



IPAN

INSTITUTE FOR PHYSICAL
ACTIVITY AND NUTRITION

IMPROVING HEALTH AND QUALITY OF LIFE THROUGH RESEARCH

ANNUAL REPORT 2020



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



Table of contents

01	IPAN: 2020 at a glance
02	A message from our Chairperson
03	A message from our Director
04	Highlights of 2020
05	A new chapter for IPAN Co-Director and Emeritus Professor David Crawford, AM
06	IPAN's response to COVID-19
07	Engaging and collaborating: working with our stakeholders
09	Sharing our knowledge
11	IPAN's next phase 2021-2025
12	Embedding physical activity in primary, secondary and tertiary education
13	Exercise interventions to minimise bone and muscle loss in obese older adults
14	Personalised nutrition for healthier young adults
15	What factors influence our decisions about what we eat?
16	Remotely supervised exercise training for heart failure
17	Helping people with diabetes live a healthier life through exercise
18	Understanding the role of hormones in diabetes progression
19	Supporting emerging research stars
20	Exploring the concept of 'exercise snacking' for older adults
21	Evaluating and implementing guideline-based low back pain (LBP) management
22	Exploring chronic disease risk factors in Australia
23	International collaborations
24	IPAN in the media
26	Awards and recognition
27	IPAN governance
28	IPAN Board
31	Our staff
32	Externally funded research projects in 2020
33	Externally funded research fellowships in 2020
34	Externally funded research collaborations in 2020
37	2020 Publications
67	Financial summary 2020
68	Thank you

IPAN: 2020 at a glance



86
Academic staff

\$4.72_M
Total external income*



98
PhD students
(including completions)

16
PhD completions



296
Hard copy
publications

68
Advance online/epub
publications ahead of print



11
Book chapters

930
Total media hits



7
New category 1 projects/
Fellowships commenced in 2020

4
Category 1 projects/Fellowships
awarded in 2020**



A message from our Chairperson

At a time when research and innovation has never been more important, Deakin achieved its best ever overall research performance in 2020. This is thanks to the dedication, resilience and adaptability of our researchers, and the team at IPAN has been instrumental to this success.

Despite the challenges of a global pandemic – including working from home, home schooling and lockdown- IPAN researchers continued to apply for funding opportunities with success across major schemes, including the National Health and Medical Research Council (NHMRC), the Medical Research Future Fund (MRFF) and many more. IPAN's strong engagement with government and non-government organisations resulted in exciting new co-designed research and translation projects, the team produced more than 350 scientific publications, and supported students through the challenges of the pandemic with 16 PhD completions. Many staff received well-deserved professional awards and recognition for their achievements- in particular I would like to highlight Alfred Deakin Professor Jo Salmon being recognised as a Highly Cited Researcher for the sixth year in a row – a phenomenal achievement.

IPAN's impressive early and mid-career researcher development program and grant support initiatives continued successfully throughout 2020. These include seed funding to support new grant applications, grant writing workshops, and an internal research sabbatical program- ensuring a strong pipeline for continued success.

I congratulate and thank the IPAN team on another year of significant achievements in 2020. With the launch of Deakin's new Strategic Plan, 'Deakin 2030', and the strong alignment with IPAN's research strengths and ambitions, I look forward to IPAN's continued high quality research outputs and impact in 2021.

I would also like to take this opportunity to acknowledge the invaluable contribution of Emeritus Professor David Crawford upon his retirement. As IPAN Co-Director, he was integral to IPAN's consistent success over many years. David's expertise, strategic leadership and collegiality will be greatly missed.

IPAN remains in very capable hands with Alfred Deakin Professor Jo Salmon at the helm, supported by Alfred Deakin Professor Anna Timperio and Professor Sarah McNaughton. With this outstanding leadership team, IPAN is well-placed to achieve even greater success in its next phase and continue its critical contribution to developing exceptional researchers and improving health for our communities.



