarcopenia and incident falls over 12-months in community-dwelling Swedish older adults. <i>Journal of Sport and Health Science</i> . 2021; 10(5): 577-584. Doi: 10.1016/j.jshs.2020.01.006	Q1	7.179
292.	Seidler AL, Hunter KE, Espinoza D, Mihrshahi S, Askie LM and on behalf of the EPOCH Collaboration. Quantifying the advantages of conducting a prospective meta-analysis (PMA): a case study of early childhood obesity prevention. *named collaborators, Campbell KJ*, Hesketh KD*. <i>Trials</i> . 2021; 22: 78. Doi: 10.1186/s13063-020-04989-x	Q1	2.279
293.	Sexton-Dhamu M, Livingstone K*, Pendergast F, Worsley T, McNaughton SA*. Individual, social-environmental and physical-environmental correlates of diet quality in young adults aged 18-30 years. <i>Appetite</i> . 2021; 162: 105175. Doi: 10.1016/j.appet.2021.105175	Q1	3.868

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
294.	Shang X, Scott D*, Chan RK, Zhang L, He M. Association of pulmonary function with cognitive decline in older adults: a nationwide longitudinal study in China. <i>The Journals of Gerontology: Series A</i> . 2021; 76(8): 1423-1430. Doi: 10.1093/gerona/glab096	Q1	6.053
295.	Sharif A, Botlero R, Hoque N, Alif SM, Karim N, Islam SMS*. A pragmatic approach to COVID-19 vaccine passport. <i>BMJ Global Health</i> . 6(10): e006956. Doi: 10.1136/bmjgh-2021-006956	Q1	5.558
296.	Sharifrazi D, Alizadehsani R, Roshanzamir M, Joloudari JH, Shoeibi A, Jafari M, Hussain S, Sani ZA, Hasanzadeh F, Khozimeh F, Khosravi A, Nahavandi S, Panahiazar M, Zare A, Islam SMS*, Acharya UR. Fusion of convolution neural network, support vector machine and Sobel filter for accurate detection of COVID-19 patients using X-ray images. <i>Biomedical Signal Processing and Control</i> . 2021; 68: 102622. Doi: 10.1016/j.bspc.2021.102622	Q2	3.88
297.	Sim M, Blekkenhorst LC, Bondonno NP, Radavelli-Bagatini S, Peeling P, Bondonno CP, Magliano DJ, Shaw JE, Woodman R, Murray K, Lewis JR, Daly RM*, Hodgson JM. Dietary nitrate intake is positively associated with muscle function in men and women independent of physical activity levels. <i>The Journal of Nutrition</i> . 2021; 151(5): 1222-1230. Doi: 10.1093/jn/nxaa415	Q1	4.798
298.	Sims A, van der Pligt P*, John P, Kaushal J, Kaur G, McKay FH. Food insecurity and dietary intake among rural Indian women: an exploratory study. <i>International Journal of Environmental Research and Public Health</i> . 2021; 18(9): 4851. Doi: 10.3390/ijerph18094851	Q2	3.390
299.	Smith C, Tacey A, Mesinovic J, Scott D*, Lin X, Brennan-Speranza TC, Lewis JR, Duque G, Levinger I. The effects of acute exercise on bone turnover markers in middle-aged and older adults: a systematic review. <i>Bone</i> . 2021; 143: 115766. Doi: 10.1016/j.bone.2020.115766	Q1	4.398
300.	Smith C, Lin Z, Scott D*, Brennan-Speranza TC, Al Saedi A, Moreno-Asso A, Woessner M, et. al. Uncovering the bone-muscle interaction and its implications for the health and function of older adults (the Wellderley Project): protocol for a randomized controlled crossover trial. <i>JMIR Research Protocols</i> . 2021; 10(4): e18777. Doi: 10.2196/18777	Q3	N/A
301.	Snaith JR, Samocha-Bonet D, Evans J, Liu Z, Kowalski G*, Bruce C*, Holmes-Walker DJ, Greenfield JR. Insulin resistance in type 1 diabetes managed with metformin (INTIMET): study protocol of a double-blind placebo-controlled, randomised trial. <i>Diabetic Medicine</i> . 2021; 38(9): e14564. Doi: 10.1111/dme.14564	Q1	4.359
302.	Sossen L, Bonham M, Porter J*. Can fortified, nutrient-dense and enriched foods and drink-based nutrition interventions increase energy and protein intake in residential aged care residents? A systematic review with meta-analyses. <i>International Journal of Nursing Studies</i> . 2021; 124: 104088. Doi: 10.1016/j.ijnurstu.2021.104088	Q1	5.837
303.	Sponselee HCS, Kroeze W, Poelman MP, Renders CM, Ball K*, Steenhuis IJM. Food and health promotion literacy among employees with a low and middle level of education in the Netherlands. <i>BMC Public Health</i> . 2021; 21: 1273. Doi: 10.1186/s12889-021-11322-6	Q1	3.295
304.	Stacey F, Delaney T, Ball K*, Zoetemeyer R, Lecathelinais C, Wolfenden L, Seward K, Wyse R. A cluster randomized controlled trial evaluating the impact of tailored feedback on the purchase of healthier foods from primary school online canteens. <i>Nutrients</i> . 2021; 13(7): 2405. 10.3390/nu13072405	Q1	5.719
305.	Stanesby O, Morse M, Magill L, Ball K*, Blizzard L, Harpur S, Jose K, et. al. Characteristics associated with willingness to walk further than necessary to the bus stop: Insights for public transport-related physical activity. <i>Journal of Transport and Health</i> . 2021; 22: 101139. Doi: 10.1016/j.jth.2021.101139	Q2#, Q3#	2.796
306.	Stanesby O, Long M, Ball K*, Blizzard L, Cocker F, Greaves S, Harpur S, et. al. Socio-demographic, behavioural and health-related characteristics associated with active commuting in a regional Australian state: evidence from the 2016 Tasmanian Population Health Survey. <i>Health Promotion Journal of Australia</i> . 2021; 32(S2): 320-331. Doi: 10.1002/hpja.428	Q2	1.954
307.	Steele EM, Batis C, Cediell G, da Costa Louzada ML, Khandpur N, Machado P*, et. al. The burden of excessive saturated fatty acid intake attributed to ultra-processed food consumption: a study conducted with nationally representative cross-sectional studies from eight countries. <i>Journal of Nutritional Science</i> . 2021; 10: e43. Doi: 10.1017/jns.2021.30	Q1#, Q2#	3.03
308.	Stephens LD, Porter J*, Lawrence M*. Healthy and environmentally sustainable food procurement and foodservice in Australian aged care and healthcare services: a scoping review of current research and training. <i>Sustainability</i> . 2021; 13(20): 11207. Doi: 10.3390/su132011207	Q1#, Q2#	3.251

