



# IPAN

INSTITUTE FOR PHYSICAL  
ACTIVITY AND NUTRITION

## ANNUAL REPORT | 2018



**DEAKIN**  
UNIVERSITY





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

**Our Mission** is to conduct high quality, multidisciplinary physical activity and nutrition research to actively inform policy and practice to improve health, and build capacity in the field.

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# IPAN: 2018 at a glance



**79**  
ACADEMIC STAFF



**80**  
PhD STUDENTS  
(including completions)



**15**  
PhD COMPLETIONS



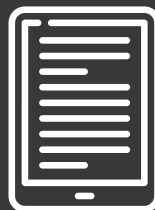
**\$2.69M**  
TOTAL EXTERNAL INCOME\*



**630**  
TOTAL MEDIA HITS



**221**  
HARD COPY  
PUBLICATIONS



**48**  
ADVANCED ONLINE/EPUB  
PUBLICATIONS AHEAD  
OF PRINT



**2**  
BOOK CHAPTERS



**4**  
NEW CATEGORY 1 PROJECTS/  
FELLOWSHIPS COMMENCED  
IN 2018



**11**  
CATEGORY 1 PROJECTS/  
FELLOWSHIPS  
AWARDED IN 2018\*\*

# Chairperson's report

Research is critical to identify the opportunities to prevent and manage chronic diseases. By identifying the influences on how we move, or when and what we eat, we can work together to develop new ways to detect, prevent and treat disease to ultimately deliver real health impacts in the community.

Data from the most recent Australian Bureau of Statistics National Health survey 2017-18<sup>1</sup> shows that there is still much work to be done to improve health. Results indicate:

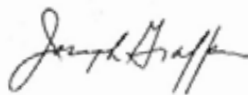
- On average, Australians are doing 42 minutes of exercise each day, but not sufficient toning and strength activities
- 44% of Australians spend most of their work day sitting
- More than half are eating the recommended daily intake of fruit, but are not eating enough vegetables
- 47% of Australians are living with at least one chronic health condition.

The team at IPAN continues their pursuit of solutions to these issues in their quest to improve not only health, but quality of life.

2018 has been a year of great achievements for many of the IPAN team, receiving various awards, achieving funding success for new projects in 2019, sharing their research with key stakeholders and ensuring their research makes a difference. I congratulate all of them on their contributions to IPAN's success. In particular, I'd like to acknowledge Alfred Deakin Professors Jo Salmon and Anna Timperio for making the Clarivate Analytics Highly Cited Researchers list in 2018. Highly cited researchers are in the top 1% of their field, and this is the fourth year in a row that IPAN has had highly cited researchers. A wonderful testament to the high quality of research undertaken in the Institute.

I'd also like to note the achievements of IPAN towards the implementation of their strategic plan during 2018. The IPAN Board is very pleased with their progress and how the plan is being used to help guide the work of the Institute.

Finally, I would like to take this opportunity to acknowledge the hard work and dedication of IPAN's Co-Directors, Alfred Deakin Professors David Crawford and Jo Salmon. Under their guidance, I believe the Institute is ideally placed to continue to nurture our up and coming researchers and transform the health of our communities.



**Professor Joe Graffam**

Deputy Vice-Chancellor Research (until November 2018)  
Chair, IPAN Board (from July to November 2018)



<sup>1</sup> Australian Bureau of Statistics (ABS), National health survey: First results, 2017-18 (cat. No. 4364.0.55.001), <http://www.abs.gov.au>, Commonwealth of Australia

# Co-Directors' report

**2018 has been a successful and rewarding year. We'd firstly like to acknowledge the wonderful work and high level of commitment of our staff. Without them there would be no Institute and no success.**

We also wish to acknowledge the critical role our IPAN Board members play in supporting and guiding our work. We greatly value and appreciate their perspectives, and the time and effort they provide to us.

2018 saw the beginning of the implementation of our new three-year strategic plan. Reflecting on the year, we feel proud of our progress towards achieving our objectives to position us for success in the coming years.


One of the many challenges facing researchers, is that of accessing funding. In 2018, we held a funding summit with our mid-career and senior level staff. As a result of the summit, we have implemented a number of changes to provide further support to our staff in preparing their funding applications. We have also established an internal sabbatical program to provide staff in lecturing positions with the opportunity to focus on their research. We envisage the sabbatical program will commence in 2019.

IPAN has continued its strong focus on developing our early to mid-career staff. As the future research leaders and innovators, we believe it is vital to support them in building their skills and their careers to become the best independent researchers they can be. Under the excellent leadership of Alfred Deakin Professor Kylie Ball, and with support from the Early to Mid-Career Committee, we have continued with our 1:1 mentoring program, offered a range of workshops on issues such as grant writing, career planning and building networks, and conducted a number of publication writing sessions.

Another major focus during 2018 was working with our key stakeholders to share our research and provide support for their various activities. IPAN staff were again involved in a range of advisory boards and committees and undertook several projects with key stakeholder organisations. We also hosted a food policy symposium and implementation science workshop, and conducted our second Researcher in Residence program, placing a staff member at the Heart Foundation, Victorian Division. You can read more about the program on page 10. Suffice to say we are well pleased with the success of the program and aim to expand it in future years. In recognition of the importance of building strong relationships with stakeholders, we also focused on upskilling our staff on how to collaborate and engage, with this being a major emphasis of our annual staff day.

As we reflect on all that IPAN has achieved in 2018, we are excited about the continued positive impact the Institute's research will have on the health of our communities.

We thank all those who have worked with us and supported us throughout the year, and encourage you to read about our various projects and achievements throughout this report.



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



# Our research domains

IPAN's research covers a broad spectrum from lab based through to public health, and addresses many of the current health challenges.

## Biology of health and disease

The overarching aim of research in this domain is to characterise and understand the biological mechanisms by which exercise and nutrition impact health. Research in this domain includes healthy and clinical populations across the lifespan – from growth in the womb to ageing.

This domain consists of three research groups:

- Biology of cardiovascular and metabolic health
- Regulation of nutrient metabolism
- Growth, development, and function of organs and tissues.

Particular areas of focus include:

- Human growth and function
- Conditions such as obesity, insulin resistance, type 2 diabetes, cardiovascular disease, muscle wasting and motor neurone disease.

Utilising state of the art facilities, our researchers conduct cell culture and rodent model studies, as well as whole-body human studies, for the assessment of cardiovascular, metabolic and endocrine function.

## Preventing and managing chronic conditions

This domain focuses on the development, implementation, evaluation and translation of lifestyle-based solutions for the prevention and management of chronic conditions. This includes cardiometabolic and musculoskeletal-related conditions, brain, cognitive and mood-related disorders, and cancer.

This domain consists of five research groups:

- Digital health for lifestyle and disease management
- Behavioural approaches to promote healthy lifestyles
- Musculoskeletal health and mobility
- Exercise and nutrition for brain health
- Exercise and nutrition for cancer.

Researchers in this domain have expertise in:

- The use of effective behaviour-change approaches for promoting physical activity and nutrition across the lifespan for chronic disease prevention and management
- Conducting high-quality clinical and translational randomised controlled trials
- Large-scale epidemiological studies
- Digital health solutions
- The assessment of cardiovascular, musculoskeletal and brain health and cognition using state-of-the-art techniques.



# Our research domains cont'd

## Healthy active living

This domain focuses on real-world solutions to increase population levels of physical activity and consists of three research groups:

- Physical activity and sedentary behaviour from infancy to young adulthood
- Built and natural environments for physical activity
- Healthy and active workers.

Researchers in this domain come from a wide range of disciplines including: health promotion, education, public health, psychology, epidemiology, human movement and sports science, physiology and endocrinology of stress, musculoskeletal health, motor development, geography, and implementation science.

From pregnancy and early childhood to adulthood, researchers have expertise in:

- Objective and self-report methods for assessing physical activity
- Behavioural epidemiology and determinants of physical activity
- Quantitative and qualitative research methods and
- Real world 'scalable' interventions, including the use of e-health to promote physical activity.

## Food, nutrition and health

Unhealthy diets are the leading contributor to the global burden of disease. Nutrition concerns at the population level are diverse, resulting from both under and over-nutrition. Evidence-informed interventions and policies are needed to tackle these diverse issues.

This domain consists of five research groups:

- Nutrition in pregnancy, early years, and childhood
- Nutrients and health
- Dietary patterns and eating behaviours
- Community and retail environments that support healthy eating
- Food policy and public health.

Research in this domain includes developing and evaluating interventions and translating research into policy and practice.

This domain brings together researchers from the disciplines of nutrition science, dietetics, health promotion, public health, psychology, epidemiology, geography and implementation science.

Researchers have expertise in:

- Dietary assessment methods
- Laboratory-based assessment of nutritional status
- Nutritional epidemiology
- Food policy
- Quantitative and qualitative research methods
- Observational and experimental study designs
- Clinical trials and use of m-health.



# IPAN Strategic plan

## Research that benefits our society

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

Our mission is to conduct high-quality multidisciplinary physical activity and nutrition research to actively inform policy and practice to improve health, and build capacity in the field.



## New models to increase impact

We will leverage our reputation, expertise and resources to build on our strengths to influence national and international health priority areas.

We will explore new models of research, ways of working together, collaborations with others and engagement with our communities to enhance our practice, impact and resilience.

We will continually strive to improve our research practices, methodology and tools to be at the frontier and enable the University's vision for world-leading, high-quality, impactful research outcomes.

# IPAN's Strategic plan: 2018-2020

IPAN's strategic plan outlines five key objectives to guide our decisions and activities over the coming years. We are incredibly appreciative for the helpful insights and support from IPAN staff who have helped shape the direction of our Institute in the coming years.

At the core of our strategic plan, is research excellence - this underpins everything we do. Our objectives reflect the need to ensure our research is relevant and impactful, and recognise the importance of meaningful collaboration and engagement with government, non-government organisations, and industry in order to make a difference to health.

## Major activities in 2018 included:

### OBJECTIVE

# 1

#### The 'go-to' for physical activity and nutrition

- Establishment of a working group to develop a profiling plan for implementation in 2019-20.
- Continued discussions with the World Health Organization (WHO) around establishing a WHO Collaborating Center.

### OBJECTIVE

# 2

#### Build capacity in research

- Developed a process for an internal sabbatical program for early-mid career staff in teaching roles to allow them to focus on their research for a trimester.
- Worked closely with the School of Exercise and Nutrition Sciences Higher Degrees by Research (HDR) Coordinators and Associate Head of School Research to implement new HDR recruitment processes.
- Developed short videos promoting undertaking a PhD in IPAN.

### OBJECTIVE

# 3

#### Make a difference

- Undertook a review of various research impact frameworks to identify additional measures for assessing our research impact and new data that may need to be collected.

### OBJECTIVE

# 4

#### Collaborate and engage

- Reviewed and updated IPAN's stakeholders and engagement strategy.
- Developed a new scheme for internal funding applications to facilitate relationships with key stakeholders and develop partnerships.
- Our annual staff day focused on training and up-skilling staff to enhance capacity in collaboration and engagement.
- We supported staff to attend relevant training sessions to improve their engagement skills.

### OBJECTIVE

# 5

#### Sustainable

- Held a funding summit with mid-career and senior level staff to consider new strategies for dealing with the changing research funding landscape.
- Undertook some initial scoping work to identify other ways to find funds to support our research.
- Reviewed our staffing to identify capacity and capability gaps within our research groups.

# Increasing park visits and physical activity through park refurbishment

2018 saw the culmination of the Recording and Evaluating Activity in a Modified Park (REVAMP) study with the main outcomes being published in the International Journal of Behavioral Nutrition and Physical Activity in January.

REVAMP was a 'natural experiment' - this involves researchers observing changes that occur in a population after an environment has been changed. Due to the significant financial costs and various logistical challenges of undertaking research involving major changes to the built environment, natural experiments of this type are rare. Natural experiments also rely on identification of an opportunity before the change has occurred and the willingness of various stakeholders to work together.

REVAMP examined the impact of the installation of a play-scape in a park on park visitation and park-based physical activity, compared with a park that wasn't being refurbished.

The City of Brimbank refurbished Brimbank park by installing a play-scape which included a maze, nature play area, climbing equipment and various sculptures. The play-scape was designed with the intent of bringing children and accompanying adults back to nature and was suitable for children of all abilities.

Park visitation and park-based physical activity were assessed before the play-scape installation, two months after the installation, and again 14 months after the installation.

Key findings from the project were that installation of the play-scape increased park visitors and park-based physical activity, and attracted both children and adults to the park.

The success of this project has been recognised by the project winning the Research Project Award at both the Victorian and national Parks and Leisure Australia 2018 Awards of Excellence.

This project was led by Dr Jenny Veitch and involved Alfred Deakin Professors Anna Timperio, Jo Salmon, and David Crawford from IPAN, Professor Billie Giles-Corti from RMIT and Dr Alison Carver from the Australian Catholic University. Essential to the success of the project were our partners including Parks Victoria, the Victorian Health Promotion Foundation (VicHealth), Brimbank City Council and City West Water.



Project funding: Australian Research Council Linkage Grant (LP120200396), the Victorian Health Promotion Foundation (VicHealth) and City West Water. Trial Registration: Current controlled trial ISRCTN50745547.

# Transform-Us! Getting kids active through schools

In September, together with the Deputy Premier and Minister for Education in Victoria, the Honorable James Merlino, we launched our *Transform-Us!* program, at Dandenong West Primary School.

Children and teachers demonstrated how movement can be easily incorporated into everyday lessons, just by adapting the way they are delivered to students. Examples included pinning worksheets to easels for children to complete standing up, having children stand in a circle around the classroom to have a group discussion, or using playground line markings for lessons. The event attracted significant media coverage including channels 7, 9 and 10 and coverage in over 100 media outlets.

*Transform-Us!* uses easy to deliver strategies within and outside of the primary school classroom to get students moving more and sitting less throughout the day. It is proven to reduce children's sitting time, increase physical activity and improve children's health. *Transform-Us!* resources are available at no cost to schools however some schools may wish to purchase equipment to help facilitate some of the strategies.

*Transform-Us!* was developed over the last 10 years by an international team of researchers led by Alfred Deakin Professor Jo Salmon, Co-Director of the Institute for Physical Activity and Nutrition, including a rigorous two-and-a half-year trial in 20 primary schools across Melbourne with over 220 teachers and 1600 students.

The National Health and Medical Research Council and VicHealth have funded a scale-up of the program enabling it to be available to all primary schools in Victoria. In addition to our funders, we're also partnering with the Victorian Department of Education and Training,

Australian Council for Health, Physical Education and Recreation (ACHPER), the Victorian Principals Association, Independent Schools Victoria and Peak Phys Ed. The project is also supported by the Achievement Program- Cancer Council Victoria, Bluearth, Catholic Education Melbourne, Hawthorn Football Club, Municipal Association of Victoria, Victorian Curriculum and Assessment Authority and the Victorian Department of Health and Human Services.

Over the next three years the program uptake and implementation will be evaluated in Victorian primary schools, with the aim to eventually offer the program nationally.

With less than 10% of Australian children aged 5-17 years meeting the recommended physical activity and sedentary behaviour guidelines each day, *Transform-Us!* has the potential to make a big impact on children's health.

*Transform-Us!* offers a whole of school approach to physical activity with online training and full lesson plans and ideas for teachers, that require minimal equipment.

The program has been designed to disrupt 'traditional' seated lessons in primary school and make moving 'the norm' throughout the day. It includes Active Lessons, Active Breaks to break up prolonged periods of sitting during class, making physical activity equipment such as frisbees, hoola hoops, skipping ropes and balls available for children to use during recess and lunchtime, as well as an Active Homework component to keep children active after school and engage in family activities.

Victorian Primary Schools can register for *Transform-Us!* at: [transformus.com.au](http://transformus.com.au)



# Researcher in Residence program

In 2018, we were pleased to once again partner with the Heart Foundation to implement our Researcher in Residence program.

Trialled in 2017, we developed the program to enhance existing links and communications, to bring evidence and research skills into project delivery to ensure greater translation of evidence into policy and practice, and to help identify future policy and program relevant research questions.

We are grateful to the Heart Foundation for their support in implementing this initiative and for helping us develop a program that provides benefits to both parties.

The Researcher in Residence program has been very well received by both the research staff involved and by the Heart Foundation staff.

For research staff, the program not only offers the opportunity to share their research expertise but to make new connections and improve their understanding of how research can make a difference in policies and programs. For the Heart Foundation staff, having a researcher with specific health expertise located in the office, made it easier for them to access and be reminded of the latest evidence.

## **The focus of this year's Researcher in Residence program was cardiac rehabilitation.**

Dr Susie Cartledge, a post-doctoral research fellow at IPAN was located at the Heart Foundation's office one day/fortnight for six months, to support the Foundation's health promotion team in the development of a standardised curriculum for cardiac rehabilitation programs.

Dr Cartledge, who is also a Registered Nurse, said she was thrilled to be building working relationships with the Heart Foundation and directly contributing to improving the health of the community.

'The Researcher in Residence program builds on common goals and interests between IPAN and the Heart Foundation,' said Dr Cartledge. 'It's really useful for me, as a researcher, to see the daily operations and structures within a non-government organisation. I learnt more about how these organisations advocate for change to health policy and practice. I also had the opportunity to meet with staff face to face, and leverage opportunities for knowledge exchange.'

'The RiR concept is a wonderful opportunity for Heart Foundation staff to have access to a researcher, to check ideas and gain knowledge of what is available to support our programs.'

– Heart Foundation staff member



# Sharing our knowledge

**As part of our commitment to working with our partners and building links with new stakeholders we hosted two events during 2018.**

The first was a half day Food Policy Symposium that brought together, policy-makers, practitioners and researchers to consider the evidence and what can be done to strengthen food and nutrition policies at global, national and city levels.

The symposium featured presentations by leading international experts Associate Professor Jessica Fanzo (Co-chair, Global Nutrition report) and Dr Sandro Demaio (Chief Executive Officer, EAT Foundation), as well as from our own Professor Mark Lawrence and Dr Phillip Baker.

Speakers explored recent worldwide policy progress and innovations, the political barriers and enablers to achieving policy reform, and future possibilities for change.

The symposium provided participants with the opportunity to hear from leaders in the field, to contribute to the discussions through their own experience and expertise and to build their networks.

Our second event was a workshop focused on Implementation Science. Led by IPAN's Dr Harriet Koorts, the workshop was attended by 30 key decision makers from local and state government, non-government organisations, and various community groups.

One of the most critical issues impeding improvements in public health is the vast gap between what we know can improve health and what is implemented in everyday practice. The half day workshop provided participants with an understanding of implementation science, and the chance to share their experiences and learn from others about effective integrated research-practice partnerships to improve implementation, and sustainable delivery of public health interventions in practice.

A panel of speakers including Ms Rayoni Nelson (VicHealth), Ms Lisa Spiers (Heart Foundation) and Mr Simon Gray (Department of Health and Human Services – Sport and Recreation Victoria) also shared their experiences of working in partnership to implement public health interventions.



IPAN's Food Policy Symposium. Standing; Professor Mark Lawrence, Alfred Deakin Professor Jo Salmon, Alfred Deakin Professor David Crawford, Dr Sandro Demaio. Seated: Dr Phillip Baker, Professor Jessica Fanzo

## Sharing our knowledge cont'd

As well as events, IPAN staff continue to work with various organisations/groups to share our expertise and together help make a positive impact on the future health of Australians. Some of the ways we've provided support include:

### International

- President, International Society for Behavioral Nutrition & Physical Activity (ISBNPA)
- Member, International Union of Nutritional Science Task Force on Sustainable Diets
- External Resource Expert, World Health Organisation WHO Nutrition Guidance Expert Advisory Group (NUGAG) Subcommittee on Diet and Health
- External Resource Expert, World Health Organisation WHO Nutrition Guidance Expert Advisory Group (NUGAG), Subcommittee on Policy Actions
- Expert external advisor, Review of Canada's Food Guide, Health Canada: Office of Nutrition Policy and Promotion
- Chair, Advisory Board, Cochrane Nutrition Field, Cochrane South Africa
- Member, Independent Expert Group of the Global Nutrition Report
- Lead author, scientific report informing the WHO/FAO policy brief - Driving commitment for nutrition within the UN Decade of Action on Nutrition: Policy Brief. World Health Organization / Food and Agricultural Organization, Geneva/Rome. <http://www.fao.org/3/ca1340en/CA1340EN.pdf>
- President Elect, International Consortium Motor Development Research Consortium (I-MDRC)
- Member, Need for Nutrition Education/ Innovation Programme (NNEdPro) Global Centre for Nutrition and Health: Australian and New Zealand Principal Advisor
- Member, Global Burden of Disease collaborator network
- Sub-leader, International Society for Physical Activity and Health (ISPAH) Council for Environment and Physical Activity (CEPA) Urban Green Space Working Group
- Member, International Society for Physical Activity and Health (ISPAH), Council for Environment and Physical Activity (CEPA), Children's Working Group
- Honorary Member, Brazilian Society for Physical Activity and Health

### National

- Member, Australian Council of State Emergency Services – Fit for Task Steering Committee
- Member, Food Standards Australia New Zealand Board
- Member, Advisory Group, NHMRC Synthesis and Translation of Research Evidence (SToRE) committee
- Council member and Chair of Nutrition Group, Clinical Oncology Society of Australia
- Member, Sarcopenia advisory board, Nutricia Australia
- Member, NHMRC Sodium Expert Working Group (Review of Nutrient Reference Values for sodium in children and adolescents)
- Rapporteur, Salt Working Group within the Australian Health Policy Collaboration
- Panel Member, NHMRC Sodium Expert Working Group
- President, Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR)
- Council member, Australian and New Zealand Bone and Mineral Society
- Member, Osteoporosis Australia, Medical Scientific and Advisory Management Committee
- Member, Australia & New Zealand Metabolomics Network committee
- Member, Parents' Voice (formerly Parents' Jury) Steering Committee
- Member, Australian Physical Activity Report Card Research Working Group
- Member, Australian Cardiovascular Health and Rehabilitation Association (ACRA) – Executive Management Committee (National); Co-Chair, Research and Education Committee
- Member, NHMRC Discretionary Foods and Drinks Expert Working Group
- Member, Heart Foundation Expert Reference Group, Position Statement on Meat, Eggs and Dairy Products
- Member, Board of Directors, Nutrition Australia Victorian Division
- Member, Parks and Leisure Australia
- Member, National Secondary Students' Diet and Activity Survey Technical Advisory Group, The Cancer Council Victoria
- Invited Member, Australasian Child and Adolescent Obesity Research Network
- Invited member, Australian Guidelines for Physical Activity and Sedentary Behaviour for Children and Young People, guideline development group.

