



IPAN

INSTITUTE FOR PHYSICAL
ACTIVITY AND NUTRITION



ANNUAL REPORT | 2017



our vision

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



our mission

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.

IPAN: 2017 at a glance



71
ACADEMIC STAFF



60
PHD STUDENTS



11
PHD COMPLETIONS



\$4.3M
TOTAL EXTERNAL INCOME*



815
TOTAL MEDIA HITS
FOR 2017



248
HARD COPY
PUBLICATIONS



50
ADVANCE ONLINE
PUBLICATIONS OR E-PUB
AHEAD OF PRINT



2
BOOK CHAPTERS



10
NEW CATEGORY 1 PROJECTS/
FELLOWSHIPS COMMENCED
IN 2017



5
CATEGORY 1 PROJECTS/
FELLOWSHIPS
AWARDED IN 2017**

* Category 1: \$2.6m; Category 2-4: \$1.7m ** to commence in 2018

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Chairperson Report

The work going on every day at IPAN is an investment in our future – fostering the next generation of researchers committed to improving health and quality of life.

Chronic diseases are unfortunately so common; in 2014-15, almost one in five Australians were impacted by cardiovascular disease or mental health conditions, while almost half of Australian adults were inactive or insufficiently active for health benefits¹ –this is just one example of why I wholeheartedly support IPAN.

By simply doing more of the same, we remain in the same place - no closer to solving the great and complex health issues that impact our society.

However, I am buoyed by the 2017 success of IPAN's research discoveries, and the ways in which these discoveries are making a real impact in our communities. The research undertaken at IPAN is world leading and offers solutions to urgent health problems facing domestic and global communities. In the face of great health challenges, I believe IPAN's contributions are more important now than ever before.



Through delivering evidence-based research to inform and influence policy and practice, all IPAN staff are to be commended for their contributions to physical activity and nutrition research within our communities both at home and abroad. Under the guidance of Alfred Deakin Professors David Crawford and Jo Salmon, IPAN continues to make a name for itself by offering research excellence that supports interventions and treatment, multidisciplinary collaborations from the lab bench through to policy intervention, and critical expertise translating the science into real-world outcomes.

Finally, the new IPAN Board in 2017 has also been instrumental to IPAN's continued success, providing governance and oversight for the research, development and commercialisation activities of IPAN. I thank each member for the services they have provided in addition to their time, wisdom and expertise. Together, we can continue to combat national and global health challenges, and build evidence in research to help people live longer, healthier and more productive lives.

A handwritten signature in blue ink, appearing to read 'Peter Hodgson'.

Professor Peter Hodgson
Deputy Vice-Chancellor Research
Chair, IPAN Board

¹ Australian Institute of Health and Welfare 2016. Australia's health 2016: in brief. Cat. no. AUS 201. Canberra: AIHW.

Co-Directors' Report

This past year was one of great progress at IPAN, culminating in the development of an Institute-wide strategy to guide our purpose and direction over the next three years.

Informed by extensive consultation, this strategic plan builds on our long-term values of innovation, excellence and collaboration, together with our multidisciplinary expertise in physical activity and nutrition research. The plan sets a clear course for our future, guiding actions and decisions in our focused pursuit of improving health and quality of life.

As we moved into our second year as a Deakin University Institute, we continued to expand the breadth and depth of our research. We welcomed the opportunity to collaborate with clinical and academic partners including learning more about the state of physical activity and nutrition around the globe from our international colleagues. And vice versa, it has been an immense privilege to have some of our staff travel to share their own world-leading findings with the broader health community.

Closer to home, IPAN researchers continue to contribute to research excellence through cross-collaboration with industry groups, helping bridge the gap between science and public health with their knowledge and expertise.

We congratulate all staff who received grants, awards and fellowships to support their burgeoning scientific careers.

In providing a rich, collaborative environment, we firmly believe that great science will flourish.

At IPAN, our passion for building the future of research is exemplified in many areas: through a dedicated Early and Mid Career Researcher program where the next generation of research stars receive support and guidance from more senior staff, and through novel nutrition and physical activity research that actively informs policy and practice in the health landscape.

The ongoing real-world potential for IPAN's research is particularly timely – with eight chronic diseases i.e. arthritis, asthma, back pain and problems, cancer, cardiovascular disease, chronic obstructive pulmonary disease, diabetes and mental health conditions being associated with 73% of all deaths in 2013². Despite improvements in the treatment of selected chronic diseases, poorer nutrition, a more sedentary lifestyle and lack of skills and support to make the necessary changes, are having huge impacts on our health and increasing the burden on our already-stretched healthcare system.

IPAN's vision is brought to life every day through the people who make up the organisation, dedicated to unravelling the 'hows' and 'whys' of chronic disease, and to help us better understand physical activity and nutrition behaviours that impact our health now and into the future.

We extend our sincere thanks to all involved.



**Alfred Deakin Professor David Crawford and
Alfred Deakin Professor Jo Salmon**

Co-Directors, Institute for Physical Activity and Nutrition



² Australian Institute of Health and Welfare 2016. Australia's health 2016: in brief. Cat. no. AUS 201. Canberra: AIHW.

Key health challenges for IPAN

While life expectancy in Australia is increasing, far too many Australians still live with or are at increased risk of chronic disease and other health conditions. From the laboratory through to research in the community, IPAN is focused on delivering evidence that can help address many of the critical health challenges facing our population.

Chronic illness – Half of all Australian adults have at least one of eight specific chronic illnesses including arthritis; asthma; back pain and problems; cancer; cardiovascular disease; chronic obstructive pulmonary disease; diabetes; and mental health conditions. Nearly 10 per cent have at least three or more chronic illnesses*.

Cardiovascular disease (18%) and **mental health conditions** (18%) were the most commonly reported of the selected chronic diseases, followed by **back pain and problems** (16%)*.

Coronary heart disease continues to be the leading specific cause of death in Australia (13% of all deaths in 2013)*.

Diabetes – it is estimated that 1.2 million Australians live with diabetes – 85% of these have Type 2 diabetes, which is largely preventable and is influenced by lifestyle factors such as insufficient physical activity, saturated fat intake, obesity and smoking*.

Dementia is the second leading cause of death of Australians contributing to 5.4% of all deaths in males and 10.6% of all deaths in females each year.³

Nearly one in four new male cancer cases were diagnosed with **prostate cancer** in Australia in 2017*.

Around 45% of Australians aged 16–85 will experience a common **mental disorder** such as depression, anxiety or a substance use disorder in their lifetime*.

Musculoskeletal conditions were the fourth leading contributor (12%) to total burden of disease in Australia, with back pain, osteoarthritis and rheumatoid arthritis being the greatest contributors ⁴.

Physical activity – 45% of Australian adults 18 – 64 years are insufficiently or completely inactive*.

Only one-third of children (5-12 years) and one in ten young people (13-17 years) undertake the recommended 60 minutes of **physical activity** every day⁵.

Nearly all Aussie kids (97%) aged 5-14 and two-thirds of adults fail to eat the recommended **daily serve of vegetables**, while nearly a third of kids (30%) and half of all adults do not eat the **recommended intake of fruit**⁶.

Weight – More than 60% of Australians over 18 years are either overweight or obese. Overweight and obesity also impacts one in four 5-12 year olds and 29% of 13-17 year olds*.

*All figures (unless otherwise stated) taken from: Australian Institute of Health and Welfare 2016. Australia's health 2016: in brief. Cat. no. AUS 201. Canberra: AIHW.

³ Australian Bureau of Statistics (2017) Causes of Death, Australia, 2016 (cat. no. 3303.0).

⁴ Australian Institute of Health and Welfare 2017. The burden of musculoskeletal conditions in Australia: a detailed analysis of the Australian Burden of Disease Study 2011. Australian Burden of Disease Study series no. 13. BOD 14. Canberra: AIHW.

⁵ Active Healthy Kids Australia (2016). Physical Literacy: Do Our Kids Have All the Tools? The 2016 Active Healthy Kids Australia Report Card on Physical Activity for Children and Young People. Adelaide, South Australia: Active Healthy Kids Australia.

⁶ Hendrie, G., Noakes, M. (2017). Fruit, Vegetables and Diet Score.

2017 highlights

Performance against KPIs

Activity	KPI	Actual	Achievement
Category 1 income	\$2,400,000	\$2,626,805	109%
Category 2-4 income	\$1,600,000	\$1,757,415	110%
Total income	\$4,000,000	\$4,384,220	110%
PhD completions	15	11	73%
% Success ARC Discovery projects	18%	0%	0%
% Success ARC Linkage projects	36%	NA	NA
% Success NHMRC Project grants*	15%	11%	73%

* 9 applications submitted, 3 judged Not for further consideration, 2 scored 5 (Q3), 3 scored 4 (Q2, Q3, Q4)

Top 1% trend continues at IPAN

Three IPAN researchers were again recognised as leaders in their fields, after being included in the prestigious Highly Cited Researchers list for 2017, produced annually by Clarivate Analytics.

Alfred Deakin Professors Kylie Ball, David Crawford and Jo Salmon received recognition for the third consecutive year honouring their academic citations. The Highly Cited Researchers list represents researchers ranked in the top 1%, measured by citations during an 11-year period within 21 disciplines.

IPAN's first anniversary

IPAN celebrated its first year as a University Institute with an event featuring short presentations by Vice-Chancellor Professor Jane Den Hollander (AO) and Alfred Deakin Professor Jo Salmon, and [a video showcasing the breadth of IPAN's research](#). Thank you to all staff, Deakin colleagues, stakeholders, industry partners and students who attended and helped mark this milestone event.

Researcher in residence: translating research into practice

IPAN developed and piloted a *Researcher in Residence* initiative in close collaboration with the Heart Foundation Victoria. IPAN's Dr Carley Grimes, a leading researcher in salt and health, spent a day a fortnight for approximately six months at the Heart Foundation's office to build on common goals and interests, to enhance existing working relationships by providing more face-to-face time for communication and leveraging opportunities for knowledge exchange. The pilot is currently being evaluated. IPAN is hoping to continue with the program with key stakeholders in the future.

Sharing our knowledge with the community and health professionals

IPAN held a seminar for the public focused on brain health and mobility. The seminar featured presentations on lifestyle approaches to help prevent dementia, how to optimise exercise to improve brain health, and the best ways to maintain healthy bones and prevent falls. The seminar was part of the Victorian Seniors Festival.

IPAN also hosted a seminar aimed at health care professionals featuring a keynote presentation by Professor Sumantra Ray, a Medical Practitioner as well as a Public Health Nutritionist and founding Chair of NNEdPro Global Centre for Nutrition and Health (www.nnedpro.org.uk) based at Cambridge University. The seminar focussed on the vital issue of educating healthcare professionals to address malnutrition and obesity.



Rising research stars: EMCRs at IPAN

Investing in the next generation of researchers is a vital part not only of IPAN's future, but also for the continued prevention and reduction of chronic disease in Australia.

It is why IPAN instigated the Early and Mid-Career Researcher (EMCR) program and appointed Alfred Deakin Professor Kylie Ball, NHMRC fellow and IPAN member to lead the program. Alfred Deakin Professor Ball says the training and support for our upcoming researchers is an investment that pays off in many ways.

'The research landscape is highly competitive and it can be very difficult for people starting out or at early stages of their career to navigate the many challenges. Our program is aimed at providing support to enable our EMCRs to be successful and to themselves make key contributions to research that makes a positive difference to our society,' she says. We also established an EMCR working group involving a small number of our EMCRs to help shape the program.

Alfred Deakin Professor Ball says the EMCR program offers less experienced researchers a number of career-focused benefits.

'These include access to the significant expertise and experience of more senior researchers, who contribute to the program both as mentors and by assisting with occasional workshops, funding and award application reviews, and other professional development.