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
Title			
309.	Stodden D, Lakes KD, Côté J, Aadland E, Benzing V, Brian A, Draper CE, Ekkekakis P, Fumagalli G, Laukkanen A, Mavilidi MF, Mazzoli E*, et. al. Exploration: an overarching focus for holistic development. <i>Brazilian Journal of Motor Behavior</i> . 2021; 15(5): 301-320. Doi: 10.20338/bjmb.v15i5.254	N/A	N/A
310.	Stokes A, Campbell KJ*, Yu HJ, Szymlek-Gay E*, Abbott G, He QQ, Zheng M*. Protein intake from birth to 2 years and obesity outcomes in later childhood and adolescence: a systematic review of prospective cohort studies. <i>Advances in Nutrition</i> . 2021; 11(5): 1863-1876. Doi: 10.1093/advances/nmab034	Q1	8.701
311.	Tait JL, Bulmer S, Drain JR, Main LC*. Associations between inflammatory markers and well-being during 12 weeks of basic military training. <i>European Journal of Applied Physiology</i> . 2021; 121(3): 849-860. Doi: 10.1007/s00421-020-04554-8	Q2#, Q3#	3.078
312.	Tait JL, Chambers TP, Tait RS, Main LC*. Impact of shift work on sleep and fatigue in Maritime pilots. <i>Ergonomics</i> . 2021; 64(7): 856-868. Doi: 10.1080/00410139.2021.1882705	Q1	2.778
313.	Tan SY*, Tey SL, Brown R. Nuts and older adults' health. A narrative review. <i>International Journal of Environmental Research and Public Health</i> . 2021; 18(4): 1848. Doi: 10.3390/ijerph18041848	Q2	3.390
314.	Tan SY*, Georgousopoulou EN, Cardoso B, Daly RM*, George ES*. Associations between nut intake, cognitive function and non-alcoholic fatty liver disease (NAFLD) in older adults in the United States: NHANES 2011-14. <i>BMC Geriatrics</i> . 2021; 21: 313. Doi: 10.1186/s12877-021-02239-1	Q1	3.921
315.	Tan SY*, Sotirelis E, Bojeh R, Maan I, Medalle M, Chik XSF, Keast R, Tucker RM. Is dietary intake associated with salt taste function and perception in adults? A systematic review. <i>Food Quality and Preference</i> . 2021; 92: 104174. Doi: 10.1016/j.foodqual.2021.104174	Q1	5.565
316.	Taylor NF, O'Halloran PD, Watts JJ, Morris R, Peiris CL, Porter J*, Prendergast LA, Harding KE, et. al. Motivational interviewing with community-dwelling older adults after hip fracture (MIHip): Protocol for a randomised controlled trial. <i>BMJ Open</i> . 2021; 11: e047970. Doi: 10.1136/bmjopen-2020-047970	Q1	2.692
317.	Taylor A, Abrantes A, Halgren M, Herring M, Pesce C, Rosenbaum S, Teychenne M*. Mental Health and Physical Activity, yoga and other holistic movement practices (HMPs): a position statement. <i>Mental Health and Physical Activity</i> . 2021; 21: 100426. Doi: 10.1016/j.mhpa.2021.100426	Q2	3.197
318.	Telford RM, Olive LS, Keegan RJ, Keegan S, Barnett LM*, Telford RD. Student outcomes of the physical education and physical literacy (PEPL) approach: a pragmatic cluster randomised controlled trial of a multicomponent intervention to improve physical literacy in primary schools. <i>Physical Education and Sport Pedagogy</i> . 2021; 26(1): 97-110. Doi: 10.1080/17408989.2020.1799967	Q1	5.830
319.	Teo WP, Rantalainen T, Nuzum N, Valente L, Macpherson H*. Altered prefrontal cortex responses in older adults with subjective memory complaints and dementia during dual-task gait: An fNIRS study. <i>European Journal of Neuroscience</i> . 2021; 53(4): 1324-1333. Doi: 10.1111/ejn.14989	Q2	3.386
320.	Teychenne M*, Abbott G, Stephens LD, Opie RS, Olander EK, Brennan L, van der Pligt P*, Apostolopoulos M, Ball K*. Mums on the Move: a pilot randomised controlled trial of a home-based physical activity intervention for mothers at risk of postnatal depression. <i>Midwifery</i> . 2021; 93: 102898. Doi: 10.1016/j.midw.2020.102898	Q2#, Q3#	2.372
321.	Teychenne M*, Apostolopoulos M, Ball K*, Olander EK, Opie RS, Rosenbaum S, Laws R*. Key stakeholder perspectives on the development and real-world implementation of a home-based physical activity program for mothers at risk of postnatal depression: a qualitative study. <i>BMC Public Health</i> . 2021; 21: 361. Doi: 10.1186/s12889-021-10394-8	Q1	3.295
322.	Thomas CE, Chambers TP, Main LC*, Gastin PB. Motives for dropout among former junior elite Caribbean track and field athletes: a qualitative investigation. <i>Frontiers in Sports and Active Living</i> . 2021; 3: 696205. Doi: 10.3389/fspor.2021.696205	N/A	N/A
323.	Tjahyo AS, Gandy J, Porter J*, Henry CJ. Is weight loss more severe in older people with dementia? <i>Journal of Alzheimer's Disease</i> . 2021; 81(1): 57-73. Doi: 10.3233/JAD-201496	Q1	4.472
324.	Trost JP, Chen M, Stark MM, Hodges JS, Richter S, Lindsay A*, Warren GL, et. al. Voluntary and magnetically evoked muscle contraction protocol in males with Duchenne muscular dystrophy: safety, feasibility, reliability, and validity. <i>Muscle and Nerve</i> . 2021; 64(2): 190-198. Doi: 10.1002/mus.27323	Q2#, Q3#	3.217
325.	Uddin R*, Burton NW, Khan A. Factors associated with changes in physical activity and sedentary behaviour during one year among university-based young adults. <i>Sports Medicine and Health Science</i> . 2021; 3(4): 236-242. Doi: 10.1016/j.smhs.2021.09.002	N/A	N/A

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
326.	Ullah I, Islam S, Ali S, Jamil H, Tahir MJ, Arsh A, Shah J, Islam SMS*. Insufficient physical activity and sedentary behaviors among medical students during the COVID-19 lockdown: findings from a cross-sectional study in Pakistan. <i>International Journal of Environmental Research and Public Health</i> . 2021; 18(19): 10257. Doi: 10.3390/ijerph181910257	Q2	3.390
327.	Urwin C, Snow RJ, Condo D, Snipe R, Wadley GD*, Carr AJ. Factors influencing blood alkalosis and other physiological responses, gastrointestinal symptoms, and exercise performance following sodium citrate supplementation: a review. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> . 2021; 31(2): 168-186. Doi: 10.1123/ijsnem.2020-0192	Q2#, Q3#	4.599
328.	Urwin CS, Main LC*, Mikocka-Walus A, Skvarc DR, Roberts SS, Condo D, Carr A, et. al. The relationship between psychological stress and anxiety with gastrointestinal symptoms before and during a 56km ultramarathon running race. <i>Sports Medicine</i> . 2021; 7: 93. Doi: 10.1186/s40798-021-00389-5	Q1	11.14
329.	Veitch J*, Ball K*, Flowers E, Deforche B, Timperio A*. Children's ratings of park features that encourage park visitation, physical activity and social interaction. <i>Urban Forestry and Urban Greening</i> . 2021; 58: 126963. Doi: 10.1016/j.ufug.2020.126963	Q1	4.539
330.	Veitch J*, Ball K*, Rivera E, Loh V*, Deforche B, Timperio A*. Understanding children's preference for park features that encourage physical activity: an adaptive choice based conjoint analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2021; 18: 133. Doi: 10.1186/s12966-021-01203-x	Q1	6.457
331.	Veitch J*, Rodwell L, Abbott G, Carver A, Flowers E, Crawford D. Are park availability and satisfaction with neighbourhood parks associated with physical activity and time spent outdoors? <i>BMC Public Health</i> . 2021; 21: 306. Doi: 10.1186/s12889-021-10339-1	Q1	3.295
332.	Veitch J*, Salmon J*, Abbott G, Timperio A*, Sahlqvist S*. Understanding the impact of the installation of outdoor fitness equipment and a multi-sports court on park visitation and park-based physical activity: a natural experiment. <i>Health and Place</i> . 2021; 71: 102662. Doi: 10.1016/j.healthplace.2021.102662	Q1	4.078
333.	Verswijveren SJJM, Salmon J*, Daly RM*, Arundell L*, Cerin E, Dunstan DW, Hesketh KD*, Della Gatta P*, Ridgers ND*. Reallocating sedentary time with total physical activity bouts in children: associations with cardiometabolic biomarkers. <i>Journal of Sports Sciences</i> . 2021; 39(3): 332-340. Doi: 10.1080/02640414.2020.1822584	Q2#, Q3#	3.337
334.	Verswijveren S, Salmon J*, Daly RM*, Della Gatta P*, Arundell L*, Dunstan DW, Hesketh KD*, Cerin E, Ridgers ND*. Is replacing sedentary time with bouts of physical activity associated with inflammatory biomarkers in children? <i>Scandinavian Journal of Medicine and Science in Sports</i> . 2021; 31(3): 733-741. Doi: 10.1111/sms.13879	Q1	4.221
335.	Verswijveren SJJM, Douglas B, Rantalainen T, Belavy D, Salmon J*, Timperio A*, Lubans D, Ridgers N*. Count-versus MAD-based accelerometry-assessed movement behaviours and associations with child adiposity and fitness. <i>Scandinavian Journal of Medicine and Science in Sports</i> . 2021; 31(12): 2322-2332. Doi: 10.1111/sms.14051	Q1	4.221
336.	Vogel C, Crozier S, Penn-Newman D, Ball K*, Moon G, Lord J, Cooper C, Baird J. Altering product placement to create a healthier layout in supermarkets: outcomes on store sales, customer purchasing and diet in a prospective matched-controlled cluster study. <i>PLoS Medicine</i> . 2021; 18(9): e1003729. Doi: 10.1371/journal.pmed.1003729	Q1	11.069
337.	Way KL*, Vidal-Almela S, Moholdt T, Currie KD, Aksetoy ILA, Boidin M, Cornelissen VA, et. al. Sex differences in cardiometabolic health indicators after HIIT in patients with Coronary Artery Disease. <i>Medicine and Science in Sports and Exercise</i> . 2021; 53(7): 1345-1355. Doi: 10.1249/MSS0000000000002596	Q1	5.411
338.	Way KL*, Lee AS, Twigg SM, Johnson NA. The effect of acute aerobic exercise on central arterial stiffness, wave reflections and hemodynamics in adults with diabetes: a randomized cross-over design. <i>Journal of Sport and Health Science</i> . 2021; 10(4): 499-506. Doi: 10.1016/j.jshs.2020.02.009	Q1	7.179
339.	Way KL*, Tasuku T, O'Neill CD, Vidal-Almela S, Keech A, Reed JL. Practical recommendations for high-intensity interval training for adults with cardiovascular disease. <i>ACSM's Health and Fitness Journal</i> . 2021; 25(5): 35-43. Doi: 10.1249/FIT.0000000000000705	Q3#, Q4#	1.172
340.	Werneck AO, Jago R, Kriemler S, Andersen LB, Wedderkopp N, Northstone K, Salmon J*, van Sluijs EMF on behalf of the International Children's Accelerometry Database (ICAD) Collaborators. Association of change in the school travel mode with changes in different physical activity intensities and sedentary time: A International Children's Accelerometry Database Study. <i>Preventive Medicine</i> . 2021; 153: 106862. Doi: 10.1016/j.ypmed.2021.106862	Q2#, Q3#	4.018