Julie Owens
Deputy Vice-Chancellor, Research

A message from our Director

In what has been a tumultuous year, IPAN has remained on firm footing, continuing to grow our capacity and strengthen our collaborations. I am proud of the way our Institute has adapted and faced the challenges 2020 presented.

Post- COVID-19, our research has become more relevant and important than ever before. The virus is likely to remain on the health landscape for the foreseeable future and it is clear that those suffering chronic diseases – such as heart disease, diabetes and obesity – are at the most risk.

It is critical that we continue to seek and find new ways to prevent and manage chronic diseases across the lifespan through our physical activity and nutrition research.

Many of our researchers have incorporated this new reality into their work, including the new projects that commenced this year. These projects cover a diverse range of topics including digital health, exercise interventions, dietary patterns, personalised nutrition, and disease mechanisms.

It takes a huge amount of work to secure limited funding, and I acknowledge the effort and commitment of our staff to both apply for funding and review funding applications. I'm pleased to confirm that IPAN has secured funding for four new category 1 projects or fellowships to commence in 2021, as well as various research projects with government, non-government and industry.

We welcomed support from the Victorian Government with funding to enhance the scale up of INFANT, our early life intervention program, across local government areas in Victoria. The Victorian Government also announced funding to adapt our Transform-Us! program to secondary schools in this state as part of an effort to get kids moving more and sitting less – this work will commence in 2021.

COVID-19 did not stop our engagement with stakeholders, with multiple interactions occurring via zoom as well as face-to-face meetings early in the year; as well as staff making various policy submissions.

One of our top priorities at IPAN has always been to

nurture and support early to mid-career staff, and in 2020 our mentoring program continued with regular seminars, presentations and workshops to help advance emerging research careers.

On a personal note, my fellow co-founder and Co-Director of IPAN, Emeritus Professor David Crawford AM, retired both from IPAN and as Head of the School of Exercise and Nutrition Sciences. David has made an enormous contribution – not just to health policy and outcomes throughout his 40-year research career, but also as a leader and mentor to so many within the School and IPAN. I wish him the very best and am pleased to advise that he will remain strongly connected with IPAN in an honorary capacity.

David's retirement triggered some leadership changes in IPAN, and I am delighted to have the support of Alfred Deakin Professor Anna Timperio and Professor Sarah McNaughton as newly appointed Deputy Directors.

Finally, I thank everyone who has contributed to IPAN's success, both within and outside the organisation. The combination of commitment and passion to better health outcomes through research is the key to making a difference.



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



Highlights of 2020



INFANT grows - new funding for enhancing scale-up across Victoria

The Victorian Department of Health and Human Services (DHHS) is providing funding to IPAN to enhance implementation of INFANT across Victoria in 2021.

INFANT is a program developed by IPAN researchers over 10 years to help families establish healthy lifestyle behaviours from the start of life.

The program was designed to promote healthy eating and physical activity behaviours in early life, that would then help establish healthy behaviours throughout life. The first 1000 days of life are a critical time for establishing healthy eating and activity behaviours that can have health and economic benefits into adulthood.

Offered through existing health services, INFANT provides a social opportunity to support mothers and families during the first year of their child's life.

The DHHS funding will provide start-up funding and support for organisations implementing INFANT in Victorian local government areas, and INFANT facilitator training.

Professor Karen Campbell, from IPAN, said INFANT was 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.

The DHHS INFANT funding complements the five-year Partnership Project Grant from the National Health and Medical Research Council (ID GNT1161223). The Partnership Project Grant will evaluate the effectiveness of INFANT and its implementation throughout Victoria.

IPAN gratefully acknowledges the support of the Victorian Government.

Website

The **new IPAN website** went live in October. Specifically designed to meet IPAN's needs, the website is simple to navigate and showcases the exciting research and news in each of IPAN's four research domains.