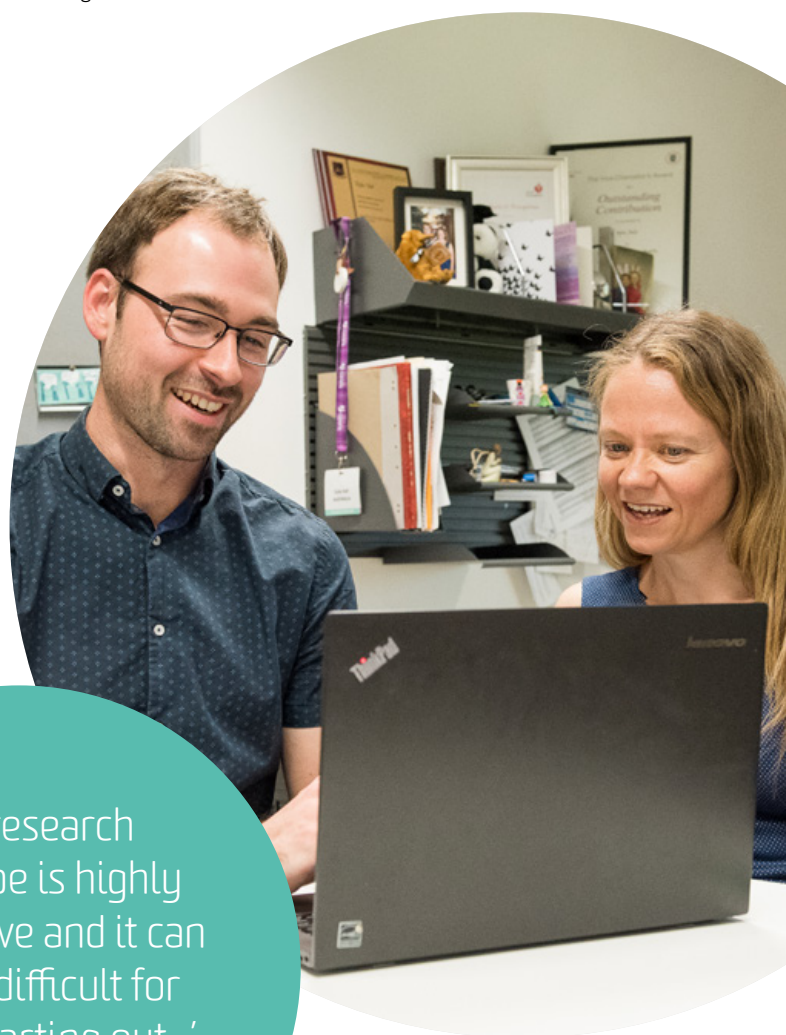
The program also brings together researchers who may not otherwise work closely with one another, creating new cross-disciplinary collaborations. Not least, the program also importantly provides social and emotional support to EMCRs, helping foster resilience and assistance coping with some of the tougher aspects of academic life,' she says.

A 2017 EMCR program participant, Dr Lewan Parker, says the program – and its benefits – was one of the key reasons he chose to work at IPAN when an opportunity arose. 'Leading up to my PhD graduation I was becoming increasingly aware of the importance of the EMCRCR phase of academia,' he says. 'My friends, colleagues and peers had told me that IPAN and Deakin University provided a highly successful formal mentoring program for EMCRCRs, designed to develop strategies for proficient career progression and the transition into a successful independent researcher. I decided that gaining additional insight into how I could best maximise my time, with respect to research efficiency and productivity, would be great for my career.'

Dr Parker, whose research focuses on physiology, cell biology and molecular biology, says the program keeps him and other EMCRCRs actively informed about important EMCRCR opportunities such as grants and awards, as well as offering access to helpful information and resources.

IPAN EMCRCR researcher and member of the EMCRCR working group, Dr Rachel Duckham agrees: 'I feel my involvement in the EMCRCR working group gives me the opportunity to work more closely with senior staff to help build my research track record. I benefit more from not only being a part of the EMCRCR community, but also from having an impact on what the EMCRCR working group provides to EMCRCRs in IPAN.'

Alfred Deakin Professor Ball says the program will continue in 2018 and believes the 'pay off' of the program comes from witnessing EMCRCRs gain research and career success.



'The research landscape is highly competitive and it can be very difficult for people starting out ...'

– Alfred Deakin Professor Kylie Ball

Research spotlight

Healthy and sustainable food systems

Our climate's instability is having a bigger impact than just fickle weather patterns – one IPAN researcher is devoting his time to protecting Australia's food security in the face of our ever-changing environment.

2017 was the final year of a four-year Australian Research Council Linkage grant funded project led by Professor Mark Lawrence, to analyse policy interventions to promote healthy and sustainable food systems. The project - *Modelling policy interventions to protect Australia's food security in the face of environmental sustainability challenges* - was conducted by a transdisciplinary team of researchers from Deakin University, the University of Melbourne and the Australian National University.

The project involved using a scenario modelling approach to explore potential environmental, economic and food availability impacts associated with Australia's current dietary patterns. Researchers used a sophisticated modelling tool known as the Australian Stocks and Flows Framework to model multiple, interrelated changes in population size and eating behaviours, economic parameters, land use and environmental resource availability. Professor Lawrence and his research team then compared the current 'average Australian diet' to two healthier alternatives that were consistent with the recommendations of the Australian Dietary Guidelines – a 'healthy mixed diet' and a 'healthy plant-based diet'.

The research results indicate that the current usual Australian diet is neither healthy, nor environmentally sustainable.

Professor Lawrence believes that policy intervention is critical to achieving the levels of food sustainability required to ensure Australia's future, given that currently experts estimate the global population to reach nine billion by 2050. He explains: 'In terms of food availability, Australia's food supply is considered to be plentiful and the nation has built a reputation as a major food exporter. Consequently, food security – or a situation whereby all people at all times have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active life - has not been a major food policy consideration at the federal level.'

'However, increasing population, resource constraints (such as land, water, energy, fertilisers), climate change impacts and growing greenhouse gas emissions, mean that Australia can no longer take its food supply for granted,' he says.

Professor Lawrence hopes the results of this project will help inform policy interventions to protect Australia's future food security. 'A food systems approach is essential to tackle the social, political and environmental determinants of non-communicable diseases and food insecurity and in an equitable manner. Such an approach requires coordinated policy action across multiple sectors and at local, national, regional and international levels,' he said.

Project funding: Australian Research Council Linkage grant, LP120100168, four years (2013-2017).



Research spotlight cont'd

ASA24-Australia

We all know how important what we eat is for our health and quality of life. However, the key to developing strategies and interventions to help Australians move towards healthier dietary patterns is an understanding of what and how people eat. A new online tool in Australia, the ASA24 – Australia, is helping researchers do just that.

The ASA24-Australia is a free online tool based on the US version of the ASA 24-2016 developed by the US National Cancer Institute (NCI). The Australian version was developed through a collaboration led by IPAN and involving four other Australian organisations (University of Newcastle, University of Sydney, University of Wollongong, and the Commonwealth Scientific and Industrial Research Organisation), working closely with the NCI, and with funding from an Australian Research Council Linkage, Infrastructure, Equipment and Facilities grant. The tool was developed during 2015-2016 and launched in 2017.

Lead researcher from IPAN Associate Professor Sarah McNaughton said the tool could be used by researchers for epidemiologic, intervention, behavioural or clinical research, to record and analyse the dietary intake of participants. Clinicians can utilise the tool to collect 24-hour recalls or food records from patients and receive complete nutrient analysis of the foods and beverages consumed during the collection timeframe. Additionally, educators may find it useful to use the tool with nutrition and dietetics students to analyse dietary intake.

'Assessing dietary intake can be expensive and time consuming. This tool is free, expanding the potential for large scale, multidisciplinary and multi-site studies,' she says.

'Because it's web-based, it's easy for participants to record what they're eating using their computer, mobile phone or tablet,' she explained. 'Within a very short time you can produce a detailed assessment of participants' food and nutrient intake.'

Associate Professor McNaughton said ASA24-Australia would make important, large-scale population studies easier to conduct. 'This is the best method available for assessing the dietary intakes of different population groups,' she explained. 'And if we're going to develop interventions that actually help people move towards healthier lifestyles and reduce the impact of obesity, diabetes and other chronic diseases, we need good tools to evaluate those interventions. ASA24-Australia will help us understand what the population is eating and then assess whether the interventions that we design are actually making a difference.'

Throughout 2017, the availability of the ASA24-Australia has been promoted to key groups, including government and non-government organisations, health professional groups and educators. Over 130 studies nationwide are already using the ASA24-Australia tool in their work.

Project funding: Australian Research Council Linkage, Infrastructure, Equipment and Facilities grant (LE140100099).



Research into practice

Key stakeholders are integral to the way IPAN translates its research into practice. Through formal arrangements and informal discussions and consultations, IPAN regularly engages with key stakeholders to leverage our research capabilities, form mutually beneficial collaborations and ultimately improve quality of life and wellbeing in the community.

IPAN and VicHealth

Collaborating on research, providing evidence-based advice and working together to achieve our collective impacts are just three ways IPAN works with policy makers, other practitioners and industry partners such as the Victorian Health Promotion Foundation (VicHealth).

IPAN has a long history of working with VicHealth and in 2017 helped them celebrate their 30th anniversary. IPAN Co-Director Alfred Deakin Professor David Crawford says IPAN's relationship with VicHealth is key in helping IPAN achieve its mission to change the health of our communities.

VicHealth CEO Jerril Rechter agrees: 'At VicHealth, we believe research is essential to build knowledge and encourage innovative solutions. We are proud of our long-term links with IPAN. Not only through supporting some of IPAN's ground-breaking, innovative research but also working with IPAN to translate evidence into our programs, practices and advocacy activities.'

As a funder of research, VicHealth has assisted IPAN to develop creative and innovative strategies to promote good health and prevent chronic disease, through providing partnership grants to support applications for the National Health and Medical Research Council Partnership and Australian Research Council Linkage schemes.

In 2017, VicHealth provided funding support to IPAN on a range of research projects, including IPAN's work investigating the role of parks in increasing physical activity; supporting the state-wide roll out of an effective intervention to all Victorian primary schools to increase children's physical activity and reduce sedentary behaviour, and research with adolescents to involve them in innovative solutions to low levels of physical activity in this often-forgotten age group.

Sharing our expertise – how IPAN helps inform VicHealth's policies and strategies

IPAN provides expertise and advice on a range of taskforces, working groups and advisory committees. VicHealth is one of the organisations we support in this way.

'Throughout our 30th anniversary year, IPAN has continued to support us on both the Physical Activity and Healthy Eating Taskforce committees, advising us on our VicHealth Research Strategy and working closely with us on the Victorian Salt Reduction Partnership.'
– Jerril Rechter, VicHealth CEO

Translating research into practice: helping Victorians change their health behaviours

Translating research evidence into policy and practice is a vital part of IPAN's role. Through IPAN's relationship with VicHealth, our researchers have played a role in bringing about real change to improve health in our communities. For example, in 2017 as part of the *Victorian Salt Reduction Partnership* between VicHealth, the Heart Foundation, IPAN and the George Institute, IPAN researchers Dr Carley Grimes and Professor Caryl Nowson were part of the expert team using research to raise awareness about the high levels of salt in processed and packaged foods.

Throughout the year, IPAN and VicHealth worked together to disseminate evidence-based health information including:

- Joint media on children's active transport and independent mobility in disadvantaged neighbourhoods.
- A joint presentation at the World Congress of Public Health on findings from our collaborative work to increase the supply of and access to free drinking water in public settings.
- Professor Mark Lawrence's ARC Linkage funded project Modelling policy interventions to protect Australia's food security in the face of environmental sustainability challenges, was the focus for VicHealth's Australian Food Supply Scenarios Seminar.

IPAN is pleased to be closely linked with VicHealth and other key stakeholders. Through our continued efforts, together we will make a difference in the communities we serve.