## 2021 publications

		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
341.	Wingrove K, Lawrence MA*, McNaughton SA*. Dietary patterns, foods, and nutrients: a descriptive analysis of the systematic reviews conducted to inform the Australian Dietary Guidelines. <i>Nutrition Research Reviews</i> . 2021; 34(1): 117-124. Doi: 10.1017/S0954422420000190	Q1	7.800
342.	Wingrove K, Lawrence MA*, Russell C, McNaughton SA*. Evidence use in the development of the Australian Dietary Guidelines: a qualitative study. <i>Nutrients</i> . 2021; 13 (11): 3748. Doi: 10.3390/nu13113748	Q1	5.719
343.	Wood JM*, Booth AO*, Margerison C*, Worsley A. What factors are associated with food security among recently arrived refugees resettling in high-income countries? A scoping review. <i>Public Health Nutrition</i> . 2021; 24(13): 4313-4327. Doi: 10.1017/S1368980021002925	Q1	4.022
344.	Wood B, Williams O, Baker P*, Nagarajan V, Sacks G. The influence of corporate market power on health: exploring the structure-conduct-performance model from a public health perspective. <i>Globalization and Health</i> . 2021; 17: 41. Doi: 10.1186/s12992-021-00688-2	Q1	4.185
345.	Wood B, Baker P*, Scrinis G, McCoy D, Williams O, Sacks G. Maximising the wealth of few at the expense of the health of many: a public health analysis of market power and corporate wealth and income distribution in the global soft drink market. <i>Globalization and Health</i> . 2021; 17: 138. Doi: 10.1186/s12992-021-00781-6	Q1	4.185
346.	Wright AL, Della Gatta PA*, Le S, Berning BA, Mehta P, Jacobs KR, Gul H, Gil RS, Hedl TJ, et. al. Riluzole does not ameliorate disease caused by cytoplasmic TDP-43 in a mouse model of amyotrophic lateral sclerosis. <i>European Journal of Neuroscience</i> . 2021; 54(6): 6237-6255. Doi: 10.1111/ejn.15422	Q2	3.386
347.	Wyse R, Delaney T, Stacey F, Zoetemeyer R, Lecathelinais C, Lamont H, Ball K*, Campbell K*, et. al. Effectiveness of a multi-strategy behavioral intervention to increase the nutritional quality of primary school students' web-based canteen lunch orders (Click & Crunch): cluster randomized controlled trial. <i>Journal of Medical Internet Research</i> . 2021; 23(9): e26054. Doi: 10.2196/26054	Q1	5.428
348.	Wyse R, Delaney T, Stacey F, Lecathelinais C, Ball K*, Zoetemeyer R, Lamont H, et. al. Long-term effectiveness of a multi-strategy behavioral intervention to increase the nutritional quality of primary school students' online lunch orders: 18 month follow up of the Click & Crunch cluster randomized controlled trial. <i>Journal of Medical Internet Research</i> . 2021; 23(11): e31734. Doi: 10.2196/31734	Q1	5.428
349.	Yoong SL, Jones J, Pearson N, Swindle T, Barnes C, Delaney T, Lum M, Golley R, Matwiejczyk L, Kelly B, Kerr E, Love P*, Esdaile E, Ward D, Grady A. An overview of research opportunities to increase the impact of nutrition intervention research in early childhood and education care settings according to the RE-AIM framework. <i>International Journal of Environmental Research and Public Health</i> . 2021; 18(5): 2745. Doi: 10.3390/ijerph18052745	Q2	3.390
350.	Yaghubi E, Carboni S, Snipe RMJ, Shaw CS*, Fyfe JJ*, Smith CM, Kaur G*, Tan SY*, Hamilton D*. Farmed mussels: a nutritive protein source, rich in omega-3 fatty acids, with a low environmental footprint. <i>Nutrients</i> . 2021; 13(4): 1124. Doi: 10.3390/nu13041124	Q1	5.719
351.	Yates P, Carter R, Cockerell R, Cowan D, Dixon C, Magnus A, Newton RU, Hart NH, Galvão DA, Baguley B*, et. al. An integrated multicomponent care model for men affected by prostate cancer: a feasibility study of TrueNTH Australia. <i>Psycho-oncology</i> . 2021; 30(9): 1544-1554. Doi: 10.1002/pon.5729	Q1	3.150
352.	Yu HJ, Zheng M*, Liu XX, Liu MW, Chen QT, Zhang MZ, Eckhart RA, He QQ. The association of child neglect with lifestyles, depression, and self esteem: cross-lagged analyses in Chinese primary schoolchildren. <i>Behaviour Research and Therapy</i> . 2021; 146: 103950. Doi: 10.1016/j.brat.2021.103950	Q1	4.473
353.	Zaman SB, Gupta RD, Pramual P, Khan RK, Sujimongkol C, Hossain N, Haider MR, Karim N, Kibria GM, Islam SMS*. The burden of chronic kidney disease among people with diabetes by insurance schemes: findings from a primary referral hospital in Thailand. <i>Diabetes Epidemiology and Management</i> . 2021; 4: 100026. Doi: 10.1016/j.deman.2021.100026	N/A	N/A
354.	Zarifi SH, Shadnoush M, Pahlavani N, Malekhamadi M, Firouzi S, Sabbagh MG, Rezaiyan MK, Islam SMS*, Yahyapoor F, Arabi SM, Norouzy A. Nutritional status in kidney transplant patients before and 6-month after transplantation: results of PNSI study. <i>Clinical Nutrition ESPEN</i> . 2021; 41: 268-274. Doi: 10.1016/j.clnesp.2020.11.024	Q2#, Q3#	0.51
355.	Zhang T, Lee J, Barnett LM*, Gu X. Does perceived competence mediate between ball skills and children's physical activity and enjoyment? <i>Children</i> . 2021; 8(7): 575. Doi: 10.3390/children8070575	Q2	2.863
356.	Zheng M*, Rangan A, Olsen NJ, Heitmann BL. Longitudinal association of nighttime sleep duration with emotional and behavioral problems in early childhood: results from the Danish Healthy Start Study. <i>Sleep</i> . 2021; 44(1): zsa138. Doi: 10.1093/sleep/zsa138	Q1	5.849

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		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
357.	Zheng M*, Lioret S, Hesketh KD*, Spence A*, Taylor R, Campbell KJ*. Association between longitudinal trajectories of lifestyle pattern and BMI in early childhood. <i>Obesity</i> . 2021; 29(5): 879-887. Doi: 10.1002/oby.23136	Q1	5.002
358.	Zheng M*, Hesketh KD*, Wu JHY, Heitmann BL, Downing K*, Campbell KJ*. Nighttime sleep duration trajectories were associated with body mass index trajectories in early childhood. <i>Pediatric Obesity</i> . 2021; 16(7): e12766. Doi: 10.1111/ijpo.12766	Q1	4.000
359.	Zheng M*, Yu HJ, He QQ, Heitmann BL, Rangan A, McNaughton SA*, Campbell KJ*. Protein intake during infancy and subsequent body mass index in early childhood: results from the Melbourne InFANT Program. <i>Journal of the Academy of Nutrition and Dietetics</i> . 2021; 121(9): 1775-1784. Doi: 10.1016/j.jand.2021.02.022	Q1	4.910
360.	Zheng M*, Campbell KJ*, Baur L, Rissel C, Wen LM. Infant feeding and growth trajectories in early childhood: the application and comparison of two longitudinal modelling approaches. <i>International Journal of Obesity</i> . 2021; 45(10): 2230-227. Doi: 10.1038/s41366-021-00892-5	Q1	5.095
361.	Zorbas C, Browne J, Chung A, Baker P*, Palermo C, Reeve E, Peeters A, Backholer K. National nutrition policy in high-income countries: is health equity on the agenda? <i>Nutrition Reviews</i> . 2021; 79(10): 1100-1113. Doi: 10.1093/nutrit/nuaa120	Q1	7.11

