



# IPAN

INSTITUTE FOR PHYSICAL  
ACTIVITY AND NUTRITION



## ANNUAL REPORT | 2016





## OUR VISION

Our vision is to improve the health of all Australians through nutrition and physical activity research excellence.



## OUR MISSION

Our mission is to conduct high-quality multidisciplinary nutrition and physical activity research that actively informs policy and practice, improves health, and builds capacity in nutrition and physical activity research in Australia.

# IPAN: 2016 AT A GLANCE



**56**

ACADEMIC STAFF



**73**

PHD STUDENTS



**12**

PHD COMPLETIONS



**\$3m+**

TOTAL EXTERNAL INCOME\*



**693**

TOTAL MEDIA HITS  
FOR 2016



**237**

HARD COPY  
PUBLICATIONS



**33**

ADVANCE ONLINE  
PUBLICATIONS OR E-PUB  
AHEAD OF PRINT



**2**

BOOK CHAPTERS



**4**

NEW CATEGORY 1 PROJECTS/  
FELLOWSHIPS COMMENCED  
IN 2016



**10**

CATEGORY 1 PROJECTS/  
FELLOWSHIPS  
AWARDED IN 2016\*\*

\* Category 1: \$2.15m; Category 2-4: \$1.08m \*\* to commence in 2017

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# CO-DIRECTORS REPORT

2016 was a hallmark year for the Institute for Physical Activity and Nutrition. Receiving Institute status from Deakin University is a critical step towards achieving our goal of improving health for all Australians.



**Since receiving Institute status from the University Council, IPAN (formerly the Centre for Physical Activity and Nutrition Research) has grown from strength to strength - from a small group of just four in 2003 to a University Strategic Research Centre in 2010, the achievement of Institute status was an incredible thrill for our team.**

Our first 10 months as an Institute was a period of transition and strategic growth focused on the recruitment of new staff, whilst also maintaining our focus on research excellence and capacity building.

A key new initiative leading our move towards greater capacity building was the appointment of Alfred Deakin Professor Kylie Ball to lead the Institute's implementation of an Early-Mid Career Researcher development program. This program forms an integral part of our strategy to ensure our researchers receive the best opportunities, building their research methods to improve effectiveness and grow better research into the future.

To enable translation of research outcomes to inform current policy and practice in Australia, we continued in 2016 to engage with priority stakeholders including the National Heart Foundation of Australia, Osteoporosis Australia, the Victorian Department of Health and Human Services, Department of Education and Training, Cancer Council Victoria, and VicHealth,

amongst others. Discussions with the World Health Organisation regarding IPAN becoming a designated 'WHO Collaborating Centre in Diet and Physical Activity' significantly advanced and we anticipate a positive outcome in 2017.

Additionally, the Institute established processes to facilitate cross-disciplinary collaboration and capitalise on the expertise that exists across IPAN. A series of 'I-Connect forums' were introduced to provide a vehicle to further develop collaborative ideas. This has already resulted in an increase in new multidisciplinary collaborations across the Institute. Planning for a new Institute seminar series commenced and this will be launched in 2017.

Leading by example is a vital part of IPAN's objectives, and we were encouraged and humbled to once again receive recognition from Thomson Reuters as Highly Cited Researchers in 2016, along with our colleagues Alfred Deakin Professors Anna Timperio and Kylie Ball. Recognition too must go to Alfred Deakin Professor Kylie Ball's election as a Fellow of the Australian Academy of Health and Medical Sciences.

IPAN's research was a major contributor to Deakin University's School of Exercise and Nutrition Sciences ranking as the number one School in Sport Science in the world, and IPAN staff and students received various awards with a strong focus on media activities and high output of scientific publications in quality journals.

We recruited five of the eight academic positions identified in our Institute Business Case. We welcome Associate Professor Michelle Keske, Metabolism; Associate Professor Clinton Bruce, Metabolism; Dr Nicola Ridgers, Physical Activity Promotion; Dr Harriet Koorts, Implementation Science; and Dr Phillip Baker, Food Policy. These positions all commence in early 2017. We continue to seek suitable applicants in Nutrition, Healthy Ageing, Built Environment and Health Inequalities. To support our growing research, the Institute in 2016 welcomed three professional staff: Deb Hamshaw, Administration Officer; Stephanie Gaut, Communications Officer; and Julie Rankine, Grants Support Officer.

Finally on a personal note, we would like to take this opportunity to acknowledge the achievements of IPAN's staff and students. We are proud of IPAN's growing reputation as an industry leader, and invite you to see more on the following pages about IPAN's influence in the arenas of nutrition and physical activity.

**Co-Directors, Institute for Physical Activity and Nutrition:** Alfred Deakin Professor David Crawford and Alfred Deakin Professor Jo Salmon

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Seed funding was provided to fast track the development of cross-disciplinary project grants, supporting a total of 14 projects. In the latter part of the year, 11 grants and fellowships were in preparation from these projects.

# PUBLIC HEALTH CHALLENGE

**Both nutrition and physical activity play important roles in preventing chronic health conditions, and promoting functional and cognitive health, and well-being. However, poor nutrition and inadequate activity continue to drive high rates of disease around the world.**

Major health problems cost communities significantly – not just economically but personally and socially. With an ageing population and the likely corresponding increase in chronic diseases commonly associated with ageing, Australia's already-pressured health system is edging nearer to breaking point.

Governments and other health influencers are increasingly recognising that a greater focus on prevention is needed – and not just management of health conditions – to reduce the burden associated with these conditions. It is only through solid, systematic evidence about eating and physical activity behaviours, and how they can be modified to improve health that we can begin the dialogue needed to change the current health landscape.

As well as health gains, reducing inactivity and promoting healthy eating through the development of supportive environments can also have many co-benefits. These include decreasing energy consumption, greenhouse gas emissions and pollution (noise and air) through reduced car dependence and long distance food transportation, as well as social benefits such as increased social connections.

Research conducted by IPAN seeks to provide answers to some of the major chronic health conditions including obesity, diabetes, cardiovascular disease, cancer, osteoporosis, dementia and mental health, as well as improve quality of life for those living with conditions such as muscular dystrophy and motor neurone disease.

Our research takes a lifespan approach, recognising many chronic lifestyle diseases have their origins early in life. We know, for example, that the majority of Australian children and adolescents eat too few fruits and vegetables and consume too many discretionary foods high in fat, salt and sugar, such as confectionary, sugar-sweetened beverages and snack foods. In addition, fewer than 30% of children and 10% of adolescents meet current national physical activity guidelines of 60 minutes daily. Therefore, it is not surprising that more than one in four children and almost one in three adolescents are overweight or obese.

These population health challenges require real world solutions and helping people to live healthier and independently for longer is critical for Australia's future. With our multidisciplinary expertise spanning biomedical, clinical and population health research and our world-class expertise in both nutrition and physical activity, IPAN is in a unique position to conduct innovative, quality research to significantly improve health and quality of life, and reduce the rates of chronic disease.

These population health challenges require real world solutions, and helping people to live healthier and independently for longer is critical for Australia's future.



# RESEARCH EXCELLENCE

## BUILDING A NEW RESEARCH GENERATION

Capacity building to grow the next generation of researchers in nutrition and physical activity fields is a major focus for IPAN. In 2016 we recognised the need to improve our approach to supporting our early and mid-career researchers (EMCRs), and appointed Alfred Deakin Professor Kylie Ball as the Head of EMCR Development to lead a program of activities.

The key objectives of this new program are to:

- Provide a high quality EMCR professional development program that meets the needs of IPAN's EMCRs and the staff who supervise them
- Create a supportive community and culture that is inclusive of and empowers EMCRs to succeed and continue to enjoy their research and work
- Enhance and profile IPAN's reputation (both internally and externally, amongst other Universities/research institutes) as an Institute providing the above.

All members of IPAN were given the opportunity to nominate as an early-mid career researcher and be involved in a program of activities including:

- Survey of needs
- One to one discussions with Alfred Deakin Professor Ball
- Individual support via a matched mentor
- Access to online resources focusing on key themes: e.g. career planning; writing; applying for funding; presenting; networking; social media/designing your online presence; time management/work-life balance/vitality; coping with rejection
- Access to practical workshops and 'shut up and write' sessions.

In 2016, an externally facilitated Strategic Researcher workshop was held, as were five 'shut up and write' sessions, all EMCRs were matched with a mentor, resources were collated and an iCloud discussion board established. These activities will continue and be built on in 2017. The program will also be evaluated with baseline data gathered in 2016 and follow up data to be collected in 2017.

## IN THE TOP 1% OF THEIR FIELD

For the second year in a row, four IPAN researchers have been included in a prestigious list honouring global academic citations.

Alfred Deakin Professors Jo Salmon, David Crawford, Anna Timperio and Kylie Ball (pictured below) were again listed as Thomson Reuters Highly Cited Researchers in 2016. This listing represents the world's most influential scientific minds. Around 3000 researchers in the world are included on the list and make up the top one per cent most cited for their subject fields.



For the second year in a row, four IPAN researchers have been included in a prestigious list honouring global academic citations.