VicHealth CEO Jerril Rechter

Research into practice cont'd

Other key stakeholder activities

- Active Healthy Kids Australia - Executive Committee
- Active Healthy Kids Australia - Research Working Group
- Australian Health Policy Collaboration - Chronic Disease Targets and Indicators: Salt Working Group
- Australasian Child and Adolescent Obesity Research Network
- Children's Hospital Foundation - Research Advisory Group
- Cochrane Nutrition Field Advisory Board - Cochrane South Africa
- Commonwealth Department of Health and Ageing and New Zealand Ministry of Health - Review of the Nutrient Reference Values Advisory Committee
- Department of Health and Human Services - Allied Health Therapy Research Network Working Group
- Department of Health and Human Services - Allied Health Workforce Research Program Exercise Physiology Reference Group
- Department of Health and Human Services - Malnutrition in Victorian Cancer Services Program Governance Group
- Department of Health and Human Services, Cancer Council Victoria - Achievement Program Evaluation and Research Group
- Expert Advisory Panel to Review and Update Australia's Physical Activity and Sedentary Behaviour Guidelines for Children (0-5 years)
- Food Standards Australia New Zealand - Board
- Food Standards Australia New Zealand - Consumer and Public Health Dialogue
- Food Standards Australia New Zealand - Food Composition Advisory Group
- Heart Foundation - National Physical Activity Committee
- Heart Foundation - Food and Nutrition Advisory Committee
- Heart Foundation - appeared as a witness to the Inquiry into the Australian Government's role in the development of cities (public hearing), House Standing Committee on Infrastructure, Transport and Cities
- Nutrition Australia Victorian Division - Board
- Oceanic Nutrition Leadership Program Management Committee
- Osteoporosis Australia - Allied Health Professional Education Program Advisory Group
- Osteoporosis Australia - Medical Scientific and Advisory Management Committee
- Parents' Voice (formerly Parents' Jury) - Steering Committee
- Prevention Magazine - Advisory Board
- The International Society for Physical Activity and Health (ISPAH) Council for Environment and Physical Activity (CEPA) - Urban Green Space Working Group Sub-leader
- The International Society for Physical Activity and Health (ISPAH) Council for Environment and Physical Activity (CEPA) - Children's Working Group member
- Victorian Health Promotion Foundation - Healthy Eating Taskforce
- Victorian Health Promotion Foundation - Physical Activity Taskforce
- Victorian Health Promotion Foundation - Victorian Action on Salt Reduction Taskforce
- Victorian Government Premier's Active April initiative - 2017 ambassador
- World Health Organisation (WHO) - Strategic Advisory Network for the Development of the Global Action Plan on Physical Activity

In addition, IPAN staff were involved in various other health and scientific societies, research and conference organising committees.



Our research impact

IPAN staff undertook various projects for key stakeholders, some of which included:

Evaluating the impact of the FoodMate program on attitudes and behaviour among participants – SecondBite. Alfred Deakin Professor Kylie Ball.

IPAN worked with SecondBite to evaluate the impact of their FoodMate program on attitudes and behaviour among participants over varying time intervals of follow-up.

Socioeconomic differentials in dietary intake in Australia-Heart Foundation. Associate Professor Sarah McNaughton and Alfred Deakin Professor Kylie Ball.

This project examined 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.

Assessment of physical activity patterns and the physical demands placed on nursing staff at Eastern Health - Eastern Health. Associate Professor Brad Aisbett.

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

Etihad Stadium water fountain use evaluation – The Victorian Health Promotion Foundation (VicHealth). Dr Lukar Thornton and Dr Karen Lamb.

This project evaluated water fountain use at Etihad stadium during the 2017 AFL season. IPAN had undertaken a similar project in 2016 for VicHealth and was again commissioned to undertake the evaluation in 2017. The aim was to assess whether usage of the water fountains at Etihad Stadium during AFL games increased through additional signage and promotional activities.

Physical activity supplement to the Victorian Health Indicators report – The Victorian Health Promotion Foundation. Alfred Deakin Professors Jo Salmon and Anna Timperio.

VicHealth engaged IPAN to assist with the preparation of a Physical Activity supplement to accompany the 'VicHealth Indicators Survey 2015. Selected findings' report.

The VicHealth Indicators survey is a community wellbeing survey covering a wide range of factors known to influence wellbeing. The Physical Activity supplement provides a more detailed analysis of physical activity data from the 2015 survey.



Researchers in focus

New externally funded research commencing in 2017 included four ARC Discovery Project Grants, one NHMRC Partnership Grant, one ARC Future Fellowship, one NHMRC Early Career Fellowship and two Heart Foundation Vanguard Grants. These funds allow our researchers to continue to develop and explore specific research areas related to nutrition and physical activity.

Dr Lukar Thornton

Improving urban design may lead to a happier, healthier community. Dr Lukar Thornton, IPAN researcher and senior lecturer, is testing the projected benefits of living in a 20-minute neighbourhood on food purchasing, food consumption and physical activity behaviours.

Dr Thornton's project was an ARC Discovery Project winner in 2017, receiving \$300,000 over three years to assess the proposed lifestyle benefits associated with effective 20-minute neighbourhood design. A 20-minute (20MN) neighbourhood exists when important destinations are easily accessible. The project will test the assumption of urban renewal and liveability policies, that 20MNs encourage more localised and healthier lifestyles.

Dr Thornton says planning policies for urban design are often 'utopian' and the result of brainstorming sessions without any formal testing. By engaging in evidence-based research, Dr Thornton believes the project will provide new insights into the role neighbourhood design plays on people's food and physical activity behaviours.

'This evidence will be critical in informing a number of policy agendas including urban planning, public health and transport. Subsequent improvements to urban design will benefit communities through increased liveability, a reduction in health costs and a more sustainable transport system that will impact the environment,' says Dr Thornton.

The focus of the project in 2017 for Dr Thornton was the development of the survey material, and operationalising the attributes of a 20MN. The project is due for completion in 2019.

Project funding: Australian Research Council Discovery Project, DP170100751, three years (2017-2020).



By engaging in evidence-based research, Dr Thornton believes the project will provide new insights into the role neighbourhood design plays on people's food and physical activity behaviours.

Researchers in focus cont'd

Associate Professor Sarah McNaughton

It is a common saying that 'we are what we eat'. But when we eat may be just as important.

An Australian Research Council Discovery Project grant awarded to Associate Professor Sarah McNaughton and team, including IPAN researchers Dr Helen Macpherson and Professor Tony Worsley and collaborators from Australian Catholic University and the Appleton Institute of Behavioural Science at Central Queensland University, has offered the chance to investigate how when we choose to eat can influence our sleep, physical activity and mood.

Associate Professor Sarah McNaughton, IPAN researcher and a Discipline Leader in Dietetics at Deakin University, is leading the study funded by the Australian Research Council and believes the understudied links between the timing and distribution of food intake - or temporal eating patterns - may have a significant impact on overall health and productivity, particularly in young adults.

'This project will provide an in-depth understanding of the 'lifestyle triad' of temporal eating patterns, sleep and activity, and the relationship between these behaviours and their impact on mood. Data developed from this study can be used to inform tailored messages and real-time interventions to promote changes in behaviour,' says Associate Professor McNaughton.

The project will also examine how each of these lifestyle factors interact with each other, whether they impact on mood and what are the social drivers of these behavioural patterns, such as peer influence or proximity to particular food outlets.

The focus of the project in 2017 was on the development of the study protocols and participant recruitment. The project is due for completion in 2019.

Project funding: Australian Research Council Discovery Project grant, DP170100544, three years (2017-2020).

'This project will provide an in-depth understanding of the 'lifestyle triad' of temporal eating patterns, sleep and activity, and the relationship between these behaviours and their impact on mood. difference'

— Associate Professor Sarah McNaughton



Researchers in focus Cont'd

Dr Jenny Veitch

Parks and green spaces are a major factor in the perception of good quality of life in cities around the world. Now, IPAN researchers hope a three-year study into the role parks can play in the way we socialise and engage in physical activity will inform better urban development and overall population health.

Dr Jenny Veitch is leading an Australian Research Council funded study and says the project, *Parks: harnessing a public space for active living and social connectedness* will help identify which key characteristics of a park attract visitors, and which foster better physical activity and social engagement across various age groups. Dr Veitch's research team has conducted surveys at several parks in Eastern and South Eastern Melbourne suburbs including Frankston, Dandenong, Glen Huntly, Abbotsford, Kew, Balwyn North, and Box Hill.

'These findings will provide critical evidence to urban planners, landscape architects, and local, state and national governments about which characteristics should be prioritised in the design of parks to encourage use of these spaces by people across the lifespan,' says Dr Veitch.

Dr Veitch says that by helping shape the design of parks, the study has real potential to improve health and our social connectedness at a sustainable, long-term level.

The focus of the project in 2017 was on applying for and receiving ethics, participant recruitment and data collection for about two-thirds of the cohort (in-park qualitative interviews). The project is due for completion in 2020.

Project funding: Australian Research Council Discovery Project grant, DP170100188, three years (2017-2020).



'By helping shape the design of parks, the study has real potential to improve health and improve our social connectedness at a sustainable, long-term level.'

– Dr Jenny Veitch

Researchers in focus cont'd

Dr Nicky Ridgers

Key statistics show that only one-quarter of Australian children aged 9-12 years are reaching recommended daily physical activity levels. Now, researchers are keen to determine whether children engage in activity compensation when their physical activity is increased or restricted throughout the day.

Dr Nicky Ridgers received an Australian Research Council Discovery Project grant to support her study, designed to test whether children compensate their physical activity levels after being more or less active than usual by respectively decreasing or increasing their activity, later on in the day or the following day.

The Reactivity to Activity (REACT) study involves primary school-aged children, engaging in different conditions during school time. Dr Ridgers explains: 'Each child will participate in three, one-off sessions at school. These sessions are (a) indoor seated play, (b) a standing lesson, and (c) a sports session.'

'REACT will help us to identify whether current strategies to increase activity levels are being affected by compensatory responses to activity,' says Dr Ridgers. 'This information will provide key insights into the development of future strategies that will enable children to increase and sustain their physical activity levels.'

In 2017, Dr Ridgers and her team commenced the recruitment of schools and participants. They also completed the assessments and activity sessions in the first recruited school. Recruitment and study delivery will be ongoing in 2018. The project is due for completion in 2019.

Project funding: Australian Research Council Discovery Project (DP170100593), three years (2017-2020).



Researchers in focus Cont'd

Alfred Deakin Professor Jo Salmon

In its most recent comprehensive study of children's physical activity, the Australian Health Survey found just one in four 9-12 year olds met physical activity guidelines of 60 minutes of moderate-to-vigorous physical activity every day. This dropped to just six percent among 15-17 year olds. One in three 9-11 year olds met the screen-time recommendations of less than two hours per day⁷.

'Inactive children have poorer health outcomes as children and as adults and increasing evidence suggests inactivity leads to poorer academic performance and delayed cognitive development. Therefore, it's vital we provide effective, affordable, and scalable strategies to increase children's physical activity and reduce their sedentary behaviour,' says Alfred Deakin Professor and IPAN Co-Director Jo Salmon.

To influence health and well-being practices in Australia, Alfred Deakin Professor Salmon and her research team created the *Transform-Us! Study*; a comprehensive program to promote physical activity in children both inside and outside the classroom. In 2017, the study entered its second phase – being translated into school environments on a large scale. This follows the positive findings of a National Health and Medical Research Council (NHMRC) funded randomised controlled trial (2009-2013), involving more than 220 teachers and more than 1600 children and parents from 20 Victorian government primary schools. Alfred Deakin Professor Salmon says findings from the original initiative have provided a solid base of knowledge to significantly increase children's physical activity in the second phase.

She says the nine-component program is designed specifically to align with the current Victorian school curriculum and to be integrated into existing class lessons, requiring minimal equipment and teacher time to give everyone the best chance of changing children's physical activity behaviours.

The program components include helping teachers change their delivery to integrate more movement into class lessons, offering short active breaks to interrupt long periods of sitting, and building skills and increasing children's knowledge about the importance of being active and sitting less.

'There will also be promotion of activity in the home environment, through newsletters to parents to reinforce what the children learn in the class room,' says Alfred Deakin Professor Salmon.

'Teachers complete online training to deliver the program, and the school will be able to access teaching resources such as templates and example program materials.'

The program, which received funding from NHMRC Partnerships Project scheme, is now part of a statewide roll out in collaboration with the Victorian Government, VicHealth and six other education and health stakeholders. In 2017, Alfred Deakin Professor Salmon and her team focused on building the foundations of the program's rollout, including receiving ethics approvals, engaging with stakeholders, drafting program materials, beginning preliminary participant recruitment and building the new *Transform-Us!* website. More than 40 schools have so far expressed interest in becoming involved in the program in 2018. The project is due for completion in 2021.

Project funding: NHMRC Partnership Project grant (APP1115708), five years (2017-2021).