### State

- President, Australian Cardiovascular Health and Rehabilitation Association (ACRA), Victoria
- Member, Country Fire Authority 'Fit for duty' implementation Steering committee
- Invited member, Victorian Malnutrition Collaborative steering group
- Member, City of Melbourne's Melbourne Food Alliance, Steering group
- Director, The Community Grocer
- Co-Convenor, The Right to Food Coalition
- Member, Active Geelong Board
- Member, Department of Health and Human Services, Allied Health Therapy Research Network Working Group
- Member, Department of Health and Human Services, Allied Health Workforce Research Program Exercise Physiology Reference Group
- Member, Victorian Healthy Eating Enterprise (VHEE) - Department of Health and Human Services: Strategic Leadership Group
- Member, Victorian Healthy Eating Enterprise (VHEE) Education sub-group
- Member, VicHealth Physical Activity Taskforce
- Member, VicHealth Healthy Eating Taskforce
- Member, VicHealth Victorian Salt Reduction Strategic Partnership

**In addition, IPAN staff contributed to numerous other committees including those for health and scientific societies, health professions, research and conference organising committees.**

# Using a smart phone platform to improve cardiovascular health

**Cardiovascular diseases – including coronary heart disease (CHD) – are the leading causes of death, globally and in Australia.**

Now, an IPAN researcher is exploring how digital health can change management and prevention of cardiovascular disease, after receiving a prestigious national research grant.

Professor Ralph Maddison received a National Health and Medical Research Council (NHMRC) project grant to lead a trial of a new mobile cardiac rehabilitation program.

‘After a heart attack, cardiac rehabilitation involving lifestyle changes and adhering to prescribed medication reduces the risk of future heart problems and helps with recovery, but the number of people who complete rehabilitation is low,’ Professor Maddison said.

‘Our three-year study will look at whether a smartphone-delivered rehabilitation program improves people’s recovery, and represents value for money for Victoria’s health system’. ‘This approach could improve access to, and use of cardiac rehabilitation services, for all Australians, especially those living in regional and rural areas.’

Professor Maddison said results from the trial would help determine both the effectiveness and cost-effectiveness of a smartphone-based digital platform for improving fitness and self-management – which are important patient and surrogate clinical outcomes – in people with CHD.

Professor Maddison says his team hopes the digital platform, in addition to usual cardiac rehabilitation care will—compared to usual care practices alone—improve patients’ physical fitness, uptake and maintenance of self-management behaviours, cardiovascular risk factors such as diet or smoking, and be a cost-effective way to manage CHD.

The team’s initial research in this area has already achieved significant recognition, gaining attention from several cardiovascular clinical settings for its efficacy and novel approach. In 2018 the research team has worked with external providers to develop and finalise the intervention technology and establish trial processes at three clinical sites in Victoria. Recruitment commenced in October and the trial will run over the coming two years.

Moving forward, Professor Maddison hopes the smartphone platform will be able to be adapted for the management and prevention of other chronic diseases.

Project funding: NHMRC Project grant (APP1144331), three years (2018-2020)



‘Our three-year study will look at whether a smartphone-delivered rehabilitation program improves people’s recovery, and represents value for money for Victoria’s health system’

– Professor Ralph Maddison

# Mitochondria and muscle loss

IPAN's Dr Greg Kowalski was awarded funding from the Australian Research Council (ARC) to examine how the manipulation of specific mitochondrial lipids (phospholipids) influences mitochondrial biology in skeletal muscle, and also how this relates to the maintenance of muscle mass.

Dr Kowalski said his three-year Discovery Early Career Researcher Award (DECRA) will enhance our understanding of the various factors that can induce muscle loss; 'given healthy muscle mass is a critical determinant for overall health and quality of life, it is fundamental to understand the underlying processes that can lead to muscle loss' he said.

'Receiving funding for this project provides us with the opportunity to not only commit our efforts to this key research question, but also provides us with the ability to invest in developing technological advancements that will benefit other streams of life sciences research.'

The DECRA is a national award that recognises the importance of supporting early-career researchers and promotes career advancement through competitive funding grants.

To date, Dr Kowalski said the research has shown that the balance between key mitochondrial phospholipids (phosphatidylserine and phosphatidylethanolamine) is critical for the maintenance of mitochondrial structure and function in skeletal muscle. The disruption of this balance leads to dramatic muscle mass loss.

'... given healthy muscle mass is a critical determinant for overall health and quality of life, it is fundamental to understand the underlying processes that can lead to muscle loss'

– Dr Greg Kowalski



# Shared learning at IPAN

Visiting researchers are an important part of IPAN's continued growth and innovation through the exchange of ideas and learnings.

Visitors provide a wonderful opportunity for IPAN to build on existing collaborations or develop new ones, to contribute to building research capacity in other countries through sharing our skills and expertise and also to expose our staff and students to leading researchers from around the world.

Our visitors come from all over the globe and range from students through to senior researchers. During 2018, we were fortunate to have many visitors join us either for a few days, right through to 12 months. Visitors included:

- Professor Rhonda Bell - University of Alberta, Canada
- Assistant Professor Daniel Camiletti Moiron - University of Cádiz, Spain
- Professor Angela Clow - University of Westminster, UK
- Dr Anne De Smet - Ghent University, Belgium
- Professor Narcis Gusi - University of Extremadura, Spain
- Professor Patrick Lau - Hong Kong Baptist University, Hong Kong
- Dr Sandrine Lioret - French National Institute of Health and Medical Research (Inserm), France
- Associate Professor Marie Lof, and Dr Christine Delisle - Karolinska Institute, Sweden
- Dr Kelly Mackintosh - Swansea University, UK
- Dr Hildegard Mitchell - Brigham Young University, USA
- Associate Professor Carmen Padilla Moledo - University of Cádiz, Spain
- Dr Maartje Poelman - Utrecht University, Netherlands
- Dr Eline van Roekel - Maastricht University, Netherlands
- Dr Charlotte Skau Pawlowski and Dr Jasper Schipperijn - University of Southern Denmark, Denmark
- Dr Leigh Ward - University of Queensland, Australia
- Ms Jaqueline Aragoni da Silva (PhD student) - Federal University of Santa Catarina, Brazil
- Ms Astrid Karnøe Knudsen (PhD student) - University of Copenhagen, Denmark
- Ms Maria Somaraki (PhD student) - Karolinska Institute, Sweden



Assistant Professor Daniel Camiletti Moiron from the University of Cádiz, Spain.

# Working with international leaders

In 2018, two IPAN staff were awarded highly competitive Endeavour Research Fellowships through the Australian Government Department of Education and Training, to undertake research overseas.

## Dr Rachel Duckham

Currently in Australia there are very few leading experts in child bone health and even fewer that focus on the role of nutrition. For her Endeavour Research Fellowship Dr Duckham spent four months working with Professor Richard Lewis from the University of Georgia, USA. Dr Duckham says this Fellowship enhanced her burgeoning expertise in paediatric bone health, providing her the unique opportunity to work with one of the world leaders in this field of childhood nutrition and bone development during growth, thereby building her capacity regarding nutrition and bone growth and development in special populations.

Dr Duckham investigated the association between dietary intake, bone health, and gut function in 60 boys aged 8-17 years with and without Autism Spectrum Disorder (ASD), matched for age and height. Feasibility and exploratory data generated from the Fellowship will be used as pilot data to support a multi-centred global funding application through the National Institute of Health in 2019. Dr Duckham was also provided advanced bone imaging training through bone diagnostics and given advanced tools to assess bone age through training to read skeletal radiographs by Dr Nicola Hawley from Yale University. Dr Duckham also shared her expertise through guest lectures, presentations and student training and mentoring.

‘Working with Professor Lewis has provided a continued international collaboration beyond this fellowship, and will cement evidence-based research, which will be translated into clinical practice, providing an opportunity to develop optimal strategies to enhance osteoporosis risk identification in children,’ said Dr Duckham.

## Dr Katherine Downing

Dr Katherine Downing spent four months at the University of Strathclyde in Glasgow, Scotland for her Endeavour Research Fellowship. During that time, she worked with Professor John Reilly, a leading researcher in the field of children’s physical activity, sedentary behaviour and energy expenditure. Dr Downing undertook novel secondary analyses of existing data to determine the energy cost of posture transitions in preschool children.

‘Undertaking this research has equipped me with new skills and techniques, particularly in the measurement of energy expenditure, that have broadened my expertise. In addition to that project, I was involved in the design of a study to test the feasibility of using wearable cameras to measure preschool children’s screen time, for which I will continue to be involved.’

As well as gaining new skills and knowledge, the opportunity to experience and work in a different research environment has been invaluable. ‘I now have established links with researchers at the University of Strathclyde that will result in ongoing international collaborations’ said Dr Downing.



Dr Rachel Duckham

‘As well as gaining new skills and knowledge, the opportunity to experience and work in a different research environment has been invaluable.’

– Dr Katherine Downing

# Awards and prizes

2018 was another successful year with various staff receiving awards or prizes recognising their research quality, expertise, or scientific contributions.

## Top 1% trend continues at IPAN

Of particular significance, two IPAN researchers were again recognised as leaders in their fields, listed on the Clarivate Analytics highly cited list for 2018. Alfred Deakin Professor Jo Salmon received recognition for the fourth consecutive year and Alfred Deakin Professor Anna Timperio was honoured for the third time since 2015. The Highly Cited Researchers list represents researchers ranked in the top 1%, measured by citations during an 11-year period within 21 disciplines.



Alfred Deakin Professor  
Jo Salmon



Alfred Deakin Professor  
Anna Timperio

## Awards and Prizes

- Dr Jenny Veitch's REVAMP project won the research project category award in the Parks and Leisure Australia VIC/TAS region and national 2018 awards of excellence.
- Dr Rebecca Leech awarded a 2018 Nutrition Society of Australia (NSA) Early Career Travel Award
- Dr Susie Cartledge awarded the \$1,000 Cardiac Society of Australia and New Zealand (CSANZ) Affiliate Clinical Development Award to attend the 2018 CSANZ Annual Scientific Meeting in Brisbane
- Dr Susie Cartledge awarded a Fellow of the European Society of Cardiology (FESC)
- Associate Professor Lisa Barnett awarded a Fellow of Sports Medicine Australia
- Dr Severine Lamon won the 2018 Experimental Physiology Inaugural Review Prize (unique recipient) – The Physiological Society
- Dr Rachel Duckham awarded funding from the Capstone Editing Mid-Career Researcher grant scheme
- Dr Rachel Duckham and Dr Katherine Downing each awarded an Endeavour Research Fellowship
- Professor Sarah McNaughton awarded a Fellow of Dietitians Association of Australia (DAA)
- Dr Nicole Kiss received an Outstanding contribution to DAA award
- Dr Katherine Livingstone received an Oceanic Nutrition Leadership Platform (ONLP) scholarship to attend the ONLP 7-day leadership course for early- and mid-career individuals working in nutrition related fields within Oceanic countries

- Alfred Deakin Professor Kylie Ball was awarded the Council of Academic Public Health Institutions Australasia (CAPIA) 2018 president's award - Enhancing the public health workforce through mentoring. The award recognises an individual who has made a significant contribution to the career of one or more public health students and/or professionals through mentoring.
- Alfred Deakin Professor Jo Salmon elected as a Fellow of The Australian Academy of Health and Medical Sciences (AAHMS) in recognition of her outstanding contributions to the health and medical research landscape in Australia
- Dr Shariful Islam selected as one of 16 Australian researchers to participate in the InnoTour in Germany. The tour focused on establishing a network between the German and Australian healthcare sectors.
- Dr Barbara Cardoso awarded a 2018 CASS foundation Travel Grant to attend a conference in the United Kingdom
- Dr Natalie Lander won the ACHPER Victoria Tertiary award for most outstanding doctoral research.

## Deakin University Awards

- Associate Professors Brad Aisbett and Glenn Wadley were each awarded the Vice-Chancellor's Award for Excellence in Research Supervision.
- Dr Katherine Livingstone was awarded a Vice-Chancellor's Early Career Researcher Award for Career Excellence.
- Associate Professor Clinton Bruce was awarded a Vice-Chancellor's Mid-Career Researcher Award for Career Excellence.

Dr Jenny Veitch's REVAMP project won the research project category award in the Parks and Leisure Australia VIC/TAS region and national 2018 awards of excellence.



# IPAN in the media

Throughout 2018, with the help of Le Page Public Relations as our media consultant, IPAN achieved over 630 media hits across print, radio, television and online media nationally and internationally. Stories ranged from expert opinions from our researchers, showcasing our research outcomes and providing tips for better health.

## A snapshot of some of the stories included:

- Dr Anne Turner's research on stress and health featured in the ABC television program *Ask the doctor* episode on stress relief.
- Associate Professor Glenn Wadley's research into the impact of exercise early in life on heart health, showing that it markedly increases the number of muscle cells in the heart and provides a benefit that lasts long into adulthood, featured in the *New York Times*.
- Associate Professor Daniel Belavy's research investigating potential risk factors for spinal pain found that cycling may be a way to help to keep your spine healthy. The story aired across 32 channel 7 stations nationally, resulting in an audience of over 680,000.
- Dr Helen Macpherson's article in *The Conversation* on '6 things you can do to reduce dementia' was republished on six health/lifestyle websites.
- Dr Sze-Yen Tan's article in *The Conversation* on 'White, brown, raw, honey: which type of sugar is best?' resulted in radio interviews including being interviewed by Karen Inge as part of her nutrition/health segment on the Denis Walter 3AW program.
- Dr Alison Spence' world first research assessing diets of Australian children as young as nine months through to five years of age compared to Australian Dietary Guidelines, showed that while over 90 per cent of children met Australian Dietary Guidelines for fruit and

vegetable intake at nine months, the number of children eating enough vegetables dropped substantially to less than 10 per cent by 18 months and stayed low after that. This research resulted in over 200 stories across radio, print and online.



- The launch of our Transform-Us! Program led by Alfred Deakin Professor Jo Salmon, which promotes children being active during school time, featured on channels 7, 9 and 10 metropolitan and regional television news programs, as well as in the *Herald Sun*, *Geelong Advertiser*, radio and online.

- Professor Karen Campbell's key tips for parents to use from the very start of infant feeding to help overcome fussy eating and food rejection and support the development of a 'good eater' appeared in the *Herald Sun* and *Courier Mail*, as well as online.

## Surely, you digest

### Kids can take time to tuck in

SUSIE O'BRIEN

FUSSY eaters may reject a food 15 or more times before getting used to the taste, smell, look or noise of it, researchers say.

Parents are urged not to fuss over a fussy eater and avoid offering alternative foods at all cost.

Professor Karen Campbell, from the Institute for Physical Activity and Nutrition at Deakin University, said babies became fussy eaters when they started getting more independent.

"Many babies begin eating enthusiastically over the early months, however, can then become less willing to try new foods and suddenly start to cry and fuss when being offered food," she said.

"Parents want their baby to eat and enjoy a wide range of foods, many of which they've taken a lot of time to prepare. Food made with love, cost and time is meant to be enjoyed, not spat out or cried over," Prof Campbell said helping babies get used to the sensory elements of new foods could take a lot of patience and practice.

"Avoid offering 'backup' options if your baby rejects the food you've offered," she said. "Backups are usually foods

we know our baby likes and are often sweet.

If you offer sweet alternatives to the main offerings, you'll soon find this becomes a focus for your baby.

"It is quite normal for a child to reject a food 10 or 15 times, so keep offering foods and sit down and enjoy eating those foods with them. If they reject them, try not to make a fuss, because the more you fuss, the more likely they will be to fuss."

Prof Campbell also recommended parents keep offering foods their babies haven't had before or liked previously.

"Serving those alongside a food they do enjoy will make them more desirable," she said. While most babies grow out of fussy eating, a small group will persist and go on to have highly restrictive habits.

"This extreme fussy eating may be due to an underlying physical or neurological issue which may need to be addressed by a professional as, over time, food fussiness can get worse as the negative association attached with meal times and with food increases," Prof Campbell said. [www.deakin.gov.au](http://www.deakin.gov.au)

[infantnutrition.com.au/news/](http://infantnutrition.com.au/news/)

### TIPS TO WOO FUSSY EATERS

- **SMALL DOSES**
- Encourage your child to smell, touch and taste the new food – but don't go overboard
- Appetites change in response to how

much they're growing. Some days they will eat a lot, other days not much

**BE PATIENT**

- Leave food with your baby for the amount of time you're comfortable with and then move on
- Tastes change and children can learn to enjoy different foods

• Remember that a child can't learn to enjoy a new food if it's not on offer

**EAT WHAT I EAT**

- Children tend to enjoy the foods you enjoy, so eat with them and model your own enjoyment of the foods you want them to enjoy

**REPEAT OFFENDERS**

- Offer new foods again and again

Source: Institute for Physical Activity and Nutrition, Deakin University



## Junk food invades toddlers' diets

Alida Dix

Only a handful of Australian toddlers have diets that meet national guidelines for junk food and vegetables, an Australian study has found. The average of intake, no means and below for another three researchers.

More than 90 per cent of 18-month-olds in the study were not meeting the standard of their diets, the study found. At 18 months, more than 10 per cent of children are not meeting

average guidelines. In babies that do not meet the standard, the researchers found that the average of intake, no means and below for another three researchers.

National recommendations suggest that children aged from two should eat no discretionary foods regularly, including beverages.



# Identifying park features that promote physical activity

**Dr Jenny Veitch's research focuses on the design of neighbourhood environments to maximise physical activity, with a particular focus on the role of parks.**

In 2018 she commenced new research, funded via a Heart Foundation Future Leader Fellowship, to explore how parks can be designed to encourage physical activity for the prevention of heart disease.

'Insufficient physical activity is a known risk factor for cardiovascular disease, but motivating people to be active for health benefits has had limited success,' said Dr Veitch.

'We know that the way our neighbourhoods are designed is related to the amount of physical activity we do. Parks are an important feature of this built environment, in that they can support people from all ages to participate in regular physical activity. Unfortunately, they're an often under-utilised community resource.'

Dr Veitch said, given projected urban population growth and higher-density living the availability of high-quality and well-designed parks was critical to the health of future generations. However, there is a current lack of research evidence available to inform optimal park design for physical activity. 'My research is using a range of methods to improve understanding of park features that influence park visitation and physical activity for all park users,' said Dr Veitch.

In the first year of her Fellowship, Dr Veitch focused on analysing existing park audit data relating to children and park visitation, to examine associations between park features and park visitation and how this changes as children get older. 'Understanding the kinds of parks children are visiting, and why they might be travelling a further distance from home to go to a particular park which isn't necessarily the closest one, will help us to understand the features needed in parks to attract children of all ages to visit.'

In the coming years, Dr Veitch will be using multiple methodologies, such as 'walk-along' interviews, and photographic studies to explore the importance of park features in influencing park visitation and park-based physical activity among adults.

The findings from this Fellowship will inform future park design and re-development to promote physical activity across all ages, and ultimately better health.

'We know that the way our neighbourhoods are designed is related to the amount of physical activity we do. Parks are an important feature of this built environment..'

– Dr Jenny Veitch



# Understanding adolescent physical activity and sedentary behaviour patterns

**Generating evidence-based interventions to encourage adolescents to move more and sit less is the cornerstone of Dr Nicola Ridgers' Heart Foundation Future Leader Fellowship project.**

Moving more and sitting less are critical for cardiovascular health from a young age, and for future health, said Dr Ridgers. However, most young people aren't physically active enough and spend too much time sitting.

'We need interventions to change these behaviours, but we also need a greater understanding of how youth accumulate their physical activity and sedentary time, and the impact these patterns have on cardio-metabolic risk factors,' said Dr Ridgers.

Dr Ridgers said to date much of the research has focused on associations between cardio-metabolic risk factors and the total volume of physical activity and sedentary time young people engage in each day. But this approach ignores activity accumulated in bouts, which may vary in intensity, frequency or duration – about which little is known when it comes to impact on youth cardio-metabolic health.

'This Fellowship provides an opportunity to develop an understanding of children's activity patterns,' said Dr Ridgers. 'We know just 18 per cent of children meet guidelines for daily physical activity, which puts Australian kids at the lower end of global rankings.'

Dr Ridgers' kick-started her Fellowship in 2018 analysing physical activity data collected as part of the Raising Awareness of Physical Activity (RAW-PA) Study. These analyses focused on activity accumulated during the 12-week intervention, and the effect of the intervention on overall activity and breaks in sedentary time. Dr Ridgers said this analysis provides insights into the effectiveness of strategies aiming to integrate movement into an adolescent's day.

She has also analysed physical activity and sedentary time data using a range of approaches. 'This will help us to obtain a more detailed picture of activity accumulation, and provide guidance on which approaches should be used to evaluate youth activity patterns,' said Dr Ridgers.

The outcomes from this fellowship will help inform the design, development, and evaluation of interventions through establishing which activity patterns may be beneficial for health, which patterns may be easier to change in an intervention, and whether changes in activity patterns are important for health.

Project funding: National Heart Foundation of Australia, Future Leader Fellowship ID101895, 4 Years, 2018-2021.