## 2016 IN REVIEW

ACTIVITY	KPI	ACTUAL	ACHIEVEMENT
Category 1 income	\$3,200,000	\$2,147,378	67%
Category 2-4 income	\$800,000	\$1,079,236	135%
Total income	\$4,000,000	\$3,226,614	81%
PhD completions	10	12	120%
% Success ARC Discovery projects	18%	50%	270%
% Success ARC Linkage projects	36%	Na	na
% Success NHMRC Project grants*	15%	0%	0%

\* 6 applications submitted, 2 judged 'Not for further consideration', 2 scored 5 (Q1 and Q3), 2 scored 4 (Q3 and Q2).

# SHARED LEARNING AT IPAN

The IPAN Visiting Fellows program provides funding to support visits from national or international colleagues and is an important mechanism for further development of collaborative opportunities, sharing expertise and learning from others.

In 2016, IPAN hosted the following visitors:

- Dr Charlotte Pratt - the National Heart, Lung, and Blood Institute, United States
- Professor Marian Nestle - New York University, New York
- Professor Martin Caraher - Centre for Food Policy at City University, London
- Dr Mark Muthalib – University of Montpellier, France
- Associate Professor Eva Wulff Helge - University of Copenhagen, Denmark
- Dr Julie Brimblecombe - Menzies School of Health Research, Darwin
- Professor Taija Juutinen Finni - University of Jyväskylä, Finland
- Professor Rosalind Gibson - University of Otago, New Zealand
- Dr Carola Ray - Folkhälsan Research Center, Finland
- A/Prof Kirsten Verkooijen - Wageningen University, The Netherlands
- Professor Marie Murphy - University of Ulster, Ireland
- Nicole Goedhart (PhD student) - VU University, Amsterdam
- Jesper Fritz (PhD student) - Lund University, Skane University Hospital, Sweden
- Jo Sweeting (PhD student) - University of Sydney, Sydney

A number of national and international colleagues visited IPAN in 2016 either in a self-funded capacity or through the IPAN visiting fellows program.



# RESEARCH INTO PRACTICE

We value our formal research partnerships as well as the more informal links and consultations we regularly engage in with our key stakeholders.

Stakeholders across government, non-government, professional bodies, practitioners and community groups are key players in IPAN's research. Both in terms of informing and planning for policy- and practice-relevant research and in playing a key role in the translation, dissemination and implementation of research, stakeholders play a critical role throughout the research process.

The emphasis has been on building relationships to create opportunities and identify mutual benefits for both IPAN and the stakeholders IPAN works with. Providing evidence-based advice is another important focus for IPAN members, who serve on steering committees, advisory panels and working groups to assist government, policy makers and non-government organisations in the development of health guidelines and policy.

Working with stakeholders ensures IPAN's research focuses on real world solutions for the challenges of our times. Together we strive to improve health and quality of life for the local, national and international community.

## KEY STAKEHOLDER ACTIVITIES

Participation in the:

- **Victorian Healthy Eating Enterprise:** Victorian Department of Health and Human Services
  - **Active Recreation Steering Group:** Victorian Department of Health and Human Services (Sport and Recreation Victoria)
  - **Food and Nutrition Advisory Committee:** National Heart Foundation of Australia
  - **National Physical Activity Committee:** National Heart Foundation of Australia
  - **VicHealth Healthy Eating Taskforce:** Victorian Health Promotion Foundation
  - **VicHealth Physical Activity Taskforce:** Victorian Health Promotion Foundation
  - **VicHealth Victorian Action on Salt Reduction Taskforce:** Victorian Health Promotion Foundation
  - **Obesity Prevention Consensus Steering Committee:** Globe Obesity Centre and Obesity Policy Coalition
  - **Australian Health Policy Collaboration:** Victoria University
- IPAN in collaboration with Parks Victoria and the Health Nature & Sustainability Research Group at Deakin University hosted a joint Parks for Healthy Communities forum.
  - Working with the National Heart Foundation of Australia to support advocacy activities for the development of a national physical activity plan for Australia.
    - Working with key stakeholders to support the development of a national nutrition plan and address other national food and nutrition issues.
  - Involvement in the development of the Federal Government's national strategic framework for chronic conditions.



# 2016 RESEARCH IMPACT

Various projects for industry groups and key stakeholders commenced in 2016. These included:

**Analysis of beverage consumption of young adults using the MEALS project - The Victorian Health Promotion Foundation (VicHealth). Associate Professor Sarah McNaughton and Professor Tony Worsley. Completed 2016.**

This project involved the analysis of data collected via an Australian Research Council funded project called the Meals study (ARCDP130100713) to provide an insight into sugar sweetened beverage intake of young adults – 18-30 years. The study explored the eating occasions in which sugar-sweetened beverages were consumed and the factors associated with sugar-sweetened beverage consumption.

**Water fountain campaign evaluation project - The Victorian Health Promotion Foundation (VicHealth). Drs Lukar Thornton and Karen Lamb. Completed 2016.**

VicHealth commissioned IPAN to undertake evaluation of their campaign to promote water fountain use in the City of Melbourne. Two promotional activities 1) signage on and nearby the water fountains; and 2) a water bottle handout promotion were conducted.

**Etihad water fountain use project - The Victorian Health Promotion Foundation (VicHealth). Drs Lukar Thornton and Karen Lamb. Completed 2016.**

VicHealth commissioned IPAN to assess whether usage of the water fountains at Etihad Stadium during AFL games increased through additional signage and promotional activities that were run in conjunction with the home teams.

**Scoping review on dietary patterns and their health impact - World Health Organization. Professor Mark Lawrence and Associate Professor Sarah McNaughton. Completed 2016.**

The World Health Organization Nutrition Guidance Expert Advisory Group (WHO NUGAG) Subgroup on Diet and Health commissioned IPAN to undertake a scoping review of the characteristics of the best dietary patterns for healthy and sustainable outcomes. The objective was to provide the WHO NUGAG committee with a report on dietary patterns and health outcomes to assist in the ranking of the priority health outcomes for formulating the research questions for commissioning systematic reviews on dietary patterns in the future. This work was a follow up to a similar project conducted by IPAN in 2015 for the WHO NUGAG.

**Physical activity toolkit – environment - World Health Organization. Alfred Deakin Professors Anna Timperio and Jo Salmon, and Drs Jenny Veitch and Shannon Sahlqvist. Completed 2016.**

The World Health Organization (WHO) is developing a Technical Package of Policies and Interventions for Physical Activity that identifies key evidence-informed policies and interventions that national governments should implement in order to progress towards the achievement of the physical activity target set out in The Global Action Plan for the Prevention and Control of Noncommunicable Diseases 2013-2020. One of the policy options is the 'creation and preservation of built and natural environments that support physical activity in schools, universities, workplaces, clinics and hospitals, and in the wider community. IPAN was commissioned to undertake the development of the environment section of the physical activity technical package and toolkit.



# 2016 RESEARCH IMPACT Contd.

## **Evaluating the impact of the FoodMate program on attitudes and behaviour among participants – SecondBite. Alfred Deakin Professor Kylie Ball. To be completed 2017.**

IPAN is working with SecondBite to evaluate the impact of their FoodMate program on attitudes and behaviour among participants over varying time intervals of follow-up. Issues to be examined include:

- Cooking confidence, cooking/food preparation behaviours, and food independence
- Participants' self-reported new opportunities to eat healthily; perceptions of food accessibility/affordability
- Physical activity of participants
- Participants' perception of program impact on significant others (families and friends and communities)
- Mental and social well-being

## **Socioeconomic differentials in dietary intake in Australia project - Heart Foundation. Associate Professor Sarah McNaughton and Alfred Deakin Professor Kylie Ball. To be completed 2017.**

This project is examining the socioeconomic differentials in dietary intake comparing data from 1995 and 2011 among adults in relation to: vegetable and fruit intake, and energy, macronutrients (protein, carbohydrate and fat including fat types), fibre and sodium.

The Heart Foundation is serving in an advisory capacity on the project, providing IPAN with advice relating to the policy relevance of the analysis and advice on translation of the results.

## **Assessment of physical activity patterns and the physical demands placed on nursing staff at Eastern Health - Eastern Health. Associate Professor Brad Aisbett. To be completed 2017.**

Together with Deakin University's School of Nursing and Midwifery and Centre for Quality and Patient Safety (QPS), IPAN is undertaking a project with Eastern Health to assess the physical demands and physical activity patterns of nursing staff. The project is focused on nurses working in two shift-types ('EARLY' and 'LATE') and across three nursing roles (Medical, Surgical, and Geriatric Evaluation and Management (GEM)).

## **Walk to School 2016 Campaign evaluation - The Victorian Health Promotion Foundation (VicHealth). Drs Shannon Sahlqvist and Jenny Veitch, and Alfred Deakin Professors Anna Timperio and Jo Salmon. To be completed early 2017.**

IPAN was the successful tenderer to undertake evaluation of VicHealth's 2016 Walk to School campaign. IPAN had also undertaken the evaluation in 2015. The project is building on insights from the 2013, 2014 and 2015 campaign evaluations.

Walk to School is an annual campaign aimed at increasing active travel of primary school students to and from school during October. The evaluation focuses on the impact of the campaign in terms of short term behaviour change, increasing awareness of the campaign, engagement of schools and councils and changes in attitudes towards active transport to and from school.