⁷ Australian Institute of Health and Welfare 2016. Australia's health 2016: in brief. Cat. no. AUS 201. Canberra: AIHW. pp 150

Researchers in focus Cont'd



Associate Professor Bruce has found that disrupting the production of lipids within mitochondria causes loss of muscle mass. In 2017, Associate Professor Bruce commenced his study to better understand how this happens.

Associate Professor Clinton Bruce

As we age, our muscle mass rapidly declines, often leading to poorer overall health and greater risk of diseases such as diabetes. But how can we prevent loss of muscle mass in conditions where this has previously been thought of as unavoidable?

IPAN researcher Associate Professor Clinton Bruce is undertaking studies to characterise a new pathway that he and his team have identified as being important in regulating muscle size. Associate Professor Bruce has found that disrupting the production of lipids within mitochondria causes loss of muscle mass. In 2017, Associate Professor Bruce commenced his study to better understand how this happens.

Associate Professor Bruce says the study, which is funded through an Australian Research Council Future Fellowship, will help researchers learn more about how muscle mass is regulated.

‘By characterising this newly identified pathway, these findings will advance our current understanding of the factors that control muscle mass. Hopefully this will help to identify new ways by which we can maintain muscle mass in states that are associated with muscle wasting such as aging,’ he says. The Fellowship is due for completion in 2020.

Project funding: Australian Research Council Future Fellowship (FT160100017), four years (2017-2020).

Researchers in focus cont'd

Dr Jazzmin Zheng

A new angle to tackle growing global obesity landed Dr Jazzmin (Miaobing) Zheng a National Health and Medical Research Council Early Career Fellowship. Infants – and the importance of early nutrition intervention – are the target for a new obesity-prevention research project.

Commenced in 2017, the fellowship is aimed at improving understanding of infant growth patterns in Australia, and how diet correlates with growth during infancy and early childhood, and any subsequent obesity risks.

‘Despite the most recent WHO global estimate that 41 million children aged five years and under are overweight or obese, obesity prevention during infancy has not been widely targeted and evidence describing early diet, rapid infant growth and later obesity is lacking in Australia,’ says Dr Zheng.

Dr Zheng, who joined IPAN at the start of 2017, says her project will help improve overall public health by informing obesity prevention strategies and policies around childhood feeding guidelines and regulations for infant formula and baby food.

Project funding: NHMRC Early Career Fellowship, APP1124283, four years (2017-2020).



The fellowship will support Dr Zheng’s four-year project aimed at improving understanding of infant growth patterns in Australia.

Researchers in focus cont'd

Dr Wei-Peng Teo

Conducting research and developing real-world interventions that will provide better support for people living with chronic conditions is a critical, and rewarding, aspect of Dr Wei-Peng Teo's burgeoning research career.

Dr Teo's research addresses the need for greater post-discharge healthcare for stroke survivors to live within their existing communities. This critical research received funding through a Vanguard Grant from the Heart Foundation, designed to support projects that test the feasibility of innovative concepts in public health.

'Currently there is a lack of options for people living with stroke to receive high-quality rehabilitation once they are discharged from hospital care,' says Dr Teo. 'This project used an interactive online rehabilitation platform to prescribe and monitor stroke rehabilitation in community-dwelling stroke survivors.'

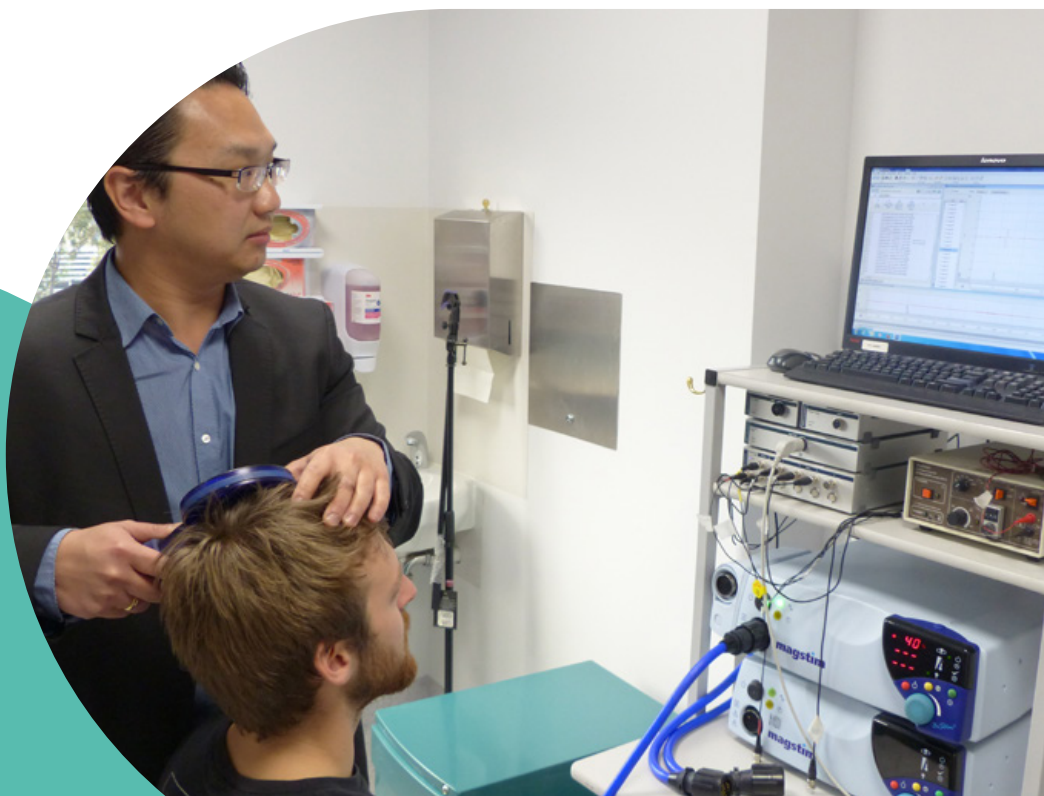
Through delivering virtual-reality based exercises, Dr Teo hopes to support the rehabilitation of stroke survivors within the comfort of their own homes. This combined technology and exercise program offered rehabilitation to stroke survivors regardless of their proximity to traditional facilities or the limited availability of post-discharge rehabilitation.

As an early-career researcher, Dr Teo says receiving the Heart Foundation Vanguard grant was a 'big achievement'. 'The grant provided me with the opportunity to start a new line of research and establish formal collaborations with other experts in the field. It's also opened up doors to network with other researchers,' says Dr Teo.

In 2017, Dr Teo was actively involved with stroke support community groups to understand some of the issues facing stroke survivors living in the community. By understanding the issues and limitations that stroke survivors are facing, Dr Teo hopes to develop effective strategies to improve the physical and mental well-being of stroke survivors.

Dr Teo will complete his project in early 2018, and hopes to then begin collaboration with local community-based rehabilitation facilities to provide real-world support.

Project funding: Heart Foundation Vanguard Grant (101350), one year (2017-2018).



Researchers in focus cont'd

Professor Ralph Maddison has developed a new study aimed at improving self-management for people with heart failure.



Ralph Maddison

For people living with heart failure, self-management is an essential component of long-term treatment and an important factor in a person's quality of life.

Despite this, very little is known about how people manage their disease after their initial diagnosis. Discovering what people do to manage their disease when left to their own devices was an area of research that piqued Professor Ralph Maddison's interest, and led him to develop a new study aimed at improving self-management for people with heart failure.

Professor Maddison says self-management includes adhering to prescribed medication, undertaking daily care activities such as self-weighing, physical activity and managing fluid intake. His project, *Seeing is believing: wearable cameras for self-management in people with Heart Failure* received a Heart Foundation Vanguard grant and observed participants wearing a small camera for 30 days.

The 'narrative clip' wearable camera continuously and objectively collected images of people's daily activities. These images will help researchers identify common strategies used by people to self-manage their disease. The participants also underwent bi-weekly finger prick blood testing to test their heart functionality.

Professor Maddison believes the study provides insight to better understand and improve self-management practices in people with heart failure.

'With a better understanding, I hope we can develop an intervention to boost future self-management practices and change behaviours in this key group,' says Professor Maddison.

In 2017, Professor Maddison focused his work on recruiting 30 participants to wear the cameras for 30 consecutive days. He also collected additional data on their heart failure management and health status. The team analysed camera images and used machine-learning techniques to provide greater details of the images. The project is due for completion by end of March 2018.

Project funding: Heart Foundation Vanguard Grant (101348), one year (2017-2018).

Researchers in focus cont'd

IPAN was awarded two Alfred Deakin Postdoctoral Research Fellowships and a Health Research Postdoctoral Fellowship in 2017 through Deakin University.

Dr Phil Baker

After witnessing first-hand the serious impact poor nutrition was having on the health of people throughout the Asia Pacific region, and the failure of political systems in responding to this challenge, Dr Philip Baker knew he had to try to bring about change.

Joining IPAN in 2017 as an Alfred Deakin Postdoctoral Research Fellow, Dr Baker brought with him a strong research record and a passion to tackle the so-called 'double-burden of malnutrition'. Global figures show one in three people are malnourished.

Dr Baker explains: 'malnutrition has a dual impact on our society; malnutrition stems from both a lack of minerals and nutrients, leading to stunted growth and underweight people particularly in low-income countries, as well as the modern phenomenon of malnutrition stemming from nutrient-poor, energy-excessive diets that lead to chronic conditions such as obesity, diabetes and heart disease.'

Tackling hunger and malnutrition is critical to more than just food security, says Dr Baker. It underpins the social and economic development of entire countries. 'My fellowship focuses on understanding the politics of food and nutrition policy. In particular, it determines what political factors enable and constrain policy actions to tackle poor nutrition and unhealthy diets in Australia and internationally. This includes an exploration of power and influence within our food system.'

Dr Baker says receiving the Alfred Deakin Postdoctoral Research Fellowship, together with the outstanding support of IPAN, has provided a strong platform for accelerating his research agenda on the politics of food and nutrition. 'It also presents further opportunities for developing research collaborations with leaders in the field within and outside the University, and for developing grant and fellowship proposals to secure ongoing research funding,' he says.

Dr Baker's Fellowship is due for completion in February 2019.

Dr Barbara Cardoso

Dr Barbara Cardoso, the second Alfred Deakin Postdoctoral Research Fellowship recipient, commenced her Fellowship in mid-October 2017. Dr Cardoso's Fellowship is investigating the potential role of selenium in cognitive performance, with the aim to identify different protective mechanisms through which selenium can act against neurodegeneration.

By elucidating mechanisms of selenium metabolism and its role in cognition, Dr Cardoso believes this study will develop future strategies for both prevention and treatment of Alzheimer's-Dementia and related dementias.



Researchers in focus cont'd

Health Research Postdoctoral Fellowship

Dr Rabia Islam

'Research is the only way we can change the future of Motor Neurone Disease,' says Dr Rabia Islam, recipient of a Deakin University Health Research Postdoctoral Fellowship, who joined IPAN in March 2017.

Dr Islam's Fellowship, awarded through Deakin University's Faculty of Health, supports her research exploring the neural impacts on human movement of Motor Neurone Disease (MND) and subset disease Amyotrophic Lateral Sclerosis (ALS) – both causing progressive degenerations of the motor nerve cells in the brain and spinal cord.

The disease interrupts the nerves that activate muscle functions such as moving, speaking, swallowing and breathing. As neurons degenerate and die, muscles gradually weaken and waste.

Dr Islam hopes her research will help inform evidence-based interventions to assist in the fight against MND and its subsets. Her fellowship, which commenced in March 2017, supported the initial research phase that included working on animal models and cell culture systems to identify potential molecular targets.

Following the initial research phase, she will then move into the second phase of the project involving pre-clinical trials, to provide insight into potential therapeutic approaches.

Dr Islam explains: 'My fellowship has provided me with the opportunity to move to Australia and learn about research activities here, and to be trained in new research techniques, such as nerve cell culture which I undertook with IPAN collaborators based at the University of Tasmania. Most importantly though, my fellowship enables me to undertake important research which might perhaps one day lead to a cure for MND and ALS.'

Dr Islam's Fellowship is due for completion in March 2019.



Shared learning at IPAN

Visiting researchers are an important part of IPAN's continued growth and innovation. In 2017, a number of international colleagues visited either in a self-funded capacity or as part of IPAN's Visiting Fellows Program.