\* Indicates IPAN staff

# Subject area and categories identified by the Scimago Journal Ranking



# 2021 editorials and reports

Editorials and reports		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)	
Title				
1.	Letter	Al-Zubayer MA, Ahammed B, Sarder MA, Kundu S, Majumder UK, Islam SMS*. Short response on “Double and triple burden of noncommunicable diseases and its determinants among adults in Bangladesh: Evidence from a recent demographic and health survey”. <i>International Journal of Clinical Practice</i> . 2021; 75: e14976. Doi: 10.1111/ijcp.14976	Q2	2.503
2.	Editorial	Baker P*, Lacy-Nichols J, Williams O, Labonte R. The political economy of healthy and sustainable food systems: an introduction to a special issue. <i>International Journal of Health Policy and Management</i> . 2021; 10(12): 734-744. Doi: 10.34172/ijhpm.2021.156	Q1	5.007
3.	Letter to Editor	Beckford K, Grimes CA*, Margerison C*, Riddell LJ*, Skeaff SH, West ML, Nowson CA. Reply to: A systematic review and meta-analysis of 24-h urinary output of children and adolescents: impact on the assessment of iodine status using urinary biomarkers- don't forget creatinine. <i>European Journal of Nutrition</i> . 2021; 60(2): 1165-1166. Doi: 10.1007/s00394-020-02468-x (Original article refers to 2020; 59: 3113-3131).	Q1	5.614
4.	Scientific Letter	Dowman LM, May AK, Cox NS, Morris NR, Nakazawa A, Parker L*, Bondarenko J, Holland AE. Attenuation of exertional desaturation and preference for interval exercise compared to continuous exercise in people with interstitial lung disease. <i>Respirology</i> . 2021; 26(11): 1076-1079. Doi: 10.1111/resp.14159	Q1	6.424
5.	Editorial	Frost D, Mahmud M, Kaiser MS, Musoke D, Henry P, Islam SMS*. Innovative approaches to strengthening health systems in low- and middle income countries: current models, developments and challenges. <i>Health Policy and Technology</i> . 2021; 10: 100567. Doi: 10.1016/j.hlpt.2021.100567	Q3	1.931
6.	Commentary	Ghozy S, Abdelaal A, Shah J, Parker KE*, Islam SMS*. COVID-19 and physical inactivity: teetering on the edge of a deadlier pandemic? <i>Journal of Global Health</i> . 2021; 11: 03031. Doi: 10.7189/jogh.1103031	Q1	4.413
7.	Letter to Editor	Hashim HT, Miranda A, Babar MS, Essar MY, Hussain H, Ahmad S, Tazyeen S, Abujledan HM, Alsanabani NT, Khan H, Ramadhan MA, Tuama YD, Isa MA, Ahmadi A, Lucero-Prisno DE, Islam SMS*, Basalilah AFM. Yemen's triple emergency: food crisis amid a civil war and COVID-19 pandemic. <i>Public Health in Practice</i> . 2021; 2: 100082. Doi: 10.1016/j.puhip.021.100082	N/A	N/A
8.	Letter to Editor	Hasan MM, Ghosh S, dos Santos Costa AC, Tsagkaris C, Phadke R, Bassey EE, Essar MY, Ahmad S, Islam SMS*. Climate change drives mass migration and threatens migrants' health: is there are way out? <i>Ethics, Medicine and Public Health</i> . 2021; 18: 100671. Doi: 10.1016/j.jemep.2021.100671	Q4	N/A
9.	Letter to Editor	Hasan MM, Tsagkaris C, Billah M, Hossain S, Costa ACDS, Phadke R, Islam SMS*, Ahmad S, Essar MY. COVID-19 disruption to medicine supply in Bangladesh: searching for a solution to drug shortages. <i>Public Health in Practice</i> . 2021; 2: 100134. Doi: 10.1016/j.puhip.2021.100134	N/A	N/A
10.	Conference report	Iuliano S, Livingstone K*, Stonehouse W, Coates A. Abstracts of the 44th Annual Scientific Meeting of the Nutrition Society of Australia. <i>Proceedings</i> . 2021; 72: 1. Doi: 10.3390/proceedings20201072001	N/A	N/A

## Editorials and reports

			Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
Title				
11.	Correspondence	Islam SMS*, Khosravi A. The need for a prediction model assessment framework. The Lancet Global Health. 2021; 9(4): e404. Doi: 10.1016/S2214-109X(21)00022-X	Q1	26.763
12.	Editorial	Islam SMS*, Maddison R*. Digital health approaches for cardiovascular diseases prevention and management: lessons from preliminary studies. mHealth. 2021; 7: 41. Doi: 10.21037/mhealth-2020-6	N/A	N/A
13.	Invited commentary	Klouche-Djedid SN, Shah J, Khodor M, Kacimi SEO, Islam SMS*, Aiash H. Aglerias' response to COVID-19: an ongoing journey. Lancet Respiratory Medicine. 2021; 9(5): 449. Doi: 10.1016/S2213-2600(21)00083-7	Q1	30.700
14.	Commentary	Koorts H*, Rutter H. A systems approach to scale-up for population health improvement. Health Research Policy and Systems. 2021; 19: 27. Doi: 10.1186/s12961-021-00679-0	Q1	3.318
15.	Editorial	Lattoo J, Haddad PM, Mistry M, Wadoo O, Islam SMS*, Jan F, Iqbal Y, et. al. The COVID-19 pandemic: an opportunity to make mental health a higher public health priority. BJPsych Open. 2021; 7(5): e172. Doi: 10.1192/bjo.2021.1002	Q1	3.209
16.	Editorial	Love P*. How prepared is the dietetic profession for today's wicked childhood nutrition problems? Nutrition and Dietetics. 2021; 78(4): 383-385. Doi: 10.1111/1747-0080.12701	Q3	2.333
17.	Commentary	Monteiro CA, Lawrence M*, Millett C, Nestle M, Popkin BM, Scrinis G, Swinburn B. The need to reshape global food processing: a call to the United Nations Food Systems Summit. BMJ Global Health. 2021; 6: e006885. Doi: 10.1136/bmjgh-2021-006885	Q1	5.558
18.	Commentary	Nisbett N, Friel S, Aryeetey R, da Silva Gomes F, Harris J, Backholer K, Baker P*, Jernigan VV, Phulkerd S. Equity and expertise in the UN food systems summit. BMJ Global Health. 2021; 6: e006569. Doi: 10.1136/bmjgh-2021-006569	Q1	5.558
19.	Editorial	Oliveira D, Deckers K, Zheng L, Macpherson M*, Ishak WS, Silarova B. The career development of early- and mid-career researchers in dementia should be a global priority: a call for action. Aging and Mental Health. 2021; 25 Jan (Advance online). Doi: 10.1080/13607863.2021.1875193	Q1	3.658
20.	Editorial	Patterson SD, Burr JF, Warmington S*. Blood flow restriction: rehabilitation to performance. Frontiers in Physiology. 2021; 566421. Doi: 10.3389/fphys.2021.566421	Q2	4.566
21.	Commentary	Ratan ZA, Zaman SB, Islam SMS*, Hosseinzadeh H. Smartphone overuse: a hidden crisis in COVID-19. Health Policy and Technology. 2021; 10(1): 21-22. Doi: 10.1016/j.hlpt.2021.01.002	Q3	1.931
22.	Editorial	Saueressig T, Pedder H, Bowe SJ, Owen PJ*, Belavy DL. Six meta-analyses on treatments for femoroacetabular impingement syndrome in a year and readers are none the wiser: methods advice for researchers planning meta-analysis of data from fewer than 5 trials. Journal of Orthopaedic and Sports Physical Therapy. 2021; 51(5): 201-203. Doi: 10.2519/jospt.2021.0107	Q1	4.751
23.	Letter	Saueressig T, Owen PJ*, Tagliaferri SD, Miller CT*, Belavy DL. Before we giddy up, let us make sure there is no horseplay. Comments on a meta-analysis by Ren et al. International Journal of Clinical Practice. 2021; 75(10): e14600. Doi: 10.1111/ijcp.14600	Q2	2.503
24.	Comment	Scott D*, Ebeling PR. Comment on: Osteosarcopenia: where osteoporosis and sarcopenia collide. Rheumatology. 2021; 60(6): e216-e217. Doi: 10.1093/rheumatology/keab066	Q1	7.58
25.	Commentary	Ugalde A, Kiss N*, Livingston PM, Rankin N. Commentary on 'Exclusion rates in randomized trials of treatments for physical conditions: a systematic review'. Trials. 2021; 22: 76. Doi: 10.1186/s13063-021-05019-9	Q1	2.279

\* Indicates IPAN staff

# 2021 books and book chapters

## Books and book chapters

Title
1. Gauci S, Young LM, Macpherson H*, White DJ, Benson S, Pipingas A, Scholey A. Mediterranean diet and its components: potential to optimize cognition across the lifespan. (Chapter 20). In Ghosh D (Eds). Nutraceuticals in Brain Health and Beyond. Academic Press. 2021; 293-306. Doi: 10.1016/B978-0-12-820593-8.00020-3
2. Mattes RD, Tan SY*, Tucker RM. Sweeteners: sensory properties, digestion, consumption trends, and health effects. In Reference Module in Food Science, Elsevier Reference Collection. 2021; Doi: 10.1016/B978-0-12-821848-8.00014-7
3. Patterson SD, Burr JF, Warmington S* (Eds). Blood flow restriction: Rehabilitation to performance. Lausanne: Frontiers Media SA. Doi: 10.3389/978-2-88966-938-7
4. Ridgers ND*, Drehlich M. Youth Applications. (Chapter 18). In Godfrey A, Stuart S (Eds). Digital Health: Exploring Use and Integration of Wearables. London, UK: Elsevier. 2021; pp. 305-317.