Various other research projects were undertaken in 2016 for research groups including Monash University, the University of New South Wales, and the University of Jyväskylä, Finland.



# RESEARCHERS IN FOCUS

## DR SEVERINE LAMON

**Dr Severine Lamon undertook her Victoria Fellowship (VESKI) 'Implementing a novel GC-MS technique to measure protein synthesis in muscle samples in vivo' in 2016.**

Dr Lamon travelled to the University of Texas Medical Branch (UTMB) in January and February 2016 to learn an analytical chemistry technique allowing her to monitor human muscle growth in vivo. During this time, she also attended the 2016 Advances in Skeletal Muscle Biology in Health and Disease conference and the 2016 NASA Human Research Program Investigators' Workshop. VESKI, on behalf of the Victorian Government delivers 12 Victoria Fellowships, worth up to \$18,000. Victoria Fellowships enable recipients to undertake further study and research overseas and share their new knowledge in Victoria to grow their research area. Two scientific publications and two new research collaborations resulted from this Fellowship.



## DR GLENN WADLEY

**IPAN researcher Dr Glenn Wadley led a Diabetes Australia Research Program-funded preclinical trial.**

A prestigious grant has boosted initial evidence that will help IPAN researchers develop a vitamin C supplement to support conventional diabetes therapies and lead to better disease management. The 12-month grant supported Dr Wadley's research into whether a Vitamin C supplement improves blood glucose control for people with Type 2 diabetes.

During a nine-month intervention, the IPAN research team recruited trial participants and started treatment. The team has shown in previous research that vitamin C supplementation improves the capacity of muscle to remove by-products of energy expenditure that can interfere with insulin's actions in the body.

In doing so, the supplement is likely to become a cheap, safe and effective adjunct treatment that complements current care practices. Dr Wadley said the funding was vital to the continuation of their intervention, a critical preclinical step in the research process. 'Without the funding the trial could not go ahead,' he said. 'The grant provided me with the staff and consumables needed to undertake the trial.'

Building on from the original funded research, the research team anticipates critical results from the trial will be available in October 2017.



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'Without the funding the trial could not go ahead,' he said. 'The grant provided me with the staff and consumables needed to undertake the trial.'

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# RESEARCHERS IN FOCUS Contd.



‘We’ll be working closely with VicHealth throughout this project so they can have immediate and useful information from the study that may help adjust the practice or the technology for future studies.’

## DR NICKY RIDGERS

**IPAN researchers will provide the first evidence concerning the effect of wearable activity trackers and digital behaviour-change resources on teenagers’ physical activity levels.**

The Raising Awareness of Physical Activity (RAW-PA) study aims to promote physical activity in adolescents using popular activity tracking wearable technology. Dr Nicky Ridgers, the lead investigator of the study, says the 12-week program is designed to utilise the tracking technology and online resources delivered via social media to encourage teenagers to better understand their daily physical activity patterns and create long-term behaviour change.

Following an initial expression-of-interest round, the IPAN team’s grant submission was one of 15 shortlisted for consideration by the VicHealth panel. The team was successful and in 2016 received \$200,000 to fund the two-year project - one of only four grants awarded.

Dr Ridgers said the team aims to attract around 300 13-14 year-olds to participate in the intervention, targeting inactive or low-activity teenagers as well as those of low socioeconomic status.

The intervention is broken into themes or ‘missions’ to encourage the teenagers to engage with healthy physical activities in a variety of ways. ‘We wanted to

deliver [the teenagers] something that’s fun and more flexible – where they don’t really see the missions as exercise,’ Dr Ridgers said. The missions include activities where participants will compare their daily activity levels with those of up-and-coming sports stars, developing goals to increase their activities or ‘buddying up’ with friends or family to be more active.

Dr Ridgers hopes the intervention will not only help build long-term change around activity in the teenagers’ daily lives, but also continue to strengthen IPAN’s collaborations with VicHealth.

‘We’ll be working closely with VicHealth throughout this project so they can have immediate and useful information from the study that may help adjust the practice or the technology for future studies.’

Dr Ridgers is also keen to gain greater insight into a new target group, moving away from primary-school aged children to working with adolescents. ‘This will give me a chance to really develop knowledge of technological interventions and ties in nicely with my previous work on patterns of physical activity in children.’

**FUNDING: Victorian Health Promotion Foundation (VicHealth) Innovation grant, 2016-2018**

# RESEARCHERS IN FOCUS Contd.

'The Program provides opportunities for capacity building in population nutrition through mentoring and supervision.'



## ASSOCIATE PROFESSOR SARAH MCNAUGHTON

**Associate Professor Sarah McNaughton received a Career Development Fellowship from the National Health and Medical Research Council (NHMRC) to combine nutritional and behavioural epidemiology frameworks that will provide evidence-based findings for building public health nutrition policies and interventions.**

Poor nutrition is the top risk factor for burden of disease in Australia and is a major contributor to six of the remaining top 15 risk factors. It is a key risk factor for major health conditions of obesity, cardiovascular disease (CVD), Type 2 diabetes mellitus, cancer, as well as osteoporosis, and poor mental health. Optimising dietary intake will have significant economic benefits for Australia, with long-term gains in productivity and reductions in both direct and indirect healthcare costs.

Associate Professor McNaughton said her research will contribute to the National Research Priority 'Promoting population health and wellbeing'. The program will provide new evidence to characterise contemporary diets, their impact on health and the potential determinants. 'It also provides opportunities for capacity building in population nutrition through mentoring and supervision of postdoctoral research fellows, early career academics and research students,' said Associate Professor McNaughton.

She hopes the program will provide critical data on the key population nutrition issues, and will identify opportunities and targets for the development of preventative health strategies to influence dietary behaviours and patterns across key life stages.



# RESEARCHERS IN FOCUS Contd.

## DR GREG KOWALSKI

**Diabetes Australia supported IPAN's promising research into targeting liver metabolism in an effort to help control blood glucose levels in diabetes.**

The pre-clinical trial was led by Dr Greg Kowalski, an Alfred Deakin Postdoctoral Research Fellow at the Institute for Physical Activity and Nutrition. The \$60,000-grant funded investigations into whether hyper-activating a unique metabolic enzyme in the liver can help boost the liver's energy expenditure and subsequently help control blood glucose levels in pre-diabetic and diabetic subjects.

'This is quite a novel idea,' Dr Kowalski says. 'This basic, pre-clinical study tested if forcing the liver to perform 'futile' metabolism will increase the energy expenditure of the liver.'

Currently, Type 2 diabetes is the country's fastest-growing chronic condition and is a leading cause of kidney and cardiovascular diseases, along with blindness. The disease is characterised by a person's inability to naturally maintain healthy levels of glucose

in the blood, which leads to serious short and long-term health complications. Dr Kowalski hopes the initial trial will open up a potential novel therapeutic avenue to counter hyperglycaemia, or high blood sugar.

Dr Kowalski said receiving the nationally-competitive grant permitted him to focus on conducting diabetes-based research. 'Without grant funding, much of this work would not be performed due to the high costs of performing life sciences research.'

Dr Kowalski hopes the grant will help to attract high-quality postgraduate students 'wishing to enter the metabolism, endocrinology and diabetes research fields.'

'Without grant funding, much of this work would not be performed due to the high costs of performing life sciences research.'



## DR HELEN MACPHERSON

**A four-year fellowship will open up new research directions at IPAN in the fight against dementia.**

Dr Helen Macpherson received a 2016 NHMRC-ARC Dementia Research Development Fellowship to continue her research focus on healthy cognitive ageing, ways to enhance cognition in older people and dementia prevention.

The fellowship is funded by the Boosting Dementia Research Initiative, a special Australian Government health funding scheme designed specifically for early-career researchers to help tackle the growing number of people affected by dementia.

Dr Macpherson hopes her fellowship will help build her research career and develop practical insights into dementia prevention. 'Ultimately, I would like to establish a clear evidence base around lifestyle practices to reduce dementia risk,' she says. 'I am passionate about

dementia prevention and this fellowship has enabled me to set my own research agenda. I am now able to pursue my goal of understanding how lifestyle approaches, such as increasing exercise and improving diet, can prevent or delay cognitive decline and dementia'.

Dementia is the second leading cause of death in Australia and there is currently no cure. Thanks to her fellowship funding, Dr Macpherson has started a clinical trial to investigate the effects of an exercise program combined with dietary supplementation on cognition in older people who are experiencing memory decline.

The fellowship will help Dr Macpherson build on her previous work, which focused on the cognitive, mood and brain effects of dietary supplements in older people.

# RESEARCHERS IN FOCUS Contd.

Deakin University established The Alfred Deakin Postdoctoral Research Fellowships (ADPRF) in 2008 to support excellence in research in areas of research strength at Deakin University.

The Fellowships are designed to support early career researchers by building research capacity in areas of key research strength in order to build the next generation of nationally competitive researchers. In addition to Dr Greg Kowalski, two other IPAN researchers who demonstrated outstanding results each received two-year ADPRFs commencing in 2016.