- Associate Professor Lars Christiansen - Lund University, Skåne University Hospital, Sweden
- Dr Amanda Daley - University of Birmingham, UK
- Associate Professor Jess Haines - University of Guelph, Canada
- Dr Laura Esteban Gonzalo - European University of Madrid, Spain
- Professor Bob Jeffrey - University of Minnesota, United States
- Dr Alessandra Pioreschi - University of South Africa, South Africa
- Professor Sumantra Ray - Cambridge University, UK
- Jan Arvidsen (PhD student) - University of Southern Denmark, Denmark
- Marita Hennessy (PhD student) - National University of Ireland, Ireland
- Jennifer Thomson (PhD student) - The University of Edinburgh, UK

Working at IPAN: a visitor's perspective

PhD student Jan Arvidsen, from the University of Southern Denmark, arrived at IPAN in October 2017 for a six-month collaboration with Dr Jenny Veitch. Jan says he chose to visit IPAN and work with Dr Veitch after meeting her in Denmark, during her Academic Study Program to connect with Jan's working group, and noted similarities in their research. He explains: 'I am involved in a project called NatureMoves, which aims to promote children's everyday outdoor life through new outdoor places for children. My project looks at how children's everyday outdoor places matter in their lives, and aims to inform the development of six intervention programs.'

Dr Veitch, who focuses her research on how parks and public open spaces may promote opportunities for physical activity, says Jan contacted her about gaining insight into IPAN and developing a working relationship with other researchers in the Institute to support his PhD.

'Visiting IPAN was an obvious choice,' says Jan. 'This gives me a chance to encounter first-hand how this highly successful group works. Secondly, this visit may contribute to further developing the collaboration between IPAN and my working group in Denmark.'

'Other than working on my PhD project, the aim of my visit was to gain insights into ongoing and future projects at IPAN, to meet and share ideas with other researchers doing similar work or in adjoining fields, and to learn new ways of collecting data,' says Jan. 'Meeting with other researchers has given rise to many new ideas, and has also made me look differently at my own work and how one can collaborate with others.'

Jan says he is grateful for the opportunity to immerse himself in IPAN. 'My experience visiting another research group will benefit our own work in an array of ways, and visiting a sharing, skilled and supportive milieu like IPAN makes all the challenges that come with going abroad worthwhile.'

'Meeting with other researchers has given rise to many new ideas, and has also made me look differently at my own work and how one can collaborate with others.'

– Jan Arvidsen



Awards and prizes

2017 was another successful year with a number of staff and students receiving awards or prizes recognising their research quality, expertise, or scientific contributions.

Dr Karen Lamb

IPAN's Dr Karen Lamb (biostatistician) was honoured as one of 30 women named as a 'Superstar of STEM' in a prestigious national program promoting the achievements of women in science and technology.

The inaugural 2017 'Superstars of STEM' program aims to raise the profile of Australia's most dynamic female scientists and technologists and create a critical mass of strong, visible, relatable and public female role models in STEM (Science, Technology, Engineering and Mathematics).

The program offered the women a four-day masterclass in advanced communication, providing training in public speaking and storytelling, working with the media, and communicating with influence. There were also opportunities to become role models to young women and girls by engaging with the media and with the community.

Dr Lamb's mentor, Associate Head of School (Research) for Exercise and Nutrition Sciences and NHMRC Principal Research Fellow, Alfred Deakin Professor Kylie Ball said there were still not enough women entering careers in STEM disciplines.

'While there are a number of reasons for this, a lack of role models is one key factor,' Alfred Deakin Professor Ball said.

'I'm thrilled not just for the recognition it provides to Karen, but also for the great potential benefit it will bring to the many women she will come into contact with as part of this program, and to statistics and STEM disciplines more broadly,' Alfred Deakin Professor Ball said.

Originally from Scotland, Dr Lamb first came to Australia to complete a short project at Deakin after meeting Alfred Deakin Professor Ball at a medical research conference in Glasgow.

'I then worked for two years at the Murdoch Children's Research Institute, but I found my way back to Kylie and Deakin when I became an Alfred Deakin Postdoctoral Research Fellow,' she said.

'Kylie is an absolutely fantastic role model herself. Women in senior positions in this field are quite rare and they can make all the difference.'

Dr Lamb is passionate about mathematics and statistics and revels in sharing her expertise with others. She currently collaborates with colleagues across IPAN, providing statistics support and consultation for projects in nutrition and physical activity, as well as furthering her own research.

'I love the diversity and type of projects I can get involved in – and that I get to make a special contribution through my skills in mathematics. I think it is really important that people, especially women, are aware what you can do with mathematics. There really are so many opportunities out there.'

'Maths doesn't have to be dry. A lot of my working days are spent working with people, learning about the problems they are seeking to solve and designing projects to help them.'



'I love the diversity and type of projects I can get involved in – and that I get to make a special contribution through my skills in mathematics.' – Dr Karen Lamb

Awards and prizes cont'd

Other awards and prizes in 2017 included:

STAFF

- Alfred Deakin Professors Kylie Ball, David Crawford and Jo Salmon have for the third year in a row been listed on the Highly Cited Researchers list produced annually by Clarivate Analytics.
- Alfred Deakin Professor Jo Salmon was awarded the title of 'Distinguished International Affiliate' of the Society for Health Psychology, Division 38 of the American Psychological Association. She was recognised for her 'unusual and outstanding' contributions to health psychology.
- Professor Mark Lawrence and Dr Julie Woods became Fellows of the Public Health Association of Australia (PHAA), in recognition of their significant contribution to PHAA and the field of public health.
- Professor Mark Lawrence, Associate Professor Sarah McNaughton, Dr Lukar Thornton and Dr Trina Hinkley awarded funding to participate in the 2017 Australian Academy of Science Theo Murphy High Flyers Think Tank – Rethinking food and nutrition science.
- Associate Professor Daniel Belavy's presentation at the 44th meeting of the International Society for the Study of the Lumbar Spine (ISSLS) conference (the most prestigious conference for spine research internationally) received the 'best paper award'.

- Associate Professor Sarah McNaughton selected as one of the Nutrition Society of Australia's representatives and Dr Severine Lamou selected to represent the Australian Physiological Society at the Science meets Parliament meeting.
- Dr Katherine Livingstone awarded an Ian Potter Foundation travel grant to attend 'The International Society for Behavioural Nutrition and Physical Activity', Victoria, Canada.
- Dr Rachel Duckham awarded an Australian Institute for Musculoskeletal Science 2017 Travel Grant to support attendance at the International Conference on Children's Bone Health and the Black Forest Forum for Musculoskeletal Interaction in Germany. Rachel also received the International Federation of Musculoskeletal Research Societies Travel award to attend the American Society for Bone and Mineral Research conference in the US.
- Dr Rachel Duckham awarded an Endeavour Fellowship to spend time overseas at the University of Georgia in 2018.
- Associate Professor Sarah McNaughton awarded the Vice Chancellor's Award for Excellence in Research Supervision.
- Dr Carley Grimes awarded the Vice Chancellor's Early Career Researcher Award for Research Excellence.
- Alfred Deakin Professor Kylie Ball part of team awarded the Vice Chancellor's Award for Outstanding Contribution to Healthy Deakin.
- Dr Harriet Koorts Finalist New Investigator Award: Fourth Biennial Society for Implementation Research Collaboration (SIRC), Mechanisms of implementation: What works and why?'

STUDENTS

- PhD student Katherine Downing (supervised by Associate Professor Kylie Hesketh), was awarded an Endeavour Fellowship to spend time overseas at the University of Strathclyde in 2018. Katherine also awarded an Early Career Researcher travel grant by the ANZOS-OSSANZ-AOCO Conference, in recognition of submitting one of the top scoring abstracts within the ANZOS stream.
- PhD student Rebecca Leech (Supervised by Associate Professor Sarah McNaughton) was awarded the Alfred Deakin Medal for Doctoral Thesis for Round 2, 2017.
- PhD student Dale Harris (Supervised by Dr Wei-Peng Teo) invited as one of three guest presenters for the Melbourne Neuroscience Institute symposium series to present his research on using virtual reality for neurorehabilitation.



Dr Rachel Duckham

IPAN in the media

Media coverage is vital to engaging our communities, sharing new research initiatives and raising awareness of the work IPAN does to promote physical activity and nutrition. In 2017, IPAN continued working with Le Page Public Relations to support our media activities, together with the Deakin media team. Throughout 2017, IPAN achieved excellent media coverage with 815 media hits across print, radio, television and online media nationally and internationally.

A snapshot of some of the research which attracted significant coverage included:

- Dr Steve Fraser's and Jack Dalla Via's (PhD student) IMPACT prostate cancer study, a world first trial aiming to examine the benefits of a unique exercise and nutritional program on the health and quality of life of men being treated for prostate cancer, was picked up across 58 Channel 9 stations.
- Associate Professor Daniel Belavy's research on the role of exercise in strengthening discs in the spine featured in numerous media channels nationally and internationally. Significantly, Daniel was interviewed by Dr Norman Swan on the Health Report, Radio National, and had an article published in the New York Times.
- Professor Caryl Nowson's review showing that the Mediterranean diet is linked to maintaining quality of life as we age, was featured in various media including the Geelong Advertiser, Senior magazine, the Courier Mail, Adelaide now, and the Daily Telegraph.
- Professor Karen Campbell's research on infant protein intake achieved extensive coverage via Channel 7 news, Fairfax online nationally, the Daily Mail, TVNZ online, the West Australian online and various radio including Triple M Hobart, Fox FM, Mix 92.7 and Hit 105 Brisbane.
- Dr Jazzmin Zheng's NHMRC Early Career Fellowship research investigating the diets of toddlers and future obesity risk featured in the Geelong Advertiser, The Daily Telegraph (NSW), The Courier-Mail (QLD), The Advertiser (SA), Cairns Post, Gold Coast Bulletin, and The Mercury (TAS).
- Dr Helen Macpherson's research regarding physical activity and the brain featured in the Sunday Age, the Sun Herald (NSW), The Canberra Times, and online in The Age, The Sydney Morning Herald, WA Today, Brisbane Times and Seniors Aus.
- Dr Lisa Barnett's research regarding play skill perception and children's physical activity featured in the Herald Sun and also online in the Courier Mail (QLD), Daily Telegraph (NSW), The Advertiser (SA), Cairns Post, Gold Coast Bulletin, The Mercury (TAS) and the Northern Territory News.
- Dr Rachel Duckham's research on children's bone health appeared in The Sydney Morning Herald (online and print version), Canberra times (online and print version), The Age, Brisbane Times (online and print version) and WA Today. The Project New Zealand also interviewed Dr Duckham.
- Associate Professor Sarah McNaughton was interviewed on Radio National Life Matters program about artificial sweeteners.
- Professor Karen Campbell was interviewed about infant feeding on 3AW with Dennis Walter and Karen Inge.
- Dr Carley Grimes' research on salt intake in children appeared in the New daily with subsequent pick up across numerous media channels including Skynews, Channel 9 and across News limited papers.

Social media

Facebook and Twitter play an integral role in keeping the community informed and engaged with IPAN's day-to-day research activities. Facebook became part of IPAN's communications for the first time in 2017, and continues to grow as a way for IPAN to engage with a variety of stakeholders, and promote key research news and opportunities.