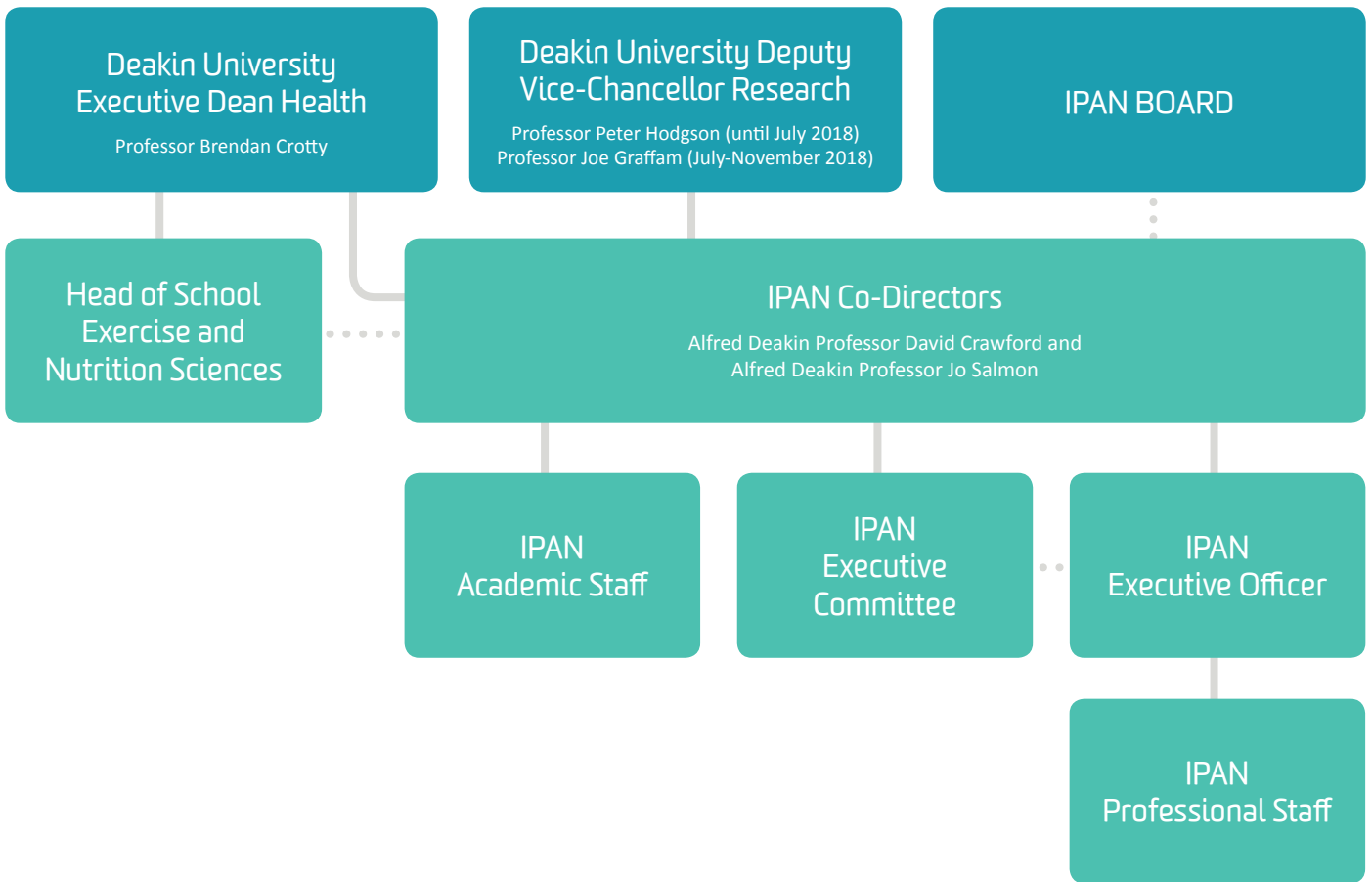
**18%**

'We know just 18 per cent of children meet guidelines for daily physical activity, which puts Australian kids at the lower end of global rankings.'

– Dr Nicola Ridgers

# IPAN governance

## IPAN'S organisational chart



## IPAN'S Executive



# IPAN's Board



## **Professor Peter Hodgson – Board Chair**

*(until July 2018)*

Professor Hodgson is the Deputy Vice-Chancellor Research at Deakin University. The Deputy Vice-Chancellor Research 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 Peter 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 Joe Graffam – Board Chair**

*(from July to November 2018)*

Professor Joe Graffam is the Deputy Vice-Chancellor Research at Deakin University leading a portfolio that includes responsibility for:

- Deakin Research
- Deakin Research Innovations
- Institute for Frontier Materials
- Institute for Intelligent Systems Research and Innovation

The Deputy Vice-Chancellor Research provides academic leadership to advance Deakin's distinctive research and research training both nationally and internationally. This includes research development, industry-focused research and commercialisation and research promotion.

Prior to his appointment in 2018, Professor Joe Graffam was Pro Vice-Chancellor Research Training and Performance Enhancement at Deakin University. Prior to that he was Pro Vice-Chancellor Research Development and Training and Pro Vice-Chancellor (Academic). Professor Graffam is also Professor and Chair in Psychology. He has worked in higher education for more than 30 years. Professor Graffam held early career positions as a researcher in the Neuropsychiatric Institute, School of Medicine, UCLA. Since commencing with Deakin University, Professor Graffam has filled several senior academic positions within the Faculty of Health. More recently, he served as Chair of the Academic Board of the University. He has received two Vice-Chancellor's Awards for Excellent Contribution: Research – Research Facilitation (2004); and People, Culture and Change (2009). He has served on numerous University committees and working groups and has been a member of the Academic Board since 2005. Professor Graffam's research has focused on the development and application of an ecological model for the study of community integration of people with a disability and, since 2000, also in the reintegration of ex-prisoners. He has an international reputation in both of these areas.

## IPAN's Board cont'd



### **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 is also a member of the Barwon Health Board of Directors.

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 Matthew Gillespie**

Professor Gillespie is Vice-Provost (Faculty and Graduate Affairs) at Monash University. Matthew trained in microbiology and immunology, and is a bone cell biologist and cancer researcher.

He was director of Prince Henry's Institute 2008-2013, and has held high-level research administration roles in other leading research organisations including Associate Director of Melbourne's St Vincent's Institute of Medical Research.

An active member of the Australian and global scientific communities, Professor Gillespie has held editorial roles including on the boards of Arthritis and Rheumatism, Endocrinology, Bone, and the Journal of Bone and Mineral Research and on research committees including the Cancer Council Victoria, NHMRC Research Committee (2006-2012) and NHMRC Audit Committee (2006-2019). He was president of the Australian Society for Medical Research (1999-2000) and the Australian and New Zealand Bone and Mineral Society (2011-2013).



### **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 Livingstone is also leading a program of research, addressing the psychosocial needs of people living with cancer and their carers.

Professor Livingstone's research involves large collaborative teams, leading studies that have demonstrated gaps in service delivery and she and her teams have developed recommendations, changes in clinical practice and policy initiatives to improve the health outcomes of cancer survivors and their carers.



### **Professor Amanda Thrift**

Professor Thrift is Head of Stroke & Ageing Research, Monash University, and is a Past President of the Stroke Society of Australasia (SSA). 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



### **Dr Lyn Roberts (AO)**

Dr Roberts has extensive experience of working within health NGOs having spent 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 a number of Board positions and her current roles include 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 Ben Spincer**

Dr Spincer is currently the Executive Director of Deakin Research Innovations. 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.



### **Dr Christina Pollard**

Dr Pollard has worked for government for about 30 years with a particular focus on public health nutrition. She has extensive experience in 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. Christina 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 Strategic Advisor to the Blueearth Foundation board and also Special Advisor for Oceania for TAFISA (The Association For International Sport for All). 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.

Ms Jolly has served on many Boards and Ministerial appointed Committees including Dental Health Services Victoria and Cabrini Research Institute and is the current Chair of the not-for-profit organisation Victoria Walks.



# Our staff

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Associate Professor Brad Aisbett

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Dr Lauren Arundell

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Alfred Deakin Professor Kylie Ball

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Dr Phillip Baker

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Associate Professor Lisa Barnett

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Associate Professor Daniel Belavy

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Dr Andrew Betik

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Dr Alison Booth

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Associate Professor Clinton Bruce

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Professor Karen Campbell

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Dr Barbara Cardoso

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Dr Susie Cartledge

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Alfred Deakin Professor David Crawford

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Professor Robin Daly

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Dr Paul Della Gatta

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Dr Katherine Downing

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Dr Rachel Duckham

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Dr Victoria Foletta

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Associate Professor Steve Fraser

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Dr Elena George (from September)

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Dr Carley Grimes

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Dr Ashley Hendy

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Associate Professor Kylie Hesketh

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Dr Jill Hnatiuk

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Dr Kirsten Howlett

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Dr Rabia Islam

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Dr Shariful Islam

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Dr Gunveen Kaur

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Associate Professor Michelle Keske

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Dr Nicole Kiss

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Dr Harriet Koorts

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Dr Greg Kowalski

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Dr Katie Lacy

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Dr Karen Lamb (until March)

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Dr Severine Lamon

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Dr Natalie Lander

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Professor Mark Lawrence

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Dr Rachel Laws

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Dr Rebecca Leech

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Dr Rebecca Lindberg

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Dr Katherine Livingstone

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Dr Venurs Loh

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Dr Penny Love

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Dr Helen Macpherson

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Professor Ralph Maddison

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Dr Luana Main

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Dr Claire Margerison

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Professor Sarah McNaughton

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Dr Catherine Milte

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Professor Caryl Nowson

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Dr Rachelle Opie

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Dr Lewan Parker

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Dr Jonathan Rawstorn

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Professor Lynn Riddell

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Dr Nicky Ridgers

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Professor Aaron Russell

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Dr Shannon Sahlqvist

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Alfred Deakin Professor Jo Salmon

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Dr Ahrathy Selathurai

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Dr Chris Shaw

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Professor Rod Snow

---

Dr Alison Spence

---

Dr Ewa Szymlek-Gay

---

Dr Sze-Yen Tan

---

Dr Wei-Peng Teo (until August)

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Dr Megan Teychenne

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Dr Lukar Thornton

---

Alfred Deakin Professor Anna Timperio

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Dr Susan Torres

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Dr Anne Turner

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Dr Paige van der Pligt

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Dr Jenny Veitch

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Associate Professor Glenn Wadley

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Dr Adam Walsh (from September)

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Dr Stuart Warmington

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Dr Julie Woods

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Professor Tony Worsley

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Dr Craig Wright

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Dr Jazzmin Zheng

# PhD students and projects

NAME	PROJECT TITLE
Kyler Amsbury	FMS Intervention effects on perceived physical competence and sport participation
Wei (Teddy) Ang	Understanding how endogenous glucose production is regulated throughout the day
Linda Atkins	Iron nutrition of Australian pre-schoolers
Lisa Bell	Physical activity and cardiovascular disease risk in preschool aged children
Melissa Bujtor	Understanding associations between diet, lifestyle behaviours and mental health in children and adolescents
Alissa Burnett	Feeding difficulties of young children
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	Intradialytic blood flow restriction aerobic exercise: improving muscle health and physical function among dialysis patients
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 exercise training combined with multi-nutrient supplementation on skeletal health in men with prostate cancer receiving androgen deprivation therapy
Fiona Dangerfield	Influence of neighbourhood environment on food and physical activity behaviours
Kate Desneves	Energy requirements and body composition in spinal cord injury
Niveditha Devasenapathy	Long-term functional outcomes and weight gain pattern after primary total knee arthroplasty (TKA): A prospective cohort
Sarah Dickie	Understanding the factors influencing ultra-processed food availability in Australia
Sara Dingle	Understanding associations between dietary intake, exercise and depressive symptoms and cognition in older adults
Ninoshka Dsouza	Understanding obesity in prepubertal children
Sara Ebrahimi	Diet quality and health outcomes in Iranian adults
Inimfon Essiet	Effects of fundamental movement skill interventions on motor competence
Siona Fernandes	Examining neighbourhood design and interaction on active living practices of Indian communities
Stephen Foulkes	The effects of exercise training on cardiac and musculoskeletal health during treatment for breast cancer
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
Nazgol Karimi	Implementation of a consumer-focused eHealth intervention for diabetes self-management (DSM) for women from socioeconomically disadvantaged areas
Giselle Keefe	Immune and muscular responses to resistance training in intermittent hypoxia
Durreajam Khokhar	Salt related knowledge, attitudes and behaviours 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
Jiani Ma	Physical activity behaviours of young people

## PhD students and projects cont'd

NAME	PROJECT TITLE
Davina Mann	Novel approaches to promoting healthy and sustainable food choices
Jaimie-Lee Maple	Incentives to increase physical activity and reduce sedentary behaviour
Gisella Mazzarino	Cardioprotective mechanisms of exercise: The role of microRNAs
Emiliano Mazzoli	School-based physical activity breaks, sitting time and cognition in children
Jennifer McCann	Policy analysis of infant foods and formula in Australia
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
Liana Mundell	Effects of ageing, cardiometabolic risk factors and cancer treatment on cognitive function
Andrew Murnane	Impact of cancer treatment on adolescent and young adults cancer survivor's health and well-being
Nathan Nuzum	The link between cognition and the microbiome
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
Kate Parker	Clustering of adolescent health behaviours: an ecological approach
Mamatha Philip Gabriel	Creatine metabolism and supplementation of the maternal uterus
Matthew Quittner	Acute low back pain: Risk factors, treatment and evidence-based implementation
Widya Rahmawati	Development and promotional strategy of the local food-based dietary recommendation for pregnant women in Malang City Indonesia
Ella Ridgway	The science and politics of healthy and sustainable dietary guidance
Elise Rivera	Critical park characteristics and features for adolescent park use and physical activity
Spencer Roberts	The impact of sleep on endurance performance and autonomic function
Katherine Roberts Thomson	Pre- diabetes and muscle blood flow
Kate Sadler	Establishing the therapeutic potential of STARS in vivo
Jessica Silver	miRNA expression in skeletal muscle mitochondria
Nikhil Srinivasapura Venkateshmurthy	Theory based process evaluation of m-Power heart project
Narayan Subedi	Understanding the potential for implementation and scalability of a technology based intervention
Bianca Tepper	Extracellular matrix remodelling: role in insulin resistance and exercise adaptations
Sarah Tighe	Towards a digital platform for promoting health behaviour change
Stavroula Tsitkanou	Improving skeletal muscle health to attenuate motor neuron disease severity
Simone Verswijveren	Understanding how children accumulate activity across the physical activity spectrum and implications for health
Cara Walker	Design and development of a physical readiness test for tanker-based firefighters
Amanda Watson	Can physical activity improve academic performance?
Himashini Whitley	The transition to independent mobility: Where do children want to go and what's holding them back?
Kate Wingrove	Mainstreaming principles of dietary patterns and sustainable diets into dietary guidelines

## PhD students and projects cont'd



Some of our current PhD students.

## PhD students who completed in 2018

NAME	PROJECT TITLE
Kelsey Beckford	Iodine intakes and food sources of iodine in Victorian schoolchildren
Warren Bowen	Cross education as therapy on knee osteoarthritis and knee replacement
Melissa Burton	Towards a comprehensive food curriculum for secondary schools
Katherine Downing	Intervening to reduce sedentary behaviour in early childhood
Melissa Formica	Effect of exercise and dietary protein on cognitive function
Sarah Hall	Sleep and stress in on-call fire and emergency service workers
Michael Leung	Motor cortical responses to skill and strength training
Anthony May	Mechanisms of muscle adaptations to blood flow restriction exercise
Dale Morrison	Assessing postprandial glucose metabolism via the triple tracer technique
Gamage Janandani Madhushika Nanayakkara	Senior secondary school food literacy education
Patrick Owen	Nutritional supplementation and exercise for musculoskeletal health in prostate cancer
Jamie Tait	Effects of dual-task functional power training on cognitive function, well-being and inflammatory and neurological markers in older adults
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
Adam Walsh	Father's impact on the dietary and physical activity behaviours of children aged 0-5 years

# Improving health outcomes in heart failure

Heart failure (HF) is characterised by changes in heart structure and function, and a reduced ability for people to exercise. Heart failure is the leading cause of hospitalisation in adults over the age of 65 years, with the prevalence of HF being even higher in people with Type 2 Diabetes. In Australia, more than 500,000 people have HF and this is likely to increase as our population ages.

Dr Lewan Parker, through his Alfred Deakin Postdoctoral Fellowship, has commenced a large scale clinical trial in type 2 diabetes patients who also have HF with preserved ejection fraction (T2D HFpEF.)

‘I’m investigating whether skeletal muscle microvascular dysfunction (impaired blood flow through small blood vessels), rather than heart dysfunction, is the underlying cause of poor health and reduced quality of life in patients with this unique condition’, says Dr Parker.

‘We know that reduced ability to exercise and poor blood sugar control greatly contribute to decreased quality of life and survival in these patients. However, current medications targeting the heart are largely ineffective, which suggests that peripheral (i.e. non-heart related) mechanisms may play a larger role’, he said.

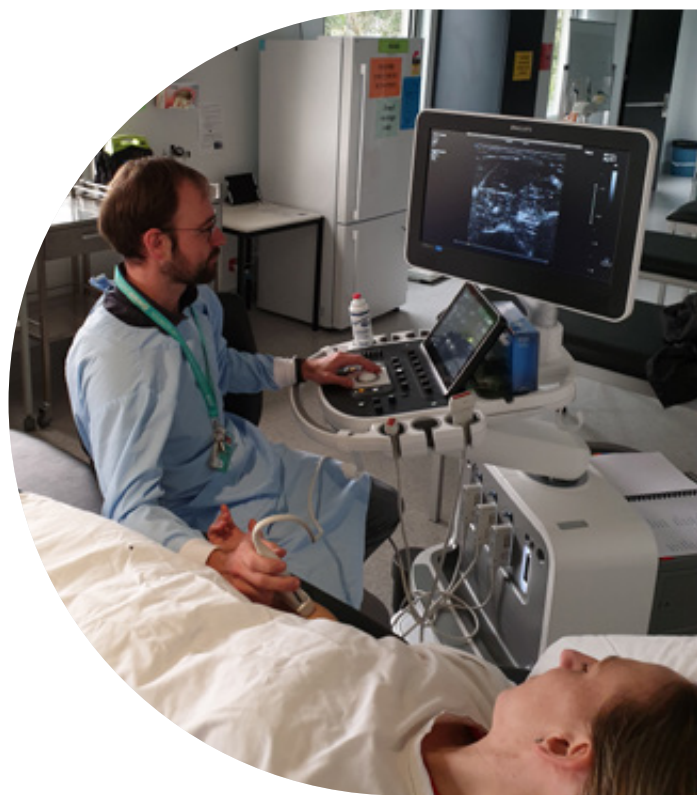
Project funding: Deakin University, Alfred Deakin Postdoctoral Research Fellowship, 2 Years, 2018-2019.

‘Heart failure is the leading cause of hospitalisation in adults over the age of 65 years, with the prevalence of heart failure being even higher in people with Type 2 Diabetes.’

– Dr Lewan Parker

Working alongside world-leading cardiologists, endocrinologist, sonographers and exercise physiologists at IPAN and the Baker Heart and Diabetes Institute, Dr Parker is using modern biochemical and ultrasound imaging techniques to characterise the capacity and health of the vascular system in T2D HFpEF patients.

Dr Parker says ‘This project will be the first to determine the role of the muscle microvasculature on exercise intolerance and poor blood sugar control in T2D HFpEF, which could radically change our understanding of this condition and help inform health recommendations, clinical care and interventions. Most importantly it will lead to improved health outcomes and quality of life for patients’.



# Investigating and reducing home-based sedentary behaviours

Excessive sitting – or sedentary behaviour - is a significant public health issue due to the associated physical, social and mental health risks, even among those who are low to moderately active. Despite the known health impacts, sedentary behaviour is becoming more ubiquitous, particularly in the home setting.

Investigating home-based sedentary behaviours and developing new strategies to reduce these behaviours is the key focus of Dr Lauren Arundell's research, with support from a two year Alfred Deakin Postdoctoral Research Fellowship.

'My fellowship aims to conduct an in-depth investigation of the types of sedentary behaviours performed by children and parents in the home, and the factors that encourage or inhibit participation in these,' she said. 'This information will be used to inform the development of a novel family-based intervention to reduce and break-up sedentary behaviour in the home.'

Dr Arundell says the intervention will be trialled with 50 families and if shown to be successful she eventually aims to scale-up the trial to a larger family-based randomised control trial.

The home and school settings are where children spend a large majority of their time, and considerable time sitting. To date, most children's sedentary behaviour interventions have been delivered via schools, with few interventions in the home. This fellowship will provide valuable insight into filling this major evidence gap.

Project funding: Deakin University, Alfred Deakin Postdoctoral Research Fellowship, 2 Years, 2018-2019.



'My fellowship aims to conduct an in-depth investigation of the types of sedentary behaviours performed by children and parents in the home, and the factors that encourage or inhibit participation in these.'

– Dr Lauren Arundell

# Understanding the complexity of every day eating situations and their influence on health

‘When’ we eat may be just as important as ‘what’ we eat. Emerging evidence indicates that eating patterns, including the timing and frequency of meals and snacks, influence health. Yet we know little about the types and combinations of foods, eaten at these eating occasions and how the timing and format may influence the healthfulness of the whole diet, or health.

IPAN’s Dr Rebecca Leech is seeking to increase our understanding of the real-life complexity of everyday eating situations to improve the health of Australians.

In 2018, Dr Leech commenced an Alfred Deakin Postdoctoral Research Fellowship to further investigate the combination of foods eaten at meals and snacks across the day and how this relates to the overall healthfulness of the diet and cardiovascular risk factors. Her research also draws on ‘real-time’ assessment of adults’ eating behaviours and applies novel and innovative analytic methods to understand the potential drivers of food choices at meals and snacks.

‘Eating is a complex behaviour embedded in context. Social networks, activities while eating and food settings are likely to influence our food choices, yet the extent of their influence is poorly understood,’ said Dr Leech.

**‘This research is important because so few Australian adults meet current Australian Dietary Guidelines, and a healthy diet is essential for prevention of cardiovascular disease and other chronic conditions.’**

– Dr Rebecca Leech

Project funding: Deakin University, Alfred Deakin Postdoctoral Research Fellowship, 2 Years, 2018-2019.

‘This research is important because so few Australian adults meet current Australian Dietary Guidelines, and a healthy diet is essential for prevention of cardiovascular disease and other chronic conditions.’

The findings from this Fellowship will not only increase our understanding of the everyday situational cues that modify food choices, but they will also be used to inform future revisions to the Australian Dietary Guidelines, develop dietary messages that are more easily implementable and inform interventions to promote healthy eating.

Dr Leech said her Fellowship provided the ideal platform for her to develop her capacity as an independent researcher and nutritional epidemiologist. ‘My long-term vision is to secure further funding so that I can continue to conduct innovative nutrition research that informs policy and improves population health.’