**The ADPRF awarded to Dr Carley Grimes is supporting her research into better understanding how diet can influence blood pressure, and developing appropriate interventions to reduce the impact of cardiovascular disease in Australia.**

Cardiovascular disease (CVD) is the leading cause of death in Australia. The risk of CVD is even greater in some sub-groups of the population, which includes Aboriginal and Torres Strait Islanders.

Dr Grimes' fellowship aims to review the influence of salt and potassium intakes in both adults and children around Australia, including Aboriginal and Torres Strait Islander children and adolescents. Dr Grimes said that although CVD was often seen to be an adult disease, it was progressive and damage to blood vessels can begin in childhood.

'Certain dietary factors are known to influence blood pressure levels in adults; for example potassium has a protective lowering effect and sodium has a detrimental raising effect,' Dr Grimes said.

'By targeting dietary factors, which we already know predict CVD risk in children, we can then develop suitable interventions to change dietary behaviours.'

To date, Dr Grimes has completed her pilot study assessing the effectiveness of an online education program targeting healthy eating and salt consumption in primary schoolchildren and their families. Early results show the program was well received with high completion rates and an improvement in children's knowledge and behaviours related to dietary salt intake.

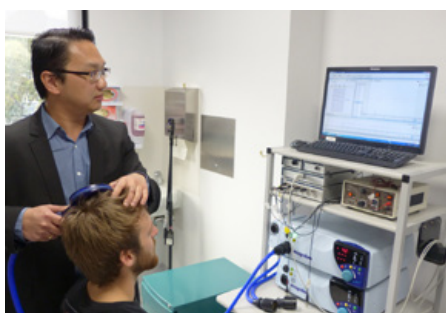
The fellowship has given Dr Grimes dedicated time to progress her research and develop relationships with key stakeholders and collaborators, and is helping her grow her research track record as an early-career researcher.

'These opportunities will enable me to contribute to IPAN's mission of conducting high quality nutrition research to improve health outcomes for Australians,' Dr Grimes said.

## DR CARLEY GRIMES



## DR WEI-PENG TEO



**As part of his ADPRF research project, IPAN researcher Dr Wei-Peng Teo aims to establish himself as a leader in the use of virtual reality in chronic disease management and rehabilitation.**

His project aims to investigate the combination of two novel approaches to improve balance and mobility in people living with Parkinson's Disease: concurrent virtual reality gaming (VRG) with non-invasive brain stimulation (NBS), as a viable form of rehabilitation to improve balance and walking abilities in people with Parkinson's Disease.

People with Parkinson's disease experience chronic motor impairments that markedly alter their balance and mobility, increasing their risk for falls and fracture that can lead to long-term disability or even premature death. While medication is widely used to control symptoms of Parkinson's disease, balance and walking abilities continue to worsen progressively over time. Dr Teo said that by combining the safe and painless NBS technique with VRG, patients can receive increased neural excitation within a realistic training environment, providing sensory feedback to improve their balance and walking.

'Importantly, both VRG and NBS represent cheap and simple rehabilitation strategies that are easy to use, fun and engaging to its users,' Dr Teo said. 'Participants explained that because the system is not overly complicated, they are able to engage with the exercise easily and safely. From a researcher perspective, I am able to prescribe exercise treatments remotely and keep track of the participant's performance over eight weeks.'

Early results from the ongoing trial show improvements in participants' balance and increased walking speeds.

Dr Teo says if supported, this new approach has the potential for wider adoption in the home environment, which would be the focus of future trials beyond the life of his fellowship. 'This fellowship has allowed me to expand my research not only within my immediate neurophysiology research space, but also to network with others in areas of public health, physical activity and nutrition, at IPAN and elsewhere. Through these networks I am able to develop 'big picture' ideas and leverage off like-minded colleagues to grow these ideas.'

# STAFF AND STUDENT AWARDS

2016 was an excellent year with IPAN staff and students receiving various awards.

## STAFF

Alfred Deakin Professors David Crawford, Jo Salmon, Kylie Ball and Anna Timperio recognised as Thomson Reuters Highly Cited Researchers 2016.

Alfred Deakin Professor Kylie Ball elected a Fellow of the Australian Academy of Health and Medical Sciences.

Professor Caryl Nowson conferred a Nutrition Society of Australia Fellowship for her contributions of special merit to the scientific study of nutrition.

Alfred Deakin Professor David Crawford received the Victorian Heart Foundation's President's Award for research, encouragement, engagement and raising awareness.

A team led by Associate Professor Karen Campbell and including Associate Professor Kylie Hesketh, Dr Rachel Laws, Associate Professor Sarah McNaughton, and Alfred Deakin Professors Jo Salmon, Kylie Ball and David Crawford, awarded the Council of Academic Public Health Institutions 2016 Award for Excellence and Innovation in Public Health Team Research.

Dr Jenny Veitch's research 'Evaluating the impact of park refurbishment on visitation and park-based physical activity: the REVAMP study' was selected as a finalist for the VicHealth awards in the category Encouraging Physical Activity.

Dr Ewa Szymlek Gay awarded the Nestle Nutrition Institute inaugural Young Researcher Award for Australia-New Zealand.

Dr Sharleen O'Reilly awarded an Endeavour Executive Fellowship to visit the Public Health Foundation of India in India for a month.

Dr Helen Macpherson awarded a travel grant from the CASS Foundation to attend the 22nd Annual Meeting of the Organization for Human Brain Mapping conference in Switzerland.

Dr Katherine Livingstone awarded a UK Nutrition Society award and a 2016 Nutrition Society of Australia Early Career Travel Award.

Associate Professor Sarah McNaughton awarded a 2016 Nutrition Society of Australia Mid-Career Travel Award.

Dr Jonathan Rawstorn awarded the young investigator award at the European Congress on eCardiology and eHealth in Berlin and subsequently invited to join the Congress Faculty. Dr Rawstorn also awarded an early career award at the International Congress of Behavioural Medicine, Melbourne.

Dr Rachel Laws and Dr Helen Macpherson both received the Vice-Chancellors outstanding contribution to research: early career researcher award.

Dr Brad Aisbett received a Vice-Chancellors highly commended award for his Excellence in research supervision.

## STUDENTS

Mr Nikhil Srinivasapura Venkateshmurthy, (PhD student supervised by Dr Sharleen O'Reilly) was awarded a travel grant to the 26th Annual Meeting of the International Society of Hypertension in Seoul, Korea based on his abstract for a poster presentation 'Performance of different measures of obesity among those with hypertension in India'.

Mr Matt Clarkson (PhD student supervised by Dr Stuart Warmington) received runner up for the best oral presentation, Exercise Science and Health, at the Exercise and Sports Science Australia conference in Melbourne for his presentation titled Blood Flow Restriction Walking Exercise for Improving Physical Function of Older Adults.

Ella Ridgway (PhD student supervised by Professor Mark Lawrence) was awarded a scholarship from Graduate Women Victoria. Ella received the Nancy Millis Bursary valued at \$3500 for a student enrolled in a Victorian University.

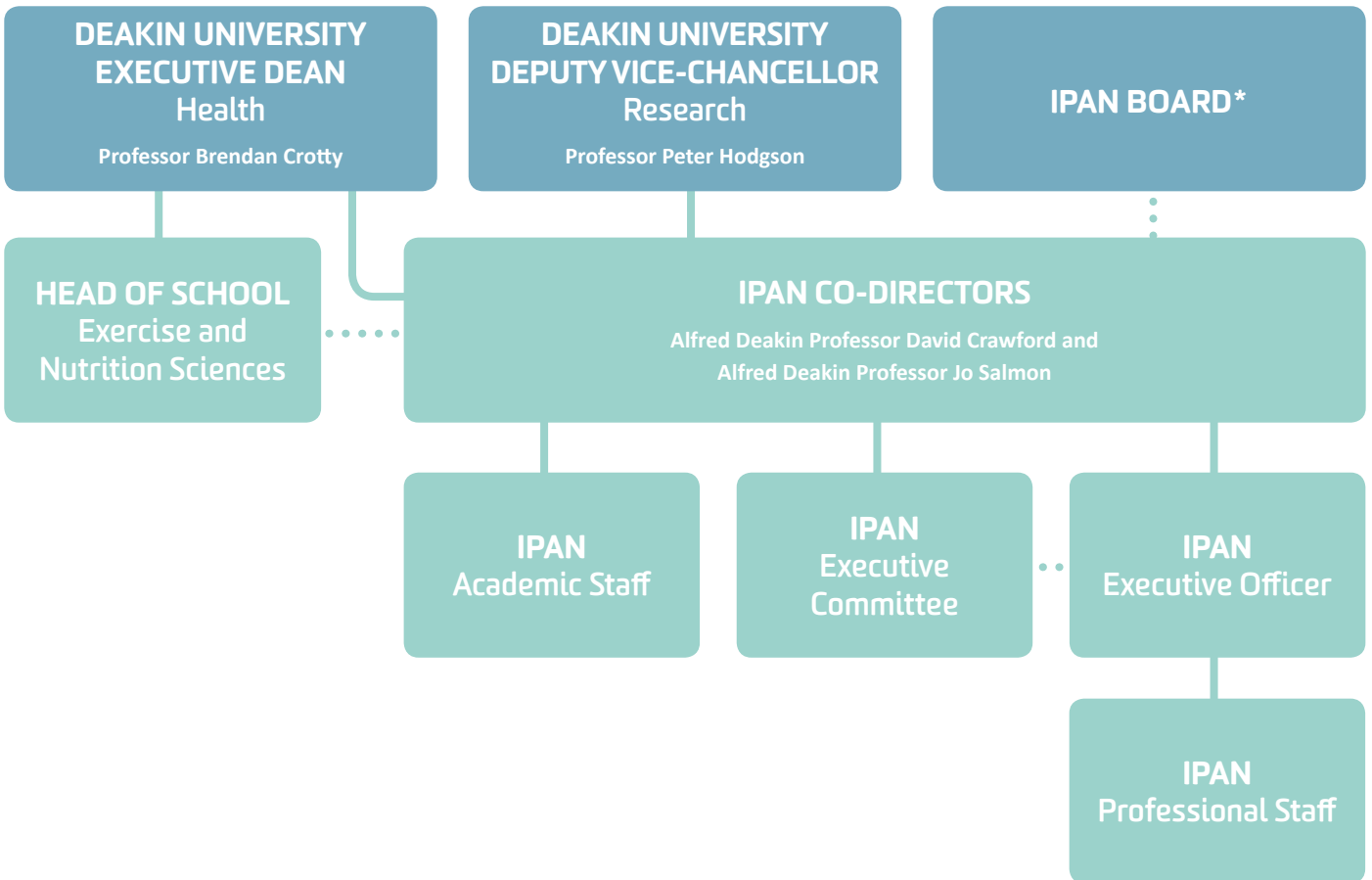
Ms Neha Rathi (PhD student supervised by Professor Tony Worsley) won first prize for her presentation on: Indian adolescents' perceptions of the secondary school food and nutrition curriculum and school food environment, at the annual Indian Public Health Association Conference.

