



IPAN

INSTITUTE FOR PHYSICAL
ACTIVITY AND NUTRITION

IMPROVING HEALTH AND QUALITY OF LIFE THROUGH RESEARCH

ANNUAL REPORT 2019



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.

OUR RESEARCH DOMAINS

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



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IPAN: 2019 at a glance



79

Academic Staff

\$3.65_M

Total external income*



87

PhD students
(including completions)

6

PhD completions



242

Hard copy
publications

42

Advanced online/epub
publications ahead of print



11

Books and book chapters

1900

Total media hits



11

New category 1 projects/
Fellowships commenced in 2019

6

Category 1 projects/ Fellowships
awarded in 2019**



A message from our Chairperson

As one of Deakin University's newer research institutes, now in its fourth year, the Institute for Physical Activity and Nutrition (IPAN) is a significant contributor to the University's research goals and achievements. IPAN's many successes reflect the hard work, dedication and quality of its researchers and the strategies employed by the institute to develop and support them.

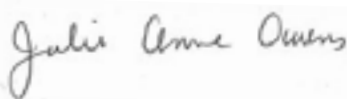
IPAN's research is consistently ranked at 'above' or 'well above' world standard according to the Australian Research Council ERA National Reports, with the current ranking* of relevant disciplines being well above world standard. In addition, IPAN has had various staff recognised by the Clarivate Highly Cited Researchers ranking since 2015, with Alfred Deakin Professors Jo Salmon and Anna Timperio announced as Clarivate Analytics Highly Cited Researchers for 2019. This prestigious ranking list identifies researchers ranked in the top 1% in the world, based on citations over 21 broad research fields. Both of these national and global assessment rankings recognise the excellence of research generated within IPAN.

Throughout 2019, the IPAN Board and I have been very pleased with IPAN's achievements and progress as it implements its strategic plan. Of particular note are IPAN's contributions to influencing policy at both a state and federal level, the successful focus on strengthening relationships with key organisations, the development of strong collaborations with high performing universities internationally, and a continued emphasis on developing our early to mid-career research staff, which has been an exemplar within the university.

Significantly, IPAN's contributions and focus on continuous improvement to undertake high quality discovery research and equally, translate this to real world impact, are making a real difference in addressing the many health challenges we face globally.

I would like to congratulate all IPAN staff on their many achievements throughout 2019. I also acknowledge and thank Alfred Deakin Professors David Crawford and Jo Salmon for their outstanding research leadership not only in IPAN, but across the University. The IPAN Board members have also made a valuable contribution towards IPAN's progress, and I thank them all for their service and guidance. Their support is instrumental in the continued success of IPAN.

With Deakin embarking on the development of a new five-year strategic plan and already implementing various initiatives to further enhance our research agenda and success, I am excited about what the future holds.



Alfred Deakin Professor Julie Owens

Deputy Vice-Chancellor Research
Chair, IPAN Board



*Australian Research Council (2019),
State of Australian University Research
2018–19: ERA National Report.
Australian Research Council, Canberra.

A message from our Co-Directors

In an ever changing and increasingly challenging research environment, IPAN continued to achieve great things in 2019.

Staff commenced 11 new externally funded projects or fellowships addressing topics such as disease mechanisms, early childhood health and chronic disease management - you can read more about each of these throughout this report. Pleasingly our staff were awarded 6 new projects or fellowships to commence in 2020, with a number of our early to mid-career researchers being the recipients of these awards.

We acknowledge the enormous amount of time and effort staff commit to applying for these funding schemes, and thank our many colleagues who review our funding applications to enhance chances of success. A huge thanks also to the various funding bodies who make this essential funding available.

2019 saw some significant achievements for IPAN in shaping physical activity and nutrition policy directions in Victoria. The Victorian Government's 'Public Health and Wellbeing Plan 2019-2023', released in August, cited IPAN flagship initiatives INFANT, Transform-Us! and REVAMP as evidence-based guidance to assist in actions to increase healthy eating and/or physical activity across a range of settings.

These programs were also highlighted in 'A Healthier Start for Victorians', a consensus statement developed by the Healthy Eating and Active Living (HEAL) Roundtable led by VicHealth, and supported by a broad base of health and wellbeing organisations. The report called for more preventative action on childhood obesity.

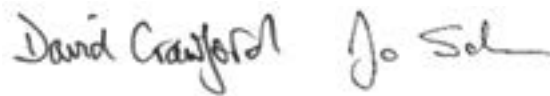
A number of our staff were also involved in various meetings and consultations at both the Victorian and Federal government levels, aimed at addressing obesity and preventative health strategies.

We welcomed the opportunity to undertake research projects and work closely with a variety of organisations to assist them in achieving their goals. In addition, staff were very active in the mainstream media, on social media and in various working groups and advisory committees.

IPAN continues its strong focus on supporting and developing our early to mid-career staff to apply for research funding and build their research skills. As well as various professional development activities, we held regular grant application writing 'camps' with senior staff available to provide advice and mentorship. 2019 also saw the implementation of our inaugural internal research sabbatical program.

Reflecting on the past year, it is very pleasing to see the development and success of our early to mid-career staff, the number and breadth of organisations and issues that IPAN is contributing towards and the opportunities in the coming years for us to continue to undertake high quality research to improve the health of populations.

In closing, we wish to thank all those who have contributed to IPAN's success and achievements in 2019. It's a collective effort of great research and great people that helps us to make a difference.



Alfred Deakin Professor David Crawford (AM) and Alfred Deakin Professor Jo Salmon

Co-Directors, Institute for Physical Activity and Nutrition



Making an impact

Research impact is a high priority for IPAN - we are passionate about making a difference to people's health through physical activity and nutrition research.

The more we can demonstrate our research impact, the more we can help shift the policy goalposts towards preventative health – which is crucial for an increasing and ageing global population.

In 2019, we continued to work together with a range of individuals and organisations at local, national and international levels to help address the major problems behind chronic and preventable diseases and conditions. These include obesity, diabetes, cardiovascular disease and musculoskeletal conditions, which have a huge cost in terms of quality of life, life expectancy, and economically.

IPAN flagship projects Transform-Us!, INFANT, and REVAMP are key examples of how our research is having an impact.

All three initiatives are highlighted as evidence-based resources for practitioners in the Victorian Public Health and Wellbeing Plan 2019-23, which sets out the Victorian Government's vision for public health over five years. IPAN staff participated in a range of forums during the development of the plan.

IPAN was one of nine key partners involved in Victoria's Healthy Eating and Active Living (HEAL) Roundtable, a VicHealth initiative. In mid-2019, the group released a consensus statement calling for more preventative action on childhood obesity and recommended specific policies to address the problem. The document, *A Healthier start for Victorians*, cited Transform-Us!, INFANT and REVAMP as best-practice policy approaches to work towards better preventative health.

Representatives of IPAN also attended a Ministerial Roundtable on childhood obesity hosted by the Victorian Minister for Health, The Hon Jenny Mikakos MLC, and CEO of VicHealth, Dr Sandro Demaio. The recommendations of the Roundtable will inform the Victorian Government's plans to address childhood obesity in 2020 and beyond.

At a federal level, we contributed to the development of the National Obesity Strategy, due for release in 2020. IPAN staff were also involved in consultation workshops to inform the National Preventative Health Strategy.

We were pleased to continue our strong association with Sport Australia throughout 2019. Associate Professor Lisa Barnett continued to work with Sport Australia around the physical literacy framework, which was released in October. Meanwhile, Alfred Deakin Professor Jo Salmon worked with Sport Australia's Sporting Schools Program to support Victorian schools to take a whole-school approach to engage more students in physical activity, encouraging them to live more active and healthy lives.



Professor Tony Worsley, Alfred Deakin Professor Jo Salmon, Professor Karen Campbell and Associate Professor Lisa Barnett at the HEAL launch

Other 2019 highlights

Research excellence is at the core of everything we do towards achieving our strategic plan. In the second year of implementing our plan, we continued to make solid progress towards achieving our objectives. Here are some of the year's highlights:

- 2019 saw the implementation of our first internal research sabbatical program, awarded to Dr Chris Shaw. The sabbatical allows staff in lecturing positions to focus solely on their research. Dr Shaw is interested in how regular exercise can improve metabolic health and reduce the risk of developing metabolic diseases such as insulin resistance and type 2 diabetes. For this sabbatical, Dr Shaw's specific interest was on autophagy (the natural mechanism that allows degradation and recycling of cell components) in relation to metabolic disease and in response to acute and chronic exercise. During his sabbatical, Dr Shaw prepared a number of funding applications and scientific publications.
- IPAN held its inaugural 'Truth and sleuth' session, featuring research by Dr Lauren Arundell looking at the challenges faced by modern families managing screen time and some useful techniques to help parents to reduce screen time in the home.
- As part of our focus on building strong international university relationships to develop or strengthen collaborative research opportunities, various staff visited a number of European universities including the University of Copenhagen, the Karolinska Institute, the Technical University of Munich (TUM), Beyreuth University, and the University of Ghent.
- An important part of our institute success is our students. We developed and published a series of professional videos promoting IPAN as a great place to undertake higher degree by research, particularly PhD studies. The videos are available on the IPAN website.



Dr Chris Shaw



Dr Lauren Arundell



L-R: Dr Rebecca Lindberg, Professor Mark Lawrence, UNICEF's James Nichols, Professor Karen Campbell, Alfred Deakin Professor David Crawford, Dr Sandro Demaio.

Together with the School of Exercise and Nutrition Sciences, IPAN successfully hosted a special World Food Day event which was well attended by stakeholders, with the launch of a global UNICEF report on children, food and nutrition.

Sharing our knowledge

IPAN staff work closely with a variety of organisations – government, non-government, professional and community – to help inform programs and policies for better health. Here are some of our contributions during 2019.

International

- Moderator, Food and Agriculture Organization – World Health Organization International Expert Consultation on Sustainable and Healthy Diets
- 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, International Expert team, Thailand's Childhood overweight and obesity policy research, Institute for Population and Social Research, Mahidol University
- President Elect, International Consortium Motor Development Research Consortium (I-MDRC)
- 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
- Member, Sedentary Behavior Research Network (SBRN)
- International Senior Consultant of Yunnan Eco-friendly Food International Cooperation research Center, China

National

- Member, Food Standards Australia New Zealand Board
- Member, Advisory Group, NHMRC Synthesis and Translation of Research Evidence (SToRE) committee
- Member, NHMRC Sodium Expert Working Group (Review of Nutrient Reference Values for sodium in children and adolescents)
- Member, NHMRC Discretionary Foods and Drinks Expert Working Group
- President, Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR)
- Working group member, Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR), Task Force on Diagnostic Criteria for Sarcopenia.
- Council member, Australian and New Zealand Bone and Mineral Society
- Member, Osteoporosis Australia, Medical Scientific and Advisory Management Committee
- National Co-convenor – Food and Nutrition Special Interest Group, Public Health Association of Australia (PHAA)
- Member, Advisory Group, Whole of Primary School Body Image Project for The Butterfly Foundation
- Council member and Chair of Nutrition Group, Clinical Oncology Society of Australia
- 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, 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

State

- President, Australian Cardiovascular Health and Rehabilitation Association (ACRA), Victoria
- Member, Victorian Cancer Malnutrition Collaborative steering committee and project teams
- Member, City of Melbourne's Food Policy Coalition Food Alliance, Steering Committee
- Member, National Secondary Students' Diet and Activity Survey Technical Advisory Group, The Cancer Council Victoria
- Director, The Community Grocer
- Coordinator, The Right to Food Coalition
- Member, Victorian Healthy Eating Enterprise (VHEE) and Education sub-group
- Member, VicHealth Victorian Salt Reduction Strategic Partnership
- Member, Active Geelong Board
- Chair, Active Geelong Knowledge Committee
- Member, Stephanie Alexander Kitchen Garden Foundation, Secondary Years Kitchen Garden Project Advisory Committee
- Member, VicHealth Physical Activity Taskforce
- Member, VicHealth Healthy Eating Taskforce
- Member, VicHealth Healthy Eating and Active Living Roundtable
- Member, NSW Health GO4FUN Review and Enhancement Advisory Group
- Member, Research Advisory Group, Children's Hospital Foundation, Lady Cilento Hospital, Brisbane

IPAN staff were also involved in a range of other health and scientific societies, health professions, research and conference organising committees.

INFANT - Supporting a healthy start to life

The roll-out of INFANT (the Infant feeding, active play and nutrition program) as an early-life intervention took another step forward in 2019 with the commencement of a five-year NHMRC Partnership* Grant to build on the program's implementation.

The project, 'Evaluating real-world implementation of an evidence-based program addressing lifestyle behaviours from the start of life' is led by Professor Karen Campbell, with IPAN colleagues Dr Rachel Laws, Dr Penny Love, Associate Professor Kylie Hesketh, and Dr Harriet Koorts also Chief Investigators on the project.

IPAN's flagship INFANT program was first conceptualised with Maternal and Child Health Nurses in 2008. INFANT was designed to support the Maternal and Child Health workforce to establish healthy eating and active play habits for first-time parents and their infants.

Research shows that the first 1000 days – the period between conception and a child's second birthday – are critical for establishing lifestyle behaviours that will determine a person's health across their lives. This includes their risk of becoming overweight or obese.

'We have the research and the evidence to show that INFANT helps parents and caregivers achieve healthy eating and active play right from the start of life,' Professor Campbell said.

She said INFANT had been proven to improve mothers and children's diets, with the effects on children's diets still apparent three years after their attendance at INFANT had finished.

Families who participated in the original INFANT randomised controlled trial between 2008 and 2010 reported better dietary habits, such as eating more fruits and vegetables, drinking more water and fewer sugar sweetened beverages and sweet snacks; as well as reduced television viewing time. These effects were maintained or improved as children got older.

In 2019, preparation works for the upcoming scale-up project were completed, including research ethics approval and development of implementation guidelines. The INFANT team surveyed Maternal and Child Health Nurse Managers to determine their readiness for the program's implementation. A new website, with information for organisations interested in running INFANT and a portal for facilitators, will be launched in 2020.

During 2020, Victorian local governments will have the opportunity to deliver INFANT, starting with those already using the program (Benalla, Mildura, Swan Hill and Whittlesea). Accredited training and ongoing support will be offered through the INFANT website. Local governments will receive comprehensive guidance to support them in sustainably embedding the program into routine service delivery. It is expected that up to three local governments will commence with program delivery each quarter.



Professor Karen Campbell, far right

*INFANT is being undertaken in partnership with VicHealth; the Victorian Government Department of Health and Human Services; the Victorian Government Department of Education and Training; the Municipal Association of Victoria; Victorian Aboriginal Community Controlled Health Organisation (VACCHO); La Trobe University; The University of Sydney; City of Whittlesea; Sunraysia Community Health Services; Western Alliance and the Raising Children's Network.

Project funding: National Health and Medical Research Council Partnership Grant (APP1161223), five years (2019-2023)

New mobile intervention to help parents raise healthier toddlers

Around 1000 families across Australia will test the effectiveness of a new mobile health (mHealth) app to increase physical activity, decrease sedentary behaviour and optimise sleep in their two-year-old children.

Through an NHMRC Project Grant, the Let's Grow mHealth intervention will be tested for efficacy, maintenance, cost-effectiveness and translation potential in a randomised controlled trial.

Leading researcher, Associate Professor Kylie Hesketh said the project is designed to address evidence showing that all three behaviours – physical activity, sedentary behaviour and sleep – are at less than ideal levels from early childhood.

'Let's Grow aims to equip parents with the skills to support development of healthy movement habits in their children from early life, putting children on a trajectory to improved behaviours and health throughout life,' she said.

Key aspects of the program include the focus on all three behaviours together, flexible and tailored parent-led interaction, and consultation with stakeholders in program development to ensure future scalability.

'Our immediate goal is to see improvements in the proportion of time children devote to physical activity, sedentary behaviour and sleep across the day. We're also aiming for greater confidence in parents to support physical activity and sleep, and to limit sedentary behaviour in their young children.

'If the program is successful our ultimate goal is to see translation of the program from research to the practice setting, and scale up of Let's Grow to benefit all Australian families.'

Funding for the project commenced in 2019. Associate Professor Hesketh and her team have now finalised the program's content and worked with developers to create and test the app.

'This has paved the way for recruitment of families to commence the intervention in 2020. Families randomised to receive the intervention will participate in the program for 12 months, with a follow up one year after they've completed the program,' Associate Professor Hesketh said.



Associate Professor Kylie Hesketh

Project funding: National Health and Medical Research Council Project Grant (APP1162980), five years (2019-2023)

Setting a framework for healthy and sustainable food systems

With an increasing knowledge that dietary risk factors are leading contributors to the national and global burden of disease as well as unsustainable food systems, but less knowledge – and some disagreement – about what to do to tackle these significant problems, Professor Mark Lawrence is leading an ARC Discovery Project to find answers.

The project, ‘Reforming evidence synthesis and translation for food and nutrition policy’, commenced in 2019. Its aim is to develop and evaluate a framework to strategically guide evidence synthesis and translation for food and nutrition policies to effectively and safely tackle contemporary nutrition and food security problems.

Professor Lawrence said the project would use interdisciplinary approaches to integrate nutrition science, health promotion and policy science. He said the framework would be examined specifically in a policy-making context.

‘We expect that this research will allow us to build the capacity to critically analyse existing policies and guide future food and nutrition policy,’ he said.

‘This will have significant benefits in terms of public health promotion, wellbeing and food system sustainability.’

Professor Lawrence said the focus for 2019 had been to develop a fit-for-purpose framework.

‘The draft framework has been constructed around four nutrition exposures – nutrients, foods, diets and food systems – and their relationships with multiple health outcomes, namely nutritional adequacy, obesity, non-communicable diseases and food security,’ he explained.

Professor Lawrence said he hoped the research would lead to reforms in nutrition evidence generation, synthesis and translation for policy and practice.

‘Through this project, we’re aiming to find ways to build a healthier, more sustainable food environment,’ he said.



Professor Mark Lawrence

Project funding: Australian Research Council Discovery Project (DP190101323), three years (2019-2021)

Understanding the causes of exercise intolerance and poor blood sugar control in type 2 diabetes patients

Through his NHMRC/National Heart Foundation Early Career Fellowship project, Dr Lewan Parker is examining type 2 diabetes and the role of muscle microvascular dysfunction (poor blood flow through the smallest blood vessels in the body).

In Australia, more than 1 million people have been diagnosed with type 2 diabetes. It is estimated that a further 1 million cases exist undiagnosed and over 2 million people are at high risk of developing diabetes.

Many patients with type 2 diabetes are unable to exercise (exercise intolerance), which is linked to worsening of blood sugar control (glycaemic control) and faster disease progression.

But we don't yet fully understand the cause of exercise intolerance and poor glycaemic control in these patients.

Dr Parker and his team's previous research supports the theory that impaired microvascular function in skeletal muscle, as opposed to cardiac dysfunction, is the main underlying cause behind exercise intolerance and poor glycaemic control in many diabetic patients.

As part of his research, he is also examining whether a three month home-based exercise program can improve muscle microvascular function, glycaemic control and exercise tolerance in patients with type 2 diabetes.

'Physical activity is well known to be an effective strategy for the treatment and management of type 2 diabetes, but many patients are unable to exercise, or they find exercise uncomfortable,' Dr Parker explained.

Dr Parker will use modern biochemical and ultrasound imaging techniques to measure microvascular function, cardiac function, and glucoregulatory responses following ingestion of a standard meal and high-intensity exercise, in both exercise tolerant and intolerant diabetes patients.

'We will then explore whether exercise training can reverse potential structural and functional microvascular defects, and subsequently improve glycaemic control, exercise tolerance and overall quality of life in this cohort of diabetes patients,' he said.

With type 2 diabetes reaching epidemic proportions, the physical, psychological, and economic burden on society is increasing.

'We hope to improve our understanding of the mechanisms behind diabetes and highlight to the general public, clinicians and other researchers that microvascular health is just as important as cardiac health. This will then enable us to develop new therapeutic interventions to improve patient care and quality of life,' Dr Parker said.



Dr Lewan Parker

Project funding: National Health and Medical Research Council (NHMRC) / National Heart Foundation Early Career Fellow (APP1157930) four years (2019-2023)

Using technology for a heart-smart lifestyle

Dr Shariful Islam is exploring new ways in which technology can be applied to help prevent and manage heart disease. In 2019, his two projects funded by the National Heart Foundation of Australia (NHFA) – a Postdoctoral Fellowship and Vanguard Grant - focussed on two different, innovative technologies designed to improve patient self-management and health outcomes.

Self-managing high blood pressure through a wearable device*

Through his NHFA Vanguard Grant project, Dr Islam is testing the effectiveness of a wearable device which continuously monitors blood pressure.

He is evaluating the device, coupled to a web-based care platform, as a new model of care to support people with high blood pressure.

Dr Islam said the wrist-worn devices could measure blood pressure continuously, and send data to a care platform. The data would then be reviewed by patients and physicians, allowing personalised treatment adjustments.

‘Wearing one of these devices could help people with high blood pressure manage their own condition,’ Dr Islam explained.

‘For example, the device can send an alert to the user, prompting medication adjustments if blood pressure remains uncontrolled.

‘This simple, relatively inexpensive, new technology has the potential to transform blood pressure management across Australia and internationally, reducing future premature deaths from cardiovascular disease,’ Dr Islam said.

Smart Home system for patients with heart failure**

In this world-first study, Dr Islam is testing the use of a sensor-technology platform – such as Google Home – in heart failure patients.

Through his NHFA Postdoctoral Fellowship, Dr Islam is determining the appeal and effectiveness of the devices for improving self-management behaviours and health outcomes.

‘New technologies are making it increasingly possible for heart failure patients to self-manage their condition,’ Dr Islam said.

‘With this technology, people living with cardiovascular disease will wear a sensor which sends data to a remote server. This data will be used to give automated prompts to the person to take certain actions via a specially-programmed device such as Google Home.’

Messages sent to the user may include reminders to take medication; to measure blood pressure; or to go for a walk.

In 2019, Dr Islam worked with stakeholders to develop the study protocol, received ethics approval and designed the overall architecture of the program in collaboration with Deakin’s Applied Artificial Intelligence Institute (A²I²).

Dr Islam said the next step would be to co-design the Smart Home intervention with end-users, and pilot test the project for feasibility and preliminary effectiveness.

‘What we are trying to do is improve overall health in people with heart failure and reduce hospital readmissions,’ he said.

‘If successful, this research could lead to a new-model of home-based care support for people with heart failure and other chronic diseases. Potentially, this technology could be rolled out across Australia and internationally.’

Dr Shariful Islam

* Project funding: National Heart Foundation of Australia Vanguard Grant, ID: 102287, 1 year (2019-2020)

** Project funding: National Heart Foundation of Australia Postdoctoral Fellowship, ID: 102112, two years (2019-2021)



IPAN in the media

IPAN's presence in the media was substantial in 2019, with almost 1900 hits recorded locally, nationally and internationally.

Deakin Media estimates the media clips represent an advertising equivalent of more than \$30 million, with a potential audience reach of 3.25 billion. This affirms the relevance and interest of our research for a broader public audience, who are often directly affected by the health conditions we study.



Top stories of 2019

- Associate Professor Glenn Wadley made a splash with front page news about his research on how taking Vitamin C tablets could help lower blood sugar levels for people with type 2 diabetes.
- Dr Lauren Arundell sounded the alarm on her research finding that teenagers spend two-thirds of their day sitting.
- Professor Mark Lawrence and Dr Phillip Baker featured heavily in national and international media on the dangers of ultra-processed foods.
- Dr Katherine Downing discussed the health benefits of fidgeting kids.
- Professors Sarah McNaughton and Mark Lawrence's editorial on stroke risk for vegetarians and vegans featured prominently in media around the world.
- Associate Professor Daniel Belavy's study showed that sitting was not so bad for back pain; and he also featured in media for a study examining the best types of exercise to help with back pain.
- Alfred Deakin Professor Jo Salmon and Dr Harriet Koorts raised concerns in the Sunday Herald Sun following their research showing that organised sport isn't helping teens meet physical activity targets.
- Professor Robin Daly touted the benefits of his evidence-backed Osteocise program for senior fitness.
- Dr Megan Teychenne raised the prospect of incorporating mental health benefits in exercise guidelines following her research showing that something is better than nothing when it comes to your mental health and physical activity.
- Professor Ralph Maddison and Dr Shariful Islam featured prominently in Australian media on their study using text messages to improve heart health.
- Dr Lauren Arundell spoke about her latest research on the topical issue of families managing screen time.