# Externally funded research projects in 2018

Project team	Project title	Funding scheme
<b>Rachel Duckham</b>	Promoting bone and gut health in our children (The PROUD study)	Capstone Editing Mid-Career Researcher's Grant
<b>MacPherson H, Rantalainen T, Teo W-P</b>	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
<b>Maddison R, Ball K, Neil C, Phung D</b>	Seeing is believing: wearable cameras for self-management in people with heart failure	Heart Foundation Vanguard Grant
<b>Maddison R, Ball K, Oldenburg B, Chow C, McNaughton S, Rawstorn J, Lamb K, Gao L, Al's Moodie M, Neil C, Amerena J, Nadurata V</b>	A 21st century approach for improving Self-Management of Heart Disease	NHMRC Project Grant
<b>Maddison R, Baghaei N, Murphy R, Heke I, Dobson R</b>	Feasibility of a mobile game to improve diabetes self-management in young people	Health Research Council of New Zealand
<b>Maddison R, Hargreaves E, Marsh S, Heke I, Kara S, Sundborn G, Jiang Y, Eyles H, Wyke S, Hunt K, Gray C, Lubans D</b>	Rugby Fans In Training: A randomised controlled trial	Health Research Council of New Zealand
<b>McNaughton S, Dunstan D, Sargent C, Worsley T, Macpherson H</b>	Eating patterns: How do they interact with activity, sleep, and mood?	ARC Discovery Project
<b>Ridgers N, Salmon J, Timperio A, Brown H, Ball K, Macfarlane S</b>	Using Fitbits to promote physical activity in inactive Victorian adolescents: Technological revolution or fad?'	VicHealth Innovation Grant
<b>Ridgers N, Salmon J, Timperio A, Chastin S</b>	Do children have a physical activity 'set-point'?	ARC Discovery Project
<b>Russell A, Foletta T, Della Gatta P, Islam R</b>	Utilising a novel research model of motor neurone disease to investigate potential new therapeutic strategies: a proof-of-concept study	The Cass Foundation Limited -Medicine Science Grants
<b>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</b>	Scalability of the Transform-Us! program to promote children's physical activity and reduce prolonged sitting in Victorian primary schools.	NHMRC Partnership Grant
<b>Teo W-P, Johnson L, Muthalib M, Bird ML</b>	A phase 11 randomised controlled trial to assess the use of novel Stroke rehabilitation interactive platform (STRIP) in a community setting	HF- Vanguard
<b>Thornton L, Coffee N, Lamb K, Ball K, Daniel M, Kestens Y, Chaix B</b>	Testing the projected benefits of living in a 20-minute neighbourhood	ARC Discovery Project
<b>Veitch J, Timperio A, Ball K, Deforche B</b>	Parks: harnessing a public space for active living and social connectedness	ARC Discovery Project

IPAN staff are indicated in bold

# Externally funded research fellowships in 2018

Staff member	Project Name	Funding Scheme
<b>Bruce C</b>	Defining a novel pathway in the regulation of skeletal muscle mass	ARC Future Fellowship
<b>Hesketh K</b>	Providing children with a healthy start to life: promoting physical activity and reducing sedentary behaviours during early childhood	ARC Future Fellowship
<b>Kowalski G</b>	Phosphatidylserine: a regulator of muscle and mitochondrial biology?	ARC Discovery Early Career Researcher Award
<b>MacPherson H</b>	A multi-faceted intervention to enhance cognition in older people at risk of cognitive decline	NHMRC - ARC Dementia Research Development Fellowship
<b>McNaughton S</b>	Building evidence to improve health through optimal diet	NHMRC Career Development Fellowship
<b>Ridgers N</b>	Addressing the challenges of promoting youth physical activity	NHF Future Leader Fellowship
<b>Veitch J</b>	Parks for heart health: understanding and influencing park design to optimise physical activity	NHF Future Leader Fellowship
<b>Zheng J</b>	Dietary correlates of rapid growth across the first five years of live	NHMRC Early Career Fellowship



Associate Professor Kylie Hesketh,  
ARC Future Fellow

# Externally funded research collaborations in 2018

Project team	Lead institute	Project title	Funding scheme
Armbrecht G, Gast U, <b>Belavy DL</b> , Felsenberg D	Charité University Medical School, Germany	Muscle and bone adaptations in simulated spaceflight and the influence of interventions	German Aerospace Centre
Baur L, Askie L, Rissel C, Moodie M, Trost S, <b>Campbell K</b> , <b>Hesketh K</b> , Hayes A, Golley R, Taylor R. <b>AI Laws R</b>	University of Sydney	Centre of Research Excellence in the early prevention of obesity in childhood	NHMRC Centres of Research Excellence
Bero L, Allman-Farinelli M, <b>Lawrence M</b> , Scrinis G, McKenzie J, Held F, Gill T, Baur L, Nestle M, Raubenheimer D	University of Sydney	Strengthening the evidence foundation for public health guidelines	NHMRC Project Grant
Black L, Lucas R, Kiely M, <b>Nowson C</b> , Rangan A, Greenfield H	Curtin University of Technology	Investigating dietary vitamin D in the Australian population	NHMRC Project Grant
Carson V, Wiart L, <b>Hesketh K</b>	University of Alberta	Role of physical activity and sedentary behaviour in the healthy growth and development of infants	Canadian Institutes of Health Research, Women & Children's Health Research Institute, and Faculty of Physical Education and Recreation University of Alberta
Carter R, Swinburn B, Moodie M, Allender S, Osborne R, <b>Lawrence M</b> , Vos T, Neal B, Peeters A, Brownell K	Deakin University	Centre of Research Excellence on policy research on obesity and food systems	NHMRC Centres of Research Excellence
Cleland V, <b>Ball K</b> , Blizzard C, Jose K, Palmer A, Venn A	Menzies Research Institute, University of Tasmania	Health by Stealth: Developing strategies to increase active and public transport	NHMRC Partnership Project
Coates A, Buckley J, Hill A, <b>Tan S Y</b> , Rogers G	University of South Australia	Does inclusion of almonds in energy restricted diet enhance weight loss and protect against weight regain?	Almond Board of California
Dunstan D, Owen N, Eakin E, Biddle S, Healy G, <b>Daly R</b> , Green D, Moodie M, Winkler E, Cohen N	Baker IDI Heart and Diabetes Institute	Can reducing sitting time influence sustained glycaemic control in middle-aged and older office worker with Type 2 Diabetes?	NHMRC Project Grant
Grace F, Wallen M, Wong SA, Evans L, Brown S, <b>Rawstorn JC</b>	Federation University Australia	Developing a best practice, preoperative exercise therapy 'prehabilitation' model for patients with prostate, colon and breast cancer, in the Grampians region of Victoria.	Western Alliance

## Externally funded research collaborations in 2018 cont'd

Project team	Lead institute	Project title	Funding scheme
Grundy J, Venkatesh S, Maeder A, Mouzakis K, Hutchinson A, Berk M, <b>Maddison R</b> , 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 Industrial Transformation HUB: ARC Research Hub for Digital Enhanced Living: aims to address the growing challenges of aging people living in their own home or residential care	ARC Industrial Transformation Research Hubs
Hardcastle N, Jackson P, Bucknell N, Denehy L, <b>Kiss N</b> , Everitt S, Ball D, Siva S, McManus M	Peter MacCallum Cancer Centre	Using artificial intelligence (AI) to enhance clinician's recognition of and inform targeted interventions for cancer cachexia	Peter MacCallum Cancer Centre Foundation
Liberato S, Brimblecombe J, <b>Ball K</b> , Moodie M	Menzies School of Health Research, NT	Assessing the impact of a multi-component intervention to improve dietary intake of Indigenous Australian children and their families living in remote communities	NHMRC Project Grant
Lof M, <b>Maddison R</b> , 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, <b>Maddison R</b> , 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
Lonsdale C, Lubans D, <b>Salmon J</b> , Morgan P, Parker P, Moodie M, McKay H	Australian Catholic University	Evidence-based physical activity promotion in primary schools: Improving children's health through sustainable partnerships.	NHMRC Partnership
Mcgee S, <b>Bruce C</b> , Walder K, White F	Deakin University	The role of GAPDH acetylation and HDAC6 in liver metabolism and type 2 diabetes	NHMRC Project Grant
Marsh S, <b>Maddison R</b> , Chu J, Dobson R	University of Auckland	This is not an Intervention, it's a Movement!: reducing screen time in teens	Health Research Council of New Zealand
Neal B, <b>Nowson C</b> , Swinburn B, Woodward M, NiMhurchu C, Simpson S, Moodie M, Webster J, Sacks G, Wu J. <b>Grimes C (AI)</b> (10 AI's in total)	The George Institute	Centres of Research Excellence in reducing salt intake using food policy interventions	NHMRC Centres of Research Excellence
Neal B, <b>Nowson C</b> , Webster J, <b>Grimes C</b> , Dunford E, Jan S	The George Institute	Reducing population salt consumption in Victoria	NHMRC Partnership Grant

## Externally funded research collaborations in 2018 cont'd

Project team	Lead institute	Project title	Funding scheme
Nikander R, Rantanen R, <b>Daly R</b> , Sievanen H, Kannus P, Heinonen A, Sipila S, Kannus L, Kettunen T, Tormakangas T, Rantalainen T, Teittinen O	University of Jyväskylä	Counselling for physical activity, life space mobility and falls prevention in old age (COSMOS)	Academy of Finland
Olstad D, McCormack G, McLaren L, Sajobi T, Minaker L, Shauna D, <b>Ball K</b> , Nykiforuk C, Black J	University of Calgary	Does the BC Farmers' Market Nutrition Coupon Program improve the dietary behaviours and psychosocial well-being of low-income adults?	Canadian Institutes of Health Research
Owen N, <b>Salmon J</b> , Trost S, Dunstan D, Eakin E, Healy G, Kingwell B, Lambert G, <b>Timperio A. (AI Cerin E, Daly R)</b>	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
Sääkslahti A, Laukkanen A, Niemistö, <b>Barnett L</b> , Aunola K	University of Jyväskylä	Liikkuva perhe : The Active Family	Decision of Ministry of Education and Culture
Sherar I, Glazebrook C, Clemes S, Cale L, Khunti K, et al. Scientific Collaborator: <b>Salmon J</b>	Loughborough University	Move to Teach, Move to Learn	National Institute for Health Research (NIHR) Collaborations for Leadership in Applied Health Research and Care (CLAHRCs)
Vogel C, Baird J, Cooper C, Moon G, <b>Ball K</b> , Cade J, Lord J, Crozier S, Lawrence W	University of Southampton	Nudging healthier dietary habits: evaluation of a supermarket placement strategy in the WRAPPED study	National Institute for Health Research (NIHR) - Primary Research
Walker D, Grigsby P, <b>Snow R</b> , 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, <b>Snow R</b> , 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, <b>Hesketh K</b> , 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
Wlodek M, Lane M, <b>Wadley G</b> , Al's Zander-Fox D, Charchar F, Hannan N, McPherson N	Melbourne University	Exercise in males born growth restricted to restore sperm function preventing adverse offspring health	NHMRC Project Grant
Wolfenden L, Wiggers J, <b>Ball K</b> , <b>Campbell K</b> , 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

# Publications

## Published papers

		Scimargo Journal Ranking (2017)	Incites Impact Factor (2017)
	Title		
1.	Adams J, Veitch J*, Barnett L*. Physical activity and fundamental motor skill performance of 5-10 year old children in three different playgrounds. <i>International Journal of Environmental Research and Public Health</i> . 2018; 15(9): 1896. Doi: 10.3390/ijerph15091896	Q2	2.145
2.	Addinsall AB, Wright CR*, Andrikopoulos S, van der Poel C, Stupka N. Emerging roles of endoplasmic reticulum-resident selenoproteins in the regulation of cellular stress responses and the implications for metabolic disease. <i>Biochemical Journal</i> . 2018; 475(6): 1037-1057. Doi: 10.1042/BCJ20170920	Q1	3.857
3.	Addinsall AB, Wright CR*, Shaw CS*, McRae NL, Forgan LG, Weng CH, Conlan XA, Francis PS, Smith ZM, Andrikopoulos S, Stupka N. Deficiency of selenoprotein S, an endoplasmic reticulum resident oxidoreductase, impairs the contractile function of fast twitch hindlimb muscles. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> . 2018; 315(2): R380-R396. Doi: 10.1152/ajpregu.00244.2017	Q1	3.082
4.	Addinsall AB, Martin SC, Collier F, Conlan XA, Foletta VC*, Stupka N. Differential regulation of cellular stress responses by the endoplasmic reticulum resident Selenoprotein S (Seps1) in proliferating myoblasts versus myotubes. <i>Physiological Reports</i> . 2018; 6(24): e13926. Doi: 10.14814/phy2.13926	Q2	N/A
5.	Almondes KGS, Cardoso BR*, Cominetti C, Nogueira NN, Marreiro DN, Oliveira TF, Loureiro APM, Cozzolino SMF. The redox balance of healthy Brazilian adults is associated with GPX1 Pro198Leu and -602A/G polymorphisms, selenium status, and anthropometric and lifestyle parameters. <i>Food and Function</i> . 2018; 9(10): 5313-5322. Doi: 10.1039/c8fo01621f	Q1	3.289
6.	Ang T, Kowalski GM*, Bruce CR*. Endogenous glucose production following sequential meals in humans: evidence for more prolonged suppression following ingestion of a second meal. <i>American Journal of Physiology. Endocrinology and metabolism</i> . 2018; 315: E904-E911. Doi: 10.1152/ajpendo.00233.2018	Q1	4.018
7.	Antunes AM, Freitas DL, Maia J, Hedeker D, Gouveia ER, Thomis M, Lefevre J, Barnett LM*. Motor performance, body fatness and environmental factors in preschool children. <i>Journal of Sports Sciences</i> . 2018; 36(20): 2289-2295. Doi: 10.1080/02640414.2018.1449410	Q1*, Q2#	2.733
8.	Appleton J, Laws R*, Russell CG, Fowler C, Campbell KJ*, Denney-Wilson E. Infant formula feeding practices and the role of advice and support: an exploratory qualitative study. <i>BMC Pediatrics</i> . 2018; 18: 12. Doi: 10.1186/s12887-017-0977-7	Q1	2.042
9.	Appleton J, Russell CG, Laws R*, Fowler C, Campbell K*, Denney-Wilson E. Infant formula feeding practices associated with rapid weight gain: A systematic review. <i>Maternal and Child Nutrition</i> . 2018; 14: e12602. Doi: 10.1111/mcn.12602	Q1	3.233
10.	Arundell L*, Sudholz B, Teychenne M*, Salmon J*, Hayward B, Healy GN, Timperio A*. The impact of Activity Based Working (ABW) on workplace activity, eating behaviours, productivity and satisfaction. <i>International Journal of Environmental Research and Public Health</i> . 2018; 15(5): 1005. Doi: 10.3390/ijerph15051005	Q2	2.145
11.	Asif Y, Wlodek ME, Black MJ, Russell AP*, Soeding PF, Wadley GD*. Sustained cardiac programming by short-term juvenile exercise training in male rats. <i>The Journal of Physiology</i> . 2018; 596(2): 163-180. Doi: 10.1113/JP275339	Q1	4.54
12.	Backholer K, Baker P*. Sugar-Sweetened Beverage Taxes: the Potential for Cardiovascular Health. <i>Current Cardiovascular Risk Reports</i> . 2018; 12: 28. Doi: 10.1007/s12170-018-0593-6	Q3	N/A
13.	Baker P*, Friel S, Kay A, Baum F, Strazdins L, Mackean T. What enables and constrains the inclusion of the social determinants of health inequities in government policy agendas? A narrative review. <i>International Journal of Health Policy and Management</i> . 2018; 7(2): 101-111. Doi: 10.15171/ijhpm.2017.130	Q2	N/A
14.	Barnett LM*, Goodway JD. Perceptions of movement competence in children and adolescents from different cultures and countries. <i>Journal of Motor Learning and Development</i> . 2018; 6(s2): S183-S8. Doi: 10.1123/jmld.2018-0024	N/A	N/A
15.	Barnett L*, Makin O. An app to assess young children's perceptions of movement competence. <i>Journal of Motor Learning and Development</i> . 2018; 6(s2): S252-S263. Doi: 10.1123/jmld.2017-0039	N/A	N/A
16.	Barnett L*, Lubans D, Timperio A*, Salmon J*, Ridgers ND*. What is the contribution of actual motor skill, fitness, and physical activity to children's self-perception of motor competence? <i>Journal of Motor Learning and Development</i> . 2018; 6(s2): S461-S473. Doi: 10.1123/jmld.2016-0076	N/A	N/A
17.	Barnett LM*, Telford RM, Strugnell C, Rudd J, Olive LS, Telford RD. Impact of cultural background on fundamental movement skill and its correlates. <i>Journal of Sports Sciences</i> . 2018: 1-8. Doi: 10.1080/02640414.2018.1508399	Q1#, Q2#	2.733
18.	Beck KL, Jones B, Ullah I, McNaughton SA*, Haslett SJ, Stonehouse W. Associations between dietary patterns, socio-demographic factors and anthropometric measurements in adult New Zealanders: an analysis of data from the 2008/09 New Zealand Adult Nutrition Survey. <i>European Journal of Nutrition</i> . 2018; 57(4): 1421-1433. Doi: 10.1007/s00394-017-1421-3	Q1	4.423
19.	Belavy DL*, Quittner MJ, Ridgers ND*, Shiekh A, Rantalainen T, Trudel G. Specific modulation of vertebral marrow adipose tissue by physical activity. <i>Journal of Bone and Mineral Research</i> . 2018; 33(4): 651-657. Doi: 10.1002/jbmr.3357	Q1	6.314

## Published papers

		Scimago Journal Ranking (2017)	Incites Impact Factor (2017)
	Title		
20.	Belavy DL*, Quittner M, Ling Y, Connell D, Rantalainen T. Cervical and thoracic intervertebral disc hydration increases with recumbency. A study in 101 healthy volunteers. <i>Spine Journal</i> . 18(2): 314-320. Doi: 10.1016/j.spinee.2017.06.006	Q1	3.119
21.	Biddle S, Pearson N, Salmon J*. Sedentary behaviors and adiposity in young people: causality and conceptual model. <i>Exercise and Sport Sciences Reviews</i> . 2018; 46(1): 18-25. Doi: 10.1249/JES.0000000000000135	Q1	5.065
22.	Bolton KA, Kremer P, Hesketh KD*, Laws R*, Kuswara K, Campbell KJ*. Differences in infant feeding practices between Chinese-born and Australian-born mothers living in Australia: a cross-sectional study. <i>BMC Pediatrics</i> . 2018; 18: 209. Doi: 10.1186/s12887-018-1157-0	Q1	2.042
23.	Booth AO*, Wang X, Turner AI*, Nowson CA*, Torres SJ*. Diet induced weight loss has no effect on psychological stress in overweight and obese adults: A meta-analysis of randomized controlled trials. <i>Nutrients</i> . 2018; 10: 613. Doi: 10.3390/nu10050613	Q1	4.196
24.	Booth SA, Wadley GD*, Marques FZ, Wlodek ME, Charchar FJ. Fetal growth restriction shortens cardiac telomere length but this is attenuated by exercise in early life. <i>Physiological Genomics</i> . 2018; 50: 956-963. Doi: 10.1152/physiolgenomics.00042.2018	Q2	2.782
25.	Brayner B, Kaur G*, Keske MA*, Livingston KM*. FADS polymorphism, omega-3 fatty acids and diabetes risk: A systematic review. <i>Nutrients</i> . 2018; 10: 758. Doi: 10.3390/nu10060758	Q1	4.196
26.	Brian A, Bardid F, Barnett LM*, Deconinck F, Lenoir M, Goodway J. Actual and perceived motor competence levels of Belgian and United States preschool children. <i>Journal of Motor Learning and Development</i> . 2018; 6(s2): S320-S336. Doi: 10.1123/jmld.2016-0071	N/A	N/A
27.	Brimblecombe J, Ferguson M, Federica B, Brown C, Ball K*. Mediators and moderators of nutrition intervention effects in remote Indigenous Australia. <i>British Journal of Nutrition</i> . 2018; 119: 1424-1433. Doi: 10.1017/S0007114518000880	Q1	3.657
28.	Brown EL, Foletta VC*, Wright CR*, Sepulveda PV, Konstantopoulos N, Sanigorski A, Della Gatta P*, Cameron-Smith D, Kralli A, Russell AP*. PGC-1 $\alpha$ and PGC-1 $\beta$ increase protein synthesis via ERR $\alpha$ in C2C12 Myotubes. <i>Frontiers in Physiology</i> . 2018; 9: 1336. Doi: 10.3389/fphys.2018.01336	Q1	3.394
29.	Cabibel V, Muthalib M, Teo WP*, Perrey S. High-definition transcranial direct-current stimulation of the right M1 further facilitates left M1 excitability during crossed facilitation. <i>Journal of Neurophysiology</i> . 2018; 119(4): 1266-1272. Doi: 10.1152/jn.00861.2017	Q1	2.502
30.	Cain K, Geremia CM, Conway TL, Frank LD, Chapman JE, Fox EH, Timperio A*, Veitch J*, Van Dyck D, Verhoeven H, Reis R, Augusto A, Cerin E, Mellecker RR, Queralt A, Molina-Garcia J, Sallis JF. Development and reliability of a streetscape observation instrument for international use: MAPS-Global. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2018; 15: 19. Doi: 10.1186/s12966-018-0650-z	Q1	5.548
31.	Cardoso BR*, Szymlek-Gay EA*, Roberts BR, Formica M, Gianoudis J, O'Connell S, Nowson CA*, Daly RM*. Selenium status is not associated with cognitive performance: A cross-sectional study in 154 older Australian Adults. <i>Nutrients</i> . 10(12): 1847. Doi: 10.3390/nu10121847	Q1	4.196
32.	Carson F, Walsh J, Main LC*, Kremer P. High performance coaches' Mental Health and Wellbeing: Applying the areas of work life mode. <i>International Sport Coaching Journal</i> . 2018; 5(3): 293-300. Doi: 10.1123/iscj.2017-0078	N/A	N/A
33.	Cartledge S*, Finn J, Bray JE, Case R, Barker L, Missen D, Shaw J, Stub D. Incorporating cardiopulmonary resuscitation training into a cardiac rehabilitation programme: A feasibility study. <i>European Journal of Cardiovascular Nursing</i> . 2018; 17(2): 148-158. Doi: 10.1177/1474515117721010	Q1#, Q2#	2.651
34.	Cartledge S*, Feldman S, Bray JE, Stub D, Finn J. Understanding patients and spouses experiences of patient education following a cardiac event and eliciting attitudes and preferences towards incorporating cardiopulmonary resuscitation training: A qualitative study. <i>Journal of Advanced Nursing</i> . 2018; 74(5):1157-1169. Doi: 10.1111/jan.13522	Q1	2.267
35.	Cartledge S*, Straney L, Bray J, Mountjoy R, Finn J. Views on cardiopulmonary resuscitation among older Australians in care: a cross sectional survey. <i>Collegian</i> . 2018; 25(3): 303-306. Doi: 10.1016/j.colegn.2017.09.005	Q1	1.153
36.	Case R, Cartledge S*, Siedenburg J, Smith K, Straney L, Barger B, Finn J, Bray JE. Identifying barriers to the provision of bystander cardiopulmonary resuscitation in high-risk regions: a qualitative review of emergency calls. <i>Resuscitation</i> . 2018; 129: 43-47. Doi: 10.1016/j.resuscitation.2018.06.001	Q1	5.863
37.	Catchlove SJ, Pipingas A, Hughes ME, Macpherson H*. Magnetic resonance imaging for assessment of cerebrovascular reactivity and its relationship to cognition: a systematic review. <i>BMC Neuroscience</i> . 2018; 19(1): 21. Doi: 10.1186/s12868-018-0421-4	Q2#, Q3#	2.173
38.	Chatterton ML, Mihalopoulos C, O'Neill A, Itsiopoulos C, Opie R*, Castle D, Dash S, Brazionis L, Berk M, Jacka F. Economic evaluation of a dietary intervention for adults with major depression (the 'SMILES' trial). <i>BMC Public Health</i> . 2018; 18: 599. Doi: 10.1186/s12889-018-5504-8	Q1	2.42
39.	Choy CC, Thompson AA, Ulberg C, Naseri T, Reupena, MS, Duckham, RL*, Hawley NL. Nutrient intake among Samoan children aged 2-4 years in 2015. <i>Annals of Human Biology</i> . 2018; 45(3): 239-243. Doi: 10.1080/03014460.2018.1473491	Q2#, Q3#	1.531
40.	Choy CC, Wang D, Baylin A, Ulberg C, Naseri T, Reupena MS, Thompson AA, Duckham RL, Hawley NL. Dietary patterns are associated with a child, maternal, and household-level characteristics and overweight/obesity among young Samoan children. <i>Public Health Nutrition</i> . 2018; 21(7): 1243-1254. Doi: 10.1017/S1368980017003913	Q1#, Q2#	2.485