\* Indicates IPAN staff



# 2021 advanced online / epublications

Advanced online / epub publications		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
1.	Alexander SE, Pollock AC, Lamon S*. The effect of sex hormones on skeletal muscle adaptation in females. <i>European Journal of Sports Science</i> . 2021; 18 May (Advance online). Doi: 10.1080/17461391.2021.1921854	Q1#, Q2#	4.050
2.	Allerton TD, Kowalski G*, Hang H, Stephens J. Dynamic glucose disposal is driven by reduced endogenous glucose production in response to voluntary wheel running: a stable isotope approach. <i>American Journal of Physiology - Endocrinology and Metabolism</i> . 2020; 28 Apr (Advance online) 319(1): E2-E10. Doi: 10.1152/ajpendo.00450.2019	Q1	4.31
3.	Allison K, Jones S, Hinman RS, Briggs AM, Sumithran P, Quicke J, Holden M, Chiavaroli N, Crofts S, George E*, Foster N, Bennell K. Effects of an online education program on physiotherapists' confidence in weight management for people with osteoarthritis: a randomized controlled trial. <i>Arthritis Care and Research</i> . 2021; 20 Dec (Advance online). Doi: 10.1002/acr.24828	Q1	1.811
4.	Alvarez-Romero J, Laguette MJN, Seale K, Jacques M, Voisin S, Hiam D*, Feller JA, et.al. Genetic variants within the COL5A1 gene are associated with ligament injuries in physically active populations from Australia, South Africa, and Japan. <i>European Journal of Sport Science</i> . 2021; 30 Dec (Advance online). Doi: 10.1080/17461391.2021.2011426	Q1#, Q2#	4.050
5.	Arundell L*, Salmon J*, Timperio A*, Sahlqvist S*, Uddin R*, Veitch J*, Ridgers N*, Brown H, Parker K*. Physical activity and active recreation before and during COVID-19: The Our Life at Home Study. <i>Journal of Science and Medicine in Sport</i> . 2021; 14 Oct (Advance online) S1440-2440(21)00456-4. Doi: 10.1016/j.jsams.2021.10.004	Q1	4.319
6.	Aydin G, Margerison C*, Worsley A, Booth A*. Essential food and nutrition knowledge and skills for primary school children: Australian parents' opinions. <i>Health Education</i> . 2021; 22 Nov (Advance online). Doi: 10.1180/HE-09-2021-0131	Q3	N/A
7.	Baker J, Masood M, Rahman MA, Thornton L*, Begg S. Identifying tobacco retailers in the absence of a licensing system: lessons from Australia. <i>Tobacco Control</i> . 2021; 1 Feb (Advance online). Doi: 10.1136/tobaccocontrol-2020-055977	Q1	7.552
8.	Barbour L, Lindberg R*, Woods J*, Charlton K, Brimblecombe J. Local urban government policies to facilitate healthy and environmentally sustainable diet-related practices: a scoping review. <i>Public Health Nutrition</i> . 2021; 25 Oct (Advance online). Doi: 10.1017/S1368980021004432	Q1	4.022
9.	Barnett LM*, Webster EK, Hulsteen RM, De Meester A, Valentini NC, Lenoir M, Pesce C, et. al. Through the looking glass: A systematic review of longitudinal evidence, providing new insight for motor competence and health. <i>Sports Medicine</i> . 2021; 31 Aug (Advance online). Doi: 10.1007/s40279-021-01516-8. (correction published 15 Sept; doi: 10.1007/s40279-021-01563-1).	Q1	11.140
10.	Beckford K, Grimes CA*, Riddell LJ*, Margerison C*, Skeaff SA, Nowson CA. Food sources of iodine in schoolchildren and relationship with 24-h urinary iodine excretion in Victoria, Australia. <i>British Journal of Nutrition</i> . 2021; 29 April (Advance online). Doi: 10.1017/S0007114521001410	Q1#, Q2#	3.718
11.	Beckner ME, Main L*, Tait JL, Martin BJ, Conkright WR, Nindl BC. Circulating biomarkers associated with performance and resilience during military operational stress. <i>European Journal of Sport Science</i> . 2021; 17 Aug (Advance online). Doi: 10.1080/17461391.2021.1962983	Q1#, Q2#	4.050

## Advanced online / epub publications

		Scimargo Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
12.	Bell LK, Gardner C, Kumar S, Wong HY, Johnson B, Byrne R, Campbell KJ*, Liem DG, Russell CG*, et.al. Identifying opportunities for strengthening advice to enhance vegetable liking in the early years of life: qualitative consensus and triangulation methods. <i>Public Health Nutrition</i> . 2021; 3 May (Advance online). Doi: 10.1017/S1368980021001907	Q1	4.022
13.	Bigaran A, Howden EJ, Foulkes S, Janssens K, Beaudry R, Haykowsky MJ, La Gerche A, Fraser S*, Selig SE. Prescribing exercise in early-stage breast cancer during chemotherapy. A simple periodized approach to align with the cyclic phases of chemotherapy. <i>Journal of Strength and Conditioning Research</i> . 2021; 26 Feb (Advance online). Doi: 10.1519/JSC.0000000000003990	Q1	3.781
14.	Boatwright M, Lawrence M*, Russell C, Russ K, McCoy D, Baker P*. The politics of regulating foods for infants and young children: a case study on the framing and contestation of codex standard-setting processes on breast-milk substitutes. <i>International Journal of Health Policy and Management</i> . 2021; 20 Nov (Advance online). Doi: 10.34172/IJHPM.2021.161	Q1	5.007
15.	Brandon I, Baker P*, Lawrence M*. Have we compromised too much? A critical analysis of nutrition policy in Australia 2007-2018. <i>Public Health Nutrition</i> . 2020; 28 Sep (Advance online). Doi: 10.1017/S1368980020003389	Q1	4.022
16.	Burnett AJ, Lacy KE*, Russell CG*, Spence AC*, Worsley A, Lamb KE. Groups of mothers based on feeding practices and their associations with dietary quality of pre-school children: a latent profile analysis. <i>Appetite</i> . 2021; 16 Oct (Advance online). Doi: 10.1016/j.appet.2021.105754	Q1	3.868
17.	Burton M, Wood JM*, Booth AO*, Worsley A, Larsson C, Margerison C*. Enough time for lunch? The duration and governance of lunch eating times in Australian primary schools: a mixed-methods study. <i>Appetite</i> . 2021; 24 Nov (Advance online). 105817. Doi: 10.1016/j.appet.2021.105817	Q1	3.868
18.	Carmichael L, Rocca R, Laing E, Ashford P, Collins J, Jackson L, McPherson L, Pendergast B, Kiss N*. Early postoperative feeding following surgery for upper gastrointestinal cancer: a systematic review. <i>Journal of Human Nutrition and Dietetics</i> . 2021; 5 Jun (Advance online). Doi: 10.1111/jhn.12930	Q2	3.089
19.	Cassar S*, Salmon J*, Timperio A*, Koch S, Koorts H*. A qualitative study of school leader experiences adopting and implementing a whole of school physical activity and sedentary behaviour programme: Transform-Us! <i>Health Education</i> . 2020; 26 Oct (Advance online). Doi: 10.1108/HE-05-2020-0031.	Q3	N/A
20.	Collings P, Grøntved A, Jago R, Kriemler S, Northstone K, Puder JJ, Salmon J*, et. al., ICAD collaborators. Cross-sectional and prospective associations of sleep duration and bedtimes with adiposity and obesity risk in 15,810 youth from 11 international cohorts. <i>Pediatric Obesity</i> . 2021; 1 Dec (Advance online). Doi: 10.1111/ijpo.12873	Q1	4.000
21.	Condo D, Lastella M, Aisbett B*, Stevens A, Roberts S. Sleep duration and quality are associated with nutrient intake in elite female athletes. <i>Journal of Science and Medicine in Sport</i> . 2021; 29 Nov (Advance online) S1440-2440(21)00536-3. Doi: 10.1016/j.jsams.2021.11.045	Q1	4.319
22.	Contardo-Ayala AM*, Salmon J*, Dunstan DW, Arundell L*, Timperio A*. Does light-intensity physical activity moderate the relationship between sitting time and adiposity markers in adolescents? <i>Journal of Sport and Health Science</i> . 2020; 14 Apr (Advance online) S2095-2546(20)30043-0. Doi: 10.1016/j.jshs.2020.04.002	Q1	7.179
23.	Cook N, Colins J, Goodwin D, Porter J*. A systematic review of food waste audit methods in hospital foodservices: development of a consensus pathway food waste audit tool. <i>Journal of Human Nutrition and Dietetics</i> . 2021; 1 Jun (Advance online). Doi: 10.1111/jhn.12928	Q2	3.089
24.	Cossez E, Baker P*, Mialon M. 'The second mother': How the baby food industry captures science, health professions and civil society in France. <i>Maternal and Child Nutrition</i> . 2021; 22 Dec (Advance online). Doi: 10.1111/mcn.13301	Q1	3.092