Australasian Society for Physical Activity launched

IPAN Director, Alfred Deakin Professor Jo Salmon is the inaugural President of the Australasian Society for Physical Activity (ASPA), which launched in June 2020.

ASPA is a professional society established to advance the science and practice of physical activity in Australia, New Zealand, and South East Asia. The Society provides a forum to bring together researchers, practitioners and policy makers to share expertise and experiences in the advancement of the field of physical activity.

Professor Salmon conceived the idea for the Society back in 2018 and started dialogue with key experts in relevant organisations across the region to garner interest and commitment. Her aim was to bring together people from the region who are passionate about physical activity, and provide opportunities to network, collaborate and engage across different fields. The founding of the Society finally came to fruition in 2020.

To recognise the importance of this professional society, IPAN provided some initial funding to support the establishment of ASPA. A number of IPAN staff are now members of the Society, and some hold roles on the ASPA Executive Committee.

"What's great about ASPA is that membership is open to anyone with an interest in physical activity – researchers, policy-makers and practitioners, and also people outside the health sector, such as transport, education, environmental science and urban planning," Professor Salmon said.

Research Impact case studies

IPAN research is making an impact on health policy and outcomes. In 2020, we released two case studies, demonstrating the practical implications of our research.

The case studies feature IPAN's flagship programs, Transform-Us! and INFANT. Both have been developed, piloted and tested over a number of years. They have been recommended in key state and national health policies and are now being implemented and scaled up in Victoria.

The case studies are available on the IPAN website [here](#).



A new chapter for IPAN Co-Director and Emeritus Professor David Crawford, AM

After an exceptional 40-year career dedicated to improving health outcomes around Australia and the world, IPAN co-founder and Co-Director Emeritus Professor David Crawford AM officially retired in 2020. He farewelled full-time work with his new title of Emeritus Professor in December.

Part of the original team to establish the Physical Activity and Nutrition Research Unit in 2001, David was instrumental in the growth and success of what is now the Institute for Physical Activity and Nutrition.

From a group of four with barely any resources, IPAN has grown to become a world-renowned research institute with more than 80 staff and \$4 million in external income per year.

Though he has enjoyed this success, David's main goal has always been to improve population health.

"While we have grown substantially and had good success with our research, we've never lost sight of the importance of doing research that makes a difference to the health of individuals and the community," he said.

"So for me the biggest achievement has been creating a culture of excellence while ensuring our research has real-world impact."

David is a highly decorated researcher: a Clarivate Highly Cited Researcher in 2015, 2016 and 2017, and a Member in the General Division of the Order of Australia (AM) in 2018. He is also a Fellow of the Australian Academy of Health and Medical Sciences and a Fellow of the International Society for Behavioral Nutrition and Physical Activity.

As an accomplished researcher and natural leader, David is universally held in high esteem. Along with his research credentials, David's leadership strengths as Co-Director of IPAN and Head of the School of Exercise and Nutrition Sciences (SENS) have seen both flourish.

Under his leadership, SENS was ranked number one in the world in 2016 and 2017 and in the top three Sport Science schools or departments in the world in subsequent years, and has been recognised as Australia's best since rankings began in 2016.*

David is extremely proud of IPAN's environment of support for and encouragement of its members.

"Critically, we've been willing to invest in people, to mentor them and provide them opportunities to develop and be successful," he said.

"We have many people in IPAN who provide this kind of support to others. We are recognised in our field as striving for excellence while providing a highly supportive environment that allows people to thrive."

While he is keen to spend more time with his family and explore new interests, David will continue his connection with IPAN through an honorary position and as a mentor.

And he has a message for researchers coming through the ranks:

"The work you do is critically important, now more than ever. We need evidence to drive decision-making, and we need an educated population who can think critically to make sense of the major challenges we face. That is why universities matter, and why what you do matters," he said.



* 2020 Academic Ranking of World Universities (ARWU)

IPAN's response to COVID-19

The COVID-19 pandemic presented major challenges not only for IPAN, but the broader research and university sectors in general.