## Published papers

		Scimago Journal Ranking (2017)	Incites Impact Factor (2017)
Title			
41.	Clemes SA, Bingham DD, Pearson N, Chen YL, Edwardson C, McEachan R, Tolfrey K, Cale L, Richardson G, Fray M, Bandelow S, Jaicim NB, Salmon J*, Dunstan D, Barber SE. Stand Out in Class: Restructuring the classroom environment to reduce sedentary behaviour in 9-10 year olds – study protocol for a pilot cluster randomised controlled trial. <i>Pilot and Feasibility Studies</i> . 2018; 4: 103. Doi: 10.1186/s40814-018-0295-3	N/A	N/A
42.	Contardo Ayala AM, Sudholz B, Salmon J*, Dunstan D, Ridgers N*, Arundell L*, Timperio A*. The impact of height-adjustable desks and prompts to break-up classroom sitting on adolescents' energy expenditure, adiposity markers and perceived musculoskeletal discomfort. <i>PLOS ONE</i> . 2018; 13(9): e0203938. Doi: 10.1371/journal.pone.0203938	Q1	2.766
43.	Contardo Ayala AM, Salmon J*, Dunstan D, Arundell L*, Parker K, Timperio A*. Longitudinal changes in sitting patterns, physical activity and health outcomes in adolescents. <i>Children</i> . 2018; 6(1): 2. Doi: 10.3390/children6010002	N/A	N/A
44.	Corpas R, Griñán-Ferré, Palomera-Ávalos, Porquet, García de Frutos, Franciscato Cozzolino, Rodríguez-Farré E, Pallàs, Sanfeliu , Cardoso BR*. Melatonin induces mechanisms of brain resilience against neurodegeneration. <i>Journal of Pineal Research</i> . 2018; 65(4): e12515. doi: 10.1111/jpi.12515	Q1	11.613
45.	Costanzo A, Nowson C*, Orellana L, Bolhuis D, Duesing K, Keast R. Effect of dietary fat intake on fat taste sensitivity: a co-twin randomized control trial. <i>American Journal of Clinical Nutrition</i> . 2018; 107(5): 683-694. Doi: 10.1093/ajcn/nqy022	Q1	6.549
46.	Costigan SA, Ridgers ND*, Eather N, Plotnikoff RC, Harris N, Lubans DR. Exploring the impact of high intensity interval training on adolescents' objectively measured physical activity: Findings from a randomized controlled trial. <i>Journal of Sports Sciences</i> . 2018; 36(10): 1087-1094. Doi: 10.1080/02640414.2017.1356026	Q1#, Q2#	2.733
47.	Diao Y, Barnett L*, Estevan I, Dong C, Li J. Validity and Reliability of a Pictorial Instrument for Assessing Fundamental Movement Skill Perceived Competence in Chinese Children. <i>Journal of Motor Learning and Development</i> . 2018; 6(s2): S223- S238. Doi: 10.1123/jmld.2016-0082	N/A	N/A
48.	Dickie S, Woods J*, Lawrence M*. Analysing the use of the Australian Health Star Rating system by level of food processing. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2018; 15: 128. Doi: 10.1186/s12966-018-0760-7	Q1	5.548
49.	Direito A, Walsh D, Hinbarji M, Albalat R, Tooley M, Whittaker R, Maddison R*. Using the intervention mapping and behavioural intervention technology frameworks: development of an mHealth intervention for physical activity and sedentary behaviour change. <i>Health Education and Behavior</i> . 2018; 45(3): 331-348. Doi: 10.1177/1090198117742438.	Q1#, Q2#	1.899
50.	Dobson R, Whittaker R, Jiang Y, Maddison R*, Shepherd M, McNamara C, Cutfield R, Khanolkar M, Murphy R. Effectiveness of text message based, diabetes self-management support programme (SMS4BG): two arm, parallel randomised controlled trial. <i>BMJ</i> . 2018; 361: k1959. Doi: 10.1136/bmj.k1959	Q1	23.259
51.	Dos Santos MAM, Nevill AM, Buranarugas R, Pereira S, Gomes TNQF, Reyes A, Barnett LM*, Maia JAR. Modeling children's development in gross motor coordination reveals key modifiable determinants. An allometric approach. <i>Scandinavian Journal of Medicine and Science in Sports</i> . 2018; 28(5): 1594-1603. Doi: 10.1111/sms.13061	Q1	3.623
52.	Downing KL*, Salmon J*, Hinkley T, Hnatiuk JA*, Hesketh KD*. Feasibility and efficacy of a parent-focused, text message - delivered intervention to reduce sedentary behaviour in 2- to 4- year-old children (Mini Movers): Pilot randomized controlled trial. <i>JMIR mHealth and uHealth</i> . 2018; 6(2): e39. Doi: 10.2196/mhealth.8573	Q1	4.541
53.	Downing KL*, Hnatiuk JA*, Hinkley T, Salmon J*, Hesketh KD*. Interventions to reduce sedentary behaviour in 0-5 year olds: A systematic review and meta-analysis of randomised controlled trials. <i>British Journal of Sports Medicine</i> . 2018; 52(5): 314-321. Doi: 10.1136/bjsports-2016-096634	Q1	7.867
54.	Duckham RL*, Tait JL, Noson CA*, Sanders KM, Taaffe DR, Hill KD, Daly RM*. Strategies and challenges associated with recruiting village communities and residents into a group exercise intervention. <i>BMC Medical Research Methodology</i> . 2018; 18: 173. Doi: 10.1186/s12874-018-0633-4	Q1	2.221
55.	Duncan LR, Pearson ES, Maddison R*. Smoking prevention in children and adolescents: A systematic review of individualized interventions. <i>Patient Education and Counseling</i> . 2018; 101(3): 375-388. Doi: 10.1016/j.pec.2017.09.011	Q1	2.785
56.	Duncan MJ, Jones V, O'Brien W, Barnett LM*, Eyre ELJ. Self-Perceived and Actual Motor Competence in Young British Children. <i>Perceptual and Motor Skills</i> . 2018; 125(2): 251-264. Doi: 10.1177/0031512517752833.	Q4	0.703
57.	Ebing J, Gast U, Hauptmann C, Felsenberg D, Belavy DL*. Hypertrophy and explosive-reactive functioning in sedentary men following 10 weeks of whole-body vibration. <i>Journal of Strength and Conditioning Research</i> . 2018; 32(1): 27-36. Doi: 10.1519/JSC.0000000000001728	Q1	2.325
58.	Ek A, Alexandrou C, Nyström CD, Direito A, Eriksson U, Hammar U, Henriksson P, Maddison R*, Lagerros YT, Löf M. The Smart city Active Mobile Phone Intervention (SCAMPI) study to promote physical activity through active transportation in healthy adults: a study protocol for a randomised controlled trial. <i>BMC Public Health</i> . 2018; 18: 880. Doi: 10.1186/s12889-018-5658-4	Q1	2.42
59.	Estevan I, Molina-Garcia J, Bowe SJ, Alvarez A, Castillo I, Barnett LM*. Who can best report on children's motor competence: Parents, teachers, or the children themselves? <i>Psychology of Sport and Exercise</i> . 2018; 34: 1-9. Doi: 10.1016/j.psychsport.2017.09.002	Q1	2.878
60.	Estevan I, Molina-Garcia J, Abbott G, Bowe S, Castillo I, Barnett L*. Evidence of reliability and validity for the pictorial scale of perceived movement skill competence in Spanish Children. <i>Journal of Motor Learning and Development</i> . 2018; 6(s2): S205-S222. Doi: 10.1123/jmld.2016-0065	N/A	N/A
61.	Estevan I, Barnett LM*. Considerations related to the definition, measurement and analysis of perceived motor competence. <i>Sports Medicine</i> . 2018; 48(12), 2685-94. Doi: 10.1007/s40279-018-0940-2	Q1	7.074

## Published papers

		Scimago Journal Ranking (2017)	Incites Impact Factor (2017)
	Title		
62.	Eyles H, Bhana N, Lee SE, Grimes C*, McLean R, Nowson C*, Wall C. Measuring children's sodium and potassium intakes in NZ: A pilot study. <i>Nutrients</i> . 2018; 10(9): 1198. Doi: 10.3390/nu10091198	Q1	4.196
63.	Feitoza A, Henrique R, Cattuzzo MT, Cavalcante W, Barnett LM*, Robison L, Lopes V, Webster K. Perceived Motor Competence in childhood: comparative study among countries. <i>Journal of Motor Learning and Development</i> . 2018; 6(s2): S337-S350. Doi: 10.1123/jmld.2016-0079	N/A	N/A
64.	Fernando NT, Campbell KJ*, McNaughton SA*, Zheng M*, Lacy KE*. Predictors of dietary energy density among preschool aged children. <i>Nutrients</i> . 2018; 10(2): 178. Doi: 10.3390/nu10020178	Q1	4.196
65.	Fernandez L, Major BP, Teo WP*, Byrne LK, Enticott PG. Assessing cerebellar brain inhibition(CBI) via transcranial magnetic stimulation (TMS): A systematic review. <i>Neuroscience and Biobehavioral Reviews</i> . 2018; 86: 176-206. Doi: 10.1016/j.neubiorev.2017.11.018	Q1	8.037
66.	Fletcher EA, Salmon J*, McNaughton SA*, Orellana L, Wadley GD*, Bruce C*, Dempsey PC, Lacy KE*, Dunstan DW. Effects of breaking up sitting on adolescents' postprandial glucose after consuming meals varying in energy: a cross-over randomised trial. <i>Journal of Science and Medicine in Sport</i> . 2018; 21(3):280-285. Doi: 10.1016/j.jsams.2017.06.002.	Q1	3.929
67.	Fletcher E, McNaughton SA*, Crawford D*, Cleland V, Della Gatta J, Hatt J, Dollman J, Timperio A*. Associations between sedentary behaviour and dietary intake among adolescents. <i>Public Health Nutrition</i> . 2018; 21(6): 1115-1122. Doi: 10.1017/S136898001700372X	Q1#, Q2#	2.485
68.	Fredman NJ, Duque G, Duckham RL*, Green D, Brennan-Olsen SL. Associations between socioeconomic factors and proinflammatory cytokines in children, adolescents and young adults: a systematic review protocol. <i>BMJ Open</i> . 2018; 8: e019381. Doi: 10.1136/bmjopen-2017-019381	Q1	2.413
69.	Gearon E, Tanamas SK, Stevenson C, Loh VH*, Peeters A. Changes in waist circumference independent of weight: Implications for population level monitoring of obesity. <i>Preventive Medicine</i> . 2018; 111:378-83. Doi: 10.1016/j.ypmed.2017.11.030	Q1#, Q2#	3.483
70.	Gilham B, Hall R, Woods JL*. Vegetables and legumes in new Australasian food launches: how are they being used and are they a healthy choice? <i>Nutrition Journal</i> . 2018; 17: 104. Doi: 10.1186/s12937-018-0414-2	Q1	3.568
71.	Global Burden of Disease Collaborators*. Global, regional, and national comparative risk assessment of 84 behavioural, environmental and occupational, and metabolic risks or clusters of risks for 195 countries and territories, 1990-2017: a systematic analysis for the Global Burden of Disease Study 2017. <i>The Lancet</i> . *named collaborator Ball, K*. 2018; 392: 1923-1994. Doi: 10.1016/S0140-6736(18)32225-6	Q1	53.254
72.	Grimes CA*, Booth A*, Khokhar D, West M, Margerison C*, Campbell KJ*, Nowson CA*. Digital education to limit salt in the home (DELISH) program improves knowledge, self-efficacy, and behaviors among children. <i>Journal of Nutrition Education and Behavior</i> . 2018; 50(6): 547- 554. Doi: 10.1016/j.jneb.2018.04.002	Q1#, Q2#	2.571
73.	Grimes CA*, Szymlek-Gay EA*, Nowson CA*. Trends in dietary sodium from food sources in Australian Children and Adolescents from 2007-2012. <i>Journal of the Academy of Nutrition and Dietetics</i> . 2018; 118(7): 1183-1195.e6. Doi: 10.1016/j.jand.2018.02.015	Q1	4.021
74.	Haines J, Downing KL*, Tang L, Campbell KJ*, Hesketh KD*. Associations between maternal concern about child's weight and related behaviours and maternal weight-related parenting practices: a cross-sectional study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2018; 15: 104. Doi: 10.1186/s12966-018-0738-5	Q1	5.548
75.	Hansen BH, Anderssen SA, Andersen LB, Hildebrand M, Kolle E, Steene-Johannessen J, Kriemler S, Page AS, Puder JJ, Reilly JJ, Sardinha LB, van Sluijs EMF, Wedderkopp N, Ekelund U, et al. and on behalf of the International Children's Accelerometry Database (ICAD) Collaborators*. Cross-sectional associations of reallocating time between sedentary and active behaviours on cardiometabolic risk factors in young people: An International Children's Accelerometry Database (ICAD) Analysis. <i>Sports Medicine</i> . 2018; 48(10): 2401-2412. Doi: 10.1007/s40279-018-0909-1 *named collaborators are Salmon J* and Timperio A*.	Q1	7.074
76.	Hardman RJ, Meyer D, Kennedy G, Macpherson H*, Scholey AB, Pipingas A. The association between adherence to a Mediterranean style diet and cognition in older people: the impact of medication. <i>Clinical Nutrition</i> . 2018; 37 (6 Part A): 2156-2165. Doi: 10.1016/j.clnu.2017.10.015	Q1	1.905
77.	Hare DJ, Cardoso BR*, Szymlek-Gay EA*, Biggs BA. Neurological effects of iron supplementation in infancy: finding the balance between health and harm in iron-replete infants. <i>The Lancet Child and Adolescent Health</i> . 2018; 2(2): 144-156. Doi: 10.1016/S2353-4642(17)30159-1	N/A	N/A
78.	Harris DM, Rantalainen T, Muthalib M, Johnson L, Duckham RL*, Smith ST, Daly RM*, Teo WP*. Concurrent exergaming and transcranial direct current stimulation to improve balance in people with Parkinson's disease: study protocol for a randomised controlled trial. <i>Trials</i> . 2018; 19: 387. Doi: 10.1186/s13063-018-2773-6	Q1	2.067
79.	He JL, Fuelscher I, Enticott PG, Teo WP*, Barhoun P, Hyde C. Interhemispheric cortical inhibition is reduced in young adults with developmental coordination disorder. <i>Frontiers in Neurology</i> . 2018; 9: 179. Doi: 10.3389/fneur.2018.00179	Q1#, Q2#	3.508
80.	Henry CJ, Ponnalagu S, Bi X, Tan SY*. New equations to predict body fat in Asian Chinese using skinfold thickness and waist circumference. <i>Journal of the Academy of Nutrition and Dietetics</i> . 2018; 118(7): 1263-1269. Doi: 10.1016/j.jand.2018.02.019	Q1	4.021
81.	Hilland T, Ridgers N*, Stratton G, Knowles Z, Fairclough S. Origins of perceived physical education ability and worth among English adolescents. <i>European Physical Education Review</i> . 2018; 24(2): 165-180. Doi: 10.1177/1356336X16673765	Q1#, Q2#	2.422

## Published papers

		Scimago Journal Ranking (2017)	Incites Impact Factor (2017)
	Title		
82.	Hinkley T, Brown H, Carson V, Teychenne M*. Cross sectional associations of screen time and outdoor play with social skills in preschool children. <i>PLoS One</i> . 2018; 13(4):e0193700. Doi: 10.1371/journal.pone.0193700	Q1	2.766
83.	Hoang NTD, Orellana L, Le TD, Gibson RS, Worsley AF*, Sinclair AJ, Szymlek-Gay EA*. Anthropometric status among 6- 9 year-old school children in rural areas in Hai Phong City, Vietnam. <i>Nutrients</i> . 2018; 10(10): 1431. Doi: 10.3390/nu10101431	Q1	4.196
84.	Hu D, Remash D, Greenaway T, Rattigan S, Squibb KA, Jones G, Premilovac D, Richards SM, Keske MA*. Impairments in adipose tissue microcirculation in type 2 diabetes mellitus assessed by real-time contrast-enhanced ultrasound. <i>Circulation: cardiovascular imaging</i> . 2018; 11(4): e007074. Doi: 10.1161/circimaging.117.007074	Q1	6.221
85.	Hulteen RM, Barnett LM*, Morgan PJ, Robinson LE, Barton CH, Wrotniak BH, Lubans DR. Development, content validity and test-retest reliability of the Lifelong Physical Activity Skills Battery in adolescents. <i>Journal of Sports Sciences</i> . 2018; 36(20): 2358-2367. Doi: 10.1080/02640414.2018.1458392	Q1#, Q2#	2.733
86.	Hulteen RM, Morgan PJ, Barnett LM*, Stodden DF, Lubans DR. Development of foundational movement skill: A conceptual model for physical activity across the lifespan. <i>Sports Medicine</i> . 2018; 48(7): 1533-1540. Doi: 10.1007/s40279-018-0892-6	Q1	7.074
87.	Huxtable A, Millar L, Love P*, Bell C, Whelan J. Parental translation into practice of healthy eating and active play messages and the impact on childhood obesity: A mixed methods study. <i>Nutrients</i> . 2018; 10: 545. Doi: 10.3390/nu10050545	Q1	4.196
88.	James SW, Friel S, Lawrence MA*, Hoek A, Pearson D. Inter-sectoral action to support healthy and environmentally sustainable food behaviours: a study of sectoral knowledge, governance and implementation opportunities. <i>Sustainability Science</i> . 2018; 13(2): 465-477. Doi:10.1007/s11625-017-0459-8	Q1#, Q2#	3.855
89.	Kennedy SG, Smith JJ, Morgan PJ, Peralta LR, Hilland TA, Eather N, Lonsdale C, Okely AD, Plotnikoff RC, Salmon J*, Dewar DL, Estabrooks P, Pollock E, Finn TL, Lubans DR. Implementing resistance training in secondary schools: A cluster RCT. <i>Medicine and Science in Sports and Exercise</i> . 2018; 50 (1): 62-72. Doi: 10.1249/MSS.0000000000001410	Q1	4.291
90.	Kim S, McMaster M, Torres S*, Cox KL, Lautenschlager N, Rebok GW, Pond D, D'Este C, McRae I, Cherbuin N, Anstey KJ. Protocol for a pragmatic randomized controlled trial of body brain life-general practice and a lifestyle modification programme to decrease dementia risk exposure in a primary care setting. <i>BMJ Open</i> . 2018; 8: e019329. Doi: 10.1136/bmjopen-2017-019329	Q1	2.413
91.	Khokhar D, Nowson CA*, Margerison C*, Bolam B, Grimes CA*. Knowledge and attitudes are related to selected salt-specific behaviours among Australian parents. <i>Nutrients</i> . 2018; 10(6): 720. Doi: 10.3390/nu10060720	Q1	4.196
92.	Knowles OE, Drinkwater EJ, Urwin CS, Lamon S*, Aisbett B*. Inadequate sleep and muscle strength: Implications for resistance training. <i>Journal of Science and Medicine in Sport</i> . 2018; 21(9): 959-968. Doi: 10.1016/j.jsams.2018.01.012	Q1	3.929
93.	Koorts H*, Eakin E, Estabrooks P, Timperio A*, Salmon J*, Bauman A. Implementation and scale up of population physical activity interventions for clinical and community settings: The PRACTIS guide. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2018; 15: 51. Doi: 10.1186/s12966-018-0678-0	Q1	5.548
94.	Kramer A, Kummel J, Golhofer A, Armbrecht G, Ritzmann R, Belavy D*, Felsenberg D, Gruber M. Plyometrics can preserve peak power during 2 months of physical inactivity: An RCT including a one-year follow-up. <i>Frontiers in Physiology</i> . 2018; 9: 633. Doi: 10.3389/fphys.2018.00633	Q1	3.394
95.	Laing E, Kiss N*, Michael M, Gough K, Krishnasamy M. Investigating nutrition-related complications and quality of life in patients with gastroenteropancreatic neuroendocrine tumors: Mixed methods prospective study. <i>JMIR Research Protocols</i> . 2018; 7(12): e11228. Doi: 10.2196/11228	N/A	N/A
96.	Land MA, Neal BC, Johnson C, Nowson CA*, Margerison C*, Petersen KS. Salt consumption by Australian adults: a systematic review and meta-analysis. <i>Medical Journal of Australia</i> . 2018; 208(2): 75-81. Doi: 10.5694/mja17.00394	Q2	4.227
97.	Latella C, Hendy AM*, Vanderwesthuizen D, Teo WP*. The modulation of corticospinal excitability and inhibition following acute resistance exercise in males and females. <i>European Journal of Sport Science</i> . 2018; 18(7): 984-993. Doi: 10.1080/17461391.2018.1467489	Q1#, Q2#	2.576
98.	Laws R*, Denney-Wilson E, Taki S, Russell C, Zheng M*, Litterbach E, Ong KL, Lymer S, Elliot R, Campbell KJ*. Key Lessons and Impact of the Growing Healthy mHealth Program on Milk Feeding, Timing of Introduction of Solids, and Infant Growth: Quasi-Experimental Study. <i>JMIR mHealth and uHealth</i> . 2018; 6(4): e78. Doi: 10.2196/mhealth.9040	Q1	4.541
99.	Lawrence MA*, Dickie S, Woods JL*. Do nutrient-based front-of-pack labelling schemes support or undermine food-based dietary guideline recommendations? Lessons from the Australian Health Star Rating System. <i>Nutrients</i> . 2018; 10(1): 32. Doi 10.3390/nu10010032	Q1	4.196
100.	Lee EY, Hesketh KD*, Rhodes RE, Rinaldi CM, Spence JC, Carson V. Role of parental and environmental characteristics in toddlers' physical activity and screen time: Bayesian analysis of structural equation models. <i>International Journal of Nutrition and Physical Activity</i> . 2018; 15: 17. Doi: 10.1186/s12966-018-0649-5	Q1	5.548
101.	Leech RM*, Worsley A*, Timperio A*, McNaughton SA.* The role of energy intake and energy misreporting in the associations between eating patterns and adiposity. <i>European Journal of Clinical Nutrition</i> . 2018; 72: 142-147. Doi: 10.1038/ejcn.2017.90	Q1#, Q2#	2.954
102.	Leong C, Taylor RW, Haszard JJ, Fleming EA, Tannock GW, Szymlek-Gay EA*, Cameron SL, Yu R, Carter H, Chee LK, Kennedy L, Moore R, Heath AM. Relative validity and reproducibility of a food frequency questionnaire to assess nutrients and food groups of relevance to the gut microbiota in young children. <i>Nutrients</i> . 2018; 10(11): 1627. Doi: 10.3390/nu10111627	Q1	4.196