## Advanced online / epub publications

		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
25.	Deftereos I, Yeung J, Arslan J, Carter V, Isenring E, Kiss N* on behalf of the NOURISH point prevalence study. Adherence to ESPEN guidelines and associations with postoperative outcomes in upper gastrointestinal cancer resection: results from the multi-centre NOURISH point prevalence study. <i>Clinical Nutrition ESPEN</i> . 2021; 10 Nov (Advance online). Doi: 10.1016/j.clnesp.2021.10.019	Q2#, Q3#	0.51
26.	Dennett AM, Taylor NF, Porter J*, Evans J, Horne-Thompson AL, Harding KE. Bridging the divide: an analysis of allied health quality and research projects. <i>Journal of Continuing Education in the Health Professions</i> . 2021; 8 Jun (Advance online). Doi: 10.1097/CEH.0000000000000372	Q2#, Q3#	1.355
27.	Dry T, Baker P*. Generating political commitment for regulatory interventions targeting dietary harms and poor nutrition: a case study on sugar-sweetened beverage taxation in Australia. <i>International Journal of Health Policy and Management</i> . 2021; 22 Dec (Advance online). Doi: 10.34172/ijhpm.2021.174	Q1	5.007
28.	Ebrahimi S, Leech R*, McNaughton SA*, Abdollahi M, Houshiarrad A, Livingstone K*. Associations between diet quality and obesity in a nationally representative sample of Iranian households: a cross-sectional study. <i>Obesity Science and Practice</i> . 2021; 25 May (Advance online). Doi: 10.002/osp4.536	Q3	N/A
29.	Ferguson C, Aisbett B*, Lastella M, Roberts S, Condo D. Evening whey protein intake, rich in tryptophan, and sleep in elite male Australian rules football players on training and nontraining days. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> . 2021; 7 Dec (Advance online). Doi: 10.1123/ijsem.2021-0145	Q1#, Q2#	4.599
30.	Fraser SF*, Gardner JR, Dalla Via J, Daly RM*. The effect of exercise training on lean body mass in breast cancer patients: a systematic review and meta-analysis. <i>Medicine and Science in Sports and Exercise</i> . 2021; 20 Sept (Advance online). Doi: 10.1249/MSS00000000000002792	Q1	5.411
31.	Fraser K, Love P*, Campbell KJ*, Ball K*, Opie R. Meal kits in the family setting: impacts on family dynamics, nutrition, social and mental health. <i>Appetite</i> . 2021; 19 Nov (Advance online) 105816. Doi: 10.1016/j.appet.2021.105816	Q1	3.868
32.	Fyfe J*, Hamilton DL*, Daly RM*. Minimal-dose resistance training for improving muscle mass, strength, and function: a narrative review of current evidence and practical considerations. <i>Sports Medicine</i> . 2021; 25 Nov (Advance online). Doi: 10.1007/s40279-021-01605-8	Q1	11.140
33.	Hariharan R, Odjidja EN, Scott D*, Shivappa N, Hébert JR, Hodge A, de Courten B. The dietary inflammatory index, obesity, type 2 diabetes, and cardiovascular risk factors and diseases. <i>Obesity Reviews</i> . 2021; 27 Oct (Advance online). Doi: 10.1111/ob.13349	Q1	9.213
34.	Howells RJ, Spathis JG, Pearson J, Latella C, Garrett JM, Owen PJ*, van den Hoek DJ. Impacts of squat attempt weight selection and success on powerlifting performance. <i>Journal of Sports Medicine and Physical Fitness</i> . 2021; 15 Mar (Advance online). Doi: 10.23736/S0022-4707.21.12140-1	Q2#, Q3#	1.637
35.	Jansons P*, Dalla Via J, Daly RM*, Fyfe J*, Gvozdenko E, Scott D*. Delivery of Home-based exercise interventions in older adults facilitated by Amazon Alexa: a 12-week feasibility trial. <i>Journal of Nutrition Health and Aging</i> . 2021; 20 Dec (Advance online). Doi: 1007/s12603-021-1717-0	Q2#, Q3#	4.075
36.	Jayasinghe SU, Hall SJ, Torres SJ*, Turner AI*. Stress system dysfunction revealed by integrating reactivity of stress pathways to psychological stress in lean and overweight/obese men. <i>American Journal of Physiology-Regulatory, Integrative and Comparative Physiology</i> . 2021; 22 Dec (Advance online). Doi: 10.1152/ajpregu.00276.2021	Q2	3.156
37.	Kernebone P, O'Shea A, Jerebine A, Barnett LM*. Kicking goals: Exploring the experiences of girls who play Australian Rules football. <i>Health Promotion Journal of Australia</i> . 2021; 3 Sept (Advance online). Doi: 10.1002/hpja.536	Q2	1.954
38.	Lander N*, Lewis S, Nahavandi D, Amsbury K, Barnett LM*. Teacher perspectives of online continuing professional development in physical education. <i>Sport, Education and Society</i> . 2020; 21 Dec (Advance online). Doi: 10.1080/13573322.2020.1862785	Q1	4.119

## Advanced online / epub publications

		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
39.	Lee EY, Khan A, Uddin R*, Lim E, George L. Six-year trends and intersectional correlates of meeting 24-Hour Movement Guidelines among South Korean adolescents: Korea Youth Risk Behaviour Surveys 2013-2018. <i>Journal of Sport and Health Science</i> . 2020; 11 Nov (Advance online): S2095-2546(20)30150-2. Doi: 10.1016/j.jshs.2020;.11.001.	Q1	7.179
40.	Livingstone K*, Milte CM*, Torres SJ*, Hart MJ, Dingle SE, Shaw JE, Magliano DJ, McNaughton SA*. Nineteen-year associations between three diet quality indices and all-cause and cardiovascular disease mortality: the Australian Diabetes, Obesity and Lifestyle Study. <i>The Journal of Nutrition</i> . 2021; 13 Nov (Advance online) nxab386. Doi: 10.1093/jn/nxab386	Q1	4.798
41.	Livingstone K*, Sexton-Dhamu MJ, Pendergast FJ, Worsley A, Brayner B, McNaughton SA*. Energy-dense dietary patterns high in free sugars and saturated fat and associations with obesity in young adults. <i>European Journal of Nutrition</i> . 2021; 6 Dec (Advance online). Doi: 10.1007/s00394-021-02758-y	Q1	5.614
42.	Lobo EH, Abdelrazek M, Kensing F, Rasmussen LJ, Livingstone PM, Grundy J, Islam SMS*, Frølich A. Technology-based support for stroke caregiving: a rapid review of evidence. <i>Journal of Nursing Management</i> . 2021; 4 Aug (Advance online). Doi: 10.1111/jonm.13439	Q1	3.325
43.	Loh V*, Sahlqvist S*, Veitch J*, Carver A, Contardo-Ayala AM*, Cole R, Timperio A*. Substituting passive for active travel - what is the potential among adolescents? <i>International Journal of Sustainable Transportation</i> . 2021; 20 Sept (Advance online). Doi: 10.1080/15568318.2021.1979137	Q1	3.929
44.	Loh V*, Poelman M, Veitch J*, McNaughton SA*, Leech R*, Timperio A*. Neighborhood food typologies, fast food outlet visitation and snack food purchasing among adolescents in Melbourne, Australia. <i>Public Health Nutrition</i> . 2021; 11 Oct (Advance online). Doi: 10.1017/S1368980021004298	Q1	4.022
45.	Malekahmadi M, Pahlavani N, Firouzi S, Clayton ZS, Islam SMS*, Zonooz SR, Moghaddam OM, Soltani S. Effect of enteral immunomodulatory nutrition formula on mortality and critical care parameters in critically ill patients: a systematic review with meta-analysis. <i>Nursing in Critical Care</i> . 29 Jul (Advance online). Doi: 10.1111/nicc.12687	Q1	2.325
46.	Marchese L, Livingstone KM*, Woods JL*, Wingrove K, Machado P*. Ultra-processed food consumption, socio-demographics, and diet quality in Australian adults. <i>Public Health Nutrition</i> . 2021; 12 Sept (Advance online). Doi: 10.1017/S1368980021003967	Q1	4.022
47.	Marshall S, Taki S, Laird Y, Love P*, Wen LM, Rissel C. Cultural adaptations of obesity-related behavioral prevention interventions in early childhood: a systematic review. <i>Obesity Reviews</i> . 2021; 5 Dec (Advance online) e13402. Doi: 10.1111/obr.13402	Q1	9.213
48.	Mazidi M, Webb RJ, George ES*, Shekoohi N, Lovegrove JA, Davies IG. Nutrient patterns are associated with discordant apoB and LDL: a population-based analysis. <i>British Journal of Nutrition</i> . 2021; 15 Sep (Advance online). Doi: 10.1017/S000711452100369X	Q1#, Q2#	3.718
49.	Miller CT*, Owen PJ*, Than CA, Ball J, Sadler K, Piedimonte A, Benedetti F, Belavy DL. Attempting to separate placebo effects from exercise in chronic pain: a systematic review and meta-analysis. <i>Sports Medicine</i> . 2021; 27 Aug (Advance online). Doi: 10.1007/s40279-021-01526-6 (Erratum published 2021; 19 Oct (Advance online). Doi: 10.1007/s40279-021-01578-8)	Q1	11.140
50.	Mitchell UH, Owen P*, Rantalainen T, Belavy DL. Increased joint mobility is associated with impaired transversus abdominis contraction. <i>Journal of Strength and Conditioning Research</i> . 2020; 12 Aug (Advance online). Doi: 10.1519/JSC.0000000000003752	Q1	3.781
51.	Moodie R, Bennett E, Kwong EJJ, Santos TM, Pratiwi L, Williams J, Baker P*. Ultra-processed profits: The political economy of countering the global spread of ultra-processed foods- a synthesis review on the market and political practices of transnational food corporations and strategic public health responses. <i>International Journal of Health Policy and Management</i> . 2021; 24 May (Advance online). Doi: 10.3417/ijhpm.2021.45	Q1	5.007