447

New 2017 Twitter followers,
increasing by 30.7% from 2016



189

Number of tweets

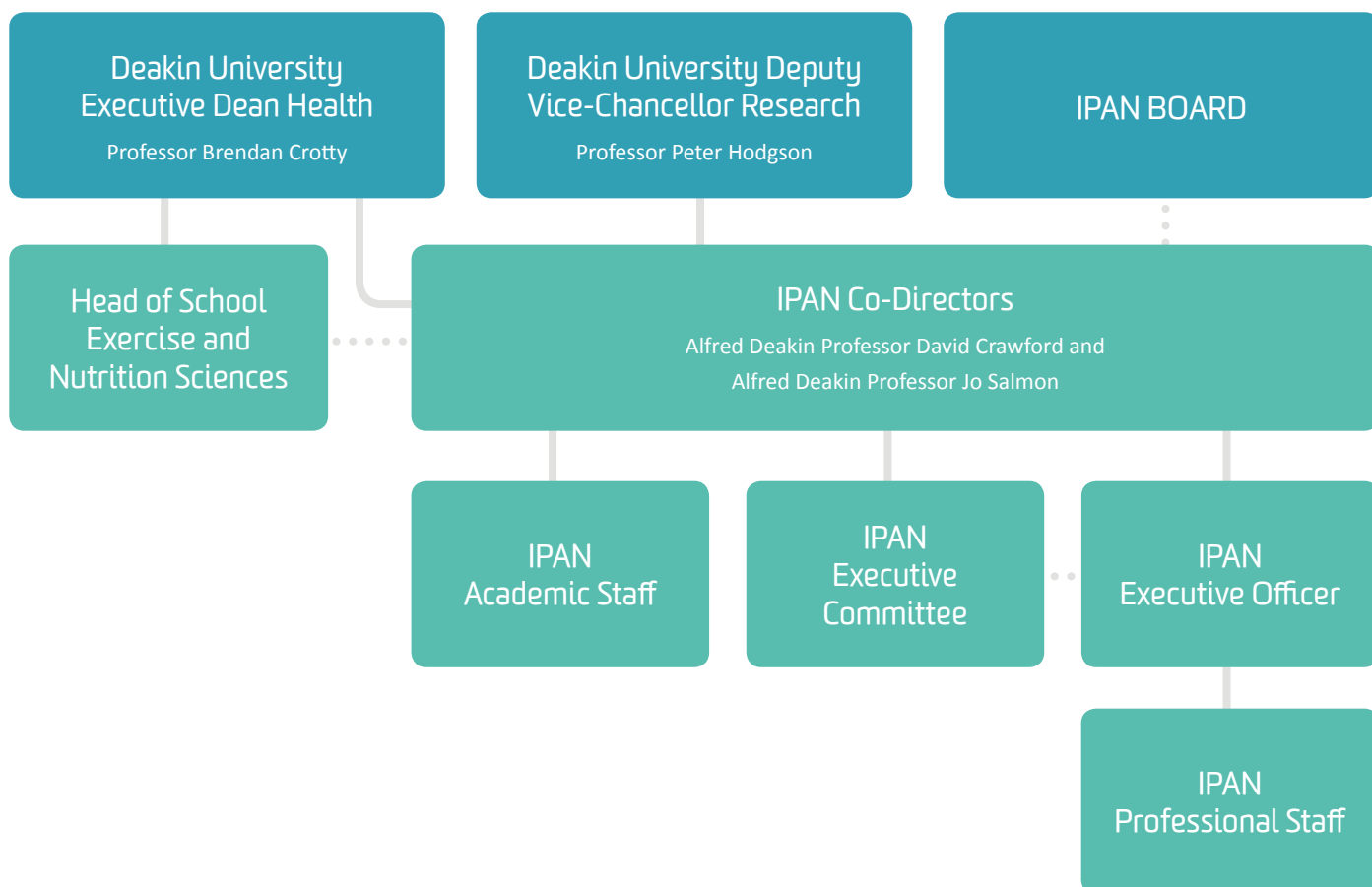


144

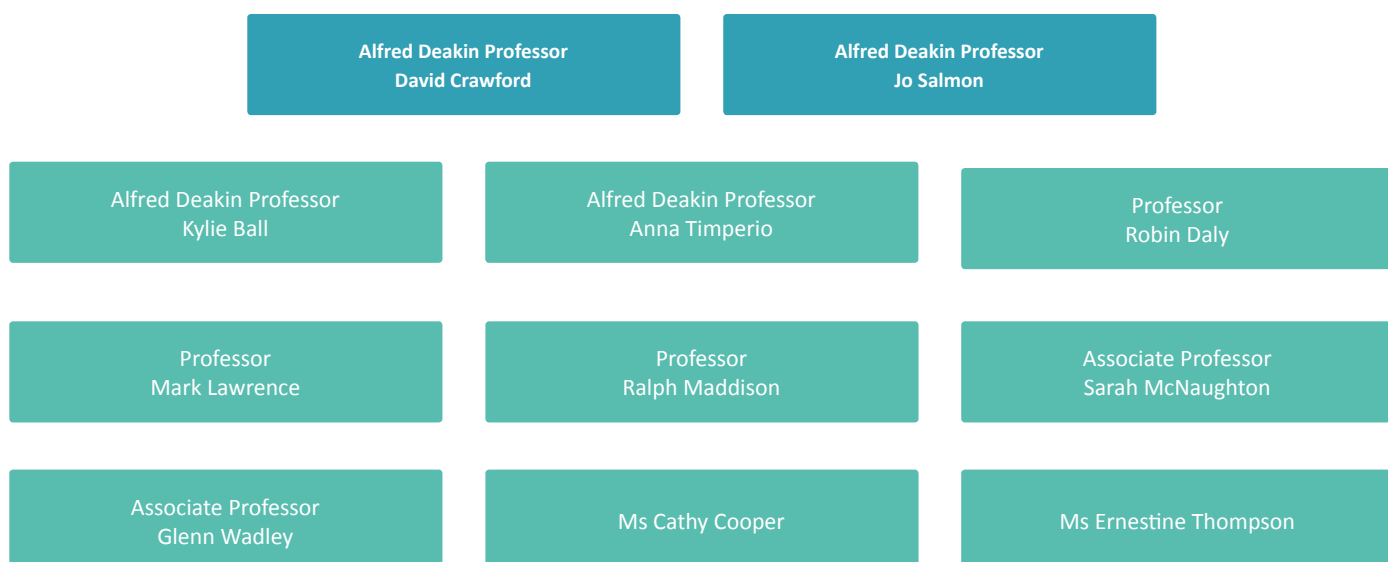
Facebook page likes
(from July – December 2017)

IPAN Governance

IPAN'S organisational chart



IPAN'S Executive



IPAN's Board

In 2017, IPAN welcomed the formation of its Board. All board members bring a wealth of experience and knowledge that assist IPAN to set its strategic aims and direction.



Professor Peter Hodgson (Board Chair)

Professor Hodgson is the Deputy Vice-Chancellor Research at Deakin University. This role provides academic leadership to advance Deakin's distinctive research and research training both nationally and internationally. This includes research development, industry-focused research, commercialisation, and research promotion.

Prior to his appointment in 2016, Professor Hodgson was Pro Vice-Chancellor Strategic Partnerships (from 2015) and Director of the Institute for Frontier Materials. Prior to that he was Associate Dean (Research), Head of the School of Engineering and Technology and Professor of Engineering in the Faculty of Science and Technology at Deakin University.

Professor Hodgson has over 600 research publications related to the physical metallurgy and modelling of steels. In 2004, Professor Hodgson was made one of the inaugural Alfred Deakin Professors and received a Federation Fellowship from the Australian Research Council.



Professor Brendan Crotty

Professor Crotty was appointed Foundation Head of the Deakin School of Medicine in 2006. In this role he was responsible for the development and delivery of the Deakin medical course.

Since 2011 he has been Executive Dean of Deakin's Faculty of Health, one of Australia's largest multidisciplinary health faculties, which has a strong and expanding research profile.

He trained in general medicine and gastroenterology and was active in clinical research into inflammatory bowel disease before commencing at Deakin. He has extensive experience in undergraduate and postgraduate medical education.



Professor Trish Livingston

Professor Livingston is the Associate Dean (Research) in the Faculty of Health and leads the strategic direction, management and co-ordination of a significant area of research activity in the University.

As the Associate Dean (Research), she is focused on growing the breadth and depth of the Faculty's research profile, income and outputs, as well as supporting the Faculty's mid- and early-career researchers. Professor Livingston also leads a research program, 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.



Dr Ben Spincer

Dr Spincer is currently the Director of Deakin Research Commercial. He brings more than 20 years of diverse finance, business and technology experience to Deakin. He is a geoscientist by background but has also worked in investment banking, journalism and stakeholder relations roles.

Most recently, 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.



Professor Amanda Thrift

Professor Thrift is Head of Stroke & Ageing Research, Monash University, and is a Past President of the Stroke Society of Australasia. Her expertise is in the field of epidemiology and prevention of stroke and vascular disease.

She has led highly successful research studies in Australia, including in Aboriginal and Torres Strait Islander peoples. She is also currently leading an innovative vascular disease research program in three regions in rural India, funded through the NHMRC as part of the Global Alliance for Chronic Diseases.

IPAN's Board cont'd



Professor Matthew Gillespie

Professor Gillespie is Deputy Dean Research (Strategy), Faculty of Medicine, Nursing and Health Sciences 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 (2006-2019). 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

Dr 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. Dr Roberts holds numerous Board positions including the Australian Institute of Health and Welfare (board member), Deakin University Council (council member), and the Victorian Government Justice Health Ministerial Advisory Committee (member). She is currently working part-time as a Principal Adviser with the Victorian Health Promotion Foundation.



Dr Christina Pollard

Dr Pollard has 30 years' government experience with a particular focus on public health nutrition. She has extensive experience developing, implementing

and evaluating numerous public health interventions, from policy to social marketing campaigns, to food regulation and food service incentive schemes, at national, state and local levels. Dr Pollard has a particular interest in population groups who are vulnerable to poor health due to their social, environmental or economic circumstances. She is currently a Principal Policy Officer for government and a Research Associate at Curtin University.



Ms Wendy Gillett

Ms Gillett is currently the CEO of Bluearth Foundation. Her experience spans executive roles in both Government and not for profit sector in WA, NSW

and Victoria. She has had a diverse career working across education, health, community services and sport and recreation to deliver system change and improve client outcomes.

Ms Gillett won public sector awards for her work in sport and recreation and industry awards in community services. She is a strong advocate for women and girls participation in sport and recreation, as she recognises the many benefits it has given her. She has a degree in Human Movement, is an AICD graduate and is passionate about the transformative power of sport, recreation and physical activity.



Ms Kellie-Ann Jolly

Ms 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 has managed the Foundation's health programs. In August 2016, she was appointed Chief Executive Officer.