## Published papers

		Scimago Journal Ranking (2017)	Incites Impact Factor (2017)
	Title		
103.	Leong C, Haszard JJ, Lawley B, Otal A, Taylor RW, Szymlek-Gay EA*, Fleming EA, Daniels L, Fangupo LJ, Tannock GW, Heath AL. Mediation analysis as a means of identifying dietary components that differentially affect the fecal microbiota of infants weaned by modified baby-led and traditional approaches. <i>Applied and Environmental Microbiology</i> . 2018; 84(18):e00914-18. Doi: 10.1128/AEM.00914-18	Q1	3.633
104.	Leung M, Rantalainen T, Teo WP*, Kidgell D. The ipsilateral corticospinal responses to cross-education are dependent upon the motor-training intervention. <i>Experimental Brain Research</i> . 2018;236(5):1331-1346. Doi: 10.1007/s00221-018-5224-4	Q2	1.806
105.	Leung H, Latella C, Lamon S*, Hendy AM*. The reliability of neurological measurement in the Vastus Medialis: Implications for research and practice. <i>Frontiers in Psychology</i> . 2018; 9: 1857. Doi: 10.3389/fpsyg.2018.01857	Q1	2.089
106.	Li X, Dou Q, Chen H, Fu CW, Qi X, Belavy DL*, Armbrecht G, Felsenberg D, Zheng G, Heng PA. 3D multi-scale FCN with random modality voxel dropout learning for Intervertebral Disc Localization and Segmentation from Multi-modality MR Images. <i>Medical Image Analysis</i> . 2018; 45: 41-54. Doi: 10.1016/j.media.2018.01.004	Q1	5.356
107.	Liu D, Costanzo A, Evans MDM, Archer NS, Nowson C*, Duesing K, Keast R. Expression of the candidate fat taste receptors in human fungiform papillae and the association with fat taste function. <i>British Journal of Nutrition</i> . 2018; 120(1): 64-73. Doi: 10.1017/S0007114518001265	Q1	3.657
108.	Livingstone KM*, McNaughton SA*. Association between diet quality, dietary patterns and cardiometabolic health in Australian adults: a cross-sectional study. <i>Nutrition Journal</i> . 2018; 17: 19. Doi: 10.1186/s12937-018-0326-1	Q1	3.568
109.	Love P*, Laws R*, Litterbach E, Campbell KJ*. Factors influencing parental engagement in an Early Childhood Obesity Prevention Program implemented at Scale: The Infant Program. <i>Nutrients</i> . 2018; 10(4): 509. Doi: 10.3390/nu10040509	Q1	4.196
110.	Love P*, Whelan J, Bell C, Grainger F, Russell C, Lewis M, Lee A. Healthy diets in rural Victoria-cheaper than unhealthy alternatives, yet unaffordable. <i>International Journal of Environmental Research and Public Health</i> . 2018; 15(11): 2469. Doi: 10.3390/ijerph15112469	Q2	2.145
111.	Loh VH*, Rachele JN, Brown WJ, Ghani F, Turrell G. Neighborhood disadvantage and physical function: the contributions of neighborhood-level perceptions of safety from crime and walking for recreation. <i>Journal of Physical Activity and Health</i> . 2018; 15(8):553-563. Doi: 10.1123/jpah.2017-0423	Q2	1.723
112.	Low JYQ, Lacy KE*, McBride RL, Keast RSJ. The associations between oral complex carbohydrate sensitivity, BMI, liking and consumption of complex carbohydrate based foods. <i>Journal of Food Science</i> . 2018; 83(8): 2227-2236. Doi: 10.1111/1750-3841.14276	Q1	2.018
113.	Ludy M, Tan SY*, Leone RJ, Morgan AL, Tucker RM. Weight gain in first-semester university students: Positive sleep and diet practices associated with protective effects. <i>Physiology and Behavior</i> . 2018; 194: 132-136. Doi: 10.1016/j.physbeh.2018.05.009	Q1#, Q2#	2.517
114.	McMaster M, Kim S, Clare L, Torres SJ*, D'Este C, Anstey KJ. Body, Brain, Life for Cognitive Decline (BBL-CD): protocol for a multidomain dementia risk reduction randomized controlled trial for subjective cognitive decline and mild cognitive impairment. <i>Clinical Interventions in Aging</i> . 2018; 13:2397-2406. Doi: 10.2147/CIA.S182046	Q1#, Q2#	2.505
115.	McWhannell N, Fowweather L, Graves LEF, Henaghan JL, Ridgers ND*, Stratton G. From surveillance to intervention: Overview and baseline findings for the Active City of Liverpool Active Schools and SportsLinX (A-CLASS) Project. <i>International Journal of Environmental Research and Public Health</i> . 2018; 15: 582. Doi: 10.3390/ijerph15040582	Q2	2.145
116.	Macready AL, Fallaize R, Butler LT, Ellis JA, Kuznesof S, Frewer LJ, Celis-Morales C, Livingstone KM*, Araújo-Soares V, Fischer AR, Stewart-Knox BJ, Mathers JC, Lovegrove JA. Application of behavior change techniques in a personalized nutrition electronic health intervention study: Protocol for the web-based Food4Me randomized controlled trial. <i>JMIR Research Protocols</i> . 2018; 7(4): e87. Doi: 10.2196/resprot.8703	N/A	N/A
117.	Maddison R*, Stewart R, Doughty R, Scott T, Kerr A, Benatar J, Whittkaer R, Rawstorn J*, Rolleston A, Jiang Y, Estabrooks P, Sullivan RK, Bartley H, Pfaeffli- Dale L. Text4Heart II- Improving medication adherence in people with heart disease: A study protocol for a randomized controlled trial. <i>Trials</i> . 2018; 19: 70. Doi: 10.1186/s13063-018-2468-z	Q1	2.067
118.	Maher SJ, Schott N, Lander NJ*, Hinkley T, Barnett LM*. A comparison of parent report and actual motor competence in young children. <i>Australian Occupational Therapy Journal</i> . 2018; 65(5): 387-394. Doi: 10.1111/1440-1630.12486	Q1	1.823
119.	Main LC*, Rowe K, Schoenberg G, Gastin P, & Walsh J. Women in sport: Challenges and solutions in India. <i>International Journal of Sport, Exercise and Health Research</i> . 2018; 2(1): 81-82. Doi:	N/A	N/A
120.	Mann D, Thornton L*, Crawford D*, Ball K*. Australian consumers' views towards an environmentally sustainable eating pattern. <i>Public Health Nutrition</i> . 2018; 21(14): 2714-2722. Doi: 10.1017/S1368980018001192	Q1#, Q2#	2.485
121.	Matarma T, Lagström H, Hurme S, Tammelin TH, Kulmala J, Barnett LM*, Koski P. Motor skills in association with physical activity, sedentary time, body fat, and day care attendance in 5–6-year-old children – the STEPS Study. <i>Scandinavian Journal of Medicine and Science In Sports</i> . 2018; 28(12): 2668–2676. Doi: 10.1111/sms.13264	Q1	3.623
122.	Matias TS, Silva KS, Silva JA, Mello GT, Salmon J*. Clustering of diet, physical activity and sedentary behavior among Brazilian adolescents in the national school-based health survey (PeNSE 2015). <i>BMC Public Health</i> . 2018; 18:1283. Doi: 10.1186/s12889-018-6203-1	Q1	2.42
123.	Mauch CE, Wycherley TP, Laws RA*, Johnson BJ, Bell LK, Golley RK. Mobile apps to support healthy family food provision: systematic assessment of popular, commercially available apps. <i>JMIR mHealth and uHealth</i> . 2018; 6(12): e11867. Doi: 10.2196/11867	Q1	4.541

## Published papers

		Scimargo Journal Ranking (2017)	Incites Impact Factor (2017)
	Title		
124.	May AK, Russell AP*, Warmington SA*. Lower body blood flow restriction training may induce remote muscle strength adaptations in an active unrestricted arm. <i>European Journal of Applied Physiology</i> . 2018; 118(3): 617-627. Doi: 10.1007/s00421-018-3806-2	Q1#, Q2#	2.401
125.	May T, Rinehart N, Barnett L*, Hinkley T, McGillivray J, Skouteris H, Stephens D, Goldfinch D. 'We're Doing AFL Auskick As Well': Experiences of an adapted football program for children with autism. <i>Journal of Motor Learning and Development</i> . 2018; 6(1): 130-146. Doi: 10.1123/jmld.2016-0055	N/A	N/A
126.	Meneses AL, Nam MCY, Gailey TG, Magee R, Golledge J, Hellsten Y, Keske MA*, Greaves K, Askew CD. Leg blood flow and skeletal muscle microvascular perfusion responses to submaximal exercise in peripheral arterial disease. <i>American Journal of Physiology- Heart and Circulatory Physiology</i> . 2018; 315(5): H1425-H143310. Doi: 10.1152/ajpheart.00232.2018	Q1	3.569
127.	Mikovic J, Sadler K, Butchart L, Voisin S, Gerlinger-Romero F, Della Gatta P*, Grounds M, Lamon S*. MicroRNA and long non-coding RNA regulation in skeletal muscle from growth to old age shows striking dysregulation of the Callipyge locus. <i>Frontiers in Genetics</i> . 2018; 9: 548. Doi: 10.3389/fgene.2018.00548	Q1	4.151
128.	Mikovic J, Lamon S*. The effect of maternal metabolic status on offspring health: A role for skeletal muscle? <i>The Journal of Physiology</i> . 2018; 596(21): 5079-5080. Doi: 10.1113/JP276929	Q1	4.54
129.	Miller C, Teychenne M*, Maple JL. The perceived feasibility and acceptability of a conceptually challenging exercise training program in older adults. <i>Clinical Interventions in Aging</i> . 2018; 13: 451 – 461. Doi: 10.2147/CIA.S154664	Q1#, Q2#	2.505
130.	Milte C*, Russell A*, Ball K*, Crawford D*, Salmon J*, McNaughton S*. Diet quality and telomere length in older Australian men and women. <i>European Journal of Nutrition</i> . 2018; 57(1): 363-372. Doi: 10.1007/s00394-016-1326-6.	Q1	4.423
131.	Mishra GD, Moss K, Loos C, Dobson AJ, Davies PSW, Loxton D, Hesketh KD*, Koupil I, Bower C, Sly P, Tooth L. MatCH (Mothers and their Children's Health) Profile: Offspring of the 1973-78 Cohort of the Australian Longitudinal Study on Women's Health. <i>Longitudinal and Life Course Studies</i> . 2018; 9(3): 351-375. Doi: 10.14301/lcs.v9i3.491	Q1	N/A
132.	Montgomery MK, Mokhtar R, Bayliss J, Parkington HC, Suturin VM, Bruce CR*, Watt MJ. Perilipin 5 deletion unmasks an endoplasmic reticulum stress – Fibroblast growth factor 21 axis in skeletal muscle. <i>Diabetes</i> . 2018; 67(4): 594-606. Doi: 10.2337/db17-0923	Q1	7.273
133.	Moran L, McNaughton SA*, Sui Z, Cramp C, Deussen A, Grivell R, Dodd J. The characterisation of overweight and obese women who are under reporting energy intake during pregnancy. <i>BMC Pregnancy and Childbirth</i> . 2018; 18: 204. Doi: 10.1186/s12884-018-1826-x	Q1	2.331
134.	Morrison DJ, Kowalski GM*, Grespan E, Mari A, Bruce CR*, Wadley GD*. Measurement of postprandial glucose fluxes in response to acute and chronic endurance exercise in healthy humans. <i>American Journal of Physiology. Endocrinology and metabolism</i> . 2018; 314(5): E503-E511. Doi: 10.1152/ajpendo.00316.2017	Q1	4.018
135.	Nanayakkara J, Margerison C*, Worsley A*. Teachers' perspectives of a new food literacy curriculum in Australia. <i>Health Education</i> . 2018; 118(1): 48-61. Doi: 10.1108/HE-05-2017-0024	Q2#, Q3#	N/A
136.	Nanayakkara J, Burton M, Margerison C*, Worsley A*. Importance of home economics compared to other secondary school subjects: Australian parents' and young adults' views. <i>International Journal of Home Economics</i> . 2018; 11(1): 72-79.	N/A	N/A
137.	Nanayakkara J, Margerison C*, Worsley A*. Senior secondary school food literacy education: Importance, challenges, and ways of improving. <i>Nutrients</i> . 2018; 10(9): 1316. Doi: 10.3390/nu10091316	Q1	4.196
138.	Nanayakkara J, Burton M, Margerison C*, Worsley A*. Parents' and young adults' perceptions of secondary school food education in Australia. <i>British Food Journal</i> . 2018; 120 (5): 1151-1166. Doi: 10.1108/BFJ-10-1017-0554	Q1#, Q2#	1.289
139.	Nowson C*, Lim K, Land MA, Webster J, Shaw JE, Chalmers J, Flood V, Woodward M, Grimes C*. Salt intake and dietary sources of salt on weekdays and weekend days in Australian adults. <i>Public Health Nutrition</i> . 2018; 21(12): 2174-2182. Doi: 10.1017/S1368980017004104	Q1#, Q2#	2.485
140.	Nowson CA*, Service C, Appleton J, Grieger JA. The impact of dietary factors on indices of chronic disease in older people: A systematic review. <i>Journal of Nutrition, Health and Aging</i> . 2018; 22(2): 282-296. Doi: 10.1007/s12603-017-0920-5	Q1#, Q2#	2.868
141.	Nyström D, Sandin S, Henriksson P, Henriksson H, Maddison R*, Löf M. A 12-month follow-up of a mobile-based (mHealth) obesity prevention intervention in pre-school children: the MINISTOP randomized controlled trial. <i>BMC Public Health</i> . 2018; 18: 658. Doi: 10.1186/s12889-018-5569-4	Q1	2.42
142.	O'Halloran S, Lacy K*, Grimes C*, Campbell K*, Nowson C*. Sodium content of lunches and snacks provided in Australian long day care centres: a cross-sectional study. <i>Nutrients</i> . 2018; 10(3): 284. Doi: 10.3390/nu10030284	Q1	4.196
143.	O'Halloran SA, Lacy KE*, Woods J*, Grimes CA*, Campbell KJ*, Nowson CA*. The provision of ultra-processed foods and their contribution to sodium availability in Australian long day care centres. <i>Public Health Nutrition</i> . 2018; 21(1): 134-141. Doi: 10.1017/S136898001700132X	Q1#, Q2#	2.485
144.	Olstad D, Leech R*, Livingstone K*, Ball K*, Thomas B, Potter J, Cleanthous X, Reynolds R, McNaughton SA*. Are dietary inequalities among Australian adults changing? A nationally representative analysis of dietary change according to socioeconomic position between 1995 and 2011-13. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2018; 15: 30. Doi: 10.1186/s12966-018-0666-4	Q1	5.548
145.	Origua RS, Marks J, Estevan I, Barnett LM*. Health benefits of hard martial arts in adults: a systematic review. <i>Journal of Sports Sciences</i> . 2018; 36(14): 1614-1622. Doi: 10.1080/02640414.2017	Q1#, Q2#	2.733
146.	Pettigrew S, Talati Z, Henriques I, Morely B, Ball K*. Characteristics of healthy weight advertisements in three countries. <i>Australian and New Zealand Journal of Public Health</i> . 2018; 42(1): 27-29. Doi: 10.1111/1753-6405.12745	Q2	1.889

## Published papers

		Scimargo Journal Ranking (2017)	Incites Impact Factor (2017)
	Title		
147.	Parrish A-M, Trost SC, Howard SJ, Batterham M, Cliff D, Salmon J*, Okely AD. Evaluation of an intervention to reduce adolescent sitting time during the school day: The 'Stand Up for Health' randomised controlled Trial. <i>Journal of Science and Medicine in Sport</i> . 2018; 21(12): 1244-1249. Doi: 10.1016/j.jsams.2018.05.020	Q1	3.929
148.	Pitt E, Cameron CM, Thornton L*, Gallegos D, Filus A, Ng SK, Comans T. Dietary patterns of Australian children at three and five years of age and their changes over time: A latent class and latent transition analysis. <i>Appetite</i> . 2018; 129: 207-216. Doi: 10.1016/j.appet.2018.07.008	Q1	3.174
149.	Pulker CE, Thornton LE*, Trapp GSA. What is known about consumer nutrition environments in Australia? A scoping review of the literature. <i>Obesity Science and Practice</i> . 2018; 4(4): 318-337. Doi: 10.1002/osp4.275	N/A	N/A
150.	Quittner M, Rantalainen T, Ridgers ND*, Trudel G, Sheikh A, Connell D, Belavy DL*. Intervertebral disc status is associated with vertebral marrow adipose tissue and muscular endurance. <i>European Spine Journal</i> . 2018; 27(8): 1704-1711. Doi: 10.1007/s00586-018-5567-3	Q1	2.634
151.	Rantalainen T, Pesola A, Quittner M, Ridgers ND*, Belavy DL*. Are habitual runners physically inactive? <i>Journal of Sports Sciences</i> . 2018; 36(16): 1793-1800. Doi: 10.1080/02640414.2017.1420452	Q1#, Q2#	2.733
152.	Rantalainen T, Hesketh KD*, Rodda C, Duckham RL*. Validity of hip-worn inertial measurement unit compared to jump mat for jump height measurement in adolescents. <i>Scandinavian Journal of Medicine and Science in Sports</i> . 2018; 28(10): 2183-2188. Doi: 10.1111/sms.132243	Q1	3.623
153.	Rathi N, Riddell L*, Worsley A*. The role of Indian school canteens in nutrition promotion. <i>British Food Journal</i> . 2018; 120(1): 196-209. Doi: 10.1108/BFJ-05-2017-0275	Q1#, Q2#	1.289
154.	Rathi N, Riddell L*, Worsley A*. Barriers to nutrition promotion in private secondary schools in Kolkata, India: Perspectives of parents and teachers. <i>International Journal of Environmental Research and Public Health</i> . 2018; 15: 1139. Doi: 10.3390/ijerph15061139	Q2	2.145
155.	Rathi N, Riddell L*, Worsley A*. Parents' and Teachers' views of food environments and policies in Indian private secondary schools. <i>International Journal of Environmental Research and Public Health</i> . 2018; 15: 1532. Doi: 10.3390/ijerph15071532	Q2	2.145
156.	Rathi N, Riddell L*, Worsley A*. Indian adolescents' perceptions of the home food environment. <i>BMC Public Health</i> . 2018; 18: 169. Doi: 10.1186/s12889-018-5083-8	Q1	2.42
157.	Rawstorn JC*, Gant N, Rolleston A, Whittaker R, Stewart RAH, Benatar J, Warren I, Meads A, Jiang Y, Maddison R*. End-users want alternative intervention delivery models: Usability and acceptability of the REMOTE-CR exercise-based cardiac telerehabilitation programme. <i>Archives of Physical Medicine and Rehabilitation</i> . 2018; 99(11): 2373-2377. Doi: 10.1016/j.apmr.2018.06.027	Q1	3.077
158.	Reddan JM, White DJ, Macpherson H*, Scholey A, Pipingas A. Glycerophospholipid supplementation as a potential intervention for supporting cerebral structure in older adults. <i>Frontiers in Aging Neuroscience</i> . 2018; 10: 49. Doi: 10.3389/fnagi.2018.00049	Q1#, Q2#	3.582
159.	Reichenbach A, Stark R, Mequinion M, Denis RRG, Goularte JF, Clarke RE, Lockie SH, Lemus MB, Kowalski GM*, Bruce CR*, Huang C, Schittenhelm RB, Mynatt RL, Oldfield BJ, Watt MW, Luquet S, Andrews ZB. AgRP Neurons require carnitine acetyltransferase to regulate metabolic flexibility and peripheral nutrient partitioning. <i>Cell Reports</i> . 2018; 22(7): 1745-1759. Doi: 10.1016/j.celrep.2018.01.067	Q1	8.032
160.	Reid N, Healy GN, Gianoudis J, Formica M, Gardiner PA, Eakin EE, Nowson CA*, Daly RM*. Association of sitting time and breaks in sitting with muscle mass, strength, function, and inflammation in community-dwelling older adults. <i>Osteoporosis International</i> . 2018; 29(6): 1341-1350. Doi: 10.1007/s00198-018-4428-6	Q1	3.856
161.	Reyes A, Salomonczyk D, Teo WP*, Medina LD, Bartlett D, Pirogovsky-Turk E, Zaenker P, Bloom JC, Simmons RW, Ziman M, Gilbert PE, Cruickshank T. Computerised dynamic posturography in premanifest and manifest individuals with Huntington's Disease. <i>Scientific Reports</i> . 2018; 8(1): 14615. Doi: 10.1038/s41598-018-32924-y	Q1	4.122
162.	Rhodes RE, Beauchamp MR, Blanchard CM, Bredin SS, Warburton DE, Maddison R*. Use of in-home stationary cycling equipment among parents in a family-based randomized trial intervention. <i>Journal of Science and Medicine in Sport</i> . 2018; 21(10): 1050-1056. Doi: 10.1016/j.jsams.2018.03.013	Q1	3.929
163.	Ridgers ND*, Barnett LM*, Lubans DR, Timperio A*, Cerin E, Salmon J*. Potential moderators of day-to-day variability in children's physical activity patterns. <i>Journal of Sport Sciences</i> . 2018; 36(6): 637-644. Doi: 10.1080/02640414.2017.1328126	Q1#, Q2#	2.733
164.	Ridgers ND*, Lamb K, Timperio A*, Brown H, Salmon J*. Investigating children's short-term responses to imposed or restricted physical activity. <i>Journal of Physical Activity and Health</i> . 2018; 15(4): 239-246. Doi: 10.1123/jpah.2017-0297	Q2	1.723
165.	Ridgers ND*, Salmon J*, Timperio A*. Seasonal changes in physical activity during school recess and lunchtime among Australian children. <i>Journal of Sports Sciences</i> . 2018; 36(13): 1508-1514. Doi: 10.1080/02640414.2017.1398892	Q1#, Q2#	2.733
166.	Ridgers ND*, Timperio A*, Brown H, Ball K*, Macfarlane S, Lai SK, Richards K, Mackintosh KA, McNarry MA, Foster M, Salmon J*. Wearable activity tracker use among Australian adolescents: Usability and acceptability study. <i>JMIR mHealth and uHealth</i> . 2018; 6(4): e86. Doi: 10.2196/mhealth.9199	Q1	4.541
167.	Rigo M, Willcox J, Spence A*, Worsley A*. Mothers' perceptions of toddler beverages. <i>Nutrients</i> . 2018; 10: 374. Doi: 10.3390/nu10030374	Q1	4.196
168.	Rogers V, Barnett LM*, Lander N*. The relationship between fundamental movement skills and physical self-perception among adolescent girls. <i>Journal of Motor Learning and Development</i> . 2018; 6(S2): S378-S390. Doi: 10.1123/jmld.2017-0041	N/A	N/A