With the entire Deakin campus locked down, labs closed, and on-site research cancelled for most of the year, research projects faced interruptions and delays. Zoom meetings became the norm as Victorians retreated to hastily established home offices.

IPAN staff met these challenges with a combination of resilience and innovation. Some IPAN researchers managed to adapt their research to the changed conditions, allowing them to continue throughout restrictions, while others identified new opportunities to investigate the effect of the pandemic and associated lockdowns on Australians.

Our life @ Home study

With lockdowns imposed to halt the spread of COVID-19, many Australians were unable to move freely around their communities, creating unprecedented and widespread social isolation and restriction of movement.

IPAN researchers Dr Lauren Arundell and Dr Kate Parker commenced a two-year natural experiment to understand how these changes in way of life influenced movement behaviours, health and wellbeing for Australians aged 13-75.

Their study is examining changes in activity-related behaviours, health and wellbeing, and identifying the factors that may influence these at the beginning, during and after the COVID-19 pandemic.

A series of surveys over two years will capture changes as the pandemic progresses and restrictions ease, and at key changes in government response (e.g. level of restrictions, online schooling).

“Physical activity and sedentary behaviour, such as screen time, are key movement behaviours that can promote and inhibit health and wellbeing,” Dr Arundell said.

“While some people will adapt and find alternative ways to maintain optimum movement behaviours, screen use and health, others will not, potentially revealing at risk population groups.”

This study is continuing until 2022 with results being published in scientific journals and shared with relevant stakeholders along the way.

Food habits during COVID lockdown

Nutrition researchers in IPAN also conducted a series of studies examining how food habits in Australian households altered throughout COVID restrictions:

Family food habits

This project explored the perspectives and experiences of Australian adults during COVID-19 lockdown in terms of their food and nutrition related habits. Survey participants were asked about their food shopping practices and the types of foods they bought less or more of.

Food and gardening practices

This study sought to understand if COVID-19 lockdowns had inspired Australians to establish a food garden and how their children might be involved in growing and cooking food. Participants were asked about whether they had started growing edible plants after COVID-19; the time spent with children on food-related activities such as cooking and preparing meals; and their observations about possible changes in their children's eating habits.

Food delivery services

This project investigated whether the COVID-19 restrictions changed Australians' use of food and meal kit delivery services.

Data from these studies is currently being analysed with results to be published in scientific journals.



Engaging and collaborating: working with our stakeholders

The global pandemic did not hinder our commitment to working with our stakeholders, both existing and new. We remained active, utilising online meetings to stay connected with our key partners and collaborators, and to build new links.

IPAN hosts VicHealth CEO and Executive Lead

In February, VicHealth CEO Dr Sandro Demaio and Executive Lead Kellie Horton visited IPAN at the Burwood Deakin campus. Key IPAN staff showcased relevant research in relation to child health and wellbeing, food systems, food policy, prevention of childhood obesity and physical activity during the half-day meeting.

IPAN and VicHealth have a long history of collaboration to bring together research, policy and practice and scale up evidence-based interventions to help more Victorians improve their quality of life.

IPAN meets with decision makers in Canberra

IPAN Director, Alfred Deakin Professor Jo Salmon, and IPAN Stakeholder Relationship Manager, Ernestine Thompson, attended a series of meetings in Canberra in March 2020 to discuss IPAN's research with decision makers. Meetings took place with the Australian Government Department of Health, the Australian Institute of Health and Welfare, the Australian Bureau of Statistics and Sport Australia.

Our Life at Home Study

IPAN engaged with multiple stakeholders from across government and non-government organisations to seek input into the Our Life at Home Study.

This two-year natural experiment seeks to understand how the COVID-19 pandemic and resulting restrictions has influenced movement behaviours, health and wellbeing.