Alfred Deakin Professor Kylie Ball receives her AAHMS Fellow Award from Professor Ian Frazer.



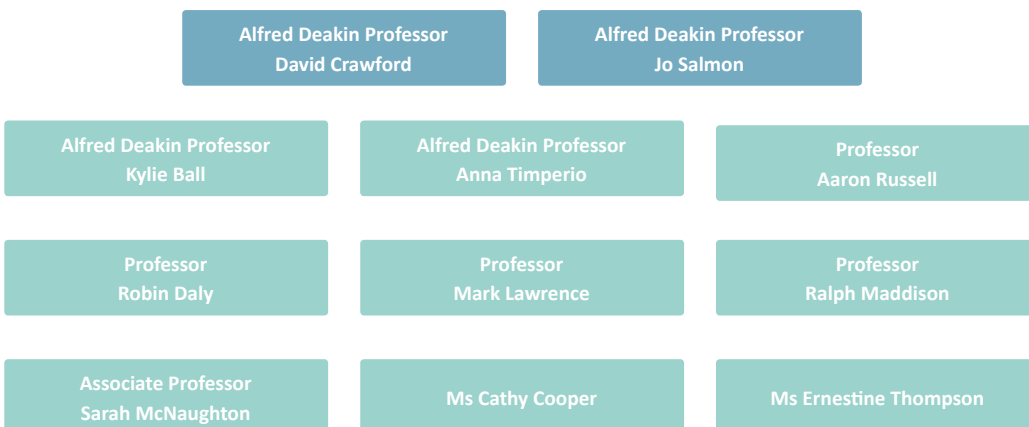
# IPAN GOVERNANCE

## IPAN'S ORGANISATIONAL CHART



\* In 2016 the IPAN Board was not yet instituted.

## IPAN'S EXECUTIVE



# PHD STUDENTS

IPAN has a large, vibrant group of PhD students from different disciplines and backgrounds. In 2016, IPAN staff were primary supervisors for 73 PhD students, with 12 students completing their PhD in 2016. All PhD students associated with IPAN are enrolled through the School of Exercise and Nutrition Sciences, and supported through the School and IPAN.

**Two students who completed their PhDs in 2016 were Lauren Arundell and Jane Willcox. Lauren and Jane shared their thoughts about their research and PhD journey.**

## LAUREN ARUNDELL

The research carried out by Dr Lauren Arundell as part of her PhD is now informing world-first pilot initiatives to help reduce children's excessive sedentary (sitting) behaviours in the home setting.

The award of her NHMRC-funded PhD in 2016 was the culmination of an eight-year labour of love for Dr Arundell, following on from her undergraduate and Honours studies at Deakin University. 'I went from Honours into research assistant work; it was actually through my role as a Project Manager on Transform-Us! (IPAN's project into children's physical activity and sedentary behaviour) that I started thinking about undertaking a PhD', Dr Arundell explained. 'Mine was a non-traditional path with part-time study and the birth of my two children during my PhD'.

Her interest in children's health behaviours led Dr Arundell to develop her PhD around children's physical activity and sedentary behaviours during the after-school period. Her findings showed that children perform very little activity after school and spend the majority of time in a variety of sedentary behaviours (e.g. watching TV, doing homework). Her PhD highlighted that these behaviours get worse over time and so she identified the strategies that may be needed to increase physical activity and reduce sedentary behaviour during this critical time period.

Dr Arundell's PhD research informed her new pilot intervention, which is trialling height-adjustable desks in homes to promote standing for traditionally seated behaviours such as studying, or non-screen based activities such as drawing. She is now applying for funding to extend this pilot.

'Doing my PhD at IPAN was such an easy decision,' said Dr Arundell. 'IPAN provides opportunities and support for the hands-on aspects of research as well as the analysis and writing phases. They recognise the need for flexibility, which was great with two young children. There is also the collaborative environment as opposed to solo work and then the excellent IPAN facilities, so ultimately this is where I felt would be best.'

Dr Arundell's advice for prospective PhD students at IPAN is simple: 'Make sure you're ready! It's a big commitment and will be a major focus,' she says. 'Make sure you get involved – put your hand up to present, attend all the conferences and seminars you can and network – that peer support is invaluable for a good PhD experience.'



PhD graduand Dr Lauren Arundell celebrated her graduation with her family at Deakin University's Waterfront campus

## JANE WILLCOX

A passion for early life nutrition led Dr Jane Willcox to embark on a three-and-a-half year PhD journey.

Dr Willcox's PhD was conferred in 2016 after undertaking research at IPAN. Dr Willcox's PhD research grew from her interest in early life nutrition; she developed an mHealth (mobile phone based) intervention promoting healthy nutrition, physical activity and healthy weight gain for women during pregnancy. Results showed the women who undertook the program were more likely to gain a healthy pregnancy weight and be more physically active than those who did not receive the program.

Dr Willcox, whose PhD study was recently published in the British Journal of Obstetrics and Gynaecology, believes IPAN's collaborative environment helped shape her research success.

'IPAN offers an amazing breadth and depth of researchers happy to offer research advice and support, and promotes opportunities to attend conferences to share your research and meet experts in the field,' she said.

Prior to her PhD, Dr Willcox worked as a dietitian in clinical and public health and then in her own public health consultancy. She is currently a casual research fellow at Deakin University's School of Exercise and Nutrition Sciences and is hoping to continue her research via a post-doctoral fellowship.

'My advice to prospective PhD students is to research your PhD journey prior to commencing, said Dr Willcox. 'Speak with your potential supervisors, explore the topic and speak with current or past PhD students.'

# IPAN IN THE MEDIA

A major focus in 2016 for IPAN was to continue to build our public profile via media activities.

IPAN engaged Le Page Public Relations to undertake strategic media opportunities including developing media plans for key activities, media releases, and pitching letters to journalists.

In addition, Le Page Public Relations supported staff with the development of key messages and media preparation, attending media interviews with staff (as required), and working closely with the Deakin media team.



TEENAGE girls are missing out on opportunities to be as physically active as boys, with major barriers at suburban sporting clubs. And, while girls take part in team sports at the same rate as boys at age 12, by age 14 participation rates decline dramatically. If girls aren't engaged by age 16 they are highly unlikely to play sport again. The City of Casey commissioned researchers from Deakin University's Institute for Physical Activity and Nutrition to survey girls aged 14-18 on barriers to organised sport. Lead researcher Dr Helen Brown said that while teenage girls wanted to play team sport,

their perception was they were not welcome, it would be an inconvenience for their families, and they were timid about trying something new. "They love sport. They watch their brothers play. But the clubs weren't set up for them, with no change rooms or girls-only teams, so they didn't feel very welcome," Dr Brown said. She said team sports had value beyond exercise. "Sport is an amazing vehicle, not just for physical activity, but for social cohesion and connectedness to the community," she said.

**BRIGID O'CONNELL**

In 2016 IPAN had 693 media hits across print, radio, television and online avenues. Research topics which attracted significant media interest included:

- **Link between salt intake and overweight in children** – Dr Carley Grimes
- **Children and screen time** – Dr Trina Hinkley
- **Obesity bigger problem than world hunger, Lancet article** – opinion from Alfred Deakin Professor David Crawford
- **Social media and mental health in new mothers** – Dr Megan Teychenne
- **Adolescent girls and sport** – Dr Helen Brown
- **Transform-Us! project** – Alfred Deakin Professor Jo Salmon
- **Dietary patterns and what a good quality diet looks like** – Dr Katherine Livingstone.