## Advanced online / epub publications

		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
52.	Murphy KT, Swiderski K, Ryall JG, Davey JR, Qian H, Lamon S*, Foletta VC, et. al. Mechanisms of chemotherapy-induced muscle wasting in mice with cancer cachexia. <i>JCSM Rapid Communications</i> . 2021; 26 Aug (Advance online). Doi: 10.1002/rc02.50	N/A	N/A
53.	Nayak M, Wills K, Teychenne M*, Cleland V. Patterns and predictors of television viewing and computer use among women living in socioeconomically disadvantaged neighborhoods: a prospective cohort study. <i>Journal of Physical Activity and Health</i> . 2021; 22 Oct (Advance online). Doi: 10.1123/jpah.2021-0158	Q2	2.592
54.	Neri D, Steele EM, Khandpur N, Cediel G, Zapata ME, Rauber F, Marron-Ponce J, Machado P*, et.al. Ultra-processed food consumption and dietary nutrient profiles associated with obesity: a multi-country study of children and adolescents. <i>Obesity Reviews</i> . 2021; 9 Dec (Advance online). e13387. Doi: 10.1111/obr.13387	Q1	9.213
55.	Neves PAR, Barros AJD, Baker P*, Piwoz E, Santos TM, Gatica-Dominguez G, Vaz JS, et. al. Consumption of breast milk, formula and other non-human milk by children aged under two years: analysis of eighty-six low-and middle-income countries. <i>Public Health Nutrition</i> . 2020; 16 Oct (Advance online). Doi: 10.1017/S1368980020004061	Q1	4.022
56.	Niemistö D, Barnett LM*, Cantell M, Finni T, Korhonen E, Sääkslahti A. What factors relate to three profiles of perception of motor competence in young children? <i>Journal of Sport Sciences</i> . 2021; 12 Oct (Advance online). Doi: 10.1080/02640414.2021.1985774	Q1#, Q2#	3.337
57.	Olstad DL, Nejatnamini S, Kirkpatrick SI, Vanderlee L, Livingstone KM*, Campbell DJT, Tang K, et. al. Stress-related poor diet quality does not explain socioeconomic inequities in health: a structural equation mediation analysis of gender-specific pathways. <i>Journal of the Academy of Nutrition and Dietetics</i> . 2021; 7 Oct (Advance online) S2212-2672(21)01343-5. Doi: 10.1016/j.jand.2021.09.018	Q1	4.910
58.	Paterson JL, Aisbett B*, Kovac K, Ferguson SA. Informal management of health and safety risks associated with alarm response by Australian firefighters. <i>Ergonomics</i> . 2021; 31 Aug (Advance online). Doi: 10.1080/00140139.2021.1967460	Q1	2.778
59.	Rahmawatu W, van der Pligt P*, Worsley A, Willcox J. Indonesian antenatal nutrition education: a qualitative study of healthcare professional views. <i>Women's Health</i> . 2021; 10 Dec (Advance online). Doi: 10.1177/17455065211066077	N/A	N/A
60.	Roberts SSH, Aisbett B*, Teo WP, Warmington S*. Monitoring effects of sleep extension and restriction on endurance performance using heart rate indices. <i>Journal of Strength and Conditioning Research</i> . 2021; 27 Oct (Advance online). Doi: 10.1519/JSC.0000000000004157	Q1	3.781
61.	Rumaisa FS, Worsley A, Renuka R Silva KD, Nanayakkara J*. Opportunities and challenges associated with food and nutrition education in Sri Lankan primary schools. <i>International Journal of Health Promotion and Education</i> . 2021; 24 Apr (Advance online). Doi: 10.1080/14635240.2021.1919910	Q3	N/A
62.	Russo I, Della Gatta P*, Garnham A, Porter J*, Burke LM, Costa RJS. The effects of an acute "train-low" nutritional protocol on markers of recovery optimization in endurance-trained male athletes. <i>International Journal of Sports Physiology and Performance</i> . 2021; 27 May (Advance online). Doi: 10.1123/ijsp.2020-0847	Q1	4.010
63.	Russell RD, Roberts-Thomson KM, Hu D, Greenaway T, Betik AC*, Parker L*, Sharman JE, Richards SM, Rattigan S, Premilovac D, Wadley GD*, Keske MA*. Impaired postprandial skeletal muscle vascular responses to a mixed meal challenge in normoglycaemic people with a parent with type 2 diabetes. <i>Diabetologia</i> . 2021; 29 Sep (Advance online). Doi: 10.1007/s00125-021-05572-7	Q1	10.122
64.	Sakib N, Bhuiyan AKMI, Hossain S, Al Mamun F, Hosen I, Abdullah AH, Sarker MA, Mohiuddin MS, Rayhan I, Hossain M, Sikder MT, Gozal D, Muhit M, Islam SMS*, Griffiths MD, Pakpour AH, Mamun MA. Psychometric validation of the bangla fear of covid-19 scale: confirmatory factor analysis and rasch analysis. <i>International Journal of Mental Health and Addiction</i> . 2020; 11 May (Advance online). Doi: 10.1007/s11469-020-00289-x	Q2	3.836