RAISE THE BAR FOR BETTER BONES

BRIGID O'CONNELL

MELBOURNE researchers have announced the recipe for what type and how much exercise is needed to ward off one of the most common risks of aging.

While "ball and pail" exercise is well known for strengthening the heart, experts in ageing say older adults need to look beyond gentle activity like walking and swimming to get serious about musculoskeletal health.

Twice-a-week sessions of weight-based and balance exercises, designed by Deakin University, have been shown to strengthen bones and muscles and reduce the risk of falls.

At least three-quarters of older people do not take part in twice-weekly strength training — the national recommended amount — despite eight million Australians having low bone density.

The researchers recruited 101 volunteers with low bone density to take part in their Osteocise: Strong Bones for Life program. Over 12 months, they completed two or three sessions a week that challenged their balance and strength with exercises such as step-ups, lunges and squats.



Local researcher Professor Robin Daly, chair of exercise and ageing at Deakin's Institute for Physical Activity and Nutrition, said while attendance dropped to one or two sessions a week for the subsequent six months when local gym folk over the program, the health benefits remained.

"There is no cure for osteoporosis, so exercise is really the only medicine to improve all risk factors for fractures," Prof Daly said. "Weight-bearing activities are really important, particularly introducing new elements in different directions so bones need to adapt to the loads and get stronger."

Barbara Vaughan, 72, has long loved one's ball dancing and lawn bowls, but a year ago she started training with her personal trainer son Steve at My Fitness Journey.

"She's probably the fittest she's ever been in her life," Mr Vaughan said. "Mum trains with people 20 years younger and they are all in awe of what she can now do."

The researchers are now working heading to train fitness coaches in the techniques as the sessions can be rolled out, as well as to develop an online program.

EXCLUSIVE: Simple vitamin could tackle diabetes

CHANGE LIFE SAVER

MANDY SQUIRES

A HUMBLE vitamin C supplement may prove instrumental in tackling one of Australia's biggest health scourges — type 2 diabetes. A Deakin University study has shown taking 500mg of vitamin C twice daily can work to lower elevated blood sugar levels throughout the day and reduce blood sugar spikes after meals.

The study — the first of its kind — also found high daily doses of vitamin C lowered blood pressure in people with

type 2 diabetes, reducing the chance of heart disease. With 12 million Aussies diagnosed with type 2 diabetes, the breakthrough could lead to a widely available, simple, cheap and effective complementary treatment.

Lead researcher, Associate Professor Glenn Wadley from Deakin's Institute for Physical Activity and Nutrition, said trial participants taking vitamin C rather than a placebo had a significant 36 per cent drop in their blood sugar spike after meals.

CONTINUED PAGE 4

Healthy menu a losing battle for dads

SADs are sticklers for nutrition when their kids are first born but lose their resolve by the time they turn three, new research shows.

Dads being tired and stressed and trying to deal with busy toddlers could be behind the nutrition lapse.

The study by Deakin's Institute for Physical Activity and Nutrition (IPAN) found many first-time fathers lost confidence in their ability to deliver a healthy diet as their child got older.

Lead researcher Adam Walsh said the findings followed earlier research which showed the eating habits of

children as young as 18 months were strongly influenced by their dads.

"I think it's really important that dads consider that they are always a role model from the word go," he said.

"Up until relatively recently, dads have been left out of the equation because of traditional parenting roles, but now with more mums returning to work after having children, we're seeing a slow evolution where dads might not be considered the primary contributor more and more."

Like Daley understands all too well why many fathers battle to feed their children healthy foods as they grow.

A father of two girls, aged seven months and four years, Mr Daley works as a restaurant bar even though he has seen his commitment to delivering a healthy diet to his kids wane over time.

Mr Daley, 33, said frequent children's parties, typically catered for with sweet treats and junk food, also made it hard to maintain healthy diets for young kids as they grow.

MANDY SQUIRES

Sporty kids shock

Walking to school 'better than training'

MANDY SQUIRES

MOST Aussies tend to be better off walking or riding to school each day than playing competitive sport in order to keep fit and slim.

That's the shock result of a world-first study by Victoria's Institute for Physical Activity and Nutrition (IPAN), which found teenagers who played organised sport did a more active minutes total of moderate to vigorous physical activity each day than those who did not.

By comparison, teens who walked or rode to school got an average 13 minutes more of moderate to vigorous physical activity than their school mates who arrived by car or bus.

On the back of the surprising results of the study, health researchers want an urgent rethink of how public funds are used to tackle the country's child-obesity crisis.

While Aussie teenagers are some of the world's sportiest, they are also among the most physically inactive and lazier.

The Deakin IPAN study — which measured the physical activity of

more than 200 Victorian high school students — showed while organised sport had significant social, psychological and other health benefits, it had negligible physical benefits and was not helping Australian teens meet activity guidelines designed to prevent obesity.

"It is not the silver bullet solution to reverse Australia's following overweight and obesity trends in young people anymore," he said.

Mandy spent on promoting partici-

limited evidence to suggest that sports participation outside of school hours contributes to increasing overall moderate to vigorous physical activity in youth.

"Australian governments are investing hundreds of millions to sport as a way of reversing rates of physical inactivity, overweight and obesity, yet our findings show this is not necessarily the best way to get young people moving," he said.

Mandy spent on promoting partici-

ipation in organised sport could be better spent encouraging and enabling individual, daily activity at school and home, IPAN said.

Researcher Dr Harriet Kavonius said the average participant in the study spent 65.6 minutes per day in moderate to vigorous physical activity, with half playing organised sport. Those who did, played or trained an average of 1.4 hours per week.

"Our data showed that sport participation contributed less than 1 per cent to adolescents' overall moderate to vigorous intensity physical activity," Dr Kavonius said.

mandy.squires@deakin.edu.au

Get them moving

Homework bad for teens' health

MANDY SQUIRES

TEENAGERS who have been spending 40 to even 60 minutes a day on their homework are at risk of sitting more in their chairs than getting up to do things that strengthen a healthy heart.

Especially those Australian students would benefit from the sitting high school students are reluctant to exercise to help improve their academic performance and wellbeing.

The world-first research demonstrates that for the 15 per cent of the time at school and 10 per cent of time after school.

Those who spend more time sitting in their chairs are at a higher risk of sitting in their chairs than getting up to do things that strengthen a healthy heart.

"This need to limit at least 30 minutes of moderate to vigorous physical activity each day is crucial for teens' health and wellbeing," she said.

The Deakin University IPAN study published today in the journal BMC Public Health, tracked nearly 600 students at 10 Victorian high schools using wearable devices which measured not only movement but also the frequency with which they sit, stand, bend and lie.

A questionnaire for the health and education Department and health and physical education teachers to do.

Students spent over 40 minutes sitting in their chairs at school, and the researchers said, as



Teens are typically driven to school, sit at school, driven home, do their homework, and then watch TV or play video games and go to bed

Take heart from text

SMS messages help motivate stroke prevention

TIMARA WOODS

TEENAGERS who use apps and messages to take over their health care are more likely to stick to the number of minutes a week they should exercise.

Research led by Deakin University and Victoria's Institute for Physical Activity and Nutrition (IPAN) found that teens who used the SCRAM app to track their physical activity were more likely to meet the recommended 150 minutes of moderate to vigorous physical activity each week.

The researchers studied the combined effects of text

and SMS messages in motivating teens to take over their health care. The study found that teens who used the SCRAM app to track their physical activity were more likely to meet the recommended 150 minutes of moderate to vigorous physical activity each week.

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The researchers studied the combined effects of text

SCRAM app offers heart

TIMARA WOODS

AN innovative program being piloted in Geelong will give patients experiencing heart disease remote access to a self-coach through an app.

The six-month rehabilitation program will be delivered via the SCRAM smartphone app, developed by Deakin University's Institute for Physical Activity and Nutrition.

It aims to increase access to cardiac rehab for regional patients, where rates of heart disease are higher.

IPAN professor in physical activity and disease prevention Ralph Maddison said SCRAM gives participants real-time access to an exercise physiologist via their smartphones.

"Performance will be measured by a wearable sensor and data will be monitored by remotely located exercise physiologists," Professor Maddison said.

"Participants will receive coaching, feedback and instruction in real-time during all exercise sessions for the first

three months, and then a weekly review for the following three months.

"They also receive education about heart health and managing heart disease, plus behavioural strategies and support to encourage a heart-healthy lifestyle."

Prof Maddison said the app would open up opportunities for more personalised rehabilitation that could be undertaken anywhere, anytime.

"About 600,000 Australians are estimated to have coronary heart disease, and rates are higher in regional areas," he said.

"But evidence continues to suggest only about 30 per cent of eligible people start cardiac rehabilitation to reduce their future risks."

"Lots of factors contribute

to poor participation, but access barriers like availability of programs and travel distances are consistently reported as key factors, so our app aims to go some way towards addressing these."

"Ultimately we want to provide access to cardiac rehabilitation for people who cannot attend programs in hospitals or education centres."

"That's particularly important in regional and remote areas where accessibility barriers for traditional cardiac rehabilitation are highest."

Prof Maddison said researchers would measure the impact of the Geelong intervention on rehab participation rates and health outcomes.

The IPAN researchers are looking for people with coronary artery disease, or who have recently experienced a heart attack, to join the pilot.

Participants must be able to attend Geelong hospital for an initial consultation.

For more information, contact study co-ordinator Timara Woods on 03 5206 9060 or email timara@deakin.edu.au.

Teens are typically driven to school, sit at school, driven home, do their homework, and then watch TV or play video games and go to bed

Researcher in Residence – Dr Alison Spence at Nutrition Australia

Dr Alison Spence worked closely with Nutrition Australia as part of IPAN's third Researcher in Residence program between August and December 2019.

Both IPAN and Nutrition Australia have well-established programs of work in the area of early childhood nutrition, so this was a natural focus for the 2019 Researcher in Residence program.

Nutrition Australia is funded by the Victorian Government to run the state-wide Healthy Eating Advisory Service (HEAS). This service supports a variety of settings, including supporting early childhood centres to implement the National Quality Standards and healthy eating benchmarks.

Dr Spence worked with the Nutrition Australia team on a collaborative project investigating national recommendations for food provision in early childhood education and care settings.

The focus on early childhood nutrition aimed to optimise food provision nationally for more than 1 million children using child care.

Dr Spence said the Researcher in Residence program had given her a better understanding of how Nutrition Australia works in collaboration with government, academia and other stakeholders.

'It's been really useful to learn more about the internal mechanisms of how this peak body works and who they work with, to better inform both my research and teaching in Public Health Nutrition,' she said.

'The importance of truly collaborative partnerships is increasingly recognised in research, and being on-site one day per fortnight has taken this collaboration off paper and into action and future-planning.'

Nutrition Australia's Margaret Rozman said the Researcher in Residence program had been a great opportunity to bridge the gap between research and intervention. 'Having direct access to a Deakin University nutrition researcher enabled us to explore publication opportunities, and progress work on nutrition in early childhood,' she said.

The Researcher in Residence program successfully builds on existing links between IPAN and key partner organisations. It allows the researcher to build stronger links and networks, enhances their research impact; and provides the partner organisation with the research expertise needed to develop, evaluate and/or support programs and policies. The program also builds research capacity within the partner organisation.

Organisations interested in participating in IPAN's Researcher in Residence program are encouraged to contact:

ipan@deakin.edu.au



Margaret Rozman, Dr Alison Spence and Amy Wakem

Understanding the role of eating patterns in cardiovascular health

Dr Rebecca Leech's research is an exploration of the many factors that influence how, when, and what we eat.

Through her National Heart Foundation of Australia Postdoctoral Research Fellowship, Dr Leech is investigating how foods are eaten in relation to each other and how different food combinations affect cardiovascular health.

'Our food consumption is rarely an isolated experience – to change eating behaviour, we need to understand the context behind food choices,' she explained.

'My research project addresses the real-life complexity of eating behaviours, by exploring how factors such as our mood, eating locations, who is around us and what we are doing while eating affect our food choices.

Dr Leech's focus in 2019 was on analysing patterns of adults' food intake at breakfast and snack occasions.

For the analysis, Dr Leech used nationally representative dietary data collected from adult participants during the most recent National Nutrition and Physical Activity Survey (2011-12).

'Because many different foods can be combined at meals in many different ways, I have applied a novel statistical method that can reveal distinct food combination patterns based on complex dietary intake data,' she said.

Her findings so far have been presented at two major international conferences and one national conference.

'I have identified five breakfast and four snack food combination patterns, respectively, that varied in diet quality and were associated with socio-demographic factors and selected cardiovascular risk factors,' she said.

'For example, men who reported eating breads, spreads and tea or coffee for breakfast tended to be older, have lower incomes and live in inner regional areas, when compared to other people's breakfast patterns. Men who ate wholegrain cereals and milk for breakfast tended to have higher incomes and education levels.'

Dr Leech will now investigate how food combinations at meals and snacks are associated with meeting national guidelines for healthy eating and which contextual factors influence food choices at eating occasions across the day.

She is motivated by a long-term vision to improve health policies and initiatives which would make it easier for people to adopt heart-healthy eating patterns, thereby reducing the growing burden of cardiovascular disease.

'I'd like my research to inform the development of practical 'meal-based' dietary advice that will help people choose combinations of foods, based on the Australian Dietary Guidelines,' she said.

In 2019, Dr Leech was awarded a prestigious National Health and Medical Research Council (NHMRC) Emerging Leadership Fellowship, which will allow her to continue her work in this space over the next five years.



Dr Rebecca Leech

Project funding: National Heart Foundation of Australia Postdoctoral Fellowship, ID102109, 2 years (2019-2021)

Predictors of muscle loss in cancer treatment patients

Muscle loss is a serious issue for people undergoing treatment for lung cancer, potentially affecting their survival rates and quality of life.

Dr Nicole Kiss, Clinical Research Fellow, Victorian Cancer Agency Nursing and Allied Health, has embarked on an observational study looking at predictors of muscle loss in people being treated for lung cancer to identify those most at risk.

About 50 per cent of people undergoing lengthy and demanding chemo-radiotherapy treatment for lung cancer suffer substantial muscle loss; and up to 60 per cent of people present with sarcopenia (low muscle mass) prior to starting treatment.

Understanding the predictors of muscle loss will allow clinicians to identify people at high risk of muscle loss early and engage them in the supports and services that could assist in improving their experience, function, quality of life and survival.

‘Currently we have no way of knowing who is at risk of muscle loss, which limits opportunities to provide timely and appropriate nutrition and exercise treatment,’ Dr Kiss explained.

‘We need high quality evidence to ensure we give optimal care to the people who need it at the appropriate time.’

In addition, access to nutrition and exercise services for people with lung cancer is highly variable across health services nationally and internationally. Dr Kiss says there is a high demand for allied health services in cancer centres but limited resources to meet this demand.

‘This research will also help us understand the factors contributing to muscle loss so we can design effective interventions in the future,’ Dr Kiss said.

Having completed the study protocol and obtained ethics approval, Dr Kiss is now recruiting participants for the study at Peter MacCallum Cancer Centre in Melbourne. Recruitment will continue until February 2022.

‘Part of the next phase of this study will be completing interviews with participants who have experienced muscle loss. We will explore their experience of living with muscle loss while undergoing treatment as well as identifying their preferences for nutrition and physical activity interventions,’ Dr Kiss said.

‘This will ensure that when we develop and test interventions in the future, they will be of high value to patients, clinicians and healthcare organisations.’

Following this study, Dr Kiss hopes to investigate combined nutrition and exercise interventions that are tailored to the needs of people with lung cancer who have sarcopenia.



Dr Nicole Kiss

Project funding: Victorian Cancer Agency Nursing and Allied Health Clinical Research Fellowship, CRFNAH18001, 4 years (2019-2022)

A focus on diabetes research

One Australian is diagnosed with diabetes every five minutes¹. Developing a deeper understanding of the disease is vital - both in Australia and globally. In 2019, IPAN researchers secured funding for three projects as part of Diabetes Australia's Research Program (DARP).

Mechanisms of insulin resistance in humans

Insulin resistance is a major risk factor for the development of type 2 diabetes. It is thought to arise from the inability of insulin to properly communicate to cells to take up and clear glucose (sugar) from the blood stream. However, studies examining this have employed methods which mimic real life post-meal conditions, meaning our knowledge of what happens in the free-living state is limited.

Associate Professor Clinton Bruce is working to develop a deeper understanding of the causes of insulin resistance by characterising how insulin communicates the message to cells to increase glucose clearance after eating a meal.

'Worldwide, over 150 million people have been diagnosed with diabetes and it is predicted that this will double by 2025,' Associate Professor Bruce said.

'This project will have important implications for advancing knowledge in the field and will help to focus efforts on targeting the most effective strategies to combat insulin resistance and prevent future type 2 diabetes.'

Project funding: Diabetes Australia Research Program, 1 year (2019)

Supporting disadvantaged people with Type 2 diabetes to eat healthily

Diabetes clinicians have identified a major gap in diabetes care: the need for simple, evidence-based approaches to support socioeconomically disadvantaged people with Type 2 diabetes to eat healthily on a budget.

As part of her DARP grant, Alfred Deakin Professor Kylie Ball is leading the EatSmart project, offering a new approach to people with diabetes who are on a low income to improve their diet to allow better self-management of their condition.

The project is testing the appeal, feasibility and effects of a scalable, evidence-based, web- and phone-delivered healthy eating program for this group.

'In 2019 we have focused on finalising our program content; building the program website and behavioural support messages; and pilot-testing the initial materials with people with Type 2 diabetes, and with clinicians working with them,' Professor Ball explained.

She said pilot testing suggests the program is appealing to people with Type 2 diabetes.

'If the program proves effective, we will explore ways to expand on this success and potentially make the program more available to a wider audience,' she said.

'We hope EatSmart will eventually be accessible to and helpful for many people struggling to manage their health condition on a budget,' Professor Ball said.

Project funding: Diabetes Australia Research Program, 1 year (2019)

Metabolic tug-of-war: the role of glucagon and insulin when we eat

Dr Greg Kowalski's project is investigating how the pancreatic hormones insulin and glucagon can simultaneously regulate glucose, amino acid and fatty acid metabolism in people.

In 2019, his team completed and published a study on healthy lean people.

'We uncovered how through the combined actions of insulin and glucagon, the human body is able to maintain stable blood glucose levels when challenged with large amounts of dietary protein,' Dr Kowalski said.

'Our study was significant because it provided unique and evolutionary insight into the way various organs – such as the pancreas, liver, adipose tissue and muscle simultaneously work together to control sugar, protein and fat metabolism.'

Dr Kowalski has now embarked on a new study in a group of overweight young adults to understand if these processes are altered early on in people who are at risk of developing type 2 diabetes.

'Type 1 and 2 diabetes are conditions characterised by an inappropriate production of insulin and glucagon which leads to impaired metabolic control,' Dr Kowalski explained.

'By understanding the complex actions of these hormones, we hope to develop strategies to improve the health and quality of life of people with diabetes.'

Project funding: Diabetes Australia Research Program, 1 year (2019)

*Figures from Diabetes Australia, diabetesaustralia.com.au



Associate Professor Clinton Bruce



Alfred Deakin Professor Kylie Ball



Dr Greg Kowalski

Shared learning

Midway through 2019, an IPAN delegation visited several European universities with a view to developing or strengthening collaborative research opportunities.

The group consisted of Alfred Deakin Professors David Crawford (AM) and Anna Timperio, Professors Ralph Maddison and Robin Daly, Associate Professors Kylie Hesketh and Michelle Keske, and Drs Severine Lamon and Sze-Yen Tan.

They visited the highly-ranked University of Copenhagen, the Karolinska Institute, and the Technical University of Munich (TUM), as well as Beyreuth University. In addition, Dr Jenny Veitch represented IPAN on a visit to the University of Ghent.

Professor Crawford said the trips had been a success in terms of building on strong institutional-level relationships in Europe, including new opportunities for dedicated PhD scholarships or joint PhD or cotutelle arrangements.

'After these visits, I am convinced that developing relationships with these universities represents an excellent opportunity for both IPAN and our European counterparts,' he said.

'We already have quite strong links with the University of Copenhagen, with the Karolinska, and the University of Ghent, but there are many more opportunities for us – and particularly for our early- and mid-career staff.'



IPAN members with representatives from the Karolinska Institute

Academic visitors

Whether visiting us for a few days or a full year, our academic visitors add to the rich research environment at IPAN.

IPAN staff and visiting researchers benefit from the opportunities explored and the exchange of ideas and expertise. In 2019 our visitors included:

- **Dr Jose Areta** - Liverpool John Moores University, United Kingdom
- **Dr Daniel Camiletti Moiron** - University of Cadiz, Spain
- **Dr Katrina Champion** - University of Sydney, Australia
- **Professor Seb Chastin** - Glasgow Caledonian University, United Kingdom
- **Professor Robyn Clarke** - Flinders University, Australia
- **Dr Borja del Pozo Cruz** - Institute for Positive Psychology and Education, Australian Catholic University, Australia
- **Prof Feng He** - Queen Mary University of London & Wolfson Institute of Preventive Medicine, United Kingdom
- **Professor Christel Larsson** - University of Gothenburg, Sweden
- **Dr Sandrine Lioret** - Université de Paris, France
- **Dr David Lubans** - Newcastle University, Australia
- **Dr Andrew Phillip** - Garvan Institute of Medical Research, Australia
- **Dr Martin Picard** - Columbia University, USA
- **Dr Maartje Poelman** - Faculty of Geosciences Utrecht University, Netherlands
- **Dr Jasper Schipperijn** - University of Southern Denmark, Denmark
- **Mary Elizabeth Sutherland** - Nature Publishing Group, New York
- **Professor Winnie Chee Siew Swee** - International Medical University, Malaysia
- **Professor Vina Phei Sean Tan** - Universiti Sains Malaysia, Malaysia
- **Dr Riaz Uddin** - University of Queensland, Australia
- **Professor Anna C Whittaker** - University of Stirling, Scotland
- **Associate Xiaohui Zhao** - Xi'an University of Architecture & Technology, China

Student visitors

- **Qitong Chen** (PhD Student) - Wuhan University, China
- **Kinga Fiebig** (PhD Student) - Leiden University, Netherlands
- **Mingwei Liu** (Mario) (PhD Student) - Wuhan Uni, China
- **Sarah Nally** (PhD student) - Ulster University, UK
- **Laura Oostenbach** (PhD Student) - University of Maastricht, Netherlands
- **Sofie van Rongen** (PhD student) - Wageningen University, Netherlands
- **Priscilla Santo** (PhD student) - Federal University of Santa Catarina, Brazil
- **Anne-Frédérique Turcotte** (Masters student) - Laval University, Canada

Shared learning cont'd.

Our visitors come from all over the world, and range from students to senior researchers. Here, two of our visitors share their experiences of working in IPAN during 2019.

Professor Christel Larsson

Department of Food and Nutrition, and Sports Science, University of Gothenburg, Sweden

What is your area of research?

My research looks at how to maintain health and prevent the onset of disease by promoting healthy food habits and physical activity. I am particularly interested in dietary intake, physical activity and health among children and adolescents as well as empowering a healthier lifestyle.

Why did you choose to work internationally?

I believe it is important to develop international collaborations to broaden perspectives and to join forces to be able to tackle lifestyle related risk factors and promote sustainable habits.

Tell us about your work with IPAN.

I have mainly worked with researchers within the Nutrition Education group led by Professor Tony Worsley. We share a research interest in food and nutrition education as well as healthy food environments within schools. At present we are planning for a new collaborative research project. I look forward to the upcoming months and developing further collaborations both within food and nutrition science as well as physical activity research.

How have you found the research environment at IPAN?

I think it is great that IPAN supports its staff members with so much research time. This gives staff members the opportunity to contribute to an active and progressive research environment. I also think it is great with the high number of PhD students, and that there is no pressure on the supervisors to raise external funding for a 3 year full time position before the enrolment of a PhD student.



What have you enjoyed so far in Australia?

I enjoy the active and progressive research environment at IPAN and it is very interesting and refreshing to spend time at another university and country. It generates both reflection, inspiration and possibilities and I am grateful of having the opportunity to conduct a sabbatical year here. Australia is a country with wonderful nature, spectacular animals and so many interesting things to explore.

What won't you miss?

I haven't yet had the experience of it ... but I won't miss the risk of encountering venomous spiders.

Do you have any advice for anyone considering working overseas in research?

My advice is to focus on the possibilities rather than the obstacles and to talk to other researchers who have been working overseas to find out about their experiences.

Professor Larsson is working with IPAN between July 2019 and July 2020.

Shared learning cont'd.