Organisations consulted included:

- National Heart Foundation of Australia
- Sport and Recreation Victoria (SRV)
- Sport Australia
- VicSport
- Victorian Government Department of Education (DET)
- Victorian Government Department of Health and Human Services (DHHS)
- Victorian Government Department of Transport (DoT)
- Victorian Health Promotion Foundation (VicHealth)

These supporter organisations received early briefings on the study findings, which enabled them to use the timely data to inform their decision making and planning as the pandemic unfolded throughout 2020.

IPAN is grateful for the input received from our supporter organisations and looks forward to continuing to work with them during the second year of the study.

VicHealth Life Reimagined Series

In response to the dramatic changes to daily life resulting from COVID lockdowns, Alfred Deakin Professor Anna Timperio joined forces with her long-time collaborator, Professor Billie Giles-Corti (RMIT University), to write a paper for VicHealth's Life Reimagined Series.

The paper, titled **Streets for People**, explored how local living during the pandemic changed communities, and proposed ways to maintain the positive aspects (e.g. increased cycling and walking activity) as Australia emerged from lockdown.

Recommendations included widening paths and using the road space to create temporary bike lanes, with movable barriers to traffic; designing 'complete streets' around schools and activity centres; more integrated bike networks; and creating drop off zones 500-800m from schools.



VicHealth CEO Dr Sandro Demaio and Executive Lead Kellie Horton (centre back) met with key IPAN staff in February.

Engaging and collaborating: working with our stakeholders cont.

Joint efforts to improve health and wellbeing in Victoria after COVID-19

Throughout 2020, IPAN Deputy Director, Alfred Deakin Professor Anna Timperio participated in the VicHealth Walking and Bike Riding Post COVID-19 Working Group. The group was established to consider Victorians' transport needs and to seek ways to increase the number of people walking and cycling as COVID-19 restrictions lift. VicHealth is coordinating the group, with representation from key advocacy, health promotion and research groups.

IPAN also contributed to the Food Security/Food System COVID-19 Working Group, established by VicHealth to understand and coordinate collective efforts to improve access and availability to healthy food for all Victorians. This multi-stakeholder group provided a mechanism to share, coordinate and collaborate for maximum impact.

Collaborative research projects

IPAN staff were involved in a number of collaborative research projects with industry groups and key stakeholders. Two such projects were:

- Evaluation of impact of Leisure and Aquatic facilities on the health and wellbeing of the Boroondara community- Victorian YMCA Community Programming Pty Ltd (YMCA). Professor Kylie Hesketh, Dr Katherine Downing and Dr Jill Hnatiuk. Completed 2020. This project involved a series of surveys and aimed to evaluate the health and wellbeing outcomes for people utilising Boroondara Leisure and Aquatic Facilities.
- Early Years Nutrition Scoping- The Victorian Health Promotion Foundation (VicHealth). Professor Karen Campbell, Dr Rachel Laws and Dr Penny Love. VicHealth commissioned IPAN to undertake an early years scoping project to inform VicHealth's strategic direction in Early Years Nutrition portfolio of work.

Evidence informing government policy

IPAN continued to provide evidence-based advice to government to inform decision-making and help shape policy direction:

- **National Preventive Health Strategy**

During 2020, the Australian Government progressed its key preventive health strategy. As part of consultation during August and September, IPAN's submission included innovative research from across the Institute to inform the 10-year strategy for Australia.

- **Victorian Parliamentary Inquiry into Environmental Infrastructure for Growing Populations**

A/Prof Jenny Veitch led an IPAN submission to the Victorian Parliament's inquiry into the current and future arrangements to secure environmental infrastructure, particularly parks and open space, for a growing population in Melbourne and across regional centres.

- **Joint Ministerial Statement: Active Schools, Active Kids, Active Communities**

IPAN's flagship research initiative for getting kids to move more and sit less at primary school, Transform-Us!, was featured in the Victorian Government's 2020 **Joint Ministerial Statement on Physical Activity for Children and Young People**. The Statement outlined the joint effort that is required of schools, parents, the community and government to get all kids moving more often.