## Published papers

Published papers		Scimago Journal Ranking (2017)	Incites Impact Factor (2017)
Title			
169.	Russell CG, Denney-Wilson E, Laws RA*, Abbott G, Zheng M*, Lymer S, Taki S, Litterbach E, Ong KL, Campbell KJ*. Impact of the Growing Healthy mHealth program on maternal feeding practices, infant food preferences and satiety responsiveness: Quasi-Experimental Study. <i>JMIR mHealth and uHealth</i> . 2018; 6(4): e77. Doi: 10.2196/mhealth.9303	Q1	4.541
170.	Russell CG, Haszard JJ, Taylor RW, Heath AL, Taylor B, Campbell KJ*. Parental feeding practices associated with children's eating and weight: What are parents of toddlers and preschool children doing? <i>Appetite</i> . 2018; 128: 120-128. Doi: 10.1016/j.appet.2018.05.145	Q1	3.174
171.	Russell RD, Donghua Hu, Greenaway T, Sharman JE, Rattigan S, Richards SM, Keske MA*. Oral glucose challenge impairs skeletal muscle microvascular blood flow in healthy people. <i>American Journal of Physiology-Endocrinology and Metabolism</i> . 2018; 315: E307-E315. Doi: 10.1152/ajpendo.00448.2017	Q1	4.018
172.	Russell AP*, Ghobrial L, Ngo S, Yerbury J, Zacharewicz E, Chung R, Lamon S*. Dysregulation of microRNA biogenesis machinery and microRNA/RNA ratio in skeletal muscle of amyotrophic lateral sclerosis mice. <i>Muscle and Nerve</i> . 2018; 57(5): 838-847. Doi: 10.1002/mus.26039	Q2#, Q3#	2.496
173.	Sievert K, Lobstein T, Baker P*. Stigmatizing images in the media - a cross-national survey. <i>Clinical Obesity</i> . 2018; 8(6): 407-410. Doi: 10.1111/cob.12282	Q2	N/A
174.	Silk A, Lenton G, Savage R, Aisbett B*. Job task characteristics of Australian emergency services volunteers during search and rescue operations. <i>Ergonomics</i> . 2018; 61(2): 265-272. Doi: 10.1080/00140139.2017.1349933	Q1	2.019
175.	Silk A, Savage R, Larsen B, Aisbett B*. Identifying and characterising the physical demands for an Australian specialist policing unit. <i>Applied Ergonomics</i> . 2018; 68: 197-203. Doi: 10.1016/j.apergo.2017.11.012	Q1	2.435
176.	Silver J, Wadley G*, Lamon S*. Mitochondrial regulation in skeletal muscle: A role for non-coding RNAs? <i>Experimental Physiology</i> . 2018; 103(8): 1132-1144. Doi: 10.1113/EP086846	Q2	2.732
177.	Smith AE, Hendy AM*, Tempest GD. The importance of understanding the underlying physiology of exercise when designing exercise interventions for brain health. <i>The Journal of Physiology</i> . 2018; 596(7): 1131-1132. Doi: 10.1113/JP275756	Q1	4.54
178.	Smith JJ, DeMarco M, Kennedy SG, Kelson M, Barnett LM*, Faigenbaum A, Lubans D. Prevalence and correlates of resistance training skill competence in adolescents. <i>Journal of Sports Sciences</i> . 2018; 36(11): 1241-1249. Doi: 10.1080/02640414.2017.1370822.	Q1#, Q2#	2.733
179.	Spence AC*, Campbell KJ*, Lioret S, McNaughton SA*. Early childhood vegetable, fruit and discretionary food intakes do not meet dietary guidelines, but do not show socioeconomic differences and tracking over time. <i>Journal of the Academy of Nutrition and Dietetics</i> . 2018; 118(9): 1634-1643.e1. Doi: 10.1016/j.jand.2017.12.009	Q1	4.021
180.	Stefanetti RJ, Voisin S, Russell A*, Lamon S*. Recent advances in understanding the role of FOXO3. <i>F1000Research</i> . 2018; 7: (F1000 Faculty Reviews): 1372. Doi: 10.12688/f1000research.15258.1	Q1#, Q2#	N/A
181.	Stephens LD, Crawford D*, Thornton L*, Olstad DL, Morgan PJ, van Lenthe FJ, Ball K*. A qualitative study of the drivers of socioeconomic inequalities in men's eating behaviours. <i>BMC Public Health</i> . 2018; 18: 1257. Doi: 10.1186/s12889-018-6162-6	Q1	2.42
182.	Stolzenberg N, Felsenberg D, Belavy DL*. Postural control is associated with muscle power in post-menopausal women with low bone mass. <i>Osteoporosis International</i> . 2018; 28(10): 2283-2288. Doi: 10.1007/s00198-018-4599-1	Q1	3.856
183.	Sudholz B, Ridgers ND*, Mussap A, Bennie J, Timperio A*, Salmon J*. Reliability and validity of self-reported sitting and breaks from sitting in the workplace. <i>Journal of Science and Medicine in Sport</i> . 2018; 21(7): 697-701. Doi: 10.1016/j.jsams.2017.10.030	Q1	3.929
184.	Sudholz B, Salmon J*, Mussap AJ. Workplace health beliefs concerning physical activity and sedentary behaviour. <i>Occupational Medicine</i> . 2018; 68(9): 631-634. Doi: 10.1093/occmed/kgy143	Q2	1.482
185.	Sugiyama T, Carver A, Koohsari MJ, Veitch J*. Advantages of public green spaces in enhancing population health. <i>Landscape and Urban Planning</i> . 2018; 178: 12-17. Doi: 10.1016/j.landurbplan.2018.05.019	Q1	4.994
186.	Svarc R, Davis C, McDonald H, Perruzza J, Browne J, Delbridge R, Morgan K, O'Reilly S, Margerison C*, Palermo C. Exploring the impact of Aboriginal health placement experiences on the preparation of dietetic graduates for practice with Aboriginal communities. <i>Nutrition and Dietetics</i> . 2018; 75(5):448-456. Doi: 10.1111/1747-0080.12407	Q3	1.084
187.	Sweeting J, Ingles J, Ball K*, Semsarian C. Daily step count as a simple marker of disease severity in hypertrophic cardiomyopathy. <i>Heart Lung and Circulation</i> . 2018; 27(6): 752-755. Doi: 10.1016/j.hlc.2017.12.012	Q2#, Q3#	1.921
188.	Sweeting J, Ingles J, Ball K*, Semsarian C. A control theory-based pilot intervention to increase physical activity in patients with Hypertrophic Cardiomyopathy. <i>The American Journal of Cardiology</i> . 2018; 122(5): 866-871. Doi: 10.1016/j.amjcard.2018.05.023	Q1	3.171
189.	Szymlek-Gay EA*, Gray AR, Heath AL, Ferguson EL, Skeaff CM. Red Meat Consumption and Serum Lipids and Fatty Acids in Toddlers: Secondary Outcomes of a Randomized Controlled Trial. <i>Journal of Pediatric Gastroenterology and Nutrition</i> . 2018; 67(3):395-400. Doi: 10.1097/MPG.0000000000002018	Q1	2.752
190.	Talati Z, Pettigrew S, Ball K*, Hughes C, Kelly B, Neal B, Dixon H. Can front-of-pack labels influence portion size judgements for unhealthy foods? <i>Public Health Nutrition</i> . 2018; 21(15): 2776-2781. Doi: 10.1017/S1368980018001702 (Corrigendum published 2018; 1-2. Doi: 10.1017/S1368980018003099)	Q1#, Q2#	2.485

## Published papers

		Scimago Journal Ranking (2017)	Incites Impact Factor (2017)
	Title		
191.	Tan KWS, Tan KWJ, Ponnalagu S, Koecher K, Menon R, Tan SY*, Henry CJ. The glycaemic index and insulinemic index of commercially available breakfast and snack foods in an Asian population. <i>British Journal of Nutrition</i> . 2018; 119(10): 1151-1156. Doi: 10.1017/S0007114518000703	Q1	3.657
192.	Tan SY*, Tey SL, Brown R. Can nuts mitigate malnutrition in older adults? A conceptual framework. <i>Nutrients</i> . 2018; 10(10): 1448. Doi: 10.3390/nu10101448	Q1	4.196
193.	Tan SY*, Siow PC, Peh E, Henry CJ. Influence of rice, pea and oat proteins in attenuating glycaemic response of sugar-sweetened beverages. <i>European Journal of Nutrition</i> . 2018; 57(8): 2795-2803. Doi: 10.1007/s00394-017-1547-3	Q1	4.423
194.	Taylor L, Kerse N, Klenk J, Borotkanics R, Maddison R*. Exergames to improve the mobility of long-term care residents: A cluster randomized controlled trial. <i>Games for Health Journal</i> . 2018; 7(1): 37-42. Doi: 10.1089/g4h.2017.0084	Q2	1.876
195.	Taylor LM, Kerse N, Frakking T, Maddison R*. Active video games for improving physical performance measures in older people: A Meta-analysis. <i>Journal of Geriatric Physical Therapy</i> . 2018; 41(2): 108-123. Doi: 10.1519/JPT.0000000000000078	Q2	2.096
196.	Teo WP*, Goodwill AM, Hendy AM*, Muthalib M, Macpherson H*. Sensory manipulation results in increased dorsolateral prefrontal cortex activation during static postural balance in sedentary older adults: An fNIRS study. <i>Brain and Behavior</i> . 2018; 8(10):e011109. Doi: 10.1002/brb3.1109	Q2	2.219
197.	Teychenne M*, Olstad D, Turner A*, Costigan S, Ball K*. Sedentary behaviour and hair cortisol amongst women living in socioeconomically disadvantaged neighbourhoods: A cross-sectional study. <i>International Journal of Environmental Research and Public Health</i> . 2018, 15(4): 586. Doi: 10.3390/ijerph15040586	Q2	2.145
198.	Teychenne M*, van der Pligt P*, Abbott G, Brennan L, Olander E. The feasibility and acceptability of a home-based physical activity program for postnatal women with depressive symptoms: A pilot study. <i>Mental Health and Physical Activity</i> . 2018; 14:82-89. Doi: 10.1016/j.mhpa.2018.02.007	Q2	2
199.	Teietjens M, Dreiskaemper D, Schott N, Utesch TI, Barnett LM*, Hinkley T. Pictorial Scale of Physical Self-Concept for younger children (P-PSC-C): A Feasibility-Study. <i>Journal of Motor Learning and Development</i> 2018; 6(s2): S391-S402. Doi: 10.1123/jmld.2016-0088	N/A	N/A
200.	Timperio A*, Crawford D*, Leech RM*, Lamb KE, Ball K*. Patterning of neighbourhood food outlets and longitudinal associations with children's eating behaviours. <i>Preventive Medicine</i> . 2018; 111: 248-253. Doi: 10.1016/j.yped.2018.03.003	Q1#, Q2#	3.483
201.	Trieu K, Jan S, Woodward M, Grimes CA*, Bolam B, Nowson C*, Reimers J, Davidson C, Webster J. Protocol for the Process Evaluation of a Complex, Statewide Intervention to Reduce Salt Intake in Victoria, Australia. <i>Nutrients</i> . 2018; 10(8): 998. Doi: 10.3390/nu10080998	Q1	4.196
202.	Tuner N, Lim XY, Toop HD, Osborne B, Brandon AE, Taylor EN, Fiveash CE, Govindaraju H, Teo JD, McEwen HP, Couttas TA, Butler SM, Das A, Kowalski GM*, Bruce CR*, Hoehn K, Fath T, Schmitz-Peiffer C, Cooney GJ, Montgomery MK, Morris JC, Don AS. A selective inhibitor of ceramide synthase 1 reveals a novel role in fat metabolism. <i>Nature communications</i> . 2018; 9: 3165. Doi: 10.1038/s41467-018-05613-7	Q1	12.353
203.	Turner GM, Larsen KA, Candy S, Ogilvy S, Ananthapavan J, Moodie M, James S, Friel S, Ryan CJ, Lawrence M*. Squandering Australia's Food Security - The environmental and economic costs of our unhealthy diet and the policy path we're on. <i>Journal of Cleaner Production</i> . 2018; 195: 1581-1599. Doi: 10.1016/j.jclepro.2017.07.072	Q1	5.651
204.	Ugalde A, Kiss N*, Livingston P, Aranda S. Towards a framework for reporting self-guided interventions for people with cancer. <i>Current Opinion in Supportive and Palliative Care</i> . 2018; 12(3): 293-298. Doi: 10.1097/SPC.0000000000000353	Q2#, Q3#	2.073
205.	Valentini N, Barnett L*, Bandeira PF, Nobre GC, Zanella LW, Sartori RF. The pictorial scale of perceived movement skill competence: Determining content and construct validity for Brazilian children. <i>Journal of Motor Learning and Development</i> . 2018; 6(s2): S189-S204. Doi: 10.1123/jmld.2016-0043	N/A	N/A
206.	van der Pligt P*, Ball K*, Hesketh K*, Crawford D*, Teychenne M*, Campbell K*. The views of first time mothers completing an intervention to reduce postpartum weight retention: A qualitative evaluation of the mums OnLiNE study. <i>Midwifery</i> . 2018; 56: 23-28. Doi: 10.1016/j.midw.2017.09.013	Q1#, Q2#	1.787
207.	van der Pligt P*, Ball K*, Hesketh K*, Teychenne M*, Crawford D*, Morgan PJ, Collins CE, Campbell K*. A pilot intervention to reduce postpartum weight retention and central adiposity in first-time mothers: results from the mums OnLiNE (Online, Lifestyle, Nutrition & Exercise) study. <i>Journal of Human Nutrition and Dietetics</i> . 2018; 31(3): 314-328. Doi: 10.1111/jhn.12521	Q1#, Q2#	2.681
208.	van der Pligt P*, Willcox J, Szymlek-Gay E*, Murray E, Worsley A*, Daly R*. Associations of maternal vitamin D deficiency with pregnancy and neonatal complications in developing countries: a systematic review. <i>Nutrients</i> . 2018; 10(5): 640. Doi: 10.3390/nu10050640	Q1	4.196
209.	Van Hecke L, Ghekiere A, Van Cauwenberg J, Veitch J*, De Bourdeaudhuij I, Van Dyck D, Clarys P, Van De Weghe N, Deforche B. Park characteristics preferred for adolescent park visitation and physical activity: A choice-based conjoint analysis using manipulated photographs. <i>Landscape and Urban Planning</i> . 2018; 178: 144-155. Doi: 10.1016/j.landurbplan.2018.05.017	Q1	4.994
210.	Van Hecke L, Ghekiere A, Veitch J*, Van Dyck D, Van Cauwenberg J, Clarys P, Deforche B. Public open space characteristics influencing adolescents' use and physical activity: A systematic literature review of qualitative and quantitative studies. <i>Health and Place</i> . 2018; 51: 158-173. Doi: 10.1016/j.healthplace.2018.03.008	Q1	3
211.	Veitch J*, Salmon J*, Crawford D*, Abbott G, Giles-Corti B, Carver A, Timperio A*. The REVAMP natural experiment study: the impact of a play-scape installation on park visitation and park-based physical activity. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2018; 15: 10. Doi: 10.1186/s12966-017-0625-5.	Q1	5.548

## Published papers

		Scimago Journal Ranking (2017)	Incites Impact Factor (2017)
Title			
212.	Venetsanou F, Kossyva I, Valentini N, Afthentopoulou AE, Barnett LM*. Validity and reliability of the pictorial scale of perceived movement skill competence for young Greek children. <i>Journal of Motor Learning and Development</i> . 2018; 6(s2): S239-S251. Doi: 10.1123/jmld.2017-0028	N/A	N/A
213.	Verloigne M, Ridgers ND*, De Bourdeaudhuij I, Cardon G. Effect and process evaluation of implementing standing desks in primary and secondary schools in Belgium: a cluster-randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2018; 15: 94. Doi: 10.1186/s12966-018-0726-9	Q1	5.548
214.	Verswijveren SJ, Lamb K, Bell LA, Timperio A*, Salmon J*, Ridgers N*. Associations between activity patterns and cardio-metabolic risk factors in children and adolescents: A systematic review. <i>PLOS ONE</i> . 2018; 13(8): e0201947. Doi: 10.1371/journal.pone.02019	Q1	2.766
215.	Vincent GE, Ferguson S, Larsen B, Ridgers ND*, Snow R*, Aisbett B*. Adding sleep restriction to the equation: impact on wildland firefighters' work performance and physiology in hot conditions. <i>International Archives of Occupational and Environmental Health</i> . 2018; 91(5): 601-611. Doi: 10.1007/s00420-018-1304-9	Q1	2.148
216.	Walls H, Baker P*, Parkhurst J. Addressing trade policy as a macro-structural determinant of health: The role of institutions and ideas. <i>Global Social Policy</i> . 2018; 18(1): 94-101. Doi: 10.1177/1468018117748700	Q2#, Q3#	N/A
217.	Wanich U, Sayompark D, Riddell L*, Cicerale S, Liem DG, Mohebbi M, Macfarlane S, Keast R. Assessing food liking: Comparison of food liking questionnaires and direct food tasting in two cultures. <i>Nutrients</i> . 2018; 10(12): 1957. Doi: 10.3390/nu10121957	Q1	4.196
218.	Whelan J, Love P*, Allender S, Bell C. Sustaining obesity prevention in communities: a systematic narrative synthesis review. <i>Obesity Reviews</i> . 2018; 19(6): 839-854. Doi: 10.1111/obr.12675	Q1	8.483
219.	Worsley A*, Wang WC, Sarmugam R, Pham Q, Februhartanty J, Ridley S. Household food providers' attitudes to the regulation of food marketing and government promotion of healthy foods in five countries in the Asia Pacific region. <i>British Food Journal</i> . 2018; 20(6): 1236-1249. Doi: 10.1108/BFJ-05-2017-0269	Q1#, Q2#	1.289
220.	Zheng M*, Lamb KE, Grimes C*, Laws R*, Bolton K, Ong KK, Campbell KJ*. Rapid weight gain during infancy and subsequent adiposity: a systematic review and meta-analysis of evidence. <i>Obesity Reviews</i> . 2018; 19(3): 321-332. Doi: 10.1111/obr.12632	Q1	8.483
221.	Zhou G, Holzman C, Luo Z, Margerison C*. Maternal serum uric acid levels and blood pressure during pregnancy: A community-based cohort study. <i>European Journal of Obstetrics &amp; Gynecology and Reproductive Biology</i> . 2018; 222: 64-69. Doi: 10.1016/j.ejogrb.2018.01.008	Q2	1.809

## Editorials

		Scimago Journal Ranking (2017)	Incites Impact Factor (2017)
Type	Title		
1.	Commentary Buse K, Marten R, Hawkes S, Alleyne G, Baker P*, Baum F, Beaglehole R, Blouin C, Bonita R, Brumana L, Butler J. The how: a message for the UN high-level meeting on NCDs. <i>The Lancet</i> . 2018; 392(10143): e4-5. Doi: 10.1016/S0140-6736(18)31475-2	Q1	53.254
2.	Commentary Baker P*, Jones A, Thow AM. Accelerating the Worldwide Adoption of Sugar-Sweetened Beverage Taxes: Strengthening Commitment and Capacity. <i>International Journal of Health Policy and Management</i> . 2018; 7(15): 474-478. Doi: 10.15171/IJHPM.2017.127	Q2	N/A
3.	Editorial Hunter RF, Ball K*, Sarmiento OL. Socially awkward: How can we better promote walking as a social behaviour? <i>British Journal of Sports Medicine</i> . 2018; 52(12): 757-758. Doi: 10.1136/bjsports-2017-098564	Q1	7.867
4.	Letter to Editor Lawrence M*, Woods J*. Front-of-package nutrition labels need to be assessed on their nutrition science rigour. <i>Public Health Nutrition</i> . 2018; 21(15): 2773. Doi: 10.1017/S1368980018001155	Q1#, Q2#	2.485
5.	Letter Lawrence M*, Woods J*. Re: Jones et al. <i>Nutrients</i> . 2018; 10: 501. Doi: 10.3390/nu10060746	Q1	4.196
6.	Commentary Walls H, Baker P*, Parkhurst J. Trade as a macrostructural determinant of health: the role of institutions and ideas. <i>Global Social Policy</i> . 2018; 18(1): 94-101; doi.org/10.1177/1468018117748700	Q2#, Q3#	N/A