## One in eight people obese

**Global overeating has become a bigger problem than world hunger with more people now obese than underweight, the biggest study of worldwide trends in body mass index has revealed.**

And it's only going to get worse, the research, published in British medical journal *The Lancet* on Friday, says. Over the past 40 years the rate of obesity has increased 2.6-fold and the number of obese people worldwide has blown out from 105 million in 1975 to 641 million in 2014, the study found.

Nearly 13 per cent of the global population is now obese, compared with just over 9 per cent who are underweight. "We have changed from a world in which underweight prevalence was more than double that of obesity, to one in which more people are obese than underweight," said senior study author Majid Ezzati, from the School of Public Health at Imperial College London.

Men in east and south-east Asia had the largest increase in BMI of any region over the past decade. Since 2005, their average BMI has risen by more than 5 per cent – twice the 2.5 per cent increase for men worldwide.

Globally, men are catching up to women in the obesity stakes, the research also reveals.

In 1975, women were twice as likely as men to be obese, with 6.4 per cent of women and 3.2 per cent of men recording a BMI of 30 or higher.

But the figure for men has more than tripled to 10.8 per cent over the past 40 years, edging closer to the proportion of obese women, which more than doubled to 14.9 per cent.

In Australia, the average BMI is in the overweight range of 25-29.9 for both women (26.8) and men (27.5). A BMI of 18.5 to 24.9 is considered healthy.

On current trends 37 per cent of Australian women and 37.8 per cent of men will be obese by 2025, the study says.

Almost a fifth of the world's obese adults and more than a quarter of the world's severely obese people live in the six high income countries of Australia, Canada, New Zealand, Britain and the US. Of these, the US has the highest average BMI for both men (28.9) and women (28.7).

Island nations in Polynesia and Micronesia have the highest average BMIs, while East Timor, Ethiopia and Eritrea have the lowest. In American Samoa the average BMI for women is 34.8 and for men 32.2. The world's lowest average BMI for women is 20.8 in East Timor; for men, 20.1 in Ethiopia.

Driving the rapid increase in obesity was the changing food environment, said Bruce Neal, director of the food policy division at the George Institute for Global Health and professor of global medicine at the University of Sydney.

"Incredibly cheap, incredibly unhealthy food has been made available everywhere," Professor Neal said.

Left unchecked, obesity would "bankrupt our already overwhelmed health-care systems", said David Crawford, Alfred Deakin Professor and co-director of the Institute for Physical Activity and Nutrition at Deakin University.

What was needed was government action "on a scale that has never been contemplated before," Professor Neal said. Educating individuals in personal responsibility would not be enough, he said, because public health campaigns couldn't compete with the "many millions more dollars" the food industry spent on an "absolutely contrary" message to maximise its profits.

Subsidising healthy foods and taxing or restricting the sale and promotion of unhealthy foods were more effective ways of changing food industry behaviour, Professor Neal said.

**Catherine Armitage Inga Ting**

# EXTERNALLY FUNDED RESEARCH PROJECTS AND FELLOWSHIPS ACTIVE IN 2016

## PROJECTS

PROJECT TEAM	PROJECT TITLE	FUNDING SCHEME
<b>Ball K, Salmon J, Crawford D</b> , Moodie M	Making active choices more attractive: Do physical activity incentives improve heart health?	Heart Foundation Vanguard Grant
<b>Daly R</b> , Dunstan D, <b>Nowson C</b> , Kerr D	Does a whey-protein and vitamin D enriched drink enhance the health benefits of the “Lift for Life” resistance training program in older adults with type 2 diabetes?	NHMRC Project Grant
<b>Daly R</b> , <b>Nowson C</b> , Kidgell D, Ellis K	Effects of protein and exercise on muscle and cognitive health.	Meat and Livestock Australia Research Grant
<b>Daly R</b> , <b>Nowson C</b> , Taaffe D, Sanders K, Hill K, Kidgell D	Effects of dual task functional power training on falls in the elderly. An 18-month community based randomised controlled trial.	NHMRC Project Grant
<b>Grimes C</b> , <b>Nowson C</b> , <b>Campbell K</b> , <b>Booth A</b>	Aussie Salt challenge: A pilot web-based education program to reduce salt intake in schoolchildren.	Heart Foundation Vanguard Grant
<b>Hesketh K</b> , <b>Timperio A</b> , Hume C, Carver A	Follow-up of the Healthy Active Preschool and Primary Years (HAPPY) cohort: tracking lifestyle behaviours from preschool through the primary school years.	ARC Discovery Project
<b>Kowalski G</b>	Liver-type pyruvate kinase: a novel anti-hyperglycemic target.	Diabetes Australia Research Program
<b>Riddell L</b> , <b>Booth A</b> , <b>Szymlek-Gay E</b> , Byrne L, <b>Nowson C</b>	Mobile ‘App’ to improve intakes of bioavailable iron and zinc in premenopausal women and the impact on cognition, mood and fatigue.	Meat and Livestock Australia Research Grant
<b>Ridgers N</b> , <b>Salmon J</b> , <b>Timperio A</b> , <b>Brown H</b> , <b>Ball K</b> , MacFarlane S	Using Fitbits to promote physical activity in inactive Victorian adolescents: Technological revolution or fad?’	VicHealth Innovation Grant
<b>Russell A</b> , Lynch G	Role of STARS signalling in maintaining skeletal muscle mass and function; implications for our ageing population.	NHMRC Project Grant
<b>Veitch J</b> , <b>Timperio A</b> , <b>Salmon J</b> , <b>Crawford D</b> , Giles-Corti B, Carver A, Hume C	The impact of park renewal on park usage and park-based physical activity.	ARC Linkage Project – with VicHealth, Parks Vic, City West Water, Brimbank City Council
<b>Wadley G</b>	Improving glycaemic control in type 2 diabetes with vitamin C.	Diabetes Australia Research Program

IPAN staff are indicated in bold

# EXTERNALLY FUNDED RESEARCH PROJECTS AND FELLOWSHIPS ACTIVE IN 2016

Contd.

## FELLOWSHIPS

STAFF MEMBER	PROJECT TITLE	FUNDING SCHEME
Ball K	Understanding and addressing socioeconomic inequalities in diet, physical activity and obesity.	NHMRC Principal Research Fellowship
Hesketh K	Providing children with a healthy start to life: promoting physical activity and reducing sedentary behaviours during early childhood.	ARC- Future Fellowship
Hinkley T	To investigate aspects of preschool children's physical activity and screen behaviours to identify opportunities for supporting healthy behaviours.	NHMRC Early Career Fellowship
Lamon S	Understanding the role of miRNAs in the biology of ageing muscle.	ARC- DECRA
Laws R	Reducing the gap right from the start: Translating effective approaches to prevent child obesity in disadvantaged families into primary health care policy and routine practice.	NHMRC Early Career Fellowship
Macpherson H	A multi-faceted intervention to enhance cognition in older people at risk of cognitive decline.	NHMRC-ARC Dementia Research Development Fellowship
McNaughton	Building evidence to improve health through optimal diet.	NHMRC Career Development Fellowship, Level 2
Salmon J	Innovative methods for assessing and intervening on children's sedentary behaviour and health.	NHMRC Principal Research Fellowship
Timperio A	Physical activity and eating behaviours over key transitions from early childhood to young adulthood.	Heart Foundation Future Leader Fellowship
Veitch J	The role of the neighbourhood built environment on physical activity and sedentary behaviour among youth and adults.	NHMRC Early Career Fellowship