Assistant Professor Maartje Poelman

Department of Human Geography and Spatial Planning,
Utrecht University, Netherlands

What is your area of research?

My research is in the field of Nutrition and Public Health, with a focus on the food environment. I am involved in several projects examining food choices in various contexts. For example, the 'FoodTrack' study employed real-life GPS-tracking and ecological momentary assessment to examine individuals' daily food environmental exposure, food purchases and consumption.

Who did you work with in IPAN?

I worked primarily with Dr Lukar Thornton. Like me, he also tries to better understand how people use their food environment. I conducted a study with Sofie van Rongen, a PhD student also visiting from the Netherlands, on how neighborhood social norms with respect to fast food outlets and consumption play a role in the food environment-diet relationship. I also worked with Alfred Deakin Professors David Crawford and Kylie Ball on a study into international differences in weight perceptions and weight control behaviors.

Tell us about your work with IPAN.

As well as continuing my research from the Netherlands, I conducted a study with Lukar on meal delivery services and the way this could change the way people are exposed to the food environment. The outcomes of our study conducted in Melbourne, Amsterdam and Chicago stressed the vast number of meal delivery options individuals can source when at home via a single meal delivery provider.

The most commonly advertised meal options for delivery in each city did not favour a healthy diet (e.g., burgers and pizza). While planning mechanisms are increasingly being triggered to help control the proliferation of fast food or take-away restaurants, meal delivery platforms appear to operate in a largely unregulated environment, meaning continued growth is likely in the near future. I plan to continue this work with Lukar.

How did you find the research environment at IPAN?

I really liked the work/research environment at IPAN. I enjoyed the social activities, lunches in the Hub and collaborations between staff members. I would like to thank everyone for making me feel welcome.

What will you miss?

Of course all the people I met in Melbourne but also the lovely city, the light days (even in winter you're not going to work in the dark), the beautiful landscapes, the many great restaurants, the green spaces and the Deakin environment. I definitely will also miss the Aussie slang: Barbie, brekkie, footy, mozzie, sickie - love it!

What won't you miss?

The car-based lifestyle - although I had my bike in Melbourne, it was not always appreciated by car-drivers that I was on the road as well.

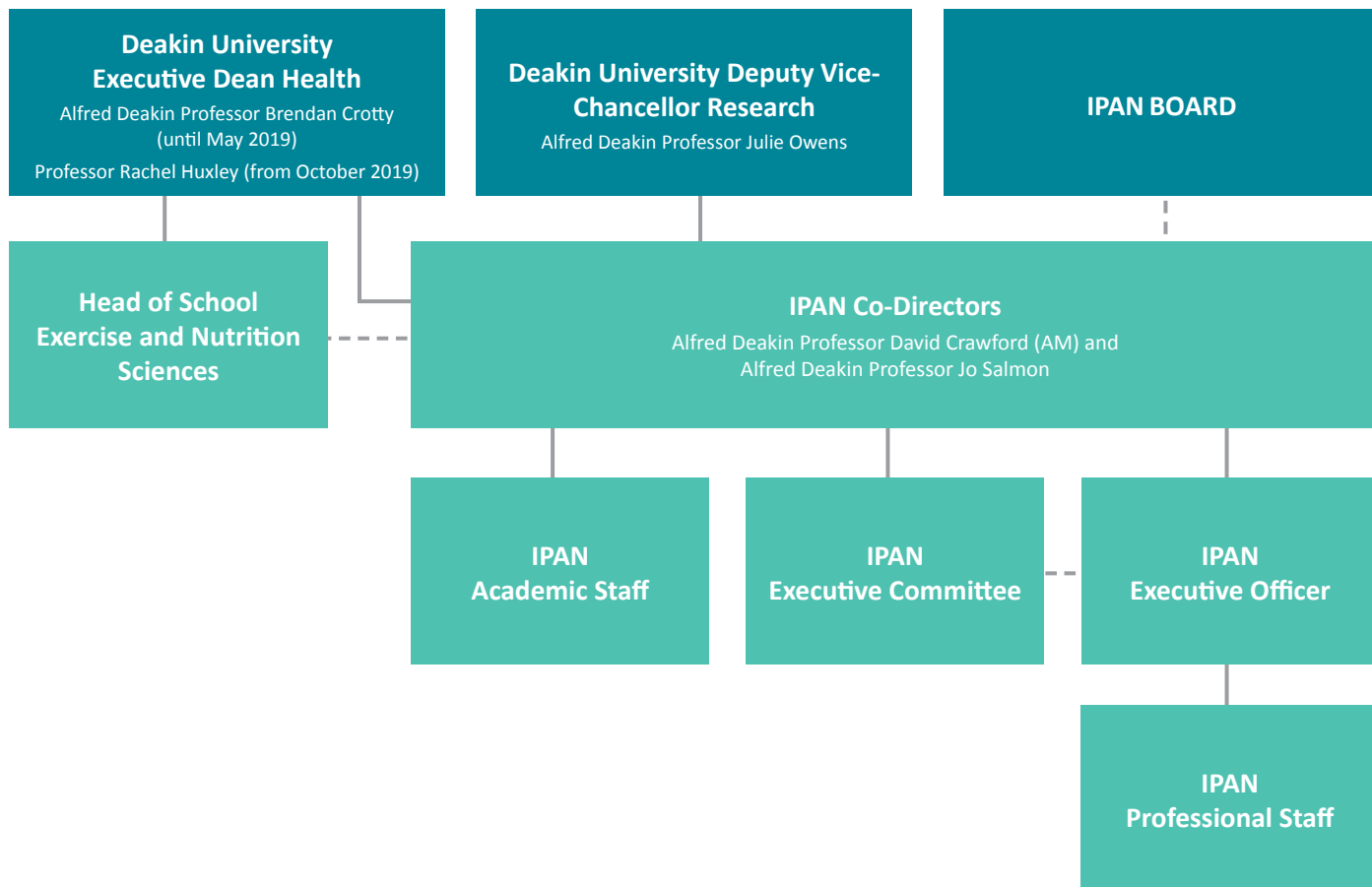
Do you have any advice for anyone considering working overseas in research?

If you have the opportunity, go! It is a great experience. It's important to align plans with the people you collaborate with in your country. Because of the 8-10 hour time difference I always had the meetings in the late afternoon/evening. If anyone would like to have a chat about travelling abroad or if you would like to work with me and my colleagues in the Netherlands don't hesitate to get in touch!

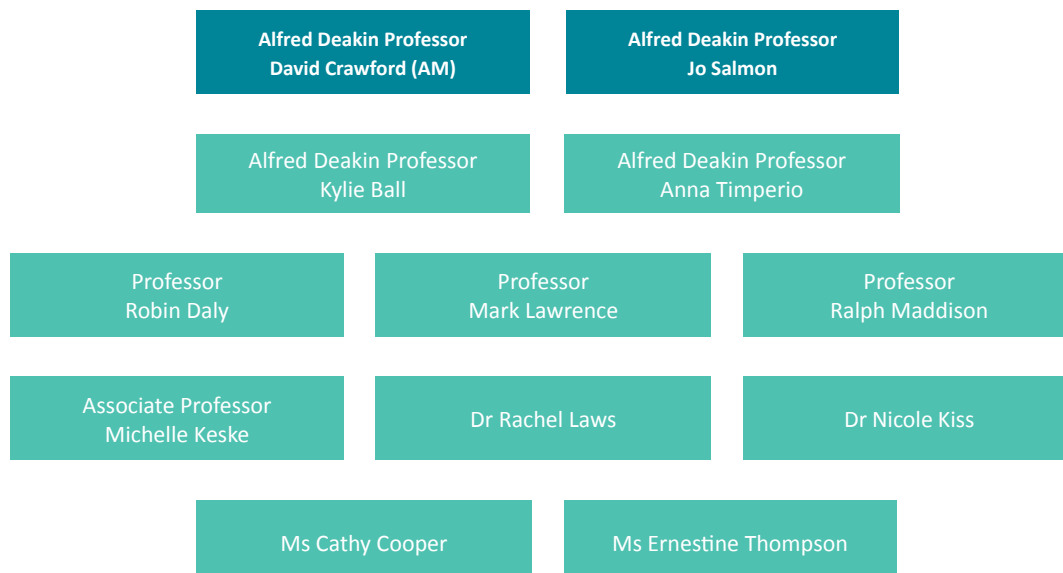
Assistant Professor Poelman worked with IPAN from October 2018 and returned to the Netherlands in October 2019. She is now working in the Consumption and Healthy Lifestyles Group at the Wageningen University.

IPAN governance

IPAN'S organisational chart



IPAN'S Executive



IPAN Board

Alfred Deakin Professor Julie Owens (Chair)



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

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

Professor Brendan Crotty (until May 2019)



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 Rachel Huxley (from October 2019)



Professor Huxley was appointed to the role of Executive Dean for the Faculty of Health at Deakin University in October 2019. Prior to this, she was the Associate Pro-Vice Chancellor (Research) for the College of Science, Health and Engineering at La

Trobe University, Australia where she was also the Co-Director of the Research Centre for Cardiovascular Biology and Disease.

Professor Huxley completed her undergraduate studies at St John's College, Oxford and obtained her doctorate in epidemiology and public health from the Department of Public Health and Primary Care, Oxford University and completed her post-doctoral training also in Oxford before relocating to the George Institute for Global Health, University of New South Wales in 2002, where she continues to hold an honorary professorial appointment. In 2017 she was made a Visiting Professorial Fellow in Epidemiology within the Nuffield Department of Population Health, University of Oxford.

Professor Trish Livingstone



Professor Livingstone 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), Professor Livingstone 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 and training of HDR students. 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.

IPAN Board cont'd.

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.

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 (2006-2022). He was president of the Australian Society for Medical Research (1999-2000) and the Australian and New Zealand Bone and Mineral Society (2011-2013).

Professor Amanda Thrift



Professor Thrift is Head of Stroke & Ageing Research, Monash University, and is a Past President of the Stroke Society of Australasia. Her expertise is in the field of epidemiology and prevention of stroke and vascular disease. She has held editorial positions for Stroke (American Heart Association), the International Journal of Stroke (World Stroke Organisation) and Neuroepidemiology. She has contributed to more than 260 publications (with more than 18,000 citations).

Professor Thrift has extensive experience in conducting large scale longitudinal cohort studies with a particular expertise in the epidemiology of stroke. She was the Principal Investigator of the highly successful North East Melbourne Stroke Incidence Study. This study, on its own, resulted in more than 50 publications, and five major data pooling collaborations. She has also led a large clinical trial of secondary prevention of stroke in the community, and collaborates on research into stroke among Aboriginal and Torres Strait Islander peoples.

As part of her interest in preventing vascular disease in disadvantaged communities, Prof Thrift is currently leading an innovative vascular disease research program in rural India. This is a large national and international collaboration including leaders in stroke, hypertension, dementia, and rural medicine from India and Australia.

Dr Lyn Roberts (AO)



Dr Roberts has extensive experience working within health NGOs with over 25 years working at an Executive level in state, national and international capacities.

She has considerable expertise in strategic public health policy development and implementation, working with a wide range of stakeholders.

She has been a member of a number of expert advisory committees for the government and non-government sectors and currently she is a member of the Expert Steering Committee for the National Preventative Health Strategy 2020-2030. Dr Roberts has held numerous Board positions including recently with the Australian Institute of Health and Welfare and the Victorian Government Justice Health Ministerial Advisory Committee. She is an ongoing member of the Deakin University Council as well as a member of the Finance and Business Affairs Committee. During 2019 she was Principal Advisor for the Victorian Health Promotion Foundation, and in addition she was Acting CEO for an interim period.

IPAN Board cont'd.

Dr Christina Pollard



Dr Pollard has worked for government for about 30 years with a particular focus on improving public health nutrition, promoting physical activity and addressing overweight and obesity. She has extensive experience in developing, implementing and evaluating numerous public health interventions at national, state and local levels including: policy, social marketing campaigns, food regulation, food service incentive schemes. Christina has a particular interest in improving the health of population groups who are vulnerable due to their social, environmental or economic circumstances. She is currently a Principal Policy Consultant for government and a Research Associate at Curtin University.

Ms Wendy Gillett



Ms Gillett is currently the Strategic Advisor to the Bluearth 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.



Targeting the blood vessels to help treat neurodegenerative disorder ALS

‘Through my research, I intend to identify how tetrahydrobiopterin levels in the blood vessels impact on the development of ALS’

Through his Alfred Deakin Postdoctoral Research Fellowship, Dr Angus Lindsay is working to understand the mechanisms behind the progression of a fatal motor neuron disorder, amyotrophic lateral sclerosis (ALS).

ALS affects two in 100,000 people worldwide. Patients suffer from progressive muscle wasting and death when the connection is lost between the nerves and skeletal (voluntary) muscles.

Patients with ALS have an impairment in blood vessel function (vasculature), which can lead to nerve degeneration and wasting of the skeletal muscles. When the vasculature is compromised, less oxygen and nutrients can be transported to the nerves and skeletal muscles. This results in nerve degeneration and wasting of the muscle.


Dr Lindsay’s research has identified low levels of the compound tetrahydrobiopterin in mouse models of ALS. Tetrahydrobiopterin regulates blood vessel formation and function. Dr Lindsay is aiming to understand how tetrahydrobiopterin affects ALS progression, and then determine if restoring its concentrations to healthy levels could reduce nerve and skeletal muscle degeneration and ultimately extend life expectancy in mice.

‘My research indicates that the enzymes responsible for the production and recycling of tetrahydrobiopterin are 30 - 40% lower in ALS mouse models compared to healthy mice,’ he said.

‘These data suggest ALS mice lack the ability to regulate blood flow and develop blood carrying capillaries, which might contribute to the progression of the disease.’

Dr Lindsay is conducting preliminary experiments on ALS. His work could provide important information on the therapeutic potential of targeting the vasculature in ALS patients.

‘Through my research, I intend to identify how tetrahydrobiopterin levels in the blood vessels impact on the development of ALS, and ultimately lead to the implementation of new clinical guidelines or trials in humans,’ he said.



Dr Angus Lindsay

Project funding: Deakin University, Alfred Deakin Postdoctoral Research Fellowship, 2 years (2019-2021)

Mitochondria and metabolic disease

Through his research, Dr Trewin is aiming to find possible ways of treating the underlying causes of metabolic diseases.

Working in the field of physiology and metabolism, Dean's Postdoctoral Research Fellow Dr Adam Trewin is studying mitochondria – sometimes referred to as the 'powerhouse' of the body's cells.

Mitochondria are critical for our health. Their levels in skeletal (voluntary) muscles are boosted by regular exercise, which is linked to improved health. On the other hand, dysfunctional mitochondria are linked to a vast array of diseases such as diabetes and obesity.

Through his research, Dr Trewin is aiming to find possible ways of treating the underlying causes of metabolic diseases by understanding the factors that determine how mitochondria respond to stressful cellular conditions.

Since starting his Fellowship in February 2019, his primary focus has been to generate pilot data to support his studies.

'Our research group is currently investigating a relatively unexplored class of molecules known as 'non-coding RNA' and how they affect cell and mitochondrial function,' he explained.

Non-coding RNA are molecules that come from genes once thought of as being 'junk DNA' because they lack the genetic 'instructions' to be turned into

a protein to perform a particular task. Despite this, they are now recognised as having important roles in regulating how other genes and proteins are made and function.

Dr Trewin has been working on identifying various non-coding RNAs in cultured muscle cells under different conditions, including from human tissues. He is also studying which non-coding RNAs change after exercise training.

Next, he plans to perform RNA sequencing – a cutting edge technique that allows for the unbiased identification of candidate non-coding RNA in samples.

This would allow him to hone in on specific non-coding RNAs that are most likely to influence how mitochondria respond to stressful cellular conditions.

'Then I plan to determine the functional roles of these candidate non-coding RNAs in a cell culture model,' he said.

'I'm hoping this work will uncover a range of non-coding RNA species within muscle mitochondria that regulate mitochondrial function and that could represent novel targets for future research into therapies for various metabolic diseases.'



Dr Adam Trewin

Project funding: Deakin University, Dean's Postdoctoral Research Fellowship, 2 years (2019-2021)

Tracking movement patterns and associated health outcomes in early childhood

‘I’m aiming to fill the gap in evidence around health outcomes associated with movement behaviours in early childhood.’

Do children aged up to five years who are sedentary for long periods maintain these habits into later childhood?

Alfred Deakin Postdoctoral Research Fellow Dr Katherine Downing aims to answer this question through her fellowship investigating 24-hour movement behaviours, such as physical activity, sedentary behaviour and sleep, in early childhood (birth through 5 years).

She is also investigating what potential health outcomes may be associated with combinations of movement behaviours in early childhood.

Movement behaviours have recently been redefined as occurring on a movement spectrum – from no conscious movement (sleep), through to vigorous-intensity physical activity.

‘Within a 24-hour period, when time is spent in one behaviour, time in another behaviour is reduced, so it makes sense to consider these behaviours together,’ Dr Downing said.

‘I’m aiming to fill the gap in evidence around health outcomes associated with movement behaviours in early childhood.’

Through her fellowship work, she has found that physical activity and sedentary behaviour habits established during the preschool years are maintained into primary school, and that these habits tend to track more strongly for girls than boys.

‘My findings suggest that these behaviours are stable from a young age. So we need to ensure that interventions and public health messages are promoting high levels of physical activity and low levels of sedentary behaviour from early childhood, particularly for girls, to ensure that children are on a healthy trajectory for life,’ she said.

Next, she plans to undertake analyses for the second part of her project – looking at the health outcomes associated with movement behaviours, using data from existing Australian studies: the Healthy Active Preschool and Primary Years (HAPPY) Study, the Melbourne Infant Feeding Activity and Nutrition Trial (INFANT) – both from IPAN – and the Barwon Infant Study (BIS).

‘One of the really novel aspects of this research is that I’ll also be able to investigate a range of cardiovascular risk factors in relation to movement behaviours in early childhood using BIS data,’ she said.

Dr Downing hopes her findings will help inform development of future intervention strategies, by identifying how and when to intervene; and also that the results may directly inform the development of more specific 24-hour movement guidelines for the early years.

Dr Katherine Downing

Project funding: Deakin University, Alfred Deakin Postdoctoral Research Fellowship, 2 years (2019-2021)

Mobile health to improve quality of life for cardiac patients

‘Cardiac rehabilitation is essential to help reduce the risk of repeat cardiac events, readmissions and death.’

As a Registered Nurse as well as a researcher, Dean’s Postdoctoral Research Fellow Dr Susie Cartledge has a passion for the rehabilitation of cardiac patients.

This passion has led her to investigate the use of mobile health as a tool to increase continuity of care following hospital discharge, and provide cardiac rehabilitation in those early days while recovering at home.

Through her fellowship, she is examining how an intervention delivered via a mobile phone or tablet could allow and empower patients to effectively manage their condition, improving their quality of life and life expectancy.

‘Cardiac rehabilitation is essential to help reduce the risk of repeat cardiac events, readmissions and death,’ Dr Cartledge explained.

‘Once the patient has been treated in hospital, they typically undertake cardiac rehabilitation – a combination of education and exercise – as an outpatient.

‘But I’ve observed in both my clinical nursing work and in my research that patients and families often haven’t been provided with, or are unable to absorb, essential education during the short inpatient stay. Then they are at a loss of what necessary health changes they need to make once home.

‘This makes them feel lost and anxious at a critical time when education and exercise interventions can be delivered.’

A mobile health intervention to provide early access to cardiac rehabilitation could take the form of text messages, an app, website or a combination. The intervention would likely commence before patients are discharged, to help them through the difficult transition to home. It would also allow for extended education on cardiac rehabilitation for both patients and family members.

Dr Cartledge hopes her research will assist and empower cardiac patients and their family members to better understand their condition and to decrease the siloed nature of the health care system, especially in the transition from hospital to home and then outpatient cardiac rehabilitation programs.

‘Ultimately, if the intervention proves successful, I can test the effect it has on decreasing readmissions and cardiac events, improving knowledge of heart health and uptake of cardiac rehabilitation in a large clinical trial,’ she said.

Dr Susie Cartledge

Project funding: Deakin University, Dean’s Postdoctoral Research Fellow, 2 years (2019-2021)

Awards and prizes

Two IPAN researchers hit the top 1% again

Alfred Deakin Professors Jo Salmon and Anna Timperio were again announced as Clarivate Analytics Highly Cited Researchers for 2019. Professor Salmon has now been included on the list for five consecutive years; and Professor Timperio has been honoured for the fourth time since 2015. The pair represent two of the seven researchers from Deakin University to appear on the 2019 list. Highly Cited Researchers are ranked in the top 1% in the world, measured by citations over 21 broad research areas.



Awards and prizes

IPAN researchers were recognised for their dedication and high quality contribution to scientific research and expertise through a variety of awards and prizes.

Professor Robin Daly received an International Osteoporosis Foundation Calcium Academy award at the World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases conference in Paris in recognition of his contribution to new research on calcium and its role in bone health.

Dr Jenny Veitch's Revamp project won the Playground Design and Development award category at the Australian Sport, Recreation and Play Industry Innovation Awards.

Dr Rebecca Leech was a finalist in the 2019 Premier's Awards for Health and Medical Research.

Associate Professor Nicky Ridgers was a finalist in the 'Research into Action' category, 2019 VicHealth Awards for her project 'Emerging issues in using technology for adolescent physical activity: Lessons learnt'.

Alfred Deakin Professor Kylie Ball was part of a team awarded the Hunter New England Health Excellence award for 'Keeping people healthy' - The Healthy Online Choices project, led by Luke Wolfendon. Shortlisted to compete in NSW Health Awards.

Dr Susie Cartledge was awarded the Nursing and Allied Health Professions investigator award at the European Society of Cardiology 2019 congress.

Associate Professor Steve Fraser was awarded a Fellow of Exercise and Sports Science Australia (ESSA) in recognition of a distinguished level of professional accomplishment, service and responsibility to ESSA.

Dr Lewan Parker received a Heart Foundation of Australia Collaboration and Exchange Award (Application ID 104588) – Collaborative project with Amsterdam University.

Dr Paige van der Pligt was awarded a CASS Travel Award to attend the 7th International Conference on Nutrition & Growth 2020.

Dr Rebecca Lindberg won the Public Health Association Early Career Researcher Scholarship to attend the World Public Health Nutrition Congress 2020.

Dr Penny Love received a Dietitians Association of Australia Outstanding Contribution Award at the 2019 Annual Conference for contributions to the field of public health nutrition and for supporting and advancing the dietetics profession.

Professor Daly was part of a team awarded the Amgen-Australian and New Zealand Bone and Mineral Society (ANZBMS) Outstanding Abstract – Clinical Presentation at the ANZBMS Annual Scientific Meeting for their abstract titled: *Effects of exercise with a multi-nutrient fortified milk drink on physical performance, body composition, bone and cartilage turnover and inflammation in sedentary middle-aged women.*

Associate Professor Daniel Belavy was part of a team awarded one of only two Best Poster awards at the International society for the study of the lumbar spine conference in Kyoto for their poster titled: *A network meta-analysis of effectiveness of specific modes of exercise for chronic low back pain.*

Dr Adam Trewin won the postdoctoral publication award for his paper: *Mitochondrial Reactive Oxygen Species Generated at the Complex-II Matrix or Intermembrane Space Microdomain Have Distinct Effects on Redox Signaling and Stress Sensitivity in Caenorhabditis elegans* at the Australian Physiological Society Awards.

Dr Rebecca Leech won best poster at Australasian Epidemiology Association annual conference.

Deakin University Vice Chancellor's Awards

Associate Professor Kylie Hesketh received an Excellence in Research Supervision award.

Dr Shariful Islam received an Early Career Research Award for Career Excellence award.