IPAN staff of 2017

Associate Professor Brad Aisbett

Dr Lauren Arundell

Alfred Deakin Professor Kylie Ball

Dr Phillip Baker

Dr Lisa Barnett

Associate Professor Daniel Belavy

Dr Andrew Betik

Dr Alison Booth

Associate Professor Clinton Bruce

Professor Karen Campbell

Dr Barbara Cardoso

Alfred Deakin Professor David Crawford

Professor Robin Daly

Dr Paul Della Gatta

Dr Rachel Duckham

Dr Victoria Foletta

Dr Steve Fraser

Dr Carley Grimes

Dr Ashley Hendy

Associate Professor Kylie Hesketh

Dr Trina Hinkley

Dr Jill Hnatiuk

Dr Kirsten Howlett

Dr Rabia Islam

Dr Shariful Islam

Dr Gunveen Kaur

Associate Professor Michelle Keske

Dr Nicole Kiss

Dr Harriet Koorts

Dr Greg Kowalski

Dr Katie Lacy

Dr Karen Lamb

Dr Severine Lamon

Professor Mark Lawrence

Dr Rachel Laws

Dr Rebecca Lindberg

Dr Katherine Livingstone

Dr Penny Love

Dr Helen Macpherson

Professor Ralph Maddison

Dr Luana Main

Dr Claire Margerison

Associate Professor Sarah McNaughton

Dr Catherine Milte

Professor Caryl Nowson

Dr Lewan Parker

Dr Timo Rantalainen

Dr Jonathan Rawstorn

Associate Professor Lynn Riddell

Dr Nicky Ridgers

Professor Aaron Russell

Dr Shannon Sahlqvist

Alfred Deakin Professor Jo Salmon

Dr Chris Shaw

Professor Rod Snow

Dr Alison Spence

Dr Ewa Szymlek-Gay

Dr Wei-Peng Teo

Dr Megan Teychenne

Dr Lukar Thornton

Alfred Deakin Professor Anna Timperio

Dr Susan Torres

Dr Anne Turner

Dr Paige van der Pligt

Dr Jenny Veitch

Associate Professor Glenn Wadley

Dr Stuart Warmington

Professor Tony Worsley

Dr Julie Woods

Dr Craig Wright

Dr Jazzmin Zheng



IPAN PhD students and projects during 2017

Name	Projects
Wei (Teddy) Ang	Understanding how endogenous glucose production is regulated throughout the day
Linda Atkins	Iron and zinc nutrition in young children
Kelsey Beckford	Iodine status of Victorian schoolchildren
Lisa Bell	Physical activity and cardiovascular disease risk in preschool aged children
Warren Bowen	Cross education as therapy on knee osteoarthritis and knee replacement
Alissa Burnett	Feeding difficulties of young children
Melissa Burton	Towards a family centred food curriculum for secondary schools
Samuel Cassar	Implementation of physical activity and sedentary behaviour interventions at scale
Stephanie Chappel	Interactions between shifts, physical activity and sleep for Australian nurses
Matthew Clarkson	Blood flow restriction exercise: improving muscle health following muscle atrophy
Andrew Cleland	What makes a successful dining experience?
Ana Maria Contardo Ayala	Evidence of relationship between sedentary behaviour and health outcomes
Jack Dalla Via	The effects of a multi-nutrient supplement with exercise on musculoskeletal health in men with prostate cancer receiving androgen deprivation therapy
Niveditha Devasenapathy	Long-term functional outcomes and weight gain pattern after primary total knee arthroplasty (TKA): A prospective cohort
Katherine Downing	Intervening to reduce sedentary behaviour in early childhood
Melissa Formica	Effect of exercise and dietary protein on cognitive function
Stephen Foulkes	The effects of exercise training on cardiac and musculoskeletal health during treatment for breast cancer
Sarah Hall	Sleep and stress in on-call fire and emergency service workers
Steven Hamley	Understanding the regulation of postprandial glucose metabolism
Dale Harris	Concurrent exergaming and transcranial direct current stimulation to improve balance in people with Parkinson's disease
Michael Hart	Understanding associations between diet and mental health in older Australians.
Jennifer Hatt	Physical activity and sedentary behaviour changes from late adolescence to early adulthood
Ngan Thi Duc Hoang	Efficacy of Sprinkle supplement in improving micronutrient status of underweight and obese children in some primary schools in Haiphong City, Vietnam
Rebecca Huddy	Associations between diet and mental health among Australian mothers and their infants
Giselle Keefe	Immune and muscular responses to resistance training in intermittent hypoxia
Durreajam Khokhar	Knowledge, attitudes and behaviours related to salt intake among Victorian parents
Abishamala Kingsly	Influence of built environment on physical activity of adolescents aged 12-17 years
Olivia Knowles	Sleep deprivation, resistance training and muscle health in shift workers
Konsita Kuswara	Promoting best practice infant feeding to Chinese immigrant families in Australia
Michael Leung	Transcranial magnetic stimulation and exploring brain excitability, manipulation motor training to induce brain plasticity
Davina Mann	Novel approaches to promoting healthy and sustainable food choices

IPAN PhD students and projects during 2017 Cont'd

Name	Projects
Jaimie-Lee Maple	Effectiveness of incentives to increase physical activity and reduce sedentary behaviour
Anthony May	Mechanisms of muscle adaptations to blood flow restriction exercise
Gisella Mazzarino	Cardioprotective mechanisms of exercise: The role of microRNA
Jasmine Mikovic	The role of miRNAs in skeletal muscle cell proliferation/differentiation
Bilal Ahmad Mir	Identifying novel molecular targets to maintain skeletal muscle health
Maria Gabriela Morales-Scholz	The role of autophagy in skeletal muscle metabolism
Dale Morrison	Assessing postprandial glucose metabolism via the triple tracer technique
Liana Mundell	Effects of exercise and nutritional supplementation on cognitive function in men with prostate cancer
Gamage Janandani Madhushika Nanayakkara	Senior secondary school food literacy education
Catherine Offer	The effects of theta-burst stimulation on cognitive function in Parkinson's disease and aged-match healthy individuals: a combined electroencephalography and functional near-infrared spectroscopy study
Natalie Opasinis	Nutrition communication within the Australian fitness industry
Patrick Owen	Nutritional supplementation and exercise for musculoskeletal health in prostate cancer
Kate Parker	Clustering of adolescent health behaviours: an ecological approach
Neha Rathi	The examination of Indian secondary school food and nutrition landscape
Ella Ridgway	Critical analysis of policy-making to promote healthy and sustainable diets
Spencer Roberts	The impact of sleep on endurance performance and autonomic function
Kate Sadler	Identifying molecular mechanisms regulating skeletal muscle growth and function
Nikhil Srinivasapura Venkateshmurthy	Behaviour change intervention through Accredited Social Health Activists (ASHA) to prevent diabetes: development and feasibility of cluster randomised trial
Jamie Tait	Effects of dual-task functional power training on cognitive function, well-being and inflammatory and neurological markers in older adults
Bianca Tepper	Extracellular matrix remodelling: role in insulin resistance and exercise adaptations
Sarah Tighe	Towards a digital platform for promoting health behaviour change
Alex Tillman	Concurrent progressive resistance training and transcranial direct current stimulation to improve gait and balance in people with Parkinson's disease
Stavroula Tsitkanou	Improving skeletal muscle health to attenuate motor neuron disease severity
Daniel Van Den Hoek	Exercise, energy restriction and psycho-social health for women with obesity
Luke Vella	Understanding the molecular mechanisms of post-exercise muscle inflammation and repair
Simone Verswijveren	Understanding how children accumulate activity across the physical activity spectrum and implications for health
Cara Walker	Physical selection test development and validation for Australian rural firefighters
Adam Walsh	Father's impact on the dietary and physical activity behaviours of children aged 0-5 years
Amanda Watson	Can physical activity improve academic performance?
Emiliano Mazzoli	Interrupting seated time at school to improve cognition in children

Externally funded research projects and fellowships active in 2017

PROJECTS

Project team	Project name	Funding scheme
Barnett L, Hinkley T , Schott N, Lander N, Tietjens M, Dreiskaemper D, Utesch T	Global assessment of children's motor competence	The Australia – Germany Joint Research Co-operation Scheme Universities Australia and the German Academic Exchange Service (DAAD)
Belavy D	Systematic review for exercise in chronic low back pain	Move-Muscle, Bone & Joint Health
Daly R, Nowson C , 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
MacPherson H, Rantalainen T, Teo W-P	Exploration of the associations between cognitive performance, and dual tasking, gait, and physical performance in community-dwelling older adults and individuals with Alzheimer's	Alzheimer's Australia Dementia Research Foundation
Maddison R, Ball K , Neil C, Phung D	Seeing is believing: wearable cameras for self-management in people with heart failure	Heart Foundation Vanguard Grant
	Exploration of the associations between cognitive performance, and dual tasking, gait, and physical performance in community-dwelling older adults and individuals with Alzheimer's	Alzheimer's Australia Dementia Research Foundation
McNaughton S , Dunstan D, Sargent C, Worsley T, Macpherson H	Eating patterns: How do they interact with activity, sleep, and mood?	ARC Discovery Project
Ridgers N, Salmon J, Timperio A , Brown H, Ball K , Macfarlane S	Using Fitbits to promote physical activity in inactive Victorian adolescents: Technological revolution or fad?	VicHealth Innovation Grant
	Scalability of the Transform-Us! program to promote children's physical activity and reduce prolonged sitting in Victorian primary schools.	NHMRC Partnership Grant
Ridgers N, Salmon J, Timperio A , Chastin S	Do children have a physical activity 'set-point'?	ARC Discovery Project
Salmon J, Timperio A , Bauman A, Lubans D, Lonsdale C, Koorts H , Telford A, Ridgers N, Barnett L, Lamb K . Al Brown H, Arundell L	Scalability of the Transform-Us! study to reduce children's sitting and promote physical activity in Victorian primary schools	NHMRC Partnership Grant
Teo W-P, Johnson L, Muthalib M, Bird ML	An innovative STRoke Interactive Virtual thErapy (STRIVE) online platform for community-dwelling stroke survivors: a RCT evaluating the effectiveness and user preferences in a community setting	Heart Foundation Vanguard Grant
Thornton L , Coffee N, Lamb K, Ball K , Daniel M, Kestens Y, Chaix B	Testing the projected benefits of living in a 20-minute neighbourhood	ARC Discovery Project
Veitch J, Timperio A, Ball K , Deforche B	Parks: harnessing a public space for active living and social connectedness	ARC Discovery Project

IPAN staff are indicated in bold

Externally funded research projects and fellowships active in 2017 cont'd

FELLOWSHIPS

Staff member	Project name	Funding scheme
Ball K	Socioeconomic inequalities in eating and physical activity behaviours, and obesity risk	NHMRC Principal Research Fellowship
Bruce C	Defining a novel pathway in the regulation of skeletal muscle mass	ARC Future 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	Investigating preschool children's physical activity and sedentary 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 Discovery Early Career Researcher Award
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
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 neighbourhood physical environment and physical activity and sedentary behaviour among children and adults	NHMRC Early Career 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 active in 2017

PROJECTS

Project team	Lead institute	Project name	Funding scheme
Albracht K, Belavy DL	Institute of Biomechanics and Orthopaedics, German Sport University Cologne, Germany.	Is muscle force impeded by microgravity?	German Aerospace Centre
Armbrecht G, Gast U, Belavy DL , Felsenberg D	Charité University Medical School, Germany	Muscle and bone adaptations in simulated spaceflight and the influence of interventions	German Aerospace Centre
Baur L, Askie L, Rissel C, Moodie M, Trost S, Campbell K, Hesketh K , Hayes A, Golley R, Taylor R. Al Laws R	University of Sydney	Centre of Research Excellence in the early prevention of obesity in childhood	NHMRC Centres of Research Excellence
Carter R, Swinburn B, Moodie M, Allender S, Osborne R, Lawrence M , Vos T, Neal B, Peeters A, Brownell K.	Deakin University	Centre of Research Excellence on policy research on obesity and food systems	NHMRC Centres of Research Excellence
Ferguson SA, Lack L, Aisbett B	Eating patterns: How do they interact with activity, sleep, and mood?	ARC Discovery Project	
	Central Queensland University	Sleeping with one ear open: the impact on sleep and waking function	ARC Discovery Project
Gibson L, Campbell K, 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, Knuiman M, Kavanagh A. Al(Barnett A, Boruff B, Lamb K , Eagleson S, Tonts M)	Melbourne University	Centre of Research Excellence in healthy, liveable and equitable communities	NHMRC Centres of Research Excellence

IPAN staff are indicated in bold

Externally funded research collaborations active in 2017 Cont'd

PROJECTS

Project team	Lead institute	Project name	Funding scheme
Grundy J, Venkatesh S, Maeder A, Mouzakis K, Hutchinson A, Berk M, Maddison R , Kouzani A, Vasa R, Calvo R, Christensen H, Williams P, Phung D, Yearwood J, Gordon S, Powers D, Wickramasinghe N, Bidargaddi N, Rana S, Tran T, Gupta S, Luo W, Abdelrazek M, Tan F, Langberg H, Kayser L, Kensing F, Bodendorf F, Hansen J, Warren J, Sinha R, Smeaton A, Aitken I, Voukelatos F, Fiebig J, Serroni D, Farquhar C, Nagarajan R, Tripodi B, Biggin J, Fouyaxis J, Gerasimou E, Varley D, Pitcher M	Deakin University	ARC Research Hub for Digital Enhanced Living	ARC Industrial Transformation Research Hubs
Jacka F, Itsiopoulos C, O'Neil A, Szymbek-Gay E , Castle D, Berk M	Deakin University	Diet and nutritional status of people with major depression	Meat and Livestock Australia Research Grant
Keast R, Nowson C , Delahunty C	Deakin University	Identifying why some people consume excess dietary fat: a twin study	NHMRC Project Grant
Liberato S, Brimblecombe J, Ball K , 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
Lof M, Maddison R , Blomberg, Lagerros Y	Karolinska Institute, Sweden	HealthyMoms-a smartphone application to promote healthy weight gain, diet and physical activity during pregnancy and to counteract obesity in mothers and children: a randomized controlled trial	Swedish Research Council
Lof M, Maddison R , Eriksson U, Lagerros Y	Karolinska Institute, Sweden	The Smart City Active Mobile Phone Intervention (SCAMPI) study: a randomized controlled trial to promote physical activity through active transportation	Intl : Swedish Research council for Health, Working Life and Welfare

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Externally funded research collaborations active in 2017 Cont'd