# EXTERNALLY FUNDED RESEARCH COLLABORATIONS ACTIVE IN 2016

PROJECT TEAM	LEAD INSTITUTE	PROJECT TITLE	FUNDING SCHEME
Barnett L, <b>Hinkley T</b> , Schott N, Lander N, Tietjens M, Dreiskaemper D, Utesch T	Deakin University	Global assessment of children's motor competence.	The Australia Germany Joint Research Co-operation Scheme Universities Australia and the German Academic Exchange Service (DAAD)
Baur L, Askie L, Rissel C, Moodie M, Trost S, <b>Campbell K</b> , <b>Hesketh K</b> , Hayes A, Golley R, Taylor R, <b>AI Laws R</b>	University of Sydney	Centre of Research Excellence in early prevention of obesity in childhood.	NHMRC Centre of Research Excellence
Carter R, Swinburn B, Moodie M, Allender S, Osborne R, <b>Lawrence M</b> , Vos T, Neal B, Peeters A, Brownell K.	Deakin University	Centre of Research Excellence on Policy Research on Obesity and Food Systems.	NHMRC Centre of Research Excellence
Dobbinson S, <b>Veitch J</b> , <b>Salmon J</b> , Wakefield M, Staiger P, McInnis R	Cancer Council Victoria	ShadePlus: a built environment intervention to improve park usage in disadvantaged neighbourhoods.	NHMRC Partnership
Ferguson SA, Lack L, <b>Aisbett B</b>	Central Queensland University	Sleeping with one ear open: the impact on sleep and waking function.	ARC Discovery Project
Gibson L, <b>Campbell K</b> , van der Pligt P, Willcox J	Telethon Kids Institute	Promoting healthy lifestyle behaviours in obese women postpartum.	Healthway, WA
Giles-Corti B, Turrell G, Bull F, Whitzman C, Washington S, Sugiyama T, Shiell A, Veerman L, Knuiiman M, Kavanagh A. <b>AI Barnett A</b> , Boruff B, <b>Lamb K</b> , Eagleson S, Tonts M)	Melbourne University	Healthy, Liveable and Equitable Communities.	NHMRC Centre of Research Excellence
Harris M, Bauman A, <b>Laws R</b> , Caterson I, <b>Campbell K</b> , <b>Crawford D</b> , Stocks N, Hayman N, Denny-Wilson E, Liaw S, Lynch J	University of New South Wales	COMPARE-PHC: Centre for Obesity Management and Prevention Research Excellence in Primary Health Care.	Australian Primary Health Care Research Institute- Centres of Research Excellence in Primary Health Care
Jacka F, Itsiopoulos C, O'Neil A, <b>Szymlek-Gay E</b> , Castle D, Berk M	Deakin University	Diet and nutritional status of people with major depression.	Meat and Livestock Australia Research grant
Keast R, <b>Nowson C</b> , Delahunty C	Deakin University	Identifying why some people consume excess dietary fat: a twin study.	NHMRC Project grant
Liberato S, Brimblecombe J, <b>Ball K</b> , Moodie M	Menzies School of Health Research, NT	Assessing the impact of a multi-component intervention to improve dietary intake of Indigenous Australian children and their families living in remote communities.	NHMRC Project Grant

# EXTERNALLY FUNDED RESEARCH COLLABORATIONS ACTIVE IN 2016 *Contd.*

PROJECT TEAM	LEAD INSTITUTE	PROJECT TITLE	FUNDING SCHEME
Mishra G, Davies P, Dobson A, Slaughter V, Loxton D, <b>Hesketh K</b> , Tooth L, Koupil I	University of Queensland	Mothers' and their Children's Health: understanding disparities in health and health service use among young Australian families.	NHMRC Project Grant
Neal B, <b>Nowson C</b> , Webster J, Grimes C, Dunford E, Jan S	The George Institute	Reducing population salt consumption in Victoria.	NHMRC Partnership
Okely A, Trost S, Berthelsen D, <b>Salmon J</b> , Reilly J, Cliff D, Jones R, Batterham M, Brown N, Eckermann S, AI 4 <b>Hinkley T</b>	University of Wollongong	Increasing physical activity among young children from disadvantaged communities: A group randomised controlled effectiveness trial.	NHMRC Project grant
Owen N, <b>Salmon J</b> , Trost S, Dunstan D, Eakin E, Healy G, Kingwell B, Lambert G, <b>Timperio A.</b> (AI Cerin E, <b>Daly R</b> )	Baker IDI Heart and Diabetes Institute	Sitting time and chronic disease prevention- Measurement, mechanisms and interventions.	NHMRC Centre of Research Excellence
Pettigrew S, Kelly B, <b>Ball K</b> , Neal B, Miller C, Hughes C, Dixon H, Shilton T	Curtin University	The independent and combined effects of front-of-pack labelling systems and health claims on consumers' food-related beliefs and behaviours.	ARC Linkage Project
Semsarian C, Ingles, <b>Ball K</b> , Sweeting J	University of Sydney	Increasing physical activity in individuals with hypertrophic cardiomyopathy: A pilot study.	Heart Foundation Vanguard Grant
Wlodek M, Gardner D <b>AI Wadley G</b>	University of Melbourne	Transgenerational transmission of gender-specific metabolic disease for offspring born small: maternal, paternal, and embryonic roles.	NHMRC Project Grant
Albracht K, <b>Belavy DL</b>	Institute of Biomechanics and Orthopaedics, German Sport University Cologne, Germany.	Is muscle force impeded by microgravity?	German Aerospace Centre
Armbrecht G, Gast U, <b>Belavy DL</b> , Felsenberg D	Charité University Medical School, Germany	Muscle and bone adaptations in simulated spaceflight and the influence of interventions.	German Aerospace Centre
Chinapaw M, Altenburg T, Brug J, Dunstan D, <b>Salmon J</b> , van Mechelen W.	VU University Medical Centre, The Netherlands	How sickening is sitting? Relationship between sitting time and metabolic function.	Netherlands Organisation for Health Research and Development (ZonMw) TOP subsidies
<b>Maddison R</b> , Doughty R, Scott A, Rolleston A, Whittaker R, Stewart R, Benatar J, Jiang Y	The University of Auckland, New Zealand	Text4Heart to improve self-management in people with cardiovascular disease.	National Heart Foundation of New Zealand
<b>Maddison R</b> , Hargreaves E, Ni Mhurchu C, Jull A, Heke I, Kara S, Dewes O, Wyke S, Hunt K, Gray C, Jiang Y	The University of Auckland, New Zealand	Professional Rugby clubs as a vehicle to deliver weight loss programmes for men.	Health Research Council , NZ

IPAN staff are indicated in bold

# EXTERNALLY FUNDED RESEARCH COLLABORATIONS ACTIVE IN 2016 Contd.

PROJECT TEAM	LEAD INSTITUTE	PROJECT TITLE	FUNDING SCHEME
<b>Maddison R</b> , Holdsworth D, Doughty R, Scott A, Rolleston A, Whittaker R, Stewart R, Jiang Y	The University of Auckland, New Zealand	Text4Heart to improve self-management in people with cardiovascular disease.	Health Research Council Partnership Programme, NZ
Marsh S, <b>Maddison R</b>	The University of Auckland, New Zealand	Using principles of the 'Slow Movement' to prevent obesity from birth.	Health Research Council Explorer Grant, NZ
Nikander R, Rantanen R, <b>Daly R</b> , Sievanen H, Kannus P, Heinonen A, Sipila S, Kannus L, Kettunen T, Tormakangas T, <b>Rantalainen T</b> , Teittinen O	University of Jyväskylä, Finland	Counselling for physical activity, life space mobility and falls prevention in old age (COSMOS).	Academy of Finland
Sallis J, Adams M, Cerin E, Conway T, DeBourdeaudhuij I, Frank L, Zakiul I, Kerr J, Marshall S, Monsur M, Oyeyemi A, Reis R, <b>Salmon J</b> , <b>Timperio A</b> , Wilson N	University of California, San Diego	IPEN Adolescent: International Study of Built Environments and Physical Activity.	National Institutes of Health
Whittaker R, Wood T, <b>Maddison R</b> , Dobson R, Shepherd M, Cutfield M, Murphy R, Khanolkar M, Jiang Y	The University of Auckland, New Zealand	SMS4BG: self-management support for people with diabetes.	Health Research Council, NZ
Whittaker R, Wood T, <b>Maddison R</b> , Dobson R, Shepherd M, Cutfield M, Murphy R, Khanolkar M, Jiang Y	The University of Auckland, New Zealand	SMS4BG: self-management support for people with diabetes.	Ministry of Health, NZ

IPAN staff are indicated in bold



Many of IPAN's Burwood campus staff are housed within Building J, as part of the School of Exercise and Nutrition Sciences.