Our staff

Associate Professor Brad Aisbett

Dr Lauren Arundell

Dr Brenton Baguley

Dr Phillip Baker

Alfred Deakin Professor Kylie Ball

Associate Professor Lisa Barnett

Associate Professor Daniel Belavy

Dr Andrew Betik

Dr Alison Booth

Associate Professor Clinton Bruce

Professor Karen Campbell

Dr Barbara Cardoso (until 30 August 2019)

Dr Susie Cartledge

Alfred Deakin Professor David Crawford

Professor Robin Daly

Dr Paul Della Gatta

Dr Katherine Downing

Dr Rachel Duckham

Dr Victoria Foletta

Associate Professor Steve Fraser

Dr Elena George

Dr Carley Grimes

Dr Lee Hamilton

Dr Ashley Hendy

Associate Professor Kylie Hesketh

Dr Jill Hnatiuk

Dr Kirsten Howlett

Dr Rabia Islam

Dr Shariful Islam

Dr Gunveen Kaur

Associate Professor Michelle Keske

Dr Nicole Kiss

Dr Harriet Koorts

Dr Greg Kowalski

Dr Katie Lacy

Dr Severine Lamon

Professor Mark Lawrence

Dr Rachel Laws

Dr Rebecca Leech

Dr Rebecca Lindberg

Dr Angus Lindsay

Dr Katherine Livingstone

Dr Venurs Loh

Dr Penny Love

Dr Helen Macpherson

Professor Ralph Maddison

Dr Luana Main

Dr Claire Margerison

Professor Sarah McNaughton

Dr Catherine Milte

Dr Rachelle Opie

Dr Lewan Parker

Dr Jonathan Rawstorn

Professor Lynn Riddell

Associate Professor Nicky Ridgers

Professor Aaron Russell

Dr Shannon Sahlqvist

Alfred Deakin Professor Jo Salmon

Dr Ahrathy Selathurai

Dr Chris Shaw

Professor Rod Snow

Dr Alison Spence

Dr Ewa Szymlek-Gay

Dr Sze-Yen Tan

Dr Megan Teychenne

Dr Lukar Thornton

Alfred Deakin Professor Anna Timperio

Associate Professor Susan Torres

Dr Adam Trewin

Dr Anne Turner

Dr Paige van der Pligt

Dr Jenny Veitch

Associate Professor Glenn Wadley

Dr Adam Walsh

Dr Stuart Warmington

Dr Julie Woods

Professor Tony Worsley

Dr Craig Wright

Dr Jazzmin Zheng



PhD students and projects

Name	Project title
Sarah Alexander	The role of testosterone in skeletal muscle adaptation in females
Giselle Allsopp	Immune and muscular responses to resistance training in intermittent hypoxia
Wei (Teddy) Ang	Unravelling the regulatory mechanisms of postprandial glucose metabolism
Linda Atkins	Iron nutrition of Australian pre-schoolers
Gozde Aydin	Application of mobile phone technology to primary school nutrition education
Lisa Bell	Physical activity and cardiovascular disease risk in preschool aged children
Gail Kathryn Boddy	An investigation of food literacy acquisition and family food practices
Melissa Bujtor	Understanding associations between diet, lifestyle behaviours and mental health in children and adolescents
Alissa Burnett	Parenting styles and their associations with the dietary intakes of children
Samuel Cassar	Adoption and implementation of school-based physical activity interventions at scale
Stephanie Chappel	Emergency nurses' physical activity at work and during leisure-time
Andrew Cleland	What makes a successful dining experience?
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
Reza Daryabeygikhotbehsara	Theory-based carbohydrate counting education through videoconferencing in controlling diabetes complications
Jedha Dening	Effectiveness and cost-effectiveness of an internet-based low carbohydrate dietary intervention for people with type 2 diabetes
Emily Denniss	Nutrition misinformation in the media
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
Hayley Therase Dillon	Preventing cardiometabolic consequences of stem cell transplants in haematological cancer patients
Sara Dingle	Understanding associations between combined lifestyle behaviours and cognition in adults
Ninoshka Dsouza	Understanding obesity in prepubertal children
Sara Ebrahimi	Diet quality and health outcomes in Iranian adults
Inimfon Essiet	Development of assessment approaches for perceived physical literacy in children
Georgia Fassoulidis	Fit for purpose: dietary intervention opportunities for infertility in primary health
Siona Fernandes	Examining neighbourhood design and interaction on active living practices of Indian communities
Stephen Foulkes	The effect of exercise training on cardiopulmonary fitness and cardiac function in breast cancer patients undergoing chemotherapy
Steven Hamley	Understanding the regulation of postprandial glucose metabolism
Dale Harris	Exploring and improving the balance of people with Parkinson's disease
Michael Hart	Associations between dietary intake, inflammation and cognitive function in older adults
Jennifer Hatt	Examining physical activity and sedentary behaviour changes in late adolescence
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

PhD students and projects cont'd

Name	Project title
Asnake Ararsa Irenso	Role of social networking on complementary feeding practices and nutritional status in eastern Ethiopia
Paayal Kapadia	A healthy habits intervention for childhood cancer survivors
Nazgol Karimi	Implementation of a consumer-focused eHealth intervention for diabetes self-management (DSM) for women from socioeconomically disadvantaged areas
Fay Karpouzis	Implementation/evaluation of OzHarvest's school-based FEAST (Food Education and Sustainability Training) program
Durreajam Khokhar	Salt-related knowledge, attitudes and behaviours among Victorian parents
Krupa Thammaiah Kombanda	Assessment of socio-economic factors associated with snacking behaviour among secondary school
Olivia Knowles	Sleep deprivation, resistance training and muscle health in shift workers
Konsita Kuswara	A mixed method approach to understanding infant feeding practices of Chinese mothers in Australia
Eloise-Kate Litterbach	Family mealtimes, screen time, socioeconomic patterning and diet quality in Australian families with young children
Jiani Ma	Physical activity behaviours of young people
Jaimie-Lee Maple	Incentives to increase physical activity and reduce sedentary behaviour
Brittany Markides	MyToddlerNow: An mHealth intervention improving toddler energy-balance behaviours
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	Regulatory investigation of toddler foods and milks in Australia
Jenna McVicar	Effects of e-bikes on physical activity and cardiometabolic health
Jasmine Mikovic	The role of miRNAs in skeletal muscle cell proliferation and regenerative capacity
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
Rebecca Nourse	Smart Home system for patients with cardiovascular disease
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 activity-related behaviours: an ecological approach
Mamatha Philip Gabriel	Creatine metabolism and supplementation of the maternal uterus
Widya Rahmawati	Development and promotional strategy of the local food-based dietary recommendation for pregnant women in Malang City Indonesia
Mark Renton	Role of extracellular matrix in insulin resistance
Elise Rivera	Critical park characteristics and features for adolescent park use and physical activity
Spencer Roberts	Effects of sleep on endurance cycling performance and heart rate indices of athlete readiness
Katherine Roberts Thomson	Pre- diabetes and muscle blood flow
Cherie Ann Russell	Public health risks/benefits of novel food policy and non-caloric sweeteners
Kate Sadler	Establishing the therapeutic potential of STARS in vivo
Louisa Sattout	Exercise in males born growth restricted ameliorates cardiovascular deficits and dysfunction preventing adverse offspring health

PhD students and projects cont'd

Name	Project title
Katherine Sievert	The political economy of meat reduction for healthy and sustainable food systems
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
Brittany Amel Swelam	Exploring compensation of physical activity behaviour in school-aged children
Scott Tagliaferri	Peripheral and central contributions to chronic low back pain
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
Barbara Vitorino Alencar Brayner	Understanding the role of dietary patterns high in omega-3 and FADS polymorphism in type 2 diabetes risk
Cara Walker	Design and development of a physical readiness test for tanker-based firefighters
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
Emily Claire Wordie-Thompson	Can whole-body vibration improve microvascular function in type 2 diabetes?

PhD students who completed in 2019

Name	Project title
Matthew Clarkson	Aerobic exercise with blood flow restriction for patients undergoing dialysis
Anna Maria Contardo Ayala	The influence of sitting and standing on young people's health
Abishamala Kingsly	Neighbourhood environment, physical activity and adiposity among adolescents in India
Davina Mann	Understanding and promoting healthy and sustainable food behaviours
Bilal Ahmad Mir	The regulation and role of NDRG2 during catabolic stress in skeletal muscle
Amanda Watson	Can physical activity improve children's academic-related outcomes?



Some of IPAN's PhD students, L-R: Widya Rahmawati, Krupa Thammaiah Kombanda, Jennifer McCann, Konsita Kuswara and Priscila Cristina dos Santos (visiting PhD student from Brazil).

Externally funded research projects in 2019

Project team	Project title	Funding scheme
Baker P, Lawrence M, Worsley T, van der Pligt P , Judhiastuty F, Nurlita H	Responding to Indonesia's growing double burden of malnutrition	DFAT Australia Indonesian Institute
Ball K, Opie R , Hamblin P, Maddison R , Rasmussen B, Ng A, Crawford D	A novel approach for supporting healthy eating amongst disadvantaged individuals with Type 2 diabetes	Diabetes Australia Research Program
Bruce C, Kowalski G	Mechanisms of insulin resistance in humans	Diabetes Australia Research Program
Campbell K, Laws R, Hesketh K , Denney-Wilson E, Moodie M, Koorts H , Ong KL, Orellana L, Love P , Browne J	Evaluating real-world implementation of an evidence-based program addressing lifestyle behaviours from the start of life	NHMRC Partnership Grant
Hesketh K, Salmon J , Galland B, Nicholson J, Taylor R, Orellana L, Abdelrazek M, Koorts H , Brown V, Downing K. Al: Campbell K	Maximising health potential through enhancement of movement behaviours from early life	NHMRC Project Grant
Islam R, Russell A, Foletta V, Della Gatta P , Gerlinger F	Promoting axon regeneration by suppressing miRNA-23a	Brain Foundation
Islam S, Maddison R , Abawajy J, Chow C.	Effectiveness of wearable continuous blood pressure monitoring device with a care platform on hypertension control: A randomized controlled trial	National Heart Foundation of Australia - Vanguard Grant
Kowalski G, Bruce C	Metabolic tug-of-war: deciphering the role of glucagon and insulin under physiologically relevant conditions in humans	Diabetes Australia Research Program
Lawrence M, Baker P, Worsley A, McNaughton SA	Reforming evidence synthesis and translation for food and nutrition policy	ARC Discovery Project
Maddison R, Ball K , Oldenburg B, Chow C, McNaughton SA, Rawstorn J , Lamb K, Gao L. Al's Moodie M, Neil C, Amerena J, Nadurata V	A 21st century approach for improving Self-Management of Heart Disease	NHMRC Project Grant
Maddison R , Baghaei N, Murphy R, Heke I, Dobson R	Feasibility of a mobile game to improve diabetes self-management in young people	Health Research Council of New Zealand
Maddison R , Hargreaves E, Marsh S, Heke I, Kara S, Sundborn G, Jiang Y, Eyles H, Wyke S, Hunt K, Gray C, Lubans D	Rugby Fans In Training: A randomised controlled trial	Health Research Council of New Zealand
McNaughton SA , Dunstan D, Sargent C, Worsley T, Macpherson H	Eating patterns: How do they interact with activity, sleep, and mood?	ARC Discovery Project
Rawstorn J , Wallen W, Cartledge S, Islam S , Evans L, Maddison R , Amerena J, Grace F	Identifying barriers, facilitators and strategies for implementing cardiac telerehabilitation to address inequalities in Western Victoria	Western Alliance Grants-In Aid program
Ridgers N, Salmon J, Timperio A , Chastin S	Do children have a physical activity 'set-point'?	ARC Discovery Project
Salmon J, Timperio A , Bauman A, Lubans D, Lonsdale C, Koorts H , Telford A, Ridgers N, Barnett L , Lamb K. Al: Brown H, Arundell L	Scalability of the Transform-Us! program to promote children's physical activity and reduce prolonged sitting in Victorian primary schools	NHMRC Partnership Grant
Szymlek-Gay E , Hoang N, Gibson R, Orellana L, Worsley T , Sinclair A	Multiple micronutrient supplementation in primary school children in Vietnam	National Institute of Nutrition, Vietnam
Tan SY, Cardoso B, George E, Daly R	Associations between nut intake, cognitive function and non-alcoholic fatty liver disease in older adults	International Nut and Dried Fruit Council Foundation
Thornton L , Coffee N, Lamb K, Ball K , Daniel M, Kestens Y, Chaix B	Testing the projected benefits of living in a 20-minute neighbourhood	ARC Discovery Project
Veitch J, Timperio A, Ball K , Deforche B	Parks: harnessing a public space for active living and social connectedness	ARC Discovery Project

IPAN staff are indicated in bold

Externally funded research fellowships in 2019

Staff member	Project name	Funding scheme
Bruce C	Defining a novel pathway in the regulation of skeletal muscle mass	ARC Future Fellowship
Hesketh K	Providing children with a healthy start to life: promoting physical activity and reducing sedentary behaviours during early childhood	ARC Future Fellowship
Islam S	Smart Home System for promoting healthy lifestyle and self-management in people with Heart Failure	National Heart Foundation of Australia Postdoctoral Fellowship
Kiss N	Predicting muscle loss during lung cancer treatment: the PREDICT study	Victorian Cancer Agency Nursing and Allied Health Clinical Research Fellowship
Kowalski G	Phosphatidylserine: a regulator of muscle and mitochondrial biology?	ARC Discovery Early Career Researcher Award
Leech R	Eating in context: A multilevel approach to understanding eating patterns and their role in cardiometabolic health	National Heart Foundation of Australia Postdoctoral Fellowship
MacPherson H	A multi-faceted intervention to enhance cognition in older people at risk of cognitive decline	NHMRC - ARC Dementia Research Development Fellowship
McNaughton S	Building evidence to improve health through optimal diet	NHMRC Career Development Fellowship
Parker L	Exercise intolerance and impaired glycaemic control in heart failure patients: Identifying microvascular dysfunction as a novel mechanism	NHMRC/NHF Early Career Fellowship
Ridgers N	Addressing the challenges of promoting youth physical activity	National Heart Foundation of Australia Future Leader Fellowship
Veitch J	Parks for heart health: understanding and influencing park design to optimise physical activity	National Heart Foundation of Australia Future Leader Fellowship
Zheng J	Informing childhood obesity prevention: Describing dietary correlates of rapid growth, overweight and obesity across the first five years of life	NHMRC Early Career Fellowship

Externally funded research collaborations in 2019

Project team	Lead institute	Project title	Funding scheme
Armbrecht G, Gast U, Belavy DL , Felsenberg D	Charité University Medical School, Germany	Muscle and bone adaptations in simulated spaceflight and the influence of interventions	German Aerospace Centre
Baur L, Askie L, Rissel C, Moodie M, Trost S, Campbell K , Hesketh K , Hayes A, Golley R, Taylor R. AI: Laws R	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, Lawrence M , 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
Carson V, Wiart L, Hesketh K	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
Cheng HL, Johnson C, Petersen K., AI: Grimes C	University of Sydney	Exploring the impact of the sodium-to-potassium ratio on longitudinal adolescent trajectories of blood pressure and cardiovascular risk	NHMRC Project grant
Cleland V, Ball K , 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, Tan S Y , Rogers G	University of South Australia	Does inclusion of almonds in energy restricted diet enhance weight loss and protect against weight regain?	Almond Board of California
Daley A, Thursfield C, Jolly K, Yates T, Mutrie N, Biddle S, Maddison R	Loughborough University, UK	Snackivity' to promote physical activity and reduce future risk of disease in the population	National Institute Health Research- NIHR
DeForche B, Veitch J , Van dyck D, De Maeyer P	Ghent University	Critical attributes of parks associated with physical, mental and social health in older adults; a participatory approach	Research Foundation Flanders (FWO)
Dodd JM, Pena A, Schoenaker D, Giles L, Hoyo C, Owens J. Campbell K	University of Adelaide	The First 1,000 Days: In-utero and early life exposures and their contribution to child obesity	NHMRC Project Grant
Dunstan D, Owen N, Eakin E, Biddle S, Healy G, Daly R , 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 workers with Type 2 Diabetes?	NHMRC Project Grant
Grace F, Wallen M, Wong SA, Evans L, Brown S, Rawstorn JC	Federation University Australia	Developing a best practice, preoperative exercise therapy 'rehabilitation' model for patients with prostate, colon and breast cancer, in the Grampians region of Victoria	Western Alliance
Green DJ, Maiorana AJ, Nosaka K, Naylor LH, Hillis GS, Ridgers ND , Lloyd DG, Al's Smith A, Gucciardi D, Dembo L	University of Western Australia	Exercise as medicine for heart failure: A novel intervention to improve outcomes	NHMRC Project Grant
Mouzakis K, Venkatesh S, Maeder A, Hutchinson A, Berk M, Maddison R , et al	Deakin University	ARC Research Hub for Digital Enhanced Living	ARC Industrial Transformation Research Hubs
La Gerche A, Loi S, Haykowsky M, Howden E, Daly RM , Antill Y, Salim A, Fraser S	Baker IDI Heart and Diabetes Institute	Preventing functional disability in breast cancer survivors- A randomised controlled exercise intervention	World Cancer Research Fund International Regular Grant Programme
Löf M, Bendtsen P, Mussener U, Hendriksson P, Thomas K, Maddison R , MacCambridge J	Karolinska Institute Sweden	mHealth multiple lifestyle behaviors research program across the lifespan	Forté, Swedish Research Council for Health, Working Life and Welfare

Externally funded research collaborations in 2019 cont'd

Project team	Lead institute	Project title	Funding scheme
Lof M, Maddison R , Blomberg, Lagerros Y	Karolinska Institute, Sweden	HealthyMoms-a smartphone application to promote healthy weight gain, diet and physical activity during pregnancy and to counteract obesity in mothers and children: a randomized controlled trial	Swedish Research Council
Lof M, Maddison R , Eriksson U, Lagerros Y	Karolinska Institute, Sweden	The Smart City Active Mobile Phone Intervention (SCAMPI) study: a randomized controlled trial to promote physical activity through active transportation	Swedish Research Council for Health, Working Life and Welfare
Lonsdale C, Lubans D, Salmon J , Morgan P, Parker P, Moodie M, McKay H	Australian Catholic University	Evidence-based physical activity promotion in primary schools: Improving children's health through sustainable partnerships	NHMRC Partnership
Mcgee S, Bruce C , Walder K, White F	Deakin University	The role of GAPDH acetylation and HDAC6 in liver metabolism and type 2 diabetes	NHMRC Project Grant
Marsh S, Maddison R , 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
Natarajan L, Ridgers N (consultant)	University of California, San Diego	Novel computational techniques to detect the relationship between sitting patterns and metabolic syndrome in existing cohort studies	National Institutes of Health
Neal B, Nowson C, Swinburn B, Woodward M, NiMhurchu C, Simpson S, Moodie M, Webster J, Sacks G, Wu J. AI: Grimes C there are 10 AI's in total	The George Institute	Centres of Research Excellence in reducing salt intake using food policy interventions	NHMRC Centres of Research Excellence
Neal B, Nowson C, Webster J, Grimes C , Dunford E, Jan S	The George Institute	Reducing population salt consumption in Victoria	NHMRC Partnership Grant
Nikander R, Rantanen R, Daly R , Sievanen H, Kannus P, Heinonen A, Sipilä 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, Ball K , 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
Rantalainen T. Collaborators: Rantanen T, Finni T, Ridgers ND	University of Jyväskylä, Finland	Bodily movement and sustaining quality of life in old age	Academy of Finland
Resaland GK, Daly-Smith A, Singh AS, Stokka ES, Tammelin T, Mota J, von Seelen J, Tjomsland HE, Oliveira JM, ChinAPaw M. International advisors: Bartholomew J, Pesce C, McKay HA, Salmon J	Western Norway University of Applied Sciences	ACTivating classroom teachers - Teachers on the move	Erasmus strategic partnerships for higher education
Sääkslahti A, Laukkanen A, Niemistö, Barnett L , Aunola K	University of Jyväskylä	Liikkuva perhe : The Active Family	Decision of Ministry of Education and Culture
Silva R, Nanayakkara GJM, Worsley A , Booth A, Subasinghe P, Pieris R	University, Sri Lanka	Examination of the state of food literacy education and food environment in Sri Lankan secondary schools	National Research Council of Sri Lanka
Skinner TL, Wright OR, Baguley BJ	University of Queensland	TrueNTH solutions: an integrated multi-component intervention to improve the lives of men with prostate cancer in Australia	Movember Foundation
Trapp G, Hooper P, Thornton L , Pollard C, Rosenberg M, Christian H, Foster S, Howard J	Telethon Kids Institute-Perth	How healthy (or unhealthy) is the food environment around Perth schools?	2017 WA Health Promotion Exploratory Research Grants
Trapp G, Hooper P, Pollard C, Fallows M, Yun G, Thornton L , Landrigan T, Pulker C	Telethon Kids Institute-Perth	Public Health Nutrition Intelligence: Mapping food outlets to improve health	East Metropolitan Health Service, WA
Vogel C, Baird J, Cooper C, Moon G, Ball K , 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, McKenzie M, Snow R , Dickinson H	Monash University	Mitochondrial damage following fetal hypoxia or birth asphyxia: Using creatine to preserve mitochondrial function	NHMRC Project Grant
Westberg K, Stavros C, Parker L, Worsley A , Reid M, Martin D, Fouvy D, Powell A	RMIT University	Game Ready: Exploring food choices and consumption practices in the context of community sport	VicHealth Innovation Grant

Externally funded research collaborations in 2019 cont'd

Project team	Lead institute	Project title	Funding scheme
Williams J, Taylor C, Sawyer S, Moodie M, Luo, Romaniuk, Hesketh K , Wilfley D	Deakin University	Preventing obesity and promoting healthy body image in Australian secondary schools: a web-based system tailored to individual needs	NHMRC Project Grant
Wlodek M, Lane M, Wadley G , 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, Ball K , Campbell K , Rissel C, Wyse R	University of Newcastle	A randomised controlled trial of an online intervention to improve healthy food purchases from primary school canteens	NHMRC Partnership Grant

IPAN staff are indicated in bold



2019 Publications

Published papers

	Title	Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
1.	Absalom G, Zinga J, Margerison C*, van der Pligt P*. Associations of dietetic management with maternal and neonatal health outcomes in women diagnosed with gestational diabetes: a retrospective cohort study. <i>Journal of Human Nutrition and Dietetics</i> . 2019; 32(6): 728-736. Doi: 10.1111/jhn.12682	Q1#, Q2#	3.088
2.	Ang T, Bruce CR*, Kowalski GM*. Postprandial aminogenic insulin and glucagon secretion can stimulate glucose flux in humans. <i>Diabetes</i> . 2019; 68(5): 939-946. Doi: 10.2337/db-18-1138	Q1	7.199
3.	Arundell L*, Salmon J*, Veitch J*, Timperio A*. The relationship between objectively measured and self-reported sedentary behaviours and social connectedness among adolescents. <i>International Journal of Environmental Research and Public Health</i> . 2019; 16: 277. Doi: 10.3390/ijerph16020277	Q2	2.468
4.	Arundell L*, Salmon J*, Koorts H*, Contardo Ayala AM, Timperio A*. Exploring when and how adolescents sit: cross-sectional analysis of activPAL-measured patterns of daily sitting time, bouts and breaks. <i>BMC Public Health</i> . 2019; 19: 653. Doi:10.1186/s12889-019-6960-5	Q1	2.567
5.	Arundell L*, Parker K, Salmon J*, Veitch J*, Timperio A*. Informing behaviour change: What sedentary behaviours do families perform at home and how can they be targeted? <i>International Journal of Environmental Research and Public Health</i> . 2019; 16: 4565. Doi: 10.3390/ijerph16224565	Q2	2.468
6.	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> . 2019; 27(3): 951-958. Doi: 10.1007/s00520-018-4384-x	Q2	2.754
7.	Bailey RL, Sahni S, Chocano-Bedoya P, Daly RM*, Welch AA, Bischoff-Ferrari H, Weaver CM. Best practices for conducting observational research to assess the relation between nutrition and bone: an international working group summary. <i>Advances in Nutrition</i> . 2019; 10(3): 391-409. Doi: 10.1093/advances/nmy111	Q1	7.24
8.	Baker P*, Brown AD, Wingrove K, Allender S, Walls H, Cullerton K, Lee A, Demaio A, Lawrence M*. Generating political commitment for ending malnutrition in all its forms: a system dynamics approach for strengthening nutrition actor networks. <i>Obesity Reviews</i> . 2019; 20(S2): 30-44. Doi: 10.1111/obr.12871	Q1	8.192
9.	Baker P*, Friel S, Gleeson D, Thow AM, Labonte R. Trade and nutrition policy coherence: a framing analysis and Australian case study. <i>Public Health Nutrition</i> . 2019; 22(12): 2329-2337. Doi: 10.1017/S1368980019000752	Q1#, Q2#	2.526
10.	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> . 2019; 22(3): 311-318. Doi: 10.1016/j.jsams.2018.08.007	Q1	3.623
11.	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> . 2019; 37(5): 492-499. Doi: 10.1080/02640414.2018.1508399	Q1	2.811