PROJECTS

Project team	Lead institute	Project name	Funding scheme
Lonsdale C, Lubans D, Salmon J , 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
Maddison R , 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
Mcgee S, Bruce C ,	Deakin University	The role of the Alzheimer's disease protein amyloid beta 42 in diabetic cardiomyopathy	Diabetes Australia Research Program
Mcgee S, Bruce C , Walder K, White F	Deakin University	The role of GAPDH acetylation and HDAC6 in liver metabolism and type 2 diabetes	NHMRC Project Grant
Mishra G, Davies P, Dobson A, Slaughter V, Loxton D, Hesketh K , Tooth L, Koupil I	University of Queensland	Mothers' and their Children's Health Study: understanding disparities in health and health service utilisation among Australian families	NHMRC Project Grant
Neal B, Nowson C , Swinburn B, Woodward M, NiMhurchu C, Simpson S, Moodie M, Webster J, Sacks G, Wu J. Grimes C(AI) (10 AI's in total)	The George Institute	CRE: Reducing salt intake using food policy interventions	
	NHMRC Centres of Research Excellence		
Neal B, Nowson C , Webster J, Grimes C , Dunford E, Jan S	The George Institute	Reducing population salt consumption in Victoria	NHMRC Partnership Grant
Nikander R, Rantanen R, Daly R , Sievanen H, Kannus P, Heinonen A, Sipila S, Kannus L, Kettunen T, Tormakangas T, Rantalainen T , Teittinen O	University of Jyväskylä, Finland	Counselling for physical activity, life space mobility and falls prevention in old age (COSMOS)	Academy of Finland
Okely A, Trost S, Berthelsen D, Salmon J , Reilly J, Cliff D, Jones R, Batterham M, Brown N, Eckermann S, AI 4 Hinkley T	University of Wollongong	Increasing physical activity among young children from disadvantaged communities: A group randomised controlled effectiveness trial	NHMRC Project grant

IPAN staff are indicated in bold

Externally funded research collaborations active in 2017 Cont'd

PROJECTS

Project team	Lead institute	Project name	Funding scheme
Owen N, Salmon J , Trost S, Dunstan D, Eakin E, Healy G, Kingwell B, Lambert G, Timperio A. (Al Cerin E, Daly R)	Baker IDI Heart and Diabetes Institute	Centre of Research Excellence in sitting time and chronic disease prevention- Mechanisms, measurement, and interventions	NHMRC Centres of Research Excellence
Walker D, Grigsby P, Snow R , Dickinson H, Ellery S, Fahey M.	Hudson Institute of Medical Research	Supplementation for the prevention of Hypoxic-Ischemic Fetal Brain Injury – A study in a non-human primate model of cerebral palsy	Cerebral Palsy Alliance Project Grant
Walker D, McKenzie M, Snow R , Dickinson H.	Monash University	Mitochondrial damage following fetal hypoxia or birth asphyxia: Using creatine to preserve mitochondrial function	NHMRC Project Grant
Williams J, Taylor C, Sawyer S, Moodie M, Luo, Romaniuk, Hesketh K , Wilfley.	Deakin University	Preventing obesity and promoting healthy body image in Australian secondary schools: a web-based system tailored to individual needs	NHMRC Project Grant
Whittaker R, Wood T, Maddison R , 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
Wolfenden L, Wiggers J, Ball K , Campbell K , Rissel C, Wyse R	University of Newcastle	A randomised controlled trial of an online intervention to improve healthy food purchases from primary school canteens	NHMRC Partnership Grant

IPAN staff are indicated in bold



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1. Aisbett B*, Condo D, Zacharewicz E, Lamon S*. The impact of shiftwork on skeletal muscle health. *Nutrients*. 2017; 9: 248. Doi: 10.3390/nu9030248
2. Anderson C, Dadabhai S, Damasceno A, Dzudie A, Islam SMS*, Kamath D, Kandula N, Kayange N, Quispe R, Roy A, Shah S, Vidal-Perez R. Home blood pressure management intervention in low to middle income countries: Protocol for a mixed methods study. *JMIR Research Protocols*. 2017; 6(10): e188. Doi: 10.2196/resprot.7148
3. Atkin AJ, Biddle SJH, Broyles ST, Chinapaw M, Ekelund U, Eslinger DW, Hansen BH, Kriemler S, Puder JJ, Sherar LB, van Sluijs EMF, International Children's Accelerometry Database (ICAD) Collaborators*. Harmonising data on the correlates of physical activity and sedentary behaviour in young people: Methods and lessons learnt from the international Children's Accelerometry database (ICAD). *International Journal of Behavioral Nutrition and Physical Activity*. 2017; 14(1): 174. doi: 10.1186/s12966-017-0631-7
4. Bae HS, Yoon WJ, Cho YD, Islam R*, Shin HR, Kim BS, Lim JM, Seo MS, Cho SA, Choi KY, Baek SH, Kim HG, Woo KM, Baek JH, Lee YS, Ryoo HM. An HDAC inhibitor, entinostat/MS-275, partially prevents delayed cranial suture closure in heterozygous runx2 null mice. *Journal of Bone and Mineral Research*. 2017; 32(5): 951-961. Doi: 10.1002/jbmr.3076
5. Baharom S, De Matteo R, Ellery S, Della Gatta P*, Bruce CR*, Kowalski GM*, Hale N, Dickinson H, Harding R, Walker D, Snow RJ*. Does maternal-fetal transfer of creatine occur in pregnant sheep? *American Journal of Physiology. Endocrinology and Metabolism*. 2017; 313(1): E75-E83. Doi: 10.1152/ajpendo.00450.2016
6. Baker P*, Gill T, Friel S, Carey G, Kay A. Generating political priority for regulatory interventions targeting obesity prevention: an Australian case study. *Social Science and Medicine*. 2017; 177: 141-149. Doi: 10.1016/j.socscimed.2017.01.047
7. Ball K*, Schoenaker D, Mishra G. Does psychosocial stress explain socioeconomic inequities in 9-year weight gain among young women? *Obesity*. 2017; 25(6): 1109-1114. Doi: 10.1002/oby.21830
8. Ball K*, Hunter R, Maple J-L, Moodie M, Salmon J*, Ong K-L, Stephens LD, Jackson M, Crawford D*. Can incentive-based intervention increase physical activity and reduce sitting among adults? The ACHIEVE (the Active Choices IncEntiVE) study. *International Journal of Behavioral Nutrition and Physical Activity*. 2017; 14: 35. Doi: 10.1186/s12966-017-0490-2
9. Ball K*, Abbott G, Wilson M, Chisholm M, Sahlqvist S*. How to get a nation walking: reach, retention, participant characteristics and program implications of Heart Foundation Walking, a nationwide Australian community-based walking program. *International Journal of Behavioral Nutrition and Physical Activity*. 2017; 14: 161. Doi: 10.1186/s12966-017-5
10. Barnett L*, Ridgers N*, Hesketh K*, Salmon J*. Setting them up for lifetime activity: play competence perceptions and physical activity in young children. *Journal of Science and Medicine in Sport*. 2017; 20(9): 856-860. Doi: 10.1016/j.jsams.2017.03.003
11. Beck BR, Daly RM*, Singh MA, Taaffe DR. Exercise and Sports Science Australia (ESSA) position statement on exercise prescription for the prevention and management of osteoporosis. *Journal of Science and Medicine in Sport*. 2017; 20(5): 438-445. Doi: 10.1016/j.jsams.2016.10.001
12. Beckford K, Grimes CA*, Margerison C*, Riddell LJ*, Skeaff SA, Nowson CA*. Iodine intakes of Victorian schoolchildren measured using 24-h urinary iodine excretion. *Nutrients*. 2017; 9(9): 961. Doi: 10.3390/nu9090961
13. Belavy DL*, Vergroesen PA, van Dieen JH. Authors' reply to Wang: 'On magnetic resonance imaging of intervertebral disc ageing'. *Sports Medicine*. 2017; 47(1): 189-191. Doi: 10.1007/s40279-016-0312-z
14. Belavy DL*, Quittner MJ, Ridgers N*, Ling Y, Connell D, Rantalainen T*. Running exercise strengthens the intervertebral disc. *Scientific Reports*. 2017; 7: 45975. Doi: 10.1038/srep45975
15. Belavy DL*, Gast U, Felsenberg D. Exercise and transversus abdominis muscle atrophy after 60-d bed rest. *Medicine and Science in Sports and Exercise*. 2017; 49(2): 238-246. Doi: 10.1249/MSS.0000000000001096
16. Bergmeier HJ, Skouteris H, Hetherington MM, Rodgers RF, Rodgers RF, Campbell KJ*, Cox R. Do maternal perceptions of child eating and feeding help to explain the disconnect between reported and observed feeding practices? : A follow-up study. *Maternal and Child Nutrition*. 2017; 13: e12420. Doi: 10.1111/mcn.12420
17. Best K, Ball K*, Zarnowiecki D, Stanley R, Dollman J. In search of consistent predictors of children's physical activity. *International Journal of Environmental Research and Public Health*. 2017; 14(10): 1258. Doi: 10.3390/ijerph14101258
18. Blackwood SJ, Dwyer RM, Bradley EA, Keske MA*, Richards SM, Rattigan S. Determination of skeletal muscle microvascular flowmotion with contrast-enhanced ultrasound. *Ultrasound in Medicine and Biology*. 2017; 43(9): 2013-2023. Doi: 10.1016/j.ultrasmedbio.2017.05.012
19. Bond ST, Howlett KF*, Kowalski GM*, Mason S, Connor T, Cooper A, Streltsov V, Bruce CR*, Walder KR, McGee SL. Lysine post-translational modification of glyceraldehyde-3-phosphate dehydrogenase regulates hepatic and systemic metabolism. *The FASEB Journal*. 2017; 31(6): 2592-2602. Doi: 10.1096/fj.201601215Rfj.201601215R

* indicates IPAN staff

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21. Burnett AJ, Livingstone KM*, Woods JL, McNaughton SA*. Dietary supplement use among Australian adults: Findings from the 2011-2012 National Nutrition and Physical Activity Survey. *Nutrients*. 2017; 9(11): 1248. Doi: 10.3390/nu9111248

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23. Callisaya ML, Daly RM*, Sharman JE, Bruce D, Davis TME, Greenway T, Nolan M, Beare R, Schultz MG, Phan T, Blizzard LC, Srikanth VK. Feasibility of a multi-modal exercise program on cognition in older adults with Type 2 diabetes - a pilot randomised controlled trial. *BMC Geriatrics*. 2017; 17: 237. Doi: 10.1186/s12877-017-0635-9

24. Campbell K*, Abbott G, Zheng J*, McNaughton S*. Early life protein intake: food sources, correlates and tracking across the first five years of life. *Journal of the Academy of Nutrition and Dietetics*. 2017; 117(8): 1188-1197.e1. Doi: 10.1016/j.jand.2017.03.016

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26. Carey G, Malbon E, Crammond B, Pescud M, Baker P*. Can the sociology of social problems help us to understand and manage 'lifestyle drift'? *Health Promotion International*. 2017; 32(4): 755-761. Doi: 10.1093/heapro/dav116

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Publications Cont'd

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LETTER TO THE EDITOR

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INVITED EDITORIALS

1. Salmon J*, Ridgers N*. Is wearable technology an activity motivator or a fad that 'wears' thin? *Medical Journal of Australia*. 2017; 206(3): 119-120. doi: 10.5694/mja16.01242

* indicates IPAN staff

Financials

Financial summary 2017

	2017 Actual
Income	
Deakin Contribution (Baseline, Performance and ERA bonus only)	\$3,584,552
Total Income	\$3,584,552
Employment Costs	
Academic Salaries	\$1,079,781
General Salaries	\$593,779
Other Employment Costs	\$488
Contractors	\$143,024
Total Employment Costs	\$1,817,072
Non salary expenses	
Communication	\$406
Consumables	\$19,429
Course & Direct Project Costs	\$4,096
Depreciation & Amortisation	0
Equipment - Repairs, Maintenance & Other Costs	\$712
Inter Budget Centre/Company Charges/Recoveries	\$1,059,451
Marketing, Advertising & Promotions	\$633
Other Costs	\$1,759
Staff Recruiting, Training & Other	\$34,308
Travel, Catering & Entertainment	\$146,935
Total Non salary expenses	\$1,267,729
Surplus	\$499,751



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