## Advanced online / epub publications

		Scimago Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
65.	Sarapis K, George ES*, Marx W, Mayr HL, Willcox J, Esmaili T, et. al. Extra virgin olive oil high in polyphenols improves antioxidant status in adults: a double-blind, randomized, controlled, cross-over study (OLIVAUS). <i>European Journal of Nutrition</i> . 2021; 30 Oct (Advance online). Doi: 10.1007/s00394-021-02712-y	Q1	5.614
66.	Sheedy K, Patel N, Porter J*, Silva H. Cost and accessibility of empiric food elimination diets for treatment of eosinophilic oesophagitis. <i>Nutrition and Dietetics</i> . 2021; 19 Dec (Advance online). Doi: 10.1111/1747-0080.12717	Q3	2.333
67.	Shoib S, Islam SMS*, Arafat SMY, Hakak SA. Depression and suicidal ideation among the geriatric population of Kashmir, India. <i>International Journal of Social Psychiatry</i> . 2020; 24 Oct (Advance online) 20764020968592. Doi: 10.1177/0020764020968592	Q2	2.625
68.	Sievert K, Lawrence M*, Parker C, Baker P*. Understanding the political challenge of red and processed meat reduction for healthy and sustainable food systems: a narrative review of the literature. <i>International Journal of Health Policy and Management</i> . 2020; 2 Dec (Advance online). Doi: 10.34172/ijhpm.2020.238	Q1	5.007
69.	Sim M, Dalla Via J, Scott D*, Lim WH, Hodgson JM, Zhu K, Daly RM*, et. al. Creatinine to cystatin C ratio, a biomarker of sarcopenia measures and falls risk in community-dwelling older women. <i>The Journals of Gerontology: Series A</i> . 2021; 15 Dec (Advance online) glab369. Doi: 10.1093/gerona/glab369	Q1	6.053
70.	Sudholz B, Contardo-Ayala AM*, Timperio A*, Dunstan D, Conroy DE, Abbott G, Holland B, Arundell L*, Salmon J*. The impact of height-adjustable desks and classroom prompts on sitting time, social, and motivational factors among adolescents. <i>Journal of Sport and Health Science</i> . 2020; 20 May (Advance online). Doi: 10.1016/j.jshs.2020.05.002	Q1	7.179
71.	Tagliaferri SD, Mitchell UH, Saueressig T, Owen PJ*, Miller CT*, Belavy DL. Classification approaches for treating low back pain have small effects that are not clinically meaningful: a systematic review with meta-analysis. <i>Journal of Orthopaedic and Sports Physical Therapy</i> . 2021; 15 Nov (Advance online). Doi: 10.2519/jospt.2022.10761	Q1	4.751
72.	Tagliaferri S, Ng S, Fitzgibbon BM, Owen P*, Miller CT*, Bowe S, Belavy DL. Relative contributions of the nervous system, spinal tissue and psychosocial health to non-specific low back pain: multivariate meta-analysis. <i>European Journal of Pain</i> . 2021; 8 Nov (Advance online). Doi: 10.1002/ejp.1883	Q1	3.934
73.	Tagliaferri S, Fitzgibbon BM, Owen P*, Miller CT*, Bowe S, Belavy DL. Brain structure, psychosocial, and physical health in acute and chronic back pain: a UKBioBank study. <i>Pain</i> . 2021; 26 Oct (Advance online). Doi: 10.1097/j.pain.0000000000002524	Q1	6.961
74.	Thomas S, Barnett LM*, Papadopoulos N, Lander N*, McGillivray J, Rinehart N. How do physical activity and sedentary behaviour affect motor competence in children with Autism Spectrum Disorder compared to typically developing children: a pilot study. <i>Journal of Autism and Developmental Disorders</i> . 2021;5 Aug (Advance online). Doi: 10.1007/s10803-021-05205-3	Q1	4.291
75.	Thornton L*, Rich S, Johnson L, Horne R, Andrews F. Pie in the sky: exploring food practices amongst those living in apartments within Melbourne, Australia. <i>Cities and Health</i> . 2020; 18 Jun (Advance online). Doi: 10.1080/23748834.2020.1774955	N/A	N/A
76.	Trapp G, Hooper P, Thornton L*, Kennington K, Sartori A, Wickens N, Mandzufas J, Billingham W. Children's exposure to outdoor food advertising near primary and secondary schools in Australia. <i>Health Promotion Journal of Australia</i> . 2021; 21 Aug (Advance online). Doi: 10.1002/hpja.532	Q2	1.954
77.	Tsitkanou S, Della Gatta PA*, Abbott G, Wallace MA, Lindsay A*, Gerlinger-Romero F, Walker AK, Foletta VC, Russell AP*. miR-23a suppression accelerates functional decline in the rNLS8 mouse model of TDP-43 proteinopathy. <i>Neurobiology of Disease</i> . 2021; 10 Nov (Advance online). 105559. Doi: 10.1016/j.nbd.2021.105559	Q1	5.996

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		Scimargo Journal Ranking (2020)	Incites Impact Factor (2020)
	Title		
78.	Verswijveren SJJM, Lamb KE, Martín-Fernández JA, Winkler E, Leech RM*, Timperio A*, Salmon J*, Daly RM*, Cerin E, Dunstan DW, Telford RM, Telford RD, Olive LS, Ridgers ND*. Using compositional data analysis to explore accumulation of sedentary behaviour, physical activity and youth health. <i>Journal of Sport and Health Science</i> . 2021; 15 Mar (Advance Online) S2095-2546(21)00029-6. Doi: 10.1016/j.jshs.2021.03.004	Q1	7.179
79.	Verswijveren SJJM, Powell C, Chappel SE, Ridgers ND*, Carson BP, Dowd KP, Perry IJ, Kearney PM, Harrington JM, Donnelly AE. The influence of sitting, standing and stepping bouts on cardiometabolic health markers in older adults. <i>Journal of Aging and Physical Activity</i> . 2021; 13 May (Advance online). Doi: 10.1123/japa.2020-0443	Q2#, Q3#	1.961
80.	Vidal-Almela S, Czajkowski B, Prince SA, Chirico D, Way KL*, Pipe AL, Reed JL. Lessons learned from community-and home-based physical activity programs: a narrative review of factors influencing women's participation in cardiac rehabilitation. <i>European Journal of Preventive Cardiology</i> . 2020; 7 Mar (Advance online) 2047487320907748. Doi: 10.1177/2047487320907748	Q1#, Q2#	7.804
81.	Vidal-Almela S, Way KL*, Terada T, Tulloch HE, Keast ML, Pipe AL, Chirico D, Reed JL. Sex differences in physical and mental health following high-intensity interval training in adults with cardiovascular disease who completed cardiac rehabilitation. <i>Applied Physiology, Nutrition, and Metabolism</i> . 2021; 10 Aug (Advance online). Doi: 10.1139/apnm-2021-0265	Q2#, Q3#	N/A
82.	Wilson JE, Sugumar D, McNaughton SA*, Gall S, Dwyer T, Venn A, Smith KJ. Associations between childhood to adulthood socioeconomic mobility and adult diet quality. <i>British Journal of Nutrition</i> . 2021; 26 Aug (Advance online). Doi: 10.1017/S000711452100317	Q1#, Q2#	3.718
83.	Wood B, Baker P*, Sacks G. Conceptualising the commercial determinants of health using a power lens: a review and synthesis of existing frameworks. <i>International Journal of Health and Policy Management</i> . 2021; 25 Jan (Advance online). Doi: 10.34172/IJHPM.2021.05	Q1	2.419
84.	Woodforde J, Alsop T, Salmon J*, Gomersall S, Stylianou M. Effects of school-based before-school physical activity programmes on children's physical activity levels, health and learning-related outcomes: a systematic review. <i>British Journal of Sports Medicine</i> . 2021; 23 Nov (Advance online). Doi: 10.1136/bjsports-2021-104470	Q1	13.800
85.	Woessner MN, Hiam D*, Smith C, Lin X, Zarekookandeh N, et. al. Osteoglycin across the adult lifespan. <i>Journal of Clinical Endocrinology and Metabolism</i> . 2021; 30 Nov (Advance online). dgab861. Doi: 10.120/clinem/dgab861	Q1	5.799
86.	Zhang Z, Predy M, Kuzik N, Hewitt L, Hesketh KD*, Pritchard L, Okely AD, Carson V. Validity of an infant tummy time questionnaire and time-use diary against the GENEActiv Accelerometer. <i>Measurement in Physical Education and Exercise Science</i> . 2021; 20 Jun (Advance online). Doi: 10.1080/1091367X.2021.1941033	Q1#, Q2#	2.304
87.	Zheng M*, Hesketh KD*, McNaughton SA*, Salmon J*, Crawford D, Cameron AJ, Lioret S, Campbell KJ*. Quantifying the overall impact of an early childhood multi-behavioural lifestyle intervention. <i>Pediatric Obesity</i> . 2021; 17 Oct (Advance online) e12861. Doi: 10.1111/ijpo.12861	Q1	4.000

\* Indicates IPAN staff

# Subject area and categories identified by the Scimargo Journal Ranking

# Financials 2021

## Financial summary 2021

	<b>2021 Actual</b>
<b>Income</b>	
Deakin Contribution	3,491,000
<b>Total Income</b>	<b>3,491,000</b>
<b>Employment Costs</b>	
Academic Employment	1,673,223
Professional Employment	787,059
Contractors	9,000
<b>Total Employment</b>	<b>2,469,282</b>
Equipment and Leases	567
Marketing, Advertising & Promotion	8,703
Student Expenses	591
Scholarships and Bursaries	1,427
Consumables & Communication	377,193
Professional, Legal & Consultants	60,655
Staff Recruitment & Development	17,259
Catering & Entertainment	243
Other Expenditures (excl SD)	204,285
<b>Total Non-Employment</b>	<b>670,923</b>
<b>Total Expenditure</b>	<b>3,140,205</b>
<b>Net Surplus*</b>	<b>350,795</b>

\*Due to the COVID-19 pandemic, planned expenditure on a range of activities in 2021 was suspended due to Deakin University and/or Government directives, leading to a significant surplus.



Thank you

We're grateful to the incredible researchers, staff, supporters, donors, stakeholders and collaborators who have worked with us in 2021.

While it has been another challenging year, we are proud of our collective effort to make an impact on the health and quality of life of all populations.

**Thank you to all for your unwavering commitment and achievements this year.**



# IPAN

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