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
12.	Barnett LM*, Dudley De, Telford RD, Lubans DR, Bryant A, Roberts W, Morgan PJ, Schranz NK, Weissensteiner J, Vella S, Salmon J*, Ziviani J, Okely A, Wainwright N, Evans J, Keegan R. Guidelines for the selection of physical literacy measures in physical education in Australia. <i>Journal of Teaching in Physical Education</i> . 2019; 38(2): 119-125. Doi: 10.1123/jtpe.2018-0219	Q1#, Q2#, Q3#	1.775
13.	Barnett L*, Hnatiuk J*, Salmon J*, Hesketh K*. Modifiable factors which predict children's gross motor competence: a prospective cohort study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2019; 16: 129. Doi: 10.1186/s12966-019-0888-0	Q1	6.037
14.	Bei WJ, Wang K, Li HL, Guo XS, Abuduanin T, Chen SQ, Islam SMS*, Chen PY, Chen JY, Liu Y, Tan N. Safe hydration to prevent contrast-induced acute kidney injury worsening heart failure in patients with renal insufficiency and heart failure undergoing coronary angiography or percutaneous coronary intervention. <i>International Heart Journal</i> . 2019; 60(2): 247-254. Doi: 10.536/ihj.17-066	Q2	2.226
15.	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> . 2019; 51(1): 211-217. Doi: 10.1249/MSS.0000000000001770	Q1	4.478
16.	Bennie JA, Teychenne MJ*, De Cocker K, Biddle SJH. Associations between aerobic and muscle-strengthening exercise with depressive symptom severity among 17,839 U.S. adults. <i>Preventive Medicine</i> . 2019; 121: 121-127. Doi: 10.1016/j.ypmed.2019.02.022	Q1	3.449
17.	Bell LA, Fletcher EA, 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> . 2019; 22(5): 568-573. Doi: 10.1016/j.jsams.2018.11.021	Q1	3.623
18.	Bennie JA, De Cocker K, Teychenne MJ*, Brown WJ, Biddle SJH. The epidemiology of aerobic physical activity and muscle-strengthening activity guideline adherence among 383,928 U.S. adults. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2019; 16: 34. Doi: 10.1186/s12966-019-0797-2	Q1	6.037
19.	Bennie JA, Teychenne MJ*, De Cocker K, Biddle SJH. Associations between aerobic and muscle-strengthening exercise with depressive symptom severity among 17,839 U.S. adults. <i>Preventive Medicine</i> . 2019; 121: 121-127. Doi: 10.1016/j.ypmed.2019.02.022	Q1	3.449
20.	Bero LA, Norris SL, Lawrence MA*. Making nutrition guidelines fit for purpose. <i>BMJ</i> . 2019; 365: l1579. Doi: 10.1136/bmj.l1579	Q1	27.604
21.	Berry MJ, Schlegel M, Kowalski GM*, Bruce CR*, Callahan DL, Davies-Tuck ML, Dickinson H, Goodson A, Slocombe A, Snow RJ*, Walker DW, Ellery SJ. UNICORN Babies: Understanding circulating and cerebral creatine levels of the preterm infant. An observational study protocol. <i>Frontiers in Physiology</i> . 2019; 10: 142. Doi: 10.3389/fphys.2019.00142	Q2	3.201
22.	Boddy G, Booth A*, Worsley A*. What does healthy eating mean? Australian teachers' perceptions of healthy eating in secondary school curricula. <i>Health Education</i> . 2019; 119(4): 277-290. Doi: 10.1180/HE-04-2019-0018	Q3	N/A
23.	Brandner CR, Clarkson MJ, Kidgell DJ, Warmington SA*. Muscular adaptations to whole body blood flow restriction training and detraining. <i>Frontiers in Physiology</i> . 2019; 10: 1099. Doi: 10.3389/fphys.2019.01099	Q2	3.201
24.	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> . 2019; 30(2): 363-373. Doi:10.1007/s00198-018-4671-x	Q1	3.819
25.	Burnett AJ, Worsley A*, Lacy KE*, Lamb KE. Moderation of associations between maternal parenting styles and Australian pre-school children's dietary intake by family structure and mother's employment status. <i>Public Health Nutrition</i> . 2019; 22(6): 997-1009. Doi: 10.1017/S1368980018003671	Q1#, Q2#	2.526

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
26.	Burstein R, Henry NJ, Collison ML, Marczak LB, Sligar A, et al. Named collaborator: Islam SMS*. Mapping 123 million neonatal, infant and child deaths between 2000 and 2017. <i>Nature</i> . 2019; 574(7778): 353-358. Doi: 10.1038/s41586-019-1545-0.	Q1	43.07
27.	Byrne R, Bell L, Taylor RW, Mauch C, Mihrshahi S, Zarnowiecki D, Hesketh KD*, Wen LM, Trost SG, Golley R. Brief tools to measure obesity-related behaviours in children under 5 years of age: a systematic review. <i>Obesity Reviews</i> . 2019; 20(3): 432-447. Doi: 10.1111/obr.12801	Q1	8.192
28.	Cabelka CA, Baumann CW, Collins BC, Nash N, Le G, Lindsay A*, Spangenburg EE, Lowe DA. Effects of ovarian hormones and estrogen receptor α on physical activity and skeletal muscle fatigue in female mice. <i>Experimental Gerontology</i> . 2019; 115: 155-164. Doi: 10.1016/j.exger.2018.11.003	Q2	3.08
29.	Cameron AJ, Charlton E, Walsh A*, Hesketh K*, Campbell K*. The influence of the maternal peer group (partner, friends, mothers' group, family) on mothers' attitudes to obesity-related behaviours of their children. <i>BMC Pediatrics</i> . 2019; 19: 357. Doi: 10.1186/s12887-019-1726-x	Q1	1.983
30.	Carboni S, Kaur G*, Pryce A, McKee K, Desbois AP, Dick JR, Galloway SDR, Hamilton DL*. Mussel consumption as a 'Food First' approach to improve Omega-3 status. <i>Nutrients</i> . 2019; 11(6):1381. Doi: 10.3390/nu11061381	Q1	4.171
31.	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> . 2019; 16(1): 192-202. Doi: 10.1007/s13311-018-0662-z	Q1	5.552
32.	Cardosa BR*, Ganio K, Roberts BR. Expanding beyond ICP-MS to better understand selenium biochemistry. <i>Metallomics</i> . 2019; 11: 1974-1983. Doi: 10.1039/c9mt00201d	Q1#,Q2#	3.571
33.	Carlson JA, Bellettiere J, Kerr J, Salmon J*, Timperio A*, Verswijveren SJJM, Ridgers ND*. Day-level sedentary pattern estimates derived from hip-worn accelerometer cut-points in 8-12 year olds: do they reflect postural transitions? <i>Journal of Sports Sciences</i> . 2019; 37(16): 1899-1909. Doi: 10.1080/02640414.2019.1605646	Q1	2.811
34.	Carnagarin R, Fonseca R, Brockman D, Hering D, Matthews VB, Mihailidou A, Reid C, Lee R, Lambert GW, Burrell LM, Sharman JE, Xia X, Poulter NR, Beaner T, Islam SM*, Carrington M, Schlaich MP. May measurement month 2017: an analysis of blood pressure screening results from Australia-South-East Asia and Australasia. <i>European Heart Journal Supplements</i> . 2019; 21(Supplement D): D14-D16. Doi: 10.1093/eurheartj/suz052	Q3	1.321
35.	Carson V, Lee EY, Hesketh KD*, Hunter S, Kuzik N, Predy M, Rhodes RE, Rinaldi CM, Spence J, Hinkley T. Physical activity and sedentary behavior across three time-points and associations with social skills in early childhood. <i>BMC Public Health</i> . 2019; 19: 27. Doi: 10.1186/s12889-018-6381-x	Q1	2.567
36.	Carson F, Malakellis M, Walsh J, Main LC*, Kremer P. Examining the mental well-being of Australian sport coaches. <i>International Journal of Environmental Research and Public Health</i> . 2019; 16(23): 4601. Doi: 10.3390/ijerph16234601	Q2	2.468
37.	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> . 2019; 26(3): 366-372. Doi: 10.1016/j.colegn.2018.09.004	Q2	1.231
38.	Cartledge S*, Thomas E, Hollier K, Maddison R*. Development of standardised program content for Phase II Cardiac Rehabilitation Programs in Australia using a modified-Delphi process. <i>BMJ Open</i> . 2019; 9: e032279. Doi: 10.1136/bmjopen-2019-032279	Q1	2.376

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
39.	Cassar S, Salmon J*, Timperio A*, Naylor P-J, van Nassau F, Contardo-Ayala AM, Koorts H*. Adoption, implementation and sustainability of school-based physical activity and sedentary behaviour interventions in real-world settings: a systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2019; 16:120. Doi: 10.1186/s12966-019-0876-4	Q1	6.037
40.	Celis-Morales C, Livingstone KM*, Petermann-Rocha F, Navas-Carretero S, San-Cristobal R, O'Donovan CB, Moschonis G, Manios Y, Traczyk I, Drevon CA, Daniel H, Marsaux CFM, Saris WHM, Fallaize R, Mcready AL, Lovegrove JA, Gibney M, Gibney ER, Walsh M, Brennan L, Martinez JA, Mathers JC. Frequent nutritional feedback, personalised advice, and behavioural changes: findings from the European Food4Me internet-based RCT. <i>American Journal of Preventive Medicine</i> . 2019; 57(2): 209-219. Doi:10.1016/j.amepre.2019.03.024	Q1	4.435
41.	Cerin E, Conway TL, Barnett A, Smith M, Veitch J*, Cain KL, Salonna F, Reis RS, Molina-Garcia J, Hinckson E, Wan Abdul Manan WM, Anjana RM, Van Dyck D, Oyeyemi AL, Timperio A*, Christiansen LB, Mitas J, Mota J, Moran M, Islam MZ, Mellecker RR, Sallis JF. Development and validation of the neighborhood environment walkability scale for youth across six continents. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2019; 16: 122. Doi: 10.1186/s12966-019-0890-6	Q1	6.037
42.	Cerin E, Nathan A, Choi WK, Ngan W, Yin S, Thornton L*, Barnett A. Built and social environmental factors influencing healthy behaviours in older Chinese immigrants to Australia: a qualitative study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2019; 16: 116. Doi: 10.1186/s12966-019-0885-3	Q1	6.037
43.	Chapman A, Nagle C, Bick D, Lindberg R*, Kent B, Calache J, Hutchinson AM. Maternity service organisational interventions that aim to reduce caesarean section: a systematic review and meta-analyses. <i>BMC Pregnancy and Childbirth</i> . 2019; 19: 206. Doi: 10.1186/s12884-019-2351-2	Q1	2.413
44.	Chasland LC, Knuiaman MW, Divitini ML, Murray K, Handelsman DJ, Flicker L, Hankey GJ, Almeida OP, Gollidge 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> . 2019; 90(2): 375-383. Doi: 10.1111/cen.13905	Q1#, Q2#	2.897
45.	Chern C, Tan SY*. Energy expenditure, carbohydrate oxidation and appetitive responses to sucrose or sucralose in humans: a pilot study. <i>Nutrients</i> . 2019. 11(8). 1872. Doi: 10.3390/nu11081782	Q1	4.171
46.	Cheung NW, Redfern J, Thiagalingam A, Hng TM, Islam SMS*, Haider R, Faruque S, Chow C, on behalf of the SupportMe investigators. Text messaging support for patients with diabetes or coronary artery disease (SupportMe): protocol for a pragmatic randomised controlled trial. <i>BMJ Open</i> . 2019; 9: e025923. Doi: 10.1136/bmjopen-2018-025923	Q1	2.376
47.	Clark RA, Foote J, Versace VL, Brown A, Daniel M, Coffee NT, Marin TS, Kourbelis C, Arstall M, Ganesan A, Maddison R*, Kelly J, Barry T, Keech W, Nicholls SJ and on behalf of the Health Translation SA Cardiac Rehabilitation Group. The Keeping on Track Study: Exploring the activity levels and utilization of healthcare services of Acute Coronary Syndrome (ACS) patients in the first 30-days after discharge from hospital. <i>Medical Sciences</i> . 2019; 7: 61. Doi: 10.3390/medsci7040061	N/A	N/A
48.	Clarkson MJ, Bennett PN, Fraser SF*, Warmington SA*. Exercise interventions for improving objective physical function in patients with end-stage kidney disease on dialysis: a systematic review and meta-analysis. <i>American Journal of Physiology, Renal Physiology</i> . 2019; 16(5): F856-F872. Doi: 10.1152/ajprenal.00317.2018	Q1	3.323
49.	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> . 2019; 6(1):2. Doi: 10.3390/children6010002	N/A	N/A
50.	Cvirn MA, Dorrian J, Smith BP, Vincent GE, Jay SM, Roach GD, Sargent C, Larsen B, Aisbett B*, Ferguson SA. The effects of hydration on cognitive performance during a simulated wildfire suppression shift in temperate and hot conditions. <i>Applied Ergonomics</i> . 2019; 77: 9-15. Doi: 10.1016/j.apergo.2018.12.018	Q1	2.61

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
51.	Dalla Via J, Daly RM*, Owen P, Mundel NL, Rantalainen T, Fraser S*. Bone mineral density, structure, distribution and strength in men with prostate cancer treated with androgen deprivation therapy. <i>Bone</i> . 2019; 127: 367-375. Doi: 10.1016/j.bone.2019.06.005	Q1	4.36
52.	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> . 2019; 104: 50-58. Doi: 10.1007/s00223-018-0475-4	Q1#, Q2#	3.265
53.	Daly RM*, Dalla Via J, Duckham RL*, Fraser SF*, Helge EW. Exercise for the prevention of osteoporosis in postmenopausal women: an evidence-based guide to the optimal prescription. <i>Brazilian Journal of Physical Therapy</i> . 2019; 23(2): 170-180. Doi: 10.1016/j.bjpt.2018.11.011	Q1#, Q2#	1.879
54.	del Pozo Cruz B, Perales F, Parker P, Lonsdale C, Noetel M, Hesketh K*, Sanders T. Joint physical-activity/screen-time trajectories during early childhood: Socio-demographic predictors and consequences on health-related quality-of-life and socio-emotional outcomes. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2019; 16: 55. Doi: 10.1186/s12966-019-01816-3	Q1	6.037
55.	DeSmet A, De Bourdeaudhuij I, Chastin S, Crombez G, Maddison R*, Cardon G. Adults' preferences for behavior change techniques and engagement features in a mobile app to promote 24-hour movement behaviors: cross-sectional survey study. <i>JMIR Mhealth and Uhealth</i> . 2019; 7(12): e15707. Doi: 10.2196/15707	N/A	4.301
56.	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> . 2019; 99(1): 46-61. Doi: 10.1093/pti/pzy118	Q1	3.043
57.	Direito A, Rawstorn J*, Mair J, Daryabeygi-Khotbehsara R, Maddison R*, Tai ES. Multifactorial e- and mHealth interventions for cardiovascular disease primary prevention: protocol for a systematic review and meta-analysis of randomised controlled trials. <i>Digital Health</i> . 2019; 5: 1-9. Doi: 10.177/2055207619890480	N/A	N/A
58.	Downing K*, Salmon J*, Timperio A*, Hinkley T, Cliff D, Okely T, Hesketh K*. Sitting and screen time outside school hours: correlates in 6- to 8-year-old children. <i>Journal of Physical Activity and Health</i> . 2019; 16(9): 752-764. Doi: 10.1123/jpah.2018-0495	Q1	2.079
59.	Downing KL*, Janssen X, Reilly JJ. Feasibility of wearable cameras to assess screen time and time spent restrained in children aged 3 to 5 years: a study protocol. <i>BMJ Open</i> . 2019; 9: e028265. Doi: 10.1136/bmjopen-2018-028265	Q1	2.376
60.	Downing KL*, Janssen X, Cliff DP, Okely AD, Reilly JJ. Energy expenditure associated with posture transitions in preschool children. <i>PLoS One</i> . 2019; 14(4): e0215169. Doi: 10.1371/journal.pone.0215169	Q1	2.776
61.	Duckham RK*, Bialo SR, Machan J, Kriz P, Gordon CM. A case-control pilot study of stress fracture in adolescent girls: the discriminative ability of two imaging technologies to classify at-risk athletes. <i>Osteoporosis International</i> . 2019; 30(8): 1573-1580. Doi: 10.1007/s00198-019-05001-x	Q1	3.819
62.	Edgren J, Karinkanta S, Rantanen T, Daly R*, Kujala UM, Törmäkangas T, Sievänen H, Heinonen A, Sipilä S, Kannas L, Rantalainen T, Teittinen O, Nikander R. Counselling for physical activity, life-space mobility and falls prevention in old age (COSMOS): protocol of a randomised controlled trial. <i>BMJ Open</i> . 2019; 9(9): e029682. Doi 10.1136/bmjopen-2019-029682	Q1	2.376
63.	Edinburgh RM, Hengist A, Smith HA, Travers RL, Betts JA, Thompson D, Walhin JP, Wallis GA, Hamilton DL*, Stevenson EJ, Tipton KD, Gonzalez JT. Skipping breakfast before exercise creates a more negative 24-h energy balance: a randomized controlled trial in healthy physically active young men. <i>The Journal of Nutrition</i> . 2019; 149(8): 1326-1334. Doi: 10.1093/jn/nxz018	Q1	4.416

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
64.	Ellery SJ, Murthi P, Davies-Tuck ML, Gatta PD*, May AK, Kowalski GM*, Callahan DL, Bruce CR*, Alers NO, Miller SL, Erwich JJHM, Wallace EM, Walker DW, Dickinson H, Snow RJ*. Placental creatine metabolism in cases of placental insufficiency and reduced fetal growth. <i>Molecular Human Reproduction</i> . 2019; 25(8): 495-505. Doi: 10.1093/molehr/gaz039.	Q1#,Q2#	3.396
65.	Esdaille E, Thow AM, Gill T, Sacks G, Golley R, Love P*, Wen LM, Rissel C. National policies to prevent obesity in early childhood: using policy mapping to compare policy lessons for Australia with six developed countries. <i>Obesity Reviews</i> . 2019; 20:1542–1556 . Doi 10.1111/obr.12925	Q1	8.192
66.	Estevan I, García-Massó X, Molina-García J, 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> . 2019; 37(12): 1356-1364. Doi: 1080/02640414.2018.1559491	Q1	2.811
67.	Estevan I, Molina-Garcia J, Querait A, Bowe SJ, Abbott G, Barnett L*. The new version of the pictorial scale of perceived movement skill competence in Spanish children: evidence of validity and reliability. <i>RICYDE. Revista Internacional de Ciencias del Deporet (International Journal of Sports Sciences)</i> . 2019; 15(55): 35-54. Doi: 10.5232/ricyde2019.05503	Q3#,Q4#	N/A
68.	Estevan I, Dreiskämper D, Barnett L*, Utesch TOF, Tietjens M, Castillo I. Validity and reliability of a pictorial scale of physical self-concept in Spanish children. <i>RICYDE. Revista Internacional de Ciencias del Deporet (International Journal of Sports Sciences)</i> . 2019; 15(55): 102-118. Doi: 10.5232/ricyde2019.05507	Q3#,Q4#	N/A
69.	Figuroa R, Barnett L*, Estevan I, Wilet AR. How well can family childcare providers report on preschoolers' motor skill competence? <i>Child And Youth Care Forum</i> . 2019; 48: 19-28. Doi: 10.1007/s10566-018-9470-1	Q1#,Q2#	1.469
70.	Findeisen M, Allen TL, Henstridge DC, Kammoun H, Brandon AE, Baggio LL, Watt KI, Pal M, Cron L, Estevez E, Yang C, Kowalski GM*, O'Reilly L, Egan C, Sun E, Thai LM, Krippner G, Adams TE, Lee RS, Grötzinger J, Garbers C, Risis S, Kraakman M, Mellet NA, Sligar J, Kimber ET, Young RL, Cowley MA, Bruce CR*, Meikle PJ, Baldock PA, Gregorevic P, Biden TJ, Cooney GJ, Keating DJ, Drucker DJ, Rose-John S, Febbraio MA. Treatment of type 2 diabetes with the designer cytokine IC7Fc. <i>Nature</i> . 2019; 574(7776): 63-68. Doi: 10.1038/s41586-019-1601-9	Q1	43.07
71.	Flowers EP, Timperio A*, Hesketh KD*, Veitch J*. Examining the features of parks that children visit during three stages of childhood. <i>International Journal of Environmental Research and Public Health</i> . 2019; 16: 1658. Doi: 10.3390/ijerph16091658	Q2	2.468
72.	Foulkes S, Howden EJ, Bigaran A, Janssens K, Antill Y, Loi S, Claus P, Haykowsky MJ, Daly RM*, Fraser SF*, La Gerche A. Persistent impairment in cardiopulmonary fitness after breast cancer chemotherapy. <i>Medicine and Science in Sports and Exercise</i> . 2019; 51(8): 1573-1581. Doi: 10.1249/MSS.0000000000001970	Q1	3.631
73.	GBD 2016 Traumatic Brain Injury and Spinal Cord Injury Collaborators. Global, regional, and national burden of traumatic brain injury and spinal cord injury, 1990-2016: a systematic analysis for the Global Burden of Disease Study 2016. * named collaborator, Islam SMS*. <i>The Lancet Neurology</i> . 2019; 18(1): 56-87. Doi: 10.1016/S1474-4422(18)30415-0	Q1	28.755
74.	GBD 2016 Stroke Collaborators. Global, regional, and national burden of stroke, 1990-2016: a systematic analysis for the Global Burden of Disease Study 2016. *named collaborator, Islam SMS*. <i>The Lancet Neurology</i> . 2019; 18(5): 439-458. Doi: 10.1016/S1474-4422(19)30034-1	Q1	28.755
75.	GBD 2016 Neurology Collaborators. Global, regional, and national burden of neurological disorders, 1990-2016: a systematic analysis for the Global Burden of Disease Study 2016. *named collaborator, Islam SMS*. <i>The Lancet Neurology</i> . 2019; 18(5): 459-480. Doi: 10.1016/S1474-4422(18)30499-X	Q1	28.755
76.	Gerlinger-Romero F, Addinsall AB, Lovering RM, Foletta VC*, van der Poel C, Della Gatta PA*, Russell AP*. Non-invasive assessment of dorsiflexor muscle function in mice. <i>Journal of Visualized Experiments</i> . 2019; 143: e58696. Doi: 10.3791/58696	Q1#,Q2#,Q3#	1.108

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
77.	Ghani F, Rachele JN, Loh VH*, Washington S, Turrell G. Do differences in social environments explain gender differences in recreational walking across neighbourhoods? <i>International Journal of Environmental Research and Public Health</i> . 2019; 16: 1980. Doi: 10.3390/ijerph16111980	Q2	2.468
78.	Hall SJ, Turner AI*, Robertson SJ, Ferguson SA, Aisbett B*. Salivary cortisol profiles of on-call from home fire and emergency service personnel. <i>Stress</i> . 2019; 22(4): 436-445. Doi: 10.1080/10253890.2019.1584178	Q2	2.168
79.	Hamley S, Kloosterman D, Duthie T, Dalla Man C, Visentin R, Mason SA, Ang T, Selathurai A*, Kaur G*, Morales-Scholz MG, Howlett K*, Kowalski GM*, Shaw C*, Bruce CR*. Mechanisms of hyperinsulinaemia in apparently healthy non-obese young adults: role of insulin secretion, clearance and action and associations with plasma amino acids. <i>Diabetologia</i> . 2019; 62(12): 2310-2324. Doi: 10.1007/s00125-019-04990-y	Q1	7.113
80.	Hare DJ, Braat S, Cardoso BR*, Morgan C, Szymlek-Gay EA*, Biggs BA. Health outcomes of iron supplementation and/or food fortification in iron-replete children aged 4-24 months: protocol for a systematic review and meta-analysis. <i>Systematic Reviews</i> . 2019; 8:253. Doi: 10.1186/s13643-019-1185-3.	Q1	1.76
81.	Hart MJ, Milte CM*, Torres SJ*, Thorpe MG, McNaughton SA*. Dietary patterns are associated with depressive symptoms in older Australian women but not men. <i>British Journal of Nutrition</i> . 2019; 122(12): 1424-1431. Doi: 10.1017/S0007114519002435	Q1	3.319
82.	Haszard JJ, Russell CG, Byrne RA, Taylor RW, Campbell KJ*. Early maternal feeding practices: associations with overweight later in childhood. <i>Appetite</i> . 2019; 132: 91-96. Doi: 10.1016/j.appet.2018.10.008	Q1	3.501
83.	Hebelka H, Lagerstrand K, Brisby H, Owen PJ, Quittner MJ, Rantalainen T, Belavy DL*. The importance of level stratification for quantitative MR studies of lumbar intervertebral discs: a cross-sectional analysis in 101 healthy adults. <i>European Spine Journal</i> . 2019; 28(9): 2153-2161. Doi: 10.1007/s00586-019-06059-1	Q1	2.513
84.	Hendy AM*, Macpherson H*, Nuzum ND, Della Gatta PA*, Alexander SE, Hoy KE, Enticott PG, Teo WP. High intensity aerobic exercise does not prime the brain for anodal transcranial direct current stimulation. <i>Brain Stimulation</i> . 2019; 12(4): 1086-1088. Doi: 10.1016/j.brs.2019.04.007	Q1	6.919
85.	Hendy AM*, Ekblom MM, Latella C, Teo WP. Investigating the effects of muscle contraction and conditioning stimulus intensity on short-interval intracortical inhibition. <i>European Journal of Neuroscience</i> . 2019; 50(7): 3133-3140. Doi: 10.1111/ejn.14488	Q1	2.784
86.	Hennessy M, Byrne M, Laws R*, Mc Sharry 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> . 2019; 9 (4): 759-767. Doi: 10.1093/tbm/iby074	Q2	2.237
87.	Hennessy M, Heary C, Laws R*, van Rhooon L, Toomey E, Wolstenholme H, Byrne M. The effectiveness of health professional-delivered interventions during the first 1000 days to prevent overweight/obesity in children: a systematic review. <i>Obesity Reviews</i> . 2019; 20(12): 1691-1707. Doi: 10.1111/obr.12924	Q1	8.192
88.	Henriksson P, Sandborg J, Blomberg M, Alexandrou C, Maddison R*, Silfvernagel K, Henriksson H, Leppäne MH, Migueles JH, Widman L, Thomas K, Trolle Lagerros Y, Löf M. A Smartphone app to promote healthy weight gain, diet and physical activity during pregnancy (HealthyMoms): protocol for a randomized controlled trial. <i>JMIR Research Protocols</i> . 2019; 8(3): e13011. Doi: 10.2196/13011	N/A	N/A
89.	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> . 2019; 20: 75-87. Doi: 10.1111/obr.12763	Q1	8.192