# PUBLICATIONS

## HARD COPY

1.	Abbott G, Hnatiuk J, Timperio A*, Salmon J*, Best K, Hesketh K*. Cross-sectional and longitudinal associations between parents' and preschoolers' physical activity and Television Viewing: The HAPPY study. <i>Journal of Physical Activity and Health</i> . 2016; 13(3): 269-274. doi: 10.1123/jpah.2015.0136
2.	Anggraini R, Februhartanty J, Bardosono S, Jhusun H, Worsley A*. Food store choice among urban slum women is associated with consumption of energy-dense food. <i>Asia Pacific Journal of Public Health</i> . 2016; 28(5): 458-468. Doi: 10.1177/1010539516646849
3.	Atkins A, McNaughton S*, Campbell K*, Szymlek-Gay E*. Iron intakes of Australian infants and toddlers: findings from the Melbourne Infant Feeding, Activity and Nutrition Trial (InFANT) Program. <i>British Journal of Nutrition</i> . 2016; 115(2): 285-293. Doi: 10.1017/S0007114515004286
4.	Arundell L, Fletcher E, Salmon J*, Veitch J*, Hinkley T*. The correlates of after-school sedentary behaviour among children aged 5-18 years: a systematic review. <i>BMC Public Health</i> . 2016; 16: 58. Doi: 10.1186/s12889-015-2659-4
5.	Arundell L, Fletcher E, Salmon J*, Veitch J*, Hinkley T*. A systematic review of the prevalence of sedentary behaviour during the after school period among children aged 5-18 years. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2016; 13:93. Doi: 10.1186/s12966-016-0419-1
6.	Ayala AM, Salmon J*, Timperio A*, Sudholz B, Ridgers ND*, Sethi P, Dunstan D. Impact of an 8-Month trial using height adjustable desks on children's classroom sitting patterns and markers of cardio-metabolic and musculoskeletal health. <i>International Journal of Environmental Research and Public Health</i> . 2016; 13(12): 1227. Doi: 10.3390/ijerph13121227
7.	Backholer K, Sarink D, Beauchamp A, Keating C, Loh V, Ball K*, Martin J, Peeters A. The impact of a tax on sugar sweetened beverages according to socioeconomic position: A systematic review of the evidence. <i>Public Health Nutrition</i> . 2016; 19(17): 3070-3084. Doi: 10.1017/S136898001600104X
8.	Backholer K, Spencer E, Gearon E, Magliano DJ, McNaughton SA*, Shaw Je, Peeters A. The association between socio-economic position and diet quality in Australian adults. <i>Public Health Nutrition</i> . 2016; 19(3): 477-485. Doi: 10.1017/S1368980015001470
9.	Baghaei N, Nandigam D, Casey J, Direito A, Maddison R*. Diabetic Mario: Designing and evaluating mobile games for diabetes education. <i>Games for Health Journal</i> . 2016; 5(4): 270-8. Doi: 10.1089/g4h.2015.0038.
10.	Ball K*, McNaughton SA*, Le H, Abbott G, Stephens L, Crawford D*. ShopSmart 4 Health – results of a randomized controlled trial of a behavioral intervention promoting fruit and vegetable consumption among socioeconomically disadvantaged women. <i>The American Journal of Clinical Nutrition</i> . 2016; 104(2): 436-445. Doi: 10.3945/ajcn.116.133173
11.	Barnett L, Vazou S, Abbott G, Bowe S, Robinson L, Ridgers N*, Salmon J*. Construct validity of the pictorial scale of perceived movement skill competence. <i>Psychology of Sport and Exercise</i> . 2016; 22: 294-302. Doi: 10.1016/j.psychsport.2015.09.002
12.	Barnett L, Lai S, Veldman S, Hardy L, Cliff D, Morgan P, Zask A, Lubans D, Shultz S, Ridgers N*, Rush E, Brown H*, Okely A. Correlates of gross motor competence in children and adolescents: A systematic review and meta-analysis. <i>Sports Medicine</i> . 2016; 46(11): 1663-1688. Doi: 10.1007/s40279-016-0495-z
13.	Barnett L, Salmon J*, Hesketh K*. More active pre-school children have better motor competence at school starting age: an observational cohort study. <i>BMC Public Health</i> . 2016; 16: 1068. Doi: 10.1186/S12889-016-3742-1
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20.	Milte C*, Russell A*, Ball K*, Crawford D*, Salmon J*, McNaughton S*. Diet quality and telomere length in older Australian men and women. <i>European Journal of Nutrition</i> 2016; (advance online) 26 Oct. Doi: 10.1007/s00394-016-1326-6
21.	Pennington AV, O'Reilly SL*, Young D, Dunbar JA. Improving follow-up care for women with a history of gestational diabetes: perspectives of GPs and patients. <i>Australian Journal of Primary Health</i> . 2016; July 25 (Epub ahead of print). Doi: 10.1071/PY15177.
22.	Pettigrew S, Talati Z, Miller C, Dixon H, Kelly B, Ball K*. The types and aspects of front-of-pack food labelling schemes preferred by adults and children. <i>Appetite</i> : 25 Nov (epub ahead of print). Doi: 10.1016/j.appet.2016.11.034
23.	Pham TH, Worsley A*, Lawrence M*, Marshall B. Awareness of nutrition problems among Vietnamese health and education professionals. <i>Health Promotion International</i> . 2016; 22 Mar. pii: daw016 (epub ahead of print). doi: 10.1093/heapro/daw016
24.	Pham TH, Worsley A*, Lawrence M*, Bernie M. Perceptions of nutrition transition problems: a qualitative study of Vietnamese health and education professionals. <i>International Journal of Health Promotion and Education</i> . 2016; 29 Nov (advance online), doi: 10.1080/14635240.2016.1262274
25.	Phulkard S, Vandevijvere S, Lawrence M*, Tanqcharoensathien V. A. Level of implementation of best practice policies for creating healthy food environments: assessment by state and non-state actors in Thailand. <i>Public Health Nutrition</i> . 2016; 13 September (epub ahead of print). doi: 10.1017/S1368980016002391
26.	Rathi N, Riddell L*, Worsley A*. Food environment and policies in private schools in Kolkata, India. <i>Health Promotion International</i> . 2016; Jul 10. Pii: daw053. (Epub ahead of print). doi: 10.1093/heapro/daw053
27.	Russell AP*, Wallace MA, Kalanon M, Zacharewicz E, Della Gatta PA, Garnham A, Lamon S*. Striated muscle activator of Rho signalling (STARS) is reduced in ageing human skeletal muscle and targeted by miR-628-5p. <i>Acta Physiologica (Oxford)</i> . 2016; 14 October (Epub ahead of print). Doi: 10.1111/apha.12819
28.	Taylor LM, Kerse N, Frakking T, Maddison R*. Active video games for improving physical performance measures in older people: A Meta-analysis. <i>Journal of Geriatric Physical Therapy</i> . 2016; 11 March Ahead of print. doi: 10.1519/JPT.0000000000000078
29.	Van Loo CM, Okely AD, Batterham MJ, Hinkley T*, Ekelund U, Brage S, Reilly JJ, Peoples GE, Jones RA, Janssen X, Cliff DP. Validation of the SenseWear Mini activity monitor in 5-12 year old children. <i>Journal of Science and Medicine in Sport</i> . 2016; 6 May (epub ahead of print). Doi: 10.1016/j.jsams.2016.04.010
30.	Van Loo CM, Okely AD, Batterham MJ, Hinkley T*, Ekelund U, Brage S, Reilly JJ, Jones RA, Janssen X, Cliff DP. Validation of thigh-based accelerometer estimates of postural allocation in 5-12 year olds. <i>Journal of Science and Medicine in Sport</i> . 2016; 12 Aug, pii: S1440-2440(16)30151-7 (epub ahead of print). Doi: 10.1016/j.jsams.2016.08.008
31.	Vincent GE, Barnett LM, Lubans DR, Salmon J*, Timperio A*, Ridgers N*. Temporal and bidirectional associations between physical activity and sleep in primary school-aged children. <i>Applied Physiology, Nutrition, and Metabolism</i> . 2016; 3 November (advance online). Doi: 10.1139/apnm-2016-0424
32.	Willcox J, Ball K*, Campbell K*, Crawford D*, Wilkinson S. Correlates of pregnant women's gestational weight gain knowledge. <i>Midwifery</i> . 2016; Sept 1 pii: S0266-6138(16)30144-9. Doi: 10.1016/j.midw.2016.08.011 (epub ahead of print).
33.	Zheng G, Chua C, Belavy D*, Ibragimov B, Korezd R, Tomaž Vrtovec T, Huff H, Everson R, Meakin J, Andrade IL, Glockerg B, Chenh H, Douh Q, Hengh P, Wangi C, Forsbergi D, Neubertk A, Fripp J, Urschlerm M, Stern D, Wimmero M, Novikovo A, Chenga H, Armbrrecht G, Felsenberg D, Li S. Evaluation and comparison of 3D intervertebral disc localization and segmentation methods for 3D T2 MR data: A grand challenge. <i>Medical Image Analysis</i> . 2016; August (Epub ahead of print). doi: 10.1016/j.media.2016.08.005

## BOOK CHAPTERS

1.	Daly RM*. Dietary protein, exercise and skeletal muscle: Is there a synergistic effect in older adults and the elderly? In: <i>Nutritional Influences on Bone Health</i> . 9th International Symposium. Weaver C, Daly RM, Bischoff Ferrari H (Editors). Springer, London, 2016; Chapter 6, pp63-75. Doi: 10.1007/978-3-319-32417-3_6
2.	Thornton L*, Olstad DL, Lamb K*, Ball, K*. (2016). Socioeconomic inequalities in fruit and vegetable intakes. (Chapter 1). In R R Watson and VR Preedy (Eds). <i>Fruits, Vegetables, and Herbs: Bioactive foods in Health Promotion</i> (pages 3-21). Academic Press.

\* Indicates IPAN staff

# FINANCIALS

## FINANCIAL SUMMARY 2016

## 2016 ACTUAL

<b>INCOME</b>	<b>\$</b>
Deakin Contribution (Baseline, Performance and ERA bonus only)	\$1,716,664
<b>Total Income</b>	<b>\$1,716,664</b>
<b>EMPLOYMENT COSTS</b>	
Academic Salaries	\$745,819
General Salaries	\$588,389
Other Employment Costs	\$1,019
Contractors	\$27,735
<b>Total Employment Costs</b>	<b>\$1,362,962</b>
<b>NON SALARY EXPENSES</b>	
Buildings & Grounds Infrastructure Costs	\$65,116
Communication	\$77
Consumables	\$105,266
Course & Direct Project Costs	\$691
Depreciation & Amortisation	0
Equipment - Repairs, Maintenance & Other Costs	\$22,356
Inter Budget Centre/Company Charges/Recoveries	-\$15,255
Marketing, Advertising & Promotions	-\$981
Other Costs	\$10,164
Staff Recruiting, Training & Other	\$47,708
Student Expenses	\$2,714
Travel, Catering & Entertainment	\$115,846
<b>Total Non salary expenses</b>	<b>\$353,702</b>
<b>Surplus/Deficit</b>	<b>0</b>



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