## Book chapters

1.	Salmon J*, Koorts H*, Timperio A*. Specific interventions targeting sedentary behavior in children and adolescents. (Chapter 17). In Leitzmann M, Jochem C, Schmid D. (eds). <i>Sedentary Behavior Epidemiology</i> . Springer series in Epidemiology and Public Health. Springer, Cham, Switzerland. 2018; (pp. 431-443). Doi: 10.1007/978-3-319-61552-3_17
2.	Timperio A*, Veitch J*, Sahlqvist S*. Built and physical environment correlates of active transportation. (Chapter 10). In Larouche R. (Ed). <i>Children's Active Transportation</i> . Elsevier. 2018; (pp. 141-153). Doi: 10.1016/B978-0-12-811931-0.00010-7

\*Indicates IPAN staff

#Subject area and categories identified by the Scimago Journal Ranking

## Advanced online/epub publications ahead of print

		Scimago Journal Ranking (2017)	Incites Impact Factor (2017)
Title			
1.	Atkins L, Steer B, Ray H, Kiss N*. Implementing and sustaining an evidence-based nutrition service in a haematology unit for autologous stem cell transplant patients. <i>Supportive Care in Cancer</i> . 2018; 2 Aug (Advance online). Doi: 10.1007/s0052-0-018-4384-x	Q2	2.676
2.	Bardid F, Vannozi G, Logan SW, Hardy LL, Barnett LM*. A hitchhiker's guide to assessing young people's motor competence: Deciding what method to use. <i>Journal of Science and Medicine in Sport</i> . 2018; 18 Aug (Advanced online); pii: S1440-2440(18)30539-5. Doi: 10.1016/j.jsams.2018.08.007	Q1	3.929
3.	Barnett LM*, Telford RM, Strugnell C, Rudd J, Olive LS, Telford RD. Impact of cultural background on fundamental movement skill and its correlates. <i>Journal of Sports Sciences</i> . 2018; 14 Aug (Advance online). Doi: 10.1080/02640414.2018.1508399	Q1#, Q2#	2.733
4.	Beck K, Houston Z, McNaughton SA*, Kruger R. Development and evaluation of a food frequency questionnaire to assess nutrient intakes of adult women in New Zealand. <i>Nutrition and Dietetics</i> . 2018; 14 Sept (Advance online). Doi: 10.1111/1747-0080.12472	Q3	1.084
5.	Belavy DL*, Quittner M, Ridgers ND*, Ling Y, Connell D, Trudel G, Rantalainen T. Beneficial intervertebral disc and muscle adaptations in high-volume road cyclists. <i>Medicine and Science in Sports and Exercise</i> . 2018; 28 Aug (Advance online). Doi: 10.1249/MSS.0000000000001770	Q1	4.291
6.	Bell L, Fletcher E, Timperio A*, Vuillermin P, Hesketh K*. Preschool children's physical activity and cardiovascular disease risk: a systematic review. <i>Journal of Science and Medicine in Sport</i> . 2018; 29 Nov (Advance online). Doi: 10.1016/j.jsams.2018.11.021	Q1	3.929
7.	Billich N, Adderley M, Ford L, Keeton I, Palermo C, Peeters A, Woods J*, Backholer K. The relative price of healthy and less healthy foods available in Australian school canteens. <i>Health Promotion International</i> . 2018; 12 Apr (Advance online). Doi: 10.1093/heapro/day025	Q1#, Q2#	1.866
8.	Brennan-Olsen SL, Taillieu TL, Turner S, Bolton J, Quirk SE, Gomez F, Duckham RL*, Hosking SM, Duque G, Green D, Afifi TO. Arthritis in adults, socioeconomic factors, and the moderating role of childhood maltreatment: cross-sectional data from the National Epidemiological Survey on Alcohol and Related Conditions. <i>Osteoporosis International</i> . 2018; 21 Aug (Advance online). Doi: 10.1007/s00198-018-4671-x	Q1	3.856
9.	Byrne R, Bell L, Taylor R, Mauch C, Mirhshahi S, Zarnowiecki D, Hesketh KD*, Wen LM, Trost S, Golley R. Brief tools to measure obesity-related behaviors in children under 5 years of age: a systematic review. <i>Obesity Reviews</i> . 2018; 23 Nov (Advance online). Doi: 10.1111/obr.12801	Q1	8.483
10.	Cardoso BR*, Roberts BR, Malpas CB, Vivash L, Genc S, Saling MM, Desmond P, Steward C, Hicks RJ, Callahan J, Brodtmann A, Collins S, Macfarlane S, Corcoran NM, Hovens CM, Velakoulis D, O'Brien TJ, Hare DJ, Bush AI. Supranutritional sodium selenate supplementation delivers selenium to the central nervous system: Results from a randomized controlled pilot trial in Alzheimer's Disease. <i>Neurotherapeutics</i> . 13 Sept (Advance online). Doi: 10.1007/s13311-018-0662-z	Q1	5.719
11.	Cartledge S*, Finn J, Smith K, Straney L, Stub D, Bray J. A cross-sectional survey examining cardiopulmonary resuscitation training in households with heart disease. <i>Collegian</i> . 2018; 23 Oct (Advance online). Doi: 10.1016/j.colegn.2018.09.004	Q1	1.153
12.	Carver A, Lorenzon A, Veitch J*, Macleod A, Sugiyama T. Is greenery associated with mental health among residents of aged care facilities? A systematic search and narrative review. <i>Aging and Mental Health</i> . 2018; 15 Nov (Advance online). Doi: 10.1080/13607863.2018.1516193	Q1	2.663
13.	Chasland LC, Knuiaman MW, Divitini ML, Murray K, Handelsman DJ, Flicker L, Hankey GJ, Almeida OP, Golledge J, Ridgers ND*, Naylor LH, Green DJ, Yeap BB. Higher circulating androgens and higher physical activity levels are associated with less central adiposity and lower risk of cardiovascular death in older men. <i>Clinical Endocrinology</i> . 2018; 26 Nov (Advance online): Doi: 10.1111/cen.13905	Q1	1.359
14.	Dalla Via J, Duckham RL*, Peake JM, Kukuljan S, Nowson CA*, Daly RM*. Circulating levels of inflammation and the effect on exercise-related changes in bone mass, structure and strength in middle-aged and older men. <i>Calcified Tissue International</i> . 2018; 12 Sept (Advance online). Doi: 10.1007/s00223-018-0475-4	Q1#, Q2#	3.293
15.	Devasenapathy N, Maddison R*, Malhotra R, Zodepy S, Sharma S, Belavy DL*. Preoperative quadriceps muscle strength and functional ability predict performance based outcomes 6 months after total knee arthroplasty: A systematic review. <i>Physical Therapy</i> . 2018; 17 Oct (Advance online). Doi: 10.1093/pti/pzy118	Q1	2.587
16.	Esteban-Gonzalo L, Turner AI*, Torres SJ*, Esteban-Cornejo I, Castro-Piñero J, Delgado-Alfonso A, Marcos A, Gómez-Martínez S, Veiga OL. Diet quality and well-being in children and adolescents: the UP&DOWN longitudinal study. <i>British Journal of Nutrition</i> . 2018; 5 Nov (Advance online). Doi: 10.1017/S0007114518003070	Q1	3.657
17.	Estevan I, Molina J, García X, Barnett LM*. Identifying profiles of children at risk of being less physically active: an exploratory study using a self-organised map approach for motor competence. <i>Journal of Sports Sciences</i> . 2018; 25 Dec (Advance online). Doi: 1080/02640414.2018.1559491	Q1#, Q2#	2.733
18.	Figueroa R, Barnett L*, Estevan I, Wilet AR. How well can family childcare providers report on preschoolers' motor skill competence? <i>Child &amp; Youth Care Forum</i> . 2018; 25 Aug (Advance online). Doi: 10.1007/s10566-018-9470-1	Q1#, Q2#	1.224
19.	Hennessy M, Byrne M, Laws R*, McSharry J, O'Malley G, Heary C. Childhood obesity prevention: priority areas for future research and barriers and facilitators to knowledge translation, coproduced using the nominal group technique. <i>Translational Behavioral Medicine</i> . 2018; 13 Jul (Advance online). Doi: 10.1093/tbm/iby074	Q1#, Q2#	2.521
20.	Hnatiuk J*, Brown H, Downing K*, Hinkley T, Salmon J*, Hesketh K*. Interventions to increase physical activity in children 0-5 years old: a systematic review, meta-analysis and realist synthesis. <i>Obesity Reviews</i> . 2018; 26 Sept (Advance online). Doi: 10.1111/obr.12763	Q1	8.483

## Advanced online/epub publications ahead of print

		Scimago Journal Ranking (2017)	Incites Impact Factor (2017)
Title			
21.	Howden EJ, Bigaran A, Beaudry R, Fraser S*, Selig S, Foulkes S, Antill Y, Nightingale S, Loi S, Haykowsky MJ, La Gerche A. Exercise as a diagnostic and therapeutic tool for prevention of cardiovascular dysfunction in breast cancer patients. <i>European Journal of Preventive Cardiology</i> . 2018; 30 Oct (Advance online). Doi: 10.1177/2047487318811181	Q1	4.542
22.	Hu D, Russell RD, Remash D, Greenaway T, Rattigan S, Squibb KA, Jones G, Ross RM, Roberts CK, Premilovac D, Richards SM, Keske MA*. Are the metabolic benefits of resistance training in type 2 diabetes linked to improvements in adipose tissue microvascular blood flow? <i>American Journal of Physiology-Endocrinology and Metabolism</i> . 2018; 23 Oct (Advance online). Doi: 10.1152/ajpendo.00234.2018	Q1	4.018
23.	Hulteen RM, Barnett LM*, Morgan PJ, Robinson LE, Barton CH, Wrotniak BH, Lubans DR. Determining the initial predictive validity of the lifelong physical activity skills battery. <i>Journal of Motor Learning and Development</i> . 2018; 28 Feb (Advance online). Doi: 10.1123/jmld.2017-0036	N/A	N/A
24.	Jay SM, Carley DM, Aisbett B*, Ferguson SA, Paterson JL. Can stress act as a sleep inertia countermeasure when on call? <i>Biological Rhythm Research</i> . 2018; 23 Apr (Advance online). Doi: 10.1080/09291016.2018.1464245	Q4	0.699
25.	Kiss N*, Gilliland S, Quinn P, Atkins L, Black J, Frowen J. Evaluating the effectiveness of a nutrition assistant role in a head and neck cancer clinic. <i>Nutrition and Dietetics</i> . 2018; 16 Aug (Advance online). Doi: 10.1111/1747-0080.12462	Q3	1.084
26.	Kiss N*, Baguley BJ, Ball K*, Daly R*, Fraser SF*, Granger CL, Ugalde A. Technology supported self-guided nutrition and physical activity interventions in adults with cancer: a systematic review. <i>JMIR mHealth and uHealth</i> . 2018; (Advance online). Doi: 10.2196/12281	Q1	4.541
27.	Kiss N*, Beraldo J, Everitt S. Early skeletal muscle loss in non-small cell lung cancer patients receiving chemoradiation and relationship to survival. <i>Supportive Care in Cancer</i> . 2018; 26 Nov (Advance online). Doi: 10.1007/s00520-018-4563-9	Q2	1.297
28.	Klingberg B, Schranz N, Barnett LM*, Booth V, Ferrar K. The feasibility of fundamental movement skill assessments for pre-school aged children. <i>Journal of Sports Sciences</i> . 2018; 7 Aug (Advance online). Doi: 10.1080/02640414.2018.1504603	Q1#, Q2#	2.733
29.	Lander N*, Mergen J, Morgan P, Salmon J*, Barnett L*. Can a teacher-led RCT improve adolescent girls' physical self-perception and perceived motor competence? <i>Journal of Sports Sciences</i> . 2018; 1 Aug (Advance online). Doi: 10.1080/02640414.2018.1504397	Q1#, Q2#	2.733
30.	Latella C, Goodwill AM, Muthalib M, Hendy AM*, Major B, Nosaka K, Teo WP*. Effects of eccentric versus concentric contractions of the biceps brachii on intracortical inhibition and facilitation. <i>Scandinavian Journal of Medicine and Science in Sports</i> . 2018; 7 Nov (Advance online). Doi: 10.1111/sms.13334	Q1	3.623
31.	Laws R*, Walsh AD*, Hesketh KD*, Downing KL*, Kuswara K, Campbell KJ*. Differences between mothers and fathers of young children in the use of the internet to support healthy family lifestyle behaviors: A cross sectional study. <i>Journal of Medical Internet Research</i> . 2018; 4 Oct (Advance online). Doi: 10.2196/11454	Q1	4.671
32.	Leech RM*, Timperio A*, Worsley A*, McNaughton SA*. Eating patterns of Australian adults: associations with blood pressure and hypertension prevalence. <i>European Journal of Nutrition</i> . 2018; 6 Jun (Advance online). Doi: 10.1007/s0039-4-018-1741-y	Q1	4.423
33.	Maddison R*, Rawstorn JC*, Stewart RAH, Benatar J, Whittaker R, Rolleston A, Jiang Y, Gao Y, Moodie M, Warren I, Meads A, Gant N. Effects and costs of real-time cardiac telerehabilitation: randomised controlled non-inferiority trial. <i>Heart</i> . 2018; 27 Aug (Advance online). Doi: 10.1136/heartjnl-2018-313189	Q1	5.42
34.	Maddison R*, Cartledge S*, Rogerson M, Goedhart NS, Singh TR, Neil C, Phung D, Ball K*. Are wearable cameras a useful tool to enhance chronic disease self management? A scoping review. <i>JMIR mHealth and uHealth</i> . 2018; (Advance online). Doi: 10.2196/10371	Q1	4.671
35.	Marks J, de la Haye K, Barnett LM*, Allender S. Personal Network Characteristics as Predictors of Change in Obesity Risk Behaviors in Early Adolescence. <i>Journal of Research on Adolescence</i> . 2018; 17 May (Advance online). Doi: 10.1111/jora.12407.	Q1#, Q2#	2.087
36.	Marshall KM, Loeliger J, Nolte L, Kelaart A, Kiss NK*. Prevalence of malnutrition and impact on clinical outcomes in cancer services: A comparison of two time points. <i>Clinical Nutrition</i> . 2018; 2 May (Advance online): pii:S0261-5614(18)30156-0. Doi: 10.1016/j.clnu.2018.04.007	Q1	5.496
37.	Mason SA, Rasmussen B, van Loon LJC, Salmon J*, Wadley G*. Ascorbic acid supplementation improves postprandial glycaemic control and blood pressure in people with type 2 diabetes: Findings of a randomized cross-over trial. <i>Diabetes, Obesity and Metabolism</i> . 2018; 4 Nov (Advance online). Doi: 10.1111/dom.13571	Q1	5.98
38.	Moulton JM, Cole C, Ridgers ND*, Pepin G, Barnett LM*. Measuring movement skill perceptions in preschool children: A face validity and reliability study. <i>Australian Occupational Therapy Journal</i> . 2018; 19 Jun (Advance online). Doi: 10.1111/1440-1630.12485	Q1	1.823
39.	Navas-Carretero S, San-Cristobal R, Livingstone KM*, Celis-Morales C, Marsaux CF, Macready AL, Fallaize R, O'Donovan CB, Forster H, Woolhead C, Moschonis G, Lambrinou CP, Jarosz M, Manios Y, Daniel H, Gibney ER, Brennan L, Walsh MC, Drevon CA, Gibney M, Saris WHM, Lovegrove JA, Mathers JC, Martinezon JA on behalf of the Food4Me Study. Higher vegetable protein consumption, assessed by an isoenergetic macronutrient exchange model, is associated with a lower presence of overweight and obesity in the web-based Food4Me European study. <i>International Journal of Food Sciences and Nutrition</i> . 2018; 26 Jul (Advance online). Doi: 10.1080/09637486.2018.1492524	Q1	2.317
40.	O'Reilly SL, Laws R*. Health-e mums: Evaluating a smartphone app design for diabetes prevention in women with previous gestational diabetes. <i>Nutrition and Dietetics</i> . 2018; 14 August (Advance online). Doi: 10.1111/1747-0080.12461	Q3	1.084

## Advanced online/epub publications ahead of print

		Scimargo Journal Ranking (2017)	Incites Impact Factor (2017)
Title			
41.	Parker KE, Salmon J*, Brown HL, Villanueva K, Timperio A*. Typologies of adolescent activity related health behaviours. <i>Journal of Science and Medicine in Sport</i> . 2018; 29 Aug (Advance online); pii: S1440-2440(18)30583-8. Doi: 10.1016/j.jsams.2018.08.015	Q1	3.929
42.	Pitkethly AJ, Lau PWC, Maddison R*. Investigating the association of self-regulated learning skills and physical activity in Hong Kong Chinese and Scottish adolescents. <i>International Journal of Sport and Exercise Psychology</i> . 2018; 6 Mar (Advance online). Doi: 10.1080/1612197X.2018.1444077	Q2#, Q3#	N/A
43.	Reddan JM, Macpherson H*, White DJ, Scholey A, Pipingas A. Examining the relationship between nutrition and cerebral structural integrity in older adults without dementia. <i>Nutrition Research Reviews</i> . 2018; 31 Oct (Advance online). Doi: 10.1017/S0954422418000185	Q1	4.586
44.	Rhodes RE, Beauchamp MR, Blanchard CM, Bredin SS, Warburton DE, Maddison R*. Predictors of stationary cycling exergame use among inactive children in the family home. <i>Psychology of Sport and Exercise</i> . 2018; 30 Mar (Advance online). Doi: 10.1016/j.psychsport.2018.03.009	Q1	2.878
45.	Torres SJ*, Grimes CA*, Nowson CA*, Jayasinghe SU, Bruce CR*, Mason SA, He FJ, Turner AI*. Urinary sodium is positively associated with urinary free cortisol and total cortisol metabolites in a cross-sectional sample of Australian schoolchildren aged 5-12 years and their mothers. <i>British Journal of Nutrition</i> . 2018; 30 Oct (Advance online). Doi: 10.1017/S0007114518003148	Q1	3.657
46.	Trewin AJ, Parker L*, Shaw CS*, Hiam D, Garnham AP, Levinger I, McConell GK, Stepto NK. Acute HIIE elicits similar changes in human skeletal muscle mitochondrial H2 O2 release, respiration and cell signaling as endurance exercise even with less work. <i>American Journal of Physiology, Regulatory, Integrative and Comparative Physiology</i> . 2018; 5 Sept (Advance online). Doi: 10.1152/ajpregu.00096.2018	Q1	3.082
47.	Wadley GD*, Lamon S*, Alexander SE, McMullen JR, Bernardo BC. Non-coding RNAs regulating cardiac muscle mass. <i>Journal of Applied Physiology</i> . 2018; 20 Dec (Advance online). Doi: 10.1152/jappphysiol.00904.2018	Q1	1.471
48.	Watson AJ, Timperio A*, Brown H, Hesketh KD*. A pilot primary school active break program (ACTI-BREAK): Effects on academic and physical activity outcomes for students in Years 3 and 4. <i>Journal of Science and Medicine in Sport</i> . 2018; 28 Sept (Advance online) pii: S1440-2440(18)30944-7. Doi: 10.1016/j.jsams.2018.09.232	Q1	3.929

## Editorials

		Scimargo Journal Ranking (2017)	Incites Impact Factor (2017)	
Type	Title			
1.	Letter	Sjödin KS, Domellöf M, Lagerqvist C, Hernell O, Lönnerdal B, Szymlek-Gay EA*, Sjödin A, West CE, Lind T. Administration of ferrous sulfate drops has significant effects on the gut microbiota of iron-sufficient infants: a randomised controlled study. <i>Gut</i> . 2018; (Advance online). Doi: 10.1136/gutjnl-2018-316988.	Q1	17.016
2.	Letter to Editor	Rawstorn JC*, Cartledge S*, Islam SM*, Maddison R*. Rejoinder to patient preferences for the delivery of cardiac rehabilitation. <i>Patient Education and Counseling</i> . 2018; 24 Oct (Advance online). Doi: 10.1016/j.pec.2018.10.018	Q1	2.785
3.	Letter to Editor	Lawrence M*, Woods J*, Pollard CM. The significant influence of 'Big Food' over the design and implementation of the Health Star Rating system. <i>Nutrition and Dietetics</i> . 2018; 31 Jul (Advance online). Doi: 10.1111/1747-0080.12459	Q3	1.084
4.	Brief Report	Schranz N, Glennon V, Evans J, Gomersall S, Hardy L, Hesketh KD*, Lubans D, Ridgers ND*, Straker L, Stylianou M, Tomkinson GR, Vella S, Ziviani J, Olds T. Results from Australia's 2018 Report card on physical activity for children and youth. <i>Journal of Physical Activity and Health</i> . 2018; 15(S2): S315-S317	Q2	1.723

\*Indicates IPAN staff

#Subject area and categories identified by the Scimargo Journal Ranking

# Financials

## Financial summary 2018

	<b>2018 Actual</b>
<b>Income</b>	
Deakin Contribution (Baseline, Performance and ERA bonus only)	3,796,027
Miscellaneous Income	1,899
<b>Total Income</b>	<b>3,797,926</b>
<b>Employment Costs</b>	
Academic Salaries	2,118,540
General Salaries	602,420
Other Employment Costs	292
Contractors	34,647
<b>Total Employment Costs</b>	<b>2,755,607</b>
<b>Non salary expenses</b>	
Buildings & Grounds Infrastructure Costs	59,870
Communication	5,514
Consumables	66,150
Depreciation & Amortisation	129,350
Equipment - Repairs, Maintenance & Other Costs	-1869
Inter Budget Centre/Company Charges/Recoveries	541,696
Marketing, Advertising & Promotions	25,832
Other Costs	42,464
Staff Recruiting, Training & Other	79,300
Student Expenses	30,244
Travel, Catering & Entertainment	196,037
<b>Total Non salary expenses</b>	<b>1,174,588</b>
<b>Deficit</b>	<b>-\$132,561</b>

Note: IPAN had a surplus of \$497,469 at end of 2017, part of which was utilised to offset the 2018 deficit.



# Thank you

Our success relies on having great researchers as well as individuals and organisations who support us in varying ways.

Thank you to everyone who has been a part of our journey in 2018 as we work together to improve the health and quality of life in our communities.



# IPAN

INSTITUTE FOR PHYSICAL  
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