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
90.	Hnatiuk JA*, Lamb KE, Ridgers ND*, Salmon J*, Hesketh KD*. Changes in volume and bouts of physical activity and sedentary time across early childhood: a longitudinal study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2019; 16: 42. Doi: 10.1186/s12966-019-0805-6	Q1	6.037
91.	Hunter S, Rosu A, Hesketh KD*, Rhodes RE, Rinaldi CM, Rodgers W, Spence JC, Carson V. Objectively measured environmental correlates of toddlers' physical activity and sedentary behavior. <i>Pediatric Exercise Science</i> . 2019; 31(4): 480-487. Doi: 10.1123/pes.2018-0270	Q2	1.707
92.	Islam SMS*, Cartledge S*, Karmakar C, Rawstorn JC*, Fraser S*, Chow CK, Maddison R*. Validation and acceptability of a cuffless wrist-worn wearable blood pressure monitoring device among users and healthcare professionals: a mixed-methods study. <i>JMIR Mhealth and Uhealth</i> . 2019; 7(10): e14706. Doi: 10.2196/14706	N/A	4.301
93.	Islam S*, Chow CK, Redfern J, Kok C, Rådholm K, Stepien S, Rodgers A, Hackett ML. Effect of text messaging on depression in patients with coronary heart disease: a substudy analysis from the TEXT ME randomised controlled trial. <i>BMJ Open</i> . 2019; 9(2): e022637. Doi: 10.1136/bmjopen-2018-022637	Q1	2.376
94.	Islam SMS*, Farmer AJ, Bobrow K, Maddison R*, Whittaker R, Pfaeffli-Dale LA, Lechner A, Lear S, Eapen Z, Niessen LW, Santo K, Stepien S, Redfern J, Ridgers A, Chow CK on behalf of Text2PreventCVD Collaboration. Mobile phone text-messaging interventions aimed to prevent cardiovascular diseases (Text2PreventCVD): systematic review and individual patient data meta-analysis. <i>Open Heart</i> 2019 ; 6: e001017. Doi: 10.1136/openhrt-2019-001017.	Q2	2.13
95.	Islam SMS*, Tabassum R, Liu Y, Chen S, Redfern J, Kim SY, Ball K*, Maddison R*, Chow CK. The role of social media in preventing and managing non-communicable diseases in low-and-middle income countries: hope or hype? <i>Health Policy and Technology</i> . 2019; 8(1): 96-101. Doi: 10.16/j.hlpt.2019.01.001	Q3	1.225
96.	Jaysinghe SN, Breier BH, McNaughton SA*, Russell AP*, Della Gatta PA*, Mason S, Stonehouse W, Walsh DCI, Kruger R. Dietary patterns in New Zealand women: evaluating differences in body composition and metabolic biomarkers. <i>Nutrients</i> . 2019; 11: 1643. Doi: 10.3390/nu11071643	Q1	4.171
97.	Keegan R, Barnett LM*, Dudley D, Telford RD, Lubans DR, Bryant AS, Roberts WM, Morgan PJ, Schranz NK, Weissensteiner JR, Vella SA, Salmon J*, Ziviani J, Okely AD, Wainwright N, Evans JR. Defining physical literacy for application in Australia: a modified Delphi method. <i>Journal of Teaching in Physical Education</i> . 2019; 38(2): 105-118. Doi: 10.1123/jtpe.2018-0264	Q1#, Q2#, Q3#	1.775
98.	Kerris JP, Betik AC*, Li J, McConell GK. Passive stretch regulates skeletal muscle glucose uptake independent of nitric oxide synthase. <i>Journal of Applied Physiology</i> . 2019; 126(1): 239-245. Doi: 10.1152/jappphysiol.00368.2018	Q1#, Q2#	3.14
99.	Khan A, Uddin RI, Islam SMS*. Clustering patterns of behavioural risk factors for cardiovascular diseases in Bangladeshi adolescents: a population-based study. <i>Health Policy and Technology</i> . 2019; 8(4): 386-392. Doi: 10.1016/j.hlpt.2019.09.003	Q3	1.225
100.	Khan A, Uddin RI, Islam SMS*. Social media use is associated with sleep duration and disturbance amongst adolescents in Bangladesh. <i>Health Policy and Technology</i> . 2019; 8(3): 313-315. Doi: 10.1016/j.hlpt.2019.05.012	Q3	1.225
101.	Khokhar D, Nowson C, Margerison C*, Bolam B, Grimes C*. Comparison of salt-related knowledge, attitudes and behaviours between parents and caregivers of children under 18 years of age and other adults who do not care for children under 18 years of age in Victoria, Australia. <i>BMJ Nutrition, Prevention and Health</i> . 2019; 2: 51-62. Doi: 10.1136/bmjnph-2018-000018	N/A	N/A
102.	Khokhar D, Nowson CA, Margerison C*, West M, Campbell KJ*, Booth AO*, Grimes CA*. The digital education to limit salt in the home program improved salt-related knowledge, attitudes and behaviors in parents. <i>Journal of Medical Internet Research</i> . 2019; 21(2): e12234. Doi: 10.2196/12234	Q1	4.945

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
103.	Kiss N*, Baguley BJ*, Ball K*, Daly RM*, Fraser SF*, Granger CL, Ugalde A. Technology-supported self-guided nutrition and physical activity interventions for adults with cancer: systematic review. <i>JMIR Mhealth and Uhealth</i> . 2019; 7(2): e12281. Doi: 10.2196/12281	N/A	4.301
104.	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> . 2019; 76(1): 21-27. Doi: 10.1111/1747-0080.12462	Q3	1.339
105.	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> . 2019; 37(4): 378-386. Doi: 10.1080/02640414.2018.1504603	Q1	2.811
106.	Klinberg B, Hoeboer J, Schranz NK, Barnett LM*, deVries SI, Ferrar KE. Validity and feasibility of an obstacle course to assess fundamental movement skills in a pre-school setting. <i>Journal of Sports Sciences</i> . 2019; 37(13): 1534-1542. Doi: 10.1080/02640414.2019.1575326	Q1	2.811
107.	Knowles OE, Aisbett B*, Main LC*, Drinkwater EJ, Orellana L, Lamon S*. Resistance training and skeletal muscle protein metabolism in eumenorrheic females: implications for researchers and practitioners. <i>Sports Medicine</i> . 2019; 49(11): 1637-1650. Doi: 10.1007/s40279-019-01132-7.	Q1	7.583
108.	Koorts H*, Timperio A*, Parker K, Arundell L*, Salmon J*. Is sport enough? Contribution of sport to overall moderate-to vigorous-intensity physical activity among adolescents. <i>Journal of Science and Medicine in Sport</i> . 2019; 22(10): 1119-1124. Doi: 10.1016/j.jsams.2019.06.009	Q1	3.623
109.	Lacy KE*, Spence AC*, McNaughton SA*, Crawford D*, Wyse RJ, Wolfenden L, Campbell KJ*. Home environment predictors of vegetable and fruit intakes among Australian children aged 18 months. <i>Appetite</i> . 2019; 139: 95-104. Doi: 10.1016/j.appet.2019.04.009	Q1	3.501
110.	Lal A, Moodie M, Abbott G, Carver A, Salmon J*, Giles-Corti B, Timperio A*, Veitch J*. The impact of a park refurbishment in a low socioeconomic area on physical activity: a cost-effectiveness study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2019; 16:26. Doi: 10.1186/s12966-019-0786-5	Q1	6.037
111.	Landen S, Voisin S, Craig JM, McGee SL, Lamon S*, Eynon N. Genetic and epigenetic sex-specific adaptations to endurance exercise. <i>Epigenetics</i> . 2019; 14(6): 523-535. Doi: 10.1080/15592294.2019.1603961	Q1	4.173
112.	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> . 2019; 37(4): 357-363. Doi: 10.1080/02640414.2018.1504397.	Q1	2.811
113.	Lander N, Koorts H*, Mazzoli E, Moncrieff K, Salmon J*. The feasibility and impact of imbedding pedagogical strategies targeting physical activity within undergraduate teacher education: Transform –Ed! Pilot and Feasibility Studies. 2019; 5: 125. Doi: 10.1186/s40814-019-0507-5	Q2	1.76
114.	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> . 2019; 29(3): 369-379. Doi: 10.1111/sms.13334	Q1	3.631
115.	Lawrence MA*, Pollard CM, Vidgen HA, Woods JL*. The Health Star Rating system - is its reductionist (nutrient) approach a benefit or risk for tackling dietary risk factors? <i>Public Health Research and Practice</i> . 2019; 29(1): e2911906, Doi: 10.17061/phrp2911906	Q2	N/A
116.	Lawrence MA*, Pollard CM, Weeramanthri TS. Positioning food standards programmes to protect public health: current performance, future opportunities and necessary reforms. <i>Public Health Nutrition</i> 2019; 22(5): 912-926. Doi: 10.1017/S1368980018003786	Q1#, Q2#	2.526

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
117.	Laws R*, Walsh AD*, Hesketh KD*, Downing KL*, Kuswara K, Campbell KJ*. Differences between mothers and fathers of young children in their use of the internet to support healthy family lifestyle behaviors: cross-sectional study. <i>Journal of Medical Internet Research</i> . 2019; 21(1): e11454. Doi: 10.2196/11454	Q1	4.945
118.	Lee S, Lee Y, Lee S, Islam SMS*, Kim SY. Toward developing a standardized core set of outcome measures in mobile health interventions for tuberculosis management: systematic review. <i>JMIR Mhealth Uhealth</i> . 2019; 7(2): e12385. Doi: 10.2196/12385	N/A	4.301
119.	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> . 2019; 58(5): 1899-1909. Doi: 10.1007/s0039-4-018-1741-y	Q1	4.449
120.	Lewis JR, Sim M, Daly RM*. The vitamin D and calcium controversy: an update. <i>Current Opinion in Rheumatology</i> . 2019; 31(2): 91-97. Doi: 10.1097/BOR.0000000000000584	Q1	3.851
121.	Lin X, Parker L*, McLennan E, Hayes A, McConell G, Brennan-Speranza TC, Levinger I. Undercarboxylated osteocalcin improves insulin-stimulated glucose uptake in muscles of corticosterone-treated mice. <i>Journal of Bone and Mineral Research</i> . 2019; 34(8): 1517-1530. Doi: 10.1002/jbmr.3731	Q1	5.711
122.	Lindberg R*, McCartan J, Stone A, Gale A, Mika A, Nguyen M, Kleve S. The impact of social enterprise on food insecurity - an Australian case study. <i>Health and Social Care in the Community</i> . 2019; 27: e355-e366. Doi: 10.1111/hsc.12737	Q1#,Q2#	1.573
123.	Lindsay A*, Baxter-Parker G, Giesege SP. Pterins as diagnostic markers of mechanical and impact-induced trauma: a systematic review. <i>Journal of Clinical Medicine</i> . 2019; 8(9):1383. Doi: 10.3390/jcm8091383	Q1	5.688
124.	Lindsay A*, Southern WM, McCourt PM, Larson AA, Hodges JS, Lowe DA, Ervasti JM. Variable cytoplasmic actin expression impacts the sensitivity of different dystrophin-deficient mdx skeletal muscles to eccentric contraction. <i>The FEBS Journal</i> . 2019; 286(13): 2562-2576. Doi: 10.1111/febs.14831	Q1	4.739
125.	Lindsay A*, Larson AA, Verma M, Ervasti JM, Lowe DA. Isometric resistance training increases strength and alters histopathology of dystrophin-deficient mouse skeletal muscle. <i>Journal of Applied Physiology</i> . 2019; 126(2): 363-375. Doi: 10.1152/jappphysiol.00948.2018	Q1#,Q2#	3.14
126.	Liu Z, Li Q, Maddison R*, Ni Mhurchu C, Jiang Y, Wei DM, Cheng L, Cheng Y, Wang D, Wang HJ. A school-based comprehensive intervention for childhood obesity in China: a cluster randomized controlled trial. <i>Childhood Obesity</i> . 2019; 15(2): 105-115. Doi: 10.1089/chi.2018.0251	Q1	2.426
127.	Liu Y, Hong D, Wang AY, Guo R, Smyth B, Liu J, Sun G, Chen S, Tan N, Jardine M, Brieger D, Shaman A, Islam S*, Chen J, Gallagher M. Effects of intravenous hydration on risk of contrast induced nephropathy and in-hospital mortality in STEMI patients undergoing primary percutaneous coronary intervention: a systematic review and meta-analysis of randomized controlled trials. <i>BMC Cardiovascular Disorders</i> . 2019; 19: 87. Doi: 10.1186/s12872-019-1054-y	Q2	1.947
128.	Loh VH*, Rachele JN, Brown WJ, Ghani F, Washington S, Turrell G. The potential for walkability to narrow neighbourhood socioeconomic inequalities in physical function: A case study of middle-aged to older adults in Brisbane, Australia. <i>Health and Place</i> . 2019; 56: 99-105. Doi: 10.1016/j.healthplace.2019.01.020	Q1	3.202
129.	Loh VH*, Veitch J*, Salmon J*, Cerin E, Thornton L*, Mavoa S, Villanueva K, Timperio A*. Built environment and physical activity among adolescents: the moderating effects of neighbourhood safety and social support. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2019; 16: 132. Doi: 10.1186/s12966-019-0898-y	Q1	6.037

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
130.	Love P*, Laws R*, Hesketh KD*, Campbell K*. Lessons on early childhood obesity prevention interventions from the Victorian Infant Program. <i>Public Health Research and Practice</i> . 2019; 29(1): e2911904. Doi: 10.17061/phrp2911904	Q2	N/A
131.	Love P*, Whelan J, Bell C, McCracken J. Measuring rural food environments for local action in Australia: a systematic critical synthesis review. <i>International Journal of Environmental Research and Public Health</i> . 2019; 16: 2416. Doi: 10.3390/ijerph16132416	Q2	2.468
132.	Low JY, Lacy KE*, McBride RL, Keast RS. The associations between sweet taste function, oral complex carbohydrate sensitivity, liking and consumption of ad libitum sweet and non-sweet carbohydrate milkshakes among female adults. <i>British Journal Nutrition</i> . 2019; 122(7): 829-840. Doi: 10.1017/S0007114519001703	Q1	3.319
133.	McKenzie B, Trieu K, Grimes CA*, Reimers J, Webster J. Understanding barriers and enablers to state action on salt: analysis of stakeholder perceptions of the VicHealth Salt Reduction Partnership. <i>Nutrients</i> . 2019; 11(1): 184. Doi: 10.3390/nu11010184	Q1	4.171
134.	Mackintosh KA, Ridgers ND*, McNarry MA. Compensatory changes in physical activity and sedentary time in children and adolescents with cystic fibrosis. <i>Journal of Sports Sciences</i> . 2019; 37(13): 1506-1511. Doi: 10.1080/02640414.2019.1574543	Q1	2.811
135.	Mackintosh KA, Chappel SE, Salmon J*, Timperio A*, Ball K*, Brown H, Mcfarlane S, Ridgers ND*. Parental perspectives of a wearable activity tracker for children younger than 13 years: acceptability and usability study. <i>JMIR Mhealth Uhealth</i> . 2019; 7(11): e13858. Doi: 10.2196/13858.	N/A	4.301
136.	Macpherson H*, Brownell S, Duckham RL*, Meyer B, Mirzaee S, Daly RM*. Multifaceted intervention to enhance cognition in older people at risk of cognitive decline: study protocol for the Protein Omega-3 and Vitamin D Exercise Research (PONDER) study. <i>BMJ Open</i> . 2019; 9(5): e024145. Doi: 10.1136/bmjopen-2018-024145	Q1	2.376
137.	Maddison R*, Cartledge S*, Rogerson M, Goedhart NS, Singh TR, Neil C, Phung D, Ball K*. Usefulness of wearable cameras as a tool to enhance chronic disease self-management: scoping review. <i>JMIR Mhealth and Uhealth</i> . 2019; 7(1): e10371. Doi: 10.2196/10371	N/A	4.301
138.	Maddison R*, Hargreaves EA, Wyke S, Gray CM, Hunt K, Heke JI, Kara S, Ni Mhuchú C, Jull A, Jiang Y, Sundborn G, Marsh S. Rugby fans in training New Zealand (RUFIT-NZ): a pilot randomized controlled trial of a healthy lifestyle program for overweight men delivered through professional rugby clubs in New Zealand. <i>BMC Public Health</i> . 2019; 19: 166. Doi: 10.1186/s12889-019-6472-3	Q1	2.567
139.	Maddison R*, Rawstorn JC*, Islam SMS*, Ball K*, Tighe S, Gant N, Whittaker R, Chow CK. mHealth intervention for exercise and risk factor modification in cardiovascular disease. <i>Exercise and Sport Sciences Reviews</i> . 2019; 47(2): 86-90. Doi: 10.1249/JES.0000000000000185	Q1	4.739
140.	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> . 2019; 105(2): 122-129. Doi: 10.1136/heartjnl-2018-313189	Q1	5.082
141.	Malacova E, Cheang PR, Dunlop E, Sherriff JL, Lucas RM, Daly RM*, Nowson CA, Black LJ. Prevalence and predictors of vitamin D deficiency in a nationally representative sample of adults participating in the 2011-2013 Australian health survey. <i>British Journal of Nutrition</i> . 2019; 121(8): 894-904. Doi: 10.1017/S0007114519000151	Q1	3.319
142.	Malekhamdi M, Moghaddam OM, Firouzi S, Daryabeygi-Khotbehsara R, Islam SMS*, Norouzy A, Soltani S. Effects of pycnogenol on cardiometabolic health: a systematic review and meta-analysis of randomized controlled trials. <i>Pharmacological Research</i> . 2019; 150: 104472. Doi: 10.1016/j.phrs.2019.104472	Q1	5.574

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
143.	Marks J, Barnett LM*, Allender S. Is school community perception of student weight status a barrier for addressing childhood obesity? <i>Health Promotion Journal of Australia</i> . 2019; 30: 28-36. Doi: 10.1002/hpja.172	Q1#, Q2#	1.333
144.	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> . 2019; 29(3): 710-723. Doi: 10.1111/jora.12407	Q1	2.071
145.	Marsh S, Gerritsen S, Taylor R, Galland B, Parag V, Maddison R*. Promotion of family routines and positive parent-child interactions for obesity prevention: protocol for the 3 pillars study randomized controlled trial. <i>JMIR Research Protocols</i> 2019; 8(4): e12792. Doi: 10.2196/12792	N/A	N/A
146.	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> . 2019; 38(2): 644-651. Doi: 10.1016/j.clnu.2018.04.007	Q1	6.402
147.	Mason SA, Rasmussen B, van Loon LJC, Salmon J*, Wadley GD*. Ascorbic acid supplementation improves postprandial glycaemic control and blood pressure in individuals with type 2 diabetes: findings of a randomized cross-over trial. <i>Diabetes, Obesity and Metabolism</i> . 2019; 21(3): 674-682. Doi: 10.1111/dom.13571	Q1	6.133
148.	Mavoa S, Thornton L*, Coffee N. Introduction to antipodean Health Geographies. <i>Geographical Research</i> . 2019; 57(1): 5-7. Doi: 10.1111/1745-5871.12332	Q1	1.565
149.	Mazzoli E, Koorts H*, Salmon J*, Pesce C, May T, Teo WP, Barnett LM*. Feasibility of breaking up sitting time in mainstream and special schools with a cognitively challenging motor task. <i>Journal of Sport and Health Science</i> . 2019; 8(2): 137-148. Doi: 10.1016/j.jshs.2019.01.002	Q1	3.644
150.	Mazzoli E, Teo W-P, Salmon J*, Pesce C, He J, Ben-Soussan TD, Barnett LM*. Associations of class-time sitting, stepping, and sit-to-stand transitions with cognitive functions and brain activity in children. <i>International Journal of Environmental Research and Public Health</i> . 2019; 16: 1482. doi: 10.3390/ijerph16091482	Q2	2.468
151.	McKay FH, Lindberg R*. The important role of charity in the welfare system for those who are food insecure. <i>Australian and New Zealand Journal of Public Health</i> . 2019; 43(4): 310-312. Doi: 10.1111/1753-6405.12916	Q2	1.911
152.	Mertens L, Van Cauwenberg J, Veitch J*, Deforche B, Van Dyck D. Differences in park characteristic preferences for visitation and physical activity among adolescents: a latent class analysis. <i>PLoS One</i> . 2019; 14(3): e0212920. Doi: 10.1371/journal.pone.0212920	Q1	2.776
153.	Milte CM*, Ball K*, Crawford D*, McNaughton SA*. Diet quality and cognitive function in mid-aged and older men and women. <i>BMC Geriatrics</i> . 2019; 19: 361. Doi: 10.1186/s12877-019-1326-5	Q1	2.818
154.	Mir BA, Islam R*, Kalanon M, Russell AP*, Foletta VC*. MicroRNA suppression of stress-responsive NDRG2 during dexamethasone treatment in skeletal muscle cells. <i>BMC Molecular and Cell Biology</i> . 2019; 20(1): 12. Doi: 10.1186/s12860-019-0194-3	Q2	3.485
155.	Morrison DJ, Kowalski GM*, Bruce CR*, Wadley GD*. Modest changes to glycemic regulation are sufficient to maintain glucose fluxes in healthy young men following overfeeding with a habitual macronutrient composition. <i>American Journal of Physiology. Endocrinology and Metabolism</i> . 2019; 316(6): E1061-E1070. Doi: 10.1152/ajpendo.00500.2018	Q1	4.125
156.	Moss K, Dobson A, Edwards K, Hesketh KD*, Chang YT, Mishra G. Not all play equipment is created equal: associations between equipment at home and children's physical activity. <i>Journal of Physical Activity and Health</i> . 2019; 16(11): 945-951. Doi: 10.1123/jpah.2019-0075	Q1	2.079

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
157.	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> . 2019; 66(1): 13-22. Doi: 10.1111/1440.1630.12485	Q2	1.278
158.	Mravunac M, Szymlek-Gay EA*, Daly RM*, Roberts BR, Formica M, Gianoudis J, O'Connell SL, Nowson CA, Cardoso BR*. Greater circulating copper concentrations and copper/zinc ratios are associated with lower psychological distress, but not cognitive performance, in a sample of Australian older adults. <i>Nutrients</i> . 2019; 11(10): E2503. Doi: 10.3390/nu11102503	Q1	4.171
159.	Murphy JA, Oliver G, Ng CH, Wain C, Magennis J, Opie RS*, Bannatyne A, Sarris J. Pilot-testing of 'Healthy Body Healthy Mind': an integrative lifestyle program for patients with a mental illness and co-morbid metabolic syndrome. <i>Frontiers in Psychiatry</i> . 2019; 10: 91. Doi: 10.3389/fpsy.2019.00091	Q1	3.161
160.	Murphy JJ, MacDonncha C, Murphy MH, Murphy N, Timperio A*, Leech RM*, Woods CB. Identification of health-related behavioural clusters and their association with demographic characteristics in Irish university students. <i>BMC Public Health</i> . 2019; 19: 121. Doi: 10.1186/s12889-019-6453-6	Q1	2.567
161.	Ng A, Crowe T, Ball K*, Rasmussen B. A mHealth support program for young adults with Type 1 Diabetes: a mixed methods study. <i>Digital Health</i> . 2019; 5: 1-10. Doi: 10.1177/2055207619882179	N/A	N/A
162.	Niemistö D, Barnett LM*, Cantell MH, Finni T, Korhonen L, Saakslähti A. Socioecological correlates of perceived motor competence in 5-7 year-old Finnish children. <i>Scandinavian Journal of Medicine and Science in Sports</i> . 2019; 29: 753-765. Doi: 10.1111/sms.13389	Q1	3.631
163.	Nowson CA, Lim K, Campbell NRC, O'Connell SL, He FJ, Daly RM*. Impact of fractional excretion of sodium on a single morning void urine collection as an estimate of 24-hour urine sodium. <i>Journal of Clinical Hypertension</i> . 2019; 21(12): 1763-1770. Doi: 10.1111/jch.13725	Q2	2.444
164.	Owen PJ, Rantalainen T, Scheuring RA, Belavy DL*. Serratus anterior contraction during resisted arm extension (GravityFit) assessed by MRI. <i>Frontiers in Physiology</i> . 2019; 10: 1164. Doi: 10.3389/fphys.2019.01164	Q2	3.201
165.	Owen PJ, Daly RM*, Dalla Via J, Mundell NL, Livingston PM, Rantalainen T, Fraser SF*. The clinical relevance of adiposity when assessing muscle health in men treated with androgen deprivation for prostate cancer. <i>Journal of Cachexia, Sarcopenia and Muscle</i> . 2019; 10(5): 1036-1044. Doi: 10.1002/jcsm.12446	Q1	10.754
166.	Owen PJ, Daly RM*, Dalla Via J, Mundell NL, Livingston PM, Rantalainen T, Fraser SF*. Does use of androgen deprivation therapy (ADT) in men with prostate cancer increase the risk of sarcopenia? <i>Calcified Tissue International</i> . 2019; 105(4): 403-411. Doi: 10.1007/s00223-019-00586-1	Q1#, Q2#	3.265
167.	Nsoh M, Mankollo BOY, Ebongue M, Cyprien KN, Likeng JLN, Islam SMS*, Colliers A, Tsoka-Gwegweni JM, Cumber SN. Acute respiratory infection related to air pollution in Bamenda, North West Region of Cameroon. <i>Pan African Medical Journal</i> . 2019; 32:99. Doi: 10.11604/pamj.2019.32.99.15228	Q3	N/A
168.	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> . 2019; 22(3): 319-323. Doi: 10.1016/j.jsams.2018.08.015	Q1	3.623
169.	Parker KE, Salmon J*, Villanueva K, Mavoja S, Veitch J*, Brown HL, Timperio A*. Ecological correlates of activity-related behaviour typologies among adolescents. <i>BMC Public Health</i> . 2019; 19: 1041. Doi: 10.1093/tbm/iby074	Q1	2.567
170.	Parker KE, Salmon J*, Costigan S, Villanueva K, Brown HL, Timperio A*. Activity-related behaviour typologies in youth: a systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2019; 16: 44. Doi: 10.1186/s12966-019-0804-7	Q1	6.037

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
171.	Pawlowski CS, Veitch J*, Anderson HB, Ridgers ND*. Designing activating schoolyards: seen from the girls' viewpoint. <i>International Journal of Environmental Research and Public Health</i> . 2019; 16(19): 3508. Doi 10.3390/ijerph16193508	Q2	2.468
172.	Pendergast FJ, Livingstone KM*, Worsely A*, McNaughton SA*. Examining the correlates of meal skipping in Australian young adults. <i>Nutrition Journal</i> . 2019; 18: 24. Doi: 10.1186/s12937-019-0451-5	Q1	3.592
173.	Pollak MJ, Milte CM*, van der Pligt P*, Teychenne M*. Total physical activity but not diet quality associated with postnatal depressive symptoms amongst women living in socioeconomically disadvantaged neighborhoods. <i>Nutrition Research</i> . 2019; 68: 54-61. Doi: 10.1016/j.nutres.2019.05.009	Q2	2.627
174.	Rachele JN, Sugiyama T, Davies S, Loh VHY*, Turrell G, Carver A, Cerin E. Neighbourhood built environment and physical function among mid-to-older aged adults: a systematic review. <i>Health and Place</i> . 2019; 58: 102137. Doi: 10.1016/j.healthplace.2019.05.015	Q1	3.202
175.	Rajaganapathy S, McCourt JL, Ghosal S, Lindsay A*, McCourt PM, Lowe DA, Ervasti JM, Salapaka MV. Distinct mechanical properties in homologous spectrin-like repeats of utrophin. <i>Scientific Reports</i> . 2019; 9: 5210. Doi: 10.1038/s41595-019-41569-4	Q1	4.011
176.	Rathi N, Riddell L*, Worsley A*. Parents' and teachers' critique of nutrition education in Indian secondary schools. <i>Health Education</i> . 2019; 119(2): 150-164. Doi: 10.1108/HE-11-2018-0054	Q3	N/A
177.	Rawal LB, Kanda K, Biswas T, Tanim MI, Poudel P, Renzaho AMN, Abdullah AS, Shariful Islam SM*, Ahmed SM. Non-communicable disease (NCD) corners in public sector health facilities in Bangladesh: a qualitative study assessing challenges and opportunities for improving NCD services at the primary healthcare level. <i>BMJ Open</i> . 2019; 9(10): e029562. Doi: 10.1136/bmjopen-2019-029562	Q1	2.376
178.	Ray C, Campbell K*, Hesketh K*. Key messages in an early childhood obesity prevention intervention: are they recalled and do they impact children's behaviour? <i>International Journal of Environmental Research and Public Health</i> . 2019; 16: 1550. Doi: 10.3390/ijerph16091550	Q2	2.468
179.	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> . 2019; 32(1): 79-98. Doi: 10.1017/S0954422418000185	Q1	5.595
180.	Reddy AJ, George ES*, Roberts SK, Tierney AC. Effect of dietary intervention, with or without co-interventions, on inflammatory markers in patients with nonalcoholic fatty liver disease: a systematic literature review. <i>Nutrition Reviews</i> . 2019; 77(11): 765-786. Doi:/10.1093/nutrit/nuz029	Q1	5.779
181.	Reyes AC, Chaves R, Baxter-Jones A, Vasconcelos O, Barnett LM*, Tani G, Hedeker D, Maia JA. Modelling the dynamics of children's gross motor coordination. <i>Journal of Sports Sciences</i> . 2019; 37(19): 2243-2252. Doi: 10.1080/02640414.2019.1626570	Q1	2.811
182.	Ricci-Cabello I, Bobrow K, Islam SMS*, Chow CK, Maddison R*, Whittaker R, Farmer AJ. Examining development processes for text messaging interventions to prevent cardiovascular disease. <i>JMIR Mhealth and Uhealth</i> . 2019; 7(3): e12191. Doi: 10.2196/12191	N/A	4.301
183.	Ridgway E, Baker P*, Woods J*, Lawrence M*. Historical developments and paradigm shifts in public health nutrition science, guidance and policy actions: a narrative review. <i>Nutrients</i> . 2019; 11(3): 531. Doi: 10.3390/nu11030531	Q1	4.171
184.	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> . 2019; 41: 181-190. Doi: 10.1016/j.psychsport.2018.03.009	Q1	2.71
185.	Roberts SSH, Teo WP, Aisbett B*, Warmington SA*. Extended sleep maintains endurance performance better than normal or restricted sleep. <i>Medicine and Science in Sports and Exercise</i> . 2019; 51(12): 2516-2523. Doi: 10.1249/MSS.0000000000002071	Q1	4.478

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
186.	Roberts SSH, Teo WP, Aisbett B*, Warmington SA*. Effects of total sleep deprivation on endurance cycling performance and heart rate indices used for monitoring athlete readiness. <i>Journal of Sports Sciences</i> . 2019; 37(23): 2691-2701. Doi: 10.1080/02640414.2019.1661561	Q1	2.811
187.	Russell G, Lane R, Parker S, Litt J, Mazza Dm Lloyd J, Zwar N, Van Driel M, Del Mar C, Smith J, Harris MF, Taylor R, Denney-Wilson E, Davies GP, Laws R*, Snowdon T, Bolger-Harris H, Groombridge S, Goldstein S, Howarth T, Huang N, Wilson J. Preventive evidence into practice: what factors matter in a facilitation intervention to prevent vascular disease in family practice? <i>BMC Family Practice</i> . 2019; 20(1): 113. Doi: 10.1186/s12875-019-0995-7	Q1	2.431
188.	Sahlqvist S*, Veitch J*, Abbott G, Salmon J*, Garrard J, Acker F, Hartman K, Timperio A*. Impact of an Australian state-wide active travel campaign targeting primary schools. <i>Preventive Medicine Reports</i> . 2019; 14: 100866. Doi: 10.1016/j.pmedr.2019.100866	Q1	N/A
189.	Salam A, Kanukula R, Atkins E, Wang X, Islam S*, Kishore SP, Jaffe MG, Patel A, Rodgers A. Efficacy and safety of dual combination therapy of blood pressure-lowering drugs as initial treatment for hypertension: a systematic review and meta-analysis of randomized controlled trials. <i>Journal of Hypertension</i> . 2019; 37(9): 1786-1774. Doi: 10.1097/HJH.0000000000002096	Q1	4.209
190.	Selathurai A*, Kowalski GM*, Mason SA, Callahan DL, Foletta VC*, Della Gatta PA*, Lindsay A*, Hamley SD, Kaur G*, Curtis AR, Burch ML, Ang T, McGee SL, Bruce C*. Phosphatidylserine decarboxylase is critical for the maintenance of skeletal muscle mitochondrial integrity and muscle mass. <i>Molecular Metabolism</i> . 2019; 27: 33-46. Doi: 10.1016/j.molmet.2019.06.020	Q1	6.181
191.	Sievert K, Lawrence M*, Naika A, Baker P*. Processed foods and nutrition transition in the pacific: regional trends, patterns and food system drivers. <i>Nutrients</i> . 2019; 11: 1328. Doi: 10.3390/nu11061328	Q1	4.171
192.	Simpson T, Deleuil S, Echeverria N, Komanduri M, Macpherson H*, Suo C, Gondalia S, Fard MT, Pipingas A, Scholey A, Stough C. The Australian Research Council Longevity Intervention (ARCLI) study protocol (ANZCTR12611000487910) addendum: neuroimaging and gut microbiota protocol. <i>Nutrition Journal</i> . 2019; 18: 1. Doi: 10.1186/s12937-018-0428-9	Q1	3.592
193.	Small L, Brandon AE, Parker BL, Deshpande V, Samsudeen AF, Kowalski GM*, Reznick J, Wilks DL, Preston E, Bruce CR*, James DE, Turner N, Cooney GJ. Reduced insulin action in muscle of high fat diet rats over the diurnal cycle is not associated with defective insulin signaling. <i>Molecular Metabolism</i> . 2019; 25: 107-118. Doi: 10.1016/j.molmet.2019.04.006	Q1	6.181
194.	Smith M, Ikeda E, Duncan S, Maddison R*, Hinckson E, Meredith-Jones K, Walker C, Mandic S. Trends and measurement issues for active transportation in New Zealand's physical activity report cards for children and youth. <i>Journal of Transport and Health</i> . 2019; 15: 100789. Doi: 10.1016/j.jth.2019.100789	Q1#,Q2#	2.583
195.	Stough C, Nankivell M, Camfield DA, Perry NL, Pipingas A, Macpherson H*, Wesnes K, Ou R, Hare D, de Haan J, Head G, Lansjoen P, Langsjoen A, Tan B, Pase MP, King R, Rowsell R, Zwalf O, Rathner Y, Cooke M, Rosenfeldt F. CoQ10 and cognition a review and study protocol for a 90-day randomized controlled trial investigating the cognitive effects of ubiquinol in the healthy elderly. <i>Frontiers in Aging Neuroscience</i> . 2019; 11: 103. Doi: 10.3389/fnagi.2019.00103	Q2	3.633
196.	Tacey A, Parker L*, Yeap BB, Joseph J, Lim EM, Garnham A, Hare D, Brennan-Speranza T, Levinger I. Single dose prednisolone alters endocrine and haematologic responses and exercise performance in men. <i>Endocrine Connections</i> . 2019; 8(2): 111-119. Doi: 10.1530/EC-18-0473	Q2	2.474
197.	Tait JL, Aisbett B*, Hall SJ, Main LC*. The inflammatory response to simulated day and night emergency alarm mobilisations. <i>PLoS One</i> . 2019; 14(6): e0218732. doi: 10.1371/journal.pone.0218732	Q1	2.776
198.	Tait JL, Duckham RL*, Milte CM*, Main LC*, Daly RM*. Associations between inflammatory and neurological markers with quality of life and well-being in older adults. <i>Experimental Gerontology</i> . 2019; 125: 110662. Doi: 10.1016/j.exger.2019.110662	Q2	3.08

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
199.	Taki S, Russell CG, Wen LM, Laws RA*, Campbell K*, Xu HL, Denney-Wilson E. Consumer engagement in mobile application (App) interventions focused on supporting infant feeding practices for early prevention of childhood obesity. <i>Frontiers in Public Health</i> . 2019; 7: 60. Doi: 10.3389/fpubh.2019.00060	Q2	2.031
200.	Taki S, Russell CG, Lymer S, Laws R*, Campbell K*, Appleton J, Ong KL, Denney-Wilson E. A mixed methods study to explore the effects of program design elements and participant characteristics on parents' engagement with an mHealth program to promote healthy infant feeding: The Growing Healthy Program. <i>Frontiers in Endocrinology</i> . 2019; 10: 397. Doi: 10.3389/fendo.2019.00397	Q1	3.634
201.	Tan SY*, Tucker RM. Sweet taste as a predictor of dietary intake: A systematic review. <i>Nutrients</i> . 2019; 11(1): 94. Doi: 10.3390/nu11010094	Q1	4.171
202.	Tandon PS, Downing KL*, Saelens BE, Christakis DA. Two approaches to increase physical activity for preschool children in child care centers: A matched-pair cluster-randomized trial. <i>International Journal of Environmental Research and Public Health</i> . 2019; 16(20): pii: E4020. Doi: 10.3390/ijerph16204020	Q2	2.468
203.	Teychenne M*, Lamb KE, Main L*, Miller C, Hahne A, Ford J, Rosenbaum S, Belavy D*. General strength and conditioning versus motor control with manual therapy for improving depressive symptoms in chronic low back pain: A randomised feasibility trial. <i>PLoS One</i> . 2019; 14(8): e0220442. Doi: 10.1371/journal.pone.0220442	Q1	2.776
204.	Teychenne M*, Stephens LD, Costigan SA, Olstad DL, Stubbs B, Turner AJ*. The association between sedentary behaviour and indicators of stress: a systematic review. <i>BMC Public Health</i> . 2019; 19: 1357. Doi: 10.1186/s12889-019-7717-x	Q1	2.567
205.	Teychenne M*, Parker K, Teychenne D, Sahlqvist S*, Macfarlane S, Costigan S. A pre-post evaluation of an online career planning module on university students' career adaptability. <i>Journal of Teaching and Learning for Graduate Employability</i> . 2019; 10(1): 42-55. Doi: 10.21153/jtlge2019vol10no1art781	N/A	N/A
206.	Thomas S, Hinkley T, Barnett LM*, May T, Rinehart N. Young children with ASD participate in the same level of physical activity as children without ASD: implications for early intervention to maintain good health. <i>Journal of Autism and Developmental Disorders</i> . 2019. 49(8): 3278-3289. Doi: 10.1007/s10803-019-04026-9	Q1	2.786
207.	Thomas CE, Chambers TP, Main LC*, Gastin PB. Factors influencing the early development of world-class Caribbean track and field athletes: a qualitative investigation. <i>Journal of Sports Science and Medicine</i> . 2019; 18: 758-771	Q1#, Q2#	1.774
208.	Thorpe MG, Milte CM*, Crawford D*, McNaughton SA*. Education and lifestyle predict change in dietary patterns and diet quality of adults 55 years and over. <i>Nutrition Journal</i> . 2019; 18: 67. Doi: 10.1186/s12937-019-0495-6	Q1	3.592
209.	Torres SJ*, Grimes C*, Nowson CA, Jayasinghe SU, Bruce CR*, Mason SA, He FJ, Turner AJ*. 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> . 2019; 121(2): 164-171. Doi: 10.1017/S0007114518003148	Q1	3.319
210.	Tsitkanou S, Della Gatta P*, Foletta V*, Russell AP*. The role of exercise as a non-pharmacological therapeutic approach for Amyotrophic Lateral Sclerosis: beneficial or detrimental? <i>Frontiers in Neurology</i> . 2019; 10: 783. Doi: 10.3389/fneur.2019.00783	Q2	2.635
211.	Tsitkanou S, Lindsay A*, Della Gatta P*. The role of skeletal muscle in amyotrophic lateral sclerosis: a 'dying-back' or 'dying-forward' phenomenon? <i>The Journal of Physiology</i> . 2019; 597(23): 5527-5528. Doi: 10.1113/JP278835	N/A	4.950
212.	Urwin C, Snow RJ*, Orellana L, Condo D, Wadley GD*, Carr A. Sodium citrate ingestion protocol impacts induced alkalosis, gastrointestinal symptoms, and palatability. <i>Physiological Reports</i> . 2019; 7(19): e14216. Doi: 10.14814/phy2.14216	Q2	N/A

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
213.	Veitch J*, Christian H, Carver A, Salmon J*. Physical activity benefits from taking your dog to the park. <i>Landscape and Urban Planning</i> . 2019; 185: 173-179. Doi: 10.1016/j.landurbplan.2019.02.013	Q1	5.144
214.	Vella L, Markworth JF, Farnfield MM, Maddipati KR, Russell AP*, Cameron-Smith D. Intramuscular inflammatory and resolving lipid profile responses to an acute bout of resistance exercise in men. <i>Physiological Reports</i> . 2019; 7 (13): e14108. Doi: 10.14814/phy2.14108	Q2	N/A
215.	Venkateshmurthy NS, McNamara K, Koorts H*, Mohan S, Ajay VS, Jindal D, Malipeddi BR, Roy A, Tandon N, Prabhakaran D, Worsley T*, Maddison R*, O'Reilly S. Process evaluation protocol for a cluster randomised trial of a complex, nurse-led intervention to improve hypertension management in India. <i>BMJ Open</i> . 2019; 9: e027841. Doi: 10.1136/bmjopen-2018-027841	Q1	2.376
216.	Via JD, Daly RM*, Owen PJ, Mundell NL, Rantalainen T, Fraser SF*. Bone mineral density, structure, distribution and strength in men with prostate cancer treated with androgen deprivation therapy. <i>Bone</i> . 2019; 127: 367-375. Doi: 10.1016/j.bone.2019.06.005	Q1	4.36
217.	Vincent GE, Jay SM, Preece H, Hall SJ, Aisbett B*, Baumert M, Sprajcer M, Lack L, Ferguson SA. Overnight heart rate variability and next day cortisol response during simulated on-call conditions. <i>Psychoneuroendocrinology</i> . 2019; 109: 104406. Doi: 10.1016/j.psyneuen.2019.104406	Q1	4.013
218.	Vogel C, Abbott G, Ntani G, Barker M, Cooper C, Moon G, Ball K*, Baird J. Examination of how food environmental and psychological factors interact in their relationship with dietary behaviours: test of a cross-sectional model. <i>International Journal for Behavioral Nutrition and Physical Activity</i> . 2019; 16: 12. Doi: 10.1186/s12966-019-0772y	Q1	6.037
219.	Wackerhage H, Schoenfeld BJ, Hamilton DL*, Lehti M, Hulmi JJ. Stimuli and sensors that initiate skeletal muscle hypertrophy following resistance exercise. <i>Journal of Applied Physiology</i> . 2019; 126: 30-43. Doi: 10.1152/jappphysiol.00685.2018	Q1#,Q2#	3.14
220.	Wadley GD*, Lamon S*, Alexander SE, McMullen JR, Bernardo BC. Noncoding RNAs regulating cardiac muscle mass. <i>Journal of Applied Physiology</i> . 2019; 127: 633-644. doi: 10.1152/jappphysiol.00904.2018	Q1#,Q2#	3.14
221.	Walsh A*, Hesketh KD*, Hnatiuk JA*, Campbell KJ*. Paternal self-efficacy for promoting children's obesity protective diets and associations with children's dietary intakes. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2019; 16: 53. Doi: 10.1186/s12966-019-0814-5	Q1	6.037
222.	Wanich U, Riddell L*, Cicerale S, Mohebbi M, Sayonpark D, Liem DG, Keast RS. The relationship between culture, food liking, and body mass index in Australian and Thai young adults. <i>Asia Pacific Journal of Clinical Nutrition</i> . 2019; 28(3): 634-644. Doi: 10.6133/apjcn.201909_28(3).0024	Q2#,Q3#	1.375
223.	Watson A, Timperio A*, Brown H, Hinkley T, Hesketh KD*. Associations between organised sport participation and classroom behaviour outcomes among primary school-aged children. <i>PLoS One</i> . 2019; 14(1): e0209354. Doi: 10.1371/journal.pone.0209354	Q1	2.776
224.	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> . 2019; 22(4): 438-443. Doi: 10.1016/j.jsams.2018.09.232	Q1	3.623
225.	Watson A, Timperio A*, Brown H, Hesketh KD*. Process evaluation of a classroom active break (ACTI-BREAK) program for improving academic-related and physical activity outcomes for students in years 3 and 4. <i>BMC Public Health</i> . 2019; 19: 633. Doi: 10.1186/s12889-019-6982-z	Q1	2.567
226.	West M, Liem DG, Booth A*, Nowson C, Grimes C*. Salt preference and ability to discriminate between salt content of two commercially available products of Australian primary schoolchildren. <i>Nutrients</i> . 2019; 11(2): pii: E388. doi: 10.3390/nu11020388	Q1	4.171
227.	Whelan J, Love P*, Millar L, Allender S, Morley C, Bell C. A rural community moves closer to sustainable obesity prevention - an exploration of community readiness pre and post a community-based participatory intervention. <i>BMC Public Health</i> . 2019; 19: 1420. Doi 10.1186/s12889-019-7644-x	Q1	2.567

Published papers cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
	Title		
228.	Wijndaele K, White T, Lars Bo Andersen LB, Bugge A, Kolle E, Northstone K, Wedderkopp N, Ried-Larsen M, Kriemler S, Page AS, Puder JJ, Reilly JJ, Sardinha LB, van Sluijs EMF, Sharp SJ, Brage S, Ekelund U, on behalf of the International Children's Accelerometry Database (ICAD) Collaborators*. Substituting prolonged sedentary time and cardiovascular risk in children and youth: a meta-analysis within the International children's Accelerometry database (ICAD). <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2019; 16: 96. Doi: 10.1186/s12966-019-0858-6 *named collaborators are Salmon J* and Timperio A*	Q1	6.037
229.	Wilson MT, Ryan AM, Vallance SR, Dias-Dougan A, Dugdale JH, Hunter AM, Hamilton DL*, Macgregor LJ. Tensiomyography derived parameters reflect skeletal muscle architectural adaptations following 6-weeks of lower body resistance training. <i>Frontiers in Physiology</i> . 2019; 10: 1493. Doi: 10.3389/fphys.2019.01493	Q2	3.201
230.	Wyse R, Delaney T, Gibbins P, Ball K*, Campbell K*, Yoong SL, Seward K, Zoetemeyer R, Rissel C, Wiggers J, Attia J, Oldmeadow C, Sutherland R, Nathan N, Reilly K, Reeves P, Wolfenden L. A cluster randomised controlled trial of an online intervention to improve healthy food purchases from primary school canteens: a study protocol of the 'Click & Crunch' trial. <i>BMJ Open</i> . 2019; 9: e030538. Doi: 10.1136/bmjopen-2019-030538	Q1	2.376
231.	Young C, Campolonghi S, Ponsonby S, Dawson SA, O'Neil A, Kay-Lambkin F, McNaughton SA*, Berk M, Jacka F. Supporting engagement, adherence and behaviour change in online dietary interventions: a systematic review. <i>Journal of Nutrition Education and Behavior</i> . 2019; 51(6): 719-739. Doi: 10.1016/j.jneb.2019.03.006	Q1#, Q2#	2.869
232.	Zanker J, Scott D, Reijnierse EM, Brennan-Olsen SL, Daly RM*, Girgis CM, Grossmann M, Hayes A, Henwood T, Hirani V, Inderjeeth CA, Iuliano S, Keogh JW, Lewis JR, Maier AB, Pasco JA, Phu S, Sanders KM, Sim M, Visvanathan R, Waters DL, Yu SCY, Duque G. Establishing an operational definition of sarcopenia in Australia and New Zealand: Delphi method based consensus statement. <i>Journal of Nutrition, Health and Aging</i> . 2019; 23(1): 105-110. Doi: 10.1007/s12603-018-1113-6	Q1#, Q2#	2.66
233.	Zegeye A, Dessie G, Wagnew F, Gebrie A, Islam SMS*, Tesfaye B, Kiross D. Prevalence and determinants of anti-tuberculosis treatment non-adherence in Ethiopia: a systematic review and meta-analysis. <i>PLoS One</i> . 2019; 14(1): e0210422. Doi: 10.1371/journal.pone.0210422	Q1	2.776
234.	Zheng M*, Bowe S, Hesketh KD*, Bolton K, Laws R*, Kremer P, Ong KK, Lioret S, Denney-Wilson E, Campbell KJ*. Relative effects of postnatal rapid growth and maternal factors on early childhood growth trajectories. <i>Paediatric and Perinatal Epidemiology</i> . 2019; 33(2): 172-180. Doi: 10.1111/ppe.12541	Q1#, Q2#	2.681

Editorials

Editorials			Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
Title				
1.	Editorial	Biesiekierski JR, Livingstone KM*, Moschonis G. Personalised nutrition: updates, gaps and next steps. <i>Nutrients</i> . 2019; 11: 1793. Doi: 10.3390/nu11081793	Q1	4.171
2.	Editorial	Cartledge S*. A balancing act- from clinical practice to research. <i>British Journal of Cardiac Nursing</i> . 2019; 14(4): 1-3. Doi: 10.12968/bjca.2019.0015	N/A	N/A
3.	Letter to Editor	Deftereos I, Kiss N*, Isenring E, Carter V, Yeung JMC. Letter to the Editors regarding: 'Preoperative enteral access is not necessary prior to multimodality treatment of esophageal cancer' <i>Surgery</i> . 2019; 166(1): 126-127. Doi: 10.1016/j.surg.2018.12011	Q1	3.476
4.	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> . 2019; 76: 118. Doi: 10.1111/1747-0080.12459	Q3	1.339
5.	Editorial	Lawrence M*, Baker P*. Ultra-processed food and adverse health outcomes. <i>BMJ</i> . 2019; 365: l2289. Doi: 10.1136/bmj.l2289	Q1	27.604
6.	Editorial	Lawrence M*, McNaughton SA*. Vegetarian diets and health. <i>BMJ</i> . 2019; 366: l5272. Doi: 10.1136/bmj.l5272	Q1	27.604
7.	Editorial	Lawrence MA*, Baker PI*, Pulker CE, Pollard CM. Sustainable, resilient food systems for healthy diets: the transformation agenda. <i>Public Health Nutrition</i> . 2019; 22(16): 2916-2920. Doi: 10.1017/S1368980019003112	Q1#, Q2#	2.526
8.	Commentary	McKay FH, Lindberg R*. The important role of charity in the welfare system for those who are food insecure. <i>Australian and New Zealand Journal of Public Health</i> . 2019; 43(4): 310-312. Doi: 10.1111/1753-6405.12916	Q2	1.911

Books and book chapters

	Title
1.	Atkinson L, Teychenne M*. 'Psychological, social and behaviour changes during pregnancy: implications for physical activity and exercise: evidence-based guidelines'. In Santos Rocha R. (Ed). Exercise and Sporting Activity During Pregnancy. 2019; 19-43. Doi: 10.1007/978-3-319-91032-1_2
2.	Baker P*, Demaio A. The political economy of healthy and sustainable food systems. In Lawrence M, Friel S (Eds). Healthy and Sustainable Food Systems. Routledge, Abingdon, Oxon, 2019; 181-192
3.	Brennan-Olsen SL, Zengin A, Duckham RL*, Hosking SM, Talevski J, Hyde NK. Differences in fracture risk between countries, within countries and between social and ethnic groups. In Miskiewicz J, Brennan-Olsen S, Riancho J (Eds). Bone Health: A reflection of the social mosaic. Springer, Singapore. 2019; 71-86. Doi: 10.1007/978-981-13-7256-8_5
4.	Brennan-Olsen SL, Hyde NK, Duckham RL*, Zengin A, Talevski J, Hosking SM. Bone quality in socially and ethnically diverse groups: Downstream and upstream determinants across the life course. In Miskiewicz J, Brennan-Olsen S, Riancho J (Eds). Bone Health: A reflection of the social mosaic. Springer, Singapore. 2019; 55-69. Doi: 10.1007/978-981-13-7256-8_4
5.	Hadjikakou M, Baker B*. The untenable role of 'Junk food' in a healthy and sustainable food system. In Lawrence M, Friel S (Eds). Healthy and Sustainable Food Systems. Routledge, Abingdon, Oxon, 2019; 158-169
6.	Hoek A, O'Kane G, Worsley T*. Food consumption: Food, people, and contexts. In Lawrence M, Friel S (Eds). Healthy and Sustainable Food Systems. Routledge, Abingdon, Oxon, 2019; 114-122
7.	Lawrence M*, Baker P*, Wingrove K, Lindberg R*. Sustainable Diets: The public health perspective. In Burlingame B, Dernini S (Eds). Sustainable Diets – Linking Nutrition and Food Systems. (Chapter 2)., Wallingford, CAB. 2019; 13-21. Doi: 10.1079/9781786392848.0013
8.	Lawrence M*, Friel S, (Eds). Healthy and Sustainable Food Systems. Routledge, Abingdon, Oxon, 2019
9.	Lawrence M*, Friel S. An introduction to healthy and sustainable food systems. In Lawrence M, Friel S (Eds). Healthy and Sustainable Food Systems. Routledge, Abingdon, Oxon, 2019; 1-8
10.	Lawrence M*, Friel S. Conclusion – Transitioning towards healthy and sustainable food systems. Healthy and Sustainable Food Systems. In Lawrence M, Friel S (Eds). Healthy and Sustainable Food Systems. Routledge, Abingdon, Oxon, 2019; 226-229
11.	Ridgers ND*, Verswijveren SJJM. Research into sedentary behaviour. (Chapter 16). In Bird SR. (Eds), Research Methods in Physical Activity and Health. Oxford, UK: Routledge. 2019; 147-156

* Indicates IPAN staff

Subject area and categories identified by the Scimago Journal Ranking

Advanced online/epub publications

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
1.	Arvidsen J, Johannessen H, Veitch J*, Andkjaer S. 'It's fun in the legs': children's dwelling in garden trampolines. <i>Children's Geographies</i> . 2019; 28 Jun (Advance online). Doi: 10.1080/14733285.2019.1635994	Q1	1.439
2.	Atkins LA, McNaughton SA*, Spence AC*, Szymlek-Gay EA*. Adequacy of iron intakes and socio-demographic factors associated with iron intakes of Australian pre-schoolers. <i>European Journal of Nutrition</i> . 2019; 1 Feb (Advance online). Doi: 10.1007/s00394-019-01897-7	Q1	4.449
3.	Attrill E, Ramsay C, Ross R, Richards S, Sutherland BA, Keske MA*, Eringa E, Premilovac D. Metabolic-vascular coupling in skeletal muscle: A potential role for capillary pericytes? <i>Clinical and Experimental Pharmacology and Physiology</i> . 2019; 7 Nov (Advance online). Doi: 10.1111/1440-1681.13208	Q2 [#] ,Q3 [#]	2.336
4.	Beckford K, Grimes CA*, Margerison C*, Riddell LJ*, Skeaff SA, West ML, Nowson CA. A systematic review and meta-analysis of 24-h urinary output of children and adolescents: impact on the assessment of iodine status using urinary biomarkers. <i>European Journal of Nutrition</i> . 2019; 29 Nov (Advance online). Doi: 10.1007/s00394-019-02151-w	Q1	4.449
5.	Bell L, Timperio A*, Veitch J*, Carver A. Individual, social and neighbourhood correlates of cycling among children living in disadvantaged neighbourhoods. <i>Journal of Science and Medicine in Sport</i> . 2019; 13 August (advance online). Doi: 10.1016/j.jsams.2019.08.010	Q1	3.623
6.	Bradley EA, Premilovac D, Betik AC*, Hu D, Attrill E, Richards S, Rattigan S, Keske M*. Metformin improves vascular and metabolic insulin action in insulin resistant muscle. <i>The Journal of Endocrinology</i> . 2019; 1 Aug (Advance online) pii: JOE-19-0067.R1. Doi: 10.1530/JOE-19-0067	Q1	4.381
7.	Bray J, Lim M, Cartledge S*, Stub D, Mitra B, Newnham H, Cameron P. Comparison of the Victorian emergency minimum dataset to medical records for emergency presentations for acute cardiovascular conditions and unspecified chest pain. <i>Emergency Medicine Australasia</i> . 2019 8 Nov (Advance online). Doi: 10.1111/1742-6723.13408	Q1 [#] ,Q2 [#]	1.5
8.	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	2.956
9.	da Costa BGG, Salmon J*, Dos Santos PC, Minatto G, Silva KS. Clustering of screen time behaviours in adolescents and its association with waist circumference and cardiorespiratory fitness. <i>Journal of Science and Medicine in Sport</i> . 2019; 18 Nov (Advance online) pii: S1440-2440(19)30894-1. Doi: 10.1016/j.jsams.2019.11.007	Q1	3.623
10.	Daly RM*, Gianoudis J, Kersh ME, Bailey CA, Ebeling PR, Krug R, Nowson CA, Hill K, Sanders KM. Effects of a 12-month supervised, community-based, multimodal exercise program followed by a 6-month research-to-practice transition on bone mineral density, trabecular microarchitecture, and physical function in older adults: a randomized controlled trial. <i>Journal of Bone and Mineral Research</i> . 2019; 9 Sep (Advance online). Doi: 10.1002/jbmr.3865	Q1	5.711
11.	Direito A, Tooley M, Hinbarji M, Albatal R, Jiang Y, Whittaker R, Maddison R*. Tailored daily activity: An adaptive physical activity smartphone intervention. <i>Telemedicine Journal and E-Health</i> . 2019; 7 May (Advance online). Doi: 10.1089/tmj.2019.0034	Q1 [#] ,Q2 [#]	2.165

Advanced online/epub publications cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
12.	Dobson R, Whittaker R, Jiang Y, McNamara C, Shepherd M, Maddison R*, Cutfield R, Khanolkar M, Murphy R. Long-term follow up of a randomised controlled trial of a text message diabetes self-management support programme, SMS4BG. <i>Diabetic Medicine</i> . 2019; 13 Nov (Advance Online). Doi: 10.1111/dme.14182	Q1	3.107
13.	Global, regional, and national cancer incidence, mortality, years of life lost, years lived with disability, and disability-adjusted life-years for 29 cancer groups, 1990 to 2017: a systematic analysis for the global burden of disease study. *named collaborator: Islam SMS*. <i>JAMA Oncology</i> . 2019; 27 Sep (Advance online). Doi: 10.1001/jamaoncol.2019.2996	Q1	22.416
14.	Haynes A, Naylor LH, Carter HH, Spence AL, Robey E, Cox KL, Maslen BA, Lautenschlager NT, Ridgers ND*, Green DJ. Land-walking vs. water-walking interventions in older adults: effects on aerobic fitness. <i>Journal of Sport and Health Science</i> . 2019; 23 Dec (Advance online). Doi: 10.1016/j.jshs.2019.11.005	Q1	3.644
15.	Kovac K, Vincent GE, Jay SM, Sprajcer M, Aisbett B*, Lack L, Ferguson SA. The impact of anticipating a stressful task on sleep inertia when on-call. <i>Applied Ergonomics</i> . 2019; 31 Aug (Advance online). Doi: 10.1016/j.apergo.2019.102942	Q1	2.61
16.	Laing E, Kiss N*, Krishnasamy M, Michael M. Nutritional complications and the management of patients with gastroenteropancreatic neuroendocrine tumours. <i>Neuroendocrinology</i> . 2019; 25 Sept (Advance online). Doi: 10.1159/000503634	Q1	6.804
17.	Lawrence M*, Lawrence A, Stanton R, Pollard C, Pulker C, Woods J*, Ashton B. Interpretive nutrient profiling algorithms are a limited tool for assessing the healthiness of countries' packaged food and beverage supplies, and the conclusions are not substantiated by the data. <i>Obesity Reviews</i> . 2019; 19 Dec (Advance online). Doi: 10.1111/obr.12957	Q1	8.192
18.	Leong C, Haszard JJ, Heath AL, Tannock GW, Lawley B, Cameron SL, Szymlek-Gay E*, Gray AR, Taylor BJ, Galland BC, Lawrence JA, Otal A, Hughes A, Taylor RW. Using compositional principal component analysis to describe children's gut microbiota in relation to diet and body composition. <i>American Journal of Clinical Nutrition</i> . 2019; 11 Nov (Advance online). Doi: 10.1093/ajcn/nqz270	Q1	6.568
19.	Lindsay A*, Gieseg SP. Pterins as diagnostic markers of exercise-induced stress: a systematic review. <i>Journal of Science and Medicine in Sport</i> . 2019; 24 Aug (Advance Online) pii: S1440-2440(19)30698-X. Doi: 10.1016/j.jsams.2019.08.018	Q1	3.623
20.	Mahumud RA, Gow J, Alam K, Keramat SA, Hossain MG, Sultana M, Sarker AR, Islam SMS*. Cost-effectiveness of the introduction of two-dose bi-valent (Cervarix) and quadrivalent (Gardasil) HPV vaccination for adolescent girls in Bangladesh. <i>Vaccine</i> . 2019; 24 Oct (Advance online). Doi 10.1016/j.vaccine.2019.10.037.	Q1#,Q2#	3.269
21.	Main LC*, Wolkow AW, Tait J, Della Gatta P*, Raines J, Snow R*, Aisbett B*. Firefighter's acute inflammatory response to wildfire suppression. <i>Journal of Occupational and Environmental Medicine</i> . 2019; 18 Nov (Advance online). Doi: 10.1097/JOM.0000000000001775	Q2	1.591
22.	Marx W, George ES*, Mayr HL, Thomas CJ, Sarapis K, Moschonis G, Kennedy G, Pipingas A, Willcox JC, Prendergast LA, Itsiopoulos C. Effect of high polyphenol extra virgin olive oil on markers of cardiovascular disease risk in healthy Australian adults (OLIVAUS): a protocol for a double-blind randomised, controlled, cross-over study. <i>Nutrition and Dietetics</i> . 2019; 17 Apr (Advance online). Doi: 10.1111/1747-0080.12531	Q3	1.339
23.	Matthews J, Torres SJ*, Milte CM*, Hopkins I, Kukuljan S, Nowson CA, Daly RM*. Effects of a multicomponent exercise program combined with calcium-vitamin D3-enriched milk on health-related quality of life and depressive symptoms in older men: secondary analysis of a randomized controlled trial. <i>European Journal of Nutrition</i> . 2019; 16 Apr (Advance online). Doi: 10.107/s00394-019-01969-8	Q1	4.449
24.	Mazidi M, Kengne AP, George ES*, Siervo M. The association of red meat intake with inflammation and circulating intermediate biomarkers of type 2 diabetes is mediated by central adiposity. <i>British Journal of Nutrition</i> . 2019; 22 Aug (Advance online). Doi 10.1017/S0007114519002149.	Q1	3.319

Advanced online/epub publications cont'd

		Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
25.	Mazidi M, Katsiki N, George ES*, Banach M. Tomato and lycopene consumption is inversely associated with total and cause-specific mortality: a population-based cohort study, on behalf of the International Lipid Expert Panel (ILEP). <i>British Journal of Nutrition</i> . 2019; 22 Aug (Advance online). Doi: 10.1017/S0007114519002150	Q1	3.319
26.	Naylor LH, Maslen BA, Cox KL, Spence AL, Robey E, Haynes A, Carter HH, Lautenschlager NT, Ridgers ND*, Pestell C, Green DJ. Land-versus water-walking interventions in older adults: effects on body composition. <i>Journal of Science and Medicine in Sport</i> . 2019; 28 Aug (Advance online) pii: S1440-2440(19)30339-1. Doi: 10.1016/j.jsams.2019.08.019	Q1	3.623
27.	Opie RS*, McNaughton SA*, Crawford D*, Abbott G, Ball K*. How and why does discretionary food consumption change when we promote fruit and vegetables? Results from the ShopSmart randomised controlled trial. <i>Public Health Nutrition</i> . 2019; 1 Oct (Advance online). Doi: 10.1017/S1368980019002830	Q1#, Q2#	2.526
28.	Owen PJ, Miller CT, Mundell NL, Verswijveren SJ, Tagliaferri SD, Brisby H, Bowe SJ, Belavy DL*. Which specific modes of exercise training are most effective for treating low back pain? Network meta-analysis. <i>British Journal of Sports Medicine</i> . 2019; 30 Oct (Advance online). Doi: 10.1136/bjsports-2019-100886	Q1	11.645
29.	Rawstorn JC*, Ball K*, Oldenburg B, Chow C, McNaughton SA*, Lamb KE, Gao L, Moodie M, Amerena J, Nadurata V, Neil C, Cameron S, Maddison R*. Smartphone Cardiac Rehabilitation, Assisted self-Management (SCRAM) versus usual care: protocol for a multicentre randomised controlled trial to compare effects and costs among people with coronary heart disease. <i>JMIR Research Protocols</i> . 2019; 4 Sep (Advance online). Doi: 10.2196/15022	N/A	N/A
30.	Roberts-Thomson KM, Betik A*, Premilovac D, Rattigan S, Richards SM, Ross RM, Russell RD, Kaur G*, Parker L*, Keske MA*. Postprandial microvascular blood flow in skeletal muscle: similarities and disparities to the hyperinsulinaemic euglycaemic clamp. <i>Clinical and Experimental Pharmacology and Physiology</i> . 2019; 23 Dec (Advance online). Doi: 10.1111/1440-1681.13237	Q2#, Q3#	2.336
31.	Smith C, Voisin S, Al Saedi A, Phu S, Brennan-Speranza T, Parker L*, Eynon N, Hiam D, Yan X, Scott D, Blekkenhorst LC, Lewis JR, Seeman E, Byrnes E, Flicker L, Duque G, Yeap BB, Levinger I. Osteocalcin and its forms across the lifespan in adult men. <i>Bone</i> . 14 Oct (Advance online). Doi: 10.1016/j.bone.2019.115085	Q1	4.36
32.	Stephens LD, Smith G, Olstad DL, Ball K*. An evaluation of SecondBite's FoodMate, a nutrition education skill-building program aimed at reducing food insecurity. <i>Health Promotion Journal of Australia</i> . 2019; 27 Sept (Advance online). Doi: 10.1002/hpja.298	Q1#, Q2#	1.333
33.	Swain CTV, Pan F, Owen P, Schmidt H, Belavy DL*. No consensus on causality of spine postures or physical exposure and low back pain: a systematic review of systematic reviews. <i>Journal of Biomechanics</i> . 2019; 13 Aug (Advance online) 109312. Doi: 10.1016/j.biomech.2019.08.006	Q1#, Q2#	2.576
34.	Szymlek-Gay EA*, Gray AR, Heath AM, Ferguson EL, Edwards T, Skeaff SA. Iodine-fortified toddler milk improves dietary iodine intakes and iodine status in toddlers: a randomised controlled trial. <i>European Journal of Nutrition</i> . 2019; 30 Mar (Advance online). Doi: 10.1007/s00394-019-01950-5	Q1	4.449
35.	Tagliaferri SD, Armbrrecht G, Miller CT, Owen PJ, Mundell NL, Felsenberg D, Thomasius F, Belavy D*. Testing the deconditioning hypothesis of low back pain: a study in 1182 older women. <i>European Journal of Sport Science</i> . 2019; 23 Apr (Advance online). Doi: 10.1080/17461391.2019.1606942	Q1#, Q2#	2.376
36.	Tagliaferri SD, Miller CT, Owen PJ, Mitchell UH, Brisby H, Fitzgibbon B, Masse-Alarie H, Van Oosterwijck, Belavy D*. Domains of chronic low back pain and assessing treatment effectiveness: a clinical perspective. <i>Pain Practice</i> . 2019; 14 October (Advance Online). Doi: 10.1111/papr.12846	Q1	2.486
37.	Teychenne M*, White RL, Richards J, Schuch FB, Rosenbaum S, Bennie JA. Do we need physical activity guidelines for mental health: what does the evidence tell us? <i>Mental Health and Physical Activity</i> . 2019; 15 Nov (Advance online). Doi: 10.1016/j.mhpa.2019.100315	Q2	1.797
38.	Townsend B, Friel S, Baker P*, Baum F, Strazdins L. How can multiple frames enable action on social determinants? Lessons from Australia's paid parental leave. <i>Health Promotion International</i> . 2019; 16 Sep (Advance Online). Doi: 10.1093/heapro/daz086	Q1	1.913

Advanced online/epub publications cont'd

	Title	Scimago Journal Ranking (2018)	Incites Impact Factor (2018)
39.	van Veen C, Schott N, Lander N, Tietjens M, Hinkley T, Dreiskamper D, Barnett LM*. The stability of perceived motor competence of primary school children from two countries over one year. <i>Measurement in Physical Education and Exercise Science</i> . 2019; 13 Oct (Advance online). Doi: 10.1080/1091367X.2019.1675665	Q2	N/A
40.	Visser EL, Mazzoli E, Hinkley T, Lander NJ, Utesch T, Barnett LM*. Are children with higher self-reported wellbeing and perceived motor competence more physically active? A longitudinal study. <i>Journal of Science and Medicine in Sport</i> . 2019; 14 Sep (Advance online) pii: S1440-2440(19)30191-4. Doi 10.1016/j.jsams.2019.09.005.	Q1	3.623
41.	Wanich U, Riddell L*, Cicerale S, Mohebbi M, Sayompark D, Liem DG, Keast RSJ. Association between food liking and the dietary quality in Australian young adults. <i>Asia Pacific Journal of Clinical Nutrition</i> . 2019; Oct (Advance online). Doi: 106133/apjcn.201910/PP.0004	Q2#, Q3#	
42.	Wittholz K, Fetterplace K, Clode M, George ES*, Maclsaac CM, Judson R, Presneill JJ. Measuring nutrition-related outcomes in a cohort of multi-trauma patients following intensive care unit discharge. <i>Journal of Human Nutrition and Dietetics</i> . 2019; 2 Dec (Advance online). Doi: 10.1111/jhn.12719	Q1#, Q2#	3.088

* Indicates IPAN staff

Subject area and categories identified by the Scimago Journal Ranking

Financials

Financial summary 2019

	2019 Actual
Income	
Deakin Contribution	3,540,245
Total Income	3,540,245
Employment Costs	
Academic Salaries	2,137,019
Professional Salaries	651,342
Contractors	50,941
Total Employment Costs	2,839,302
Non Salary Expenses	
Student Services	275
HDR Scholarships	26,452
Staff Recruitment	385
Staff Development and Training	58,027
FBT Staff Costs	1,444
Postage and Shipping	6,878
Course Development Materials	3,477
Fleet Management	13
Marketing	5,471
Telecommunications	58
Professional Services Fees	13,352
Equipment & Supplies	265,718
IT	5,203
Travel	185,179
Catering and Meals	4,670
Contributions to Other Universities - non HERDC	13,053
Non Salary Recoverable	15,565
Other Expenses	9,455
Equipment Repairs and Maintenance	582
Total Non Salary Expenses	615,258
2019 Surplus	85,685

Thank you

Our success depends not only on our amazing staff, but also our many supporters and collaborators.

We extend our thanks to everyone who joined with us in 2019 as we continued to work towards the prevention and management of chronic conditions, and to improve quality of life and health in our communities.





IPAN

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