Sharing our knowledge

During 2020, IPAN staff worked closely with a variety of organisations. Here are some of our contributions during 2020.

- Led the development of a position statement for the Clinical Oncology Society of Australia on cancer-related malnutrition and sarcopenia (endorsed by four national organisations and supported by a further 12 national and one international organisation)
- Provided input into planning with Parks Victoria on the Wattle Park upgrade
- Provided input into the Victorian School Building Authority, Department of Education and Training Victoria School Playground- Planning, Inspection and Safety Management Guidelines and the Building Quality Standards Handbook (BQSH)
- Provided a response to the City of Greater Geelong council sustainability framework
- Participated in various podcasts and forums

IPAN staff are members of a range of groups and committees:

International

- Member, International Union of Nutritional Sciences Task Force on Sustainable Diets
- Member, International Union of Nutritional Sciences, Precision Nutrition Task Force
- Member, International Federation for Musculoskeletal Research Societies Board
- External Resource Expert, World Health Organisation WHO Nutrition Guidance Expert Advisory Group (NUGAG) Subcommittee on Diet and Health
- 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)
- Founding President, Australasian Society for Physical Activity
- Founder and Chair, Australasian Society for Physical Activity (ASPA) Special Interest Group – ‘Scaling Up Physical Activity’
- Director, Treasurer, and Executive Committee Member of the Australasian Society for Physical Activity (ASPA)
- International Senior Consultant of Yunnan Eco-friendly Food International Cooperation Research Center, China
- Member, American Society for Bone and Mineral Research Membership Engagement Committee
- Member, Australasian Child and Adolescent Obesity Research Network
- Member, Exercise Working Group Guidelines Committee, Canadian Association of Cardiovascular Prevention and Rehabilitation
- Member, World Urban Parks, Older Adults committee
- Member, World Urban Parks, Children, play and nature committee
- Member, Communication Committee, Active Healthy Kids Global Alliance
- Member, Participatory advisory and dissemination council for a European consortium proposal on public spaces for youth (Netherlands)
- Member, Scientific steering committee for a European Union project on green spaces (Scotland)
- Member, Communications team of the Network for Early Career Researchers and Students of the International Society of Behavioral Nutrition and Physical Activity (ISBNPA).
- Member, Society for Implementation Research Collaboration Established Investigator Network
- Chair, Expert clinical group for development of nutrition guidelines for head and neck cancer – American Society of Parenteral and Enteral Nutrition (ASPEN)

Sharing our knowledge cont.

National

- Member, Food Standards Australia New Zealand Board
- Member, Advisory Group, NHMRC Synthesis and Translation of Research Evidence (SToRE) committee
- Member, NHMRC Research Translation Faculty
- President, Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR)
- Chair, Australia and New Zealand Society for Sarcopenia and Frailty Research Task Force on Sarcopenia Diagnosis and Management – Leading Delphi process on sarcopenia diagnosis and management in Australia and New Zealand
- Working group member, Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR), Task Force on updating the Diagnostic Criteria for Sarcopenia.
- Member, Australian and New Zealand Bone and Mineral Society Communications Committee
- Council member, Australian and New Zealand Bone and Mineral Society
- Member, Osteoporosis Australia, Medical Scientific and Advisory Management Committee
- Executive member, 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, Active Healthy Kids Australia research working group
- Expert advisor physical activity and digital health- Heart Foundation National Physical Activity Committee (Australia)
- Member, Nutrition Australia Victorian Division Board
- Member, NHMRC Targeted Call for Research (TCR) Prioritisation Working Committee
- Member, AuSPEN Media and Communications Committee
- Member, AURIN and ABS National Open Space Working Group
- Consultant and Member, Iron Deficiency Steering Committee; Iron Deficiency Collaborative
- Member, Prevention Magazine Advisory Board
- Member, Health Surveys Reference Group. Intergenerational Health and Mental Health Study (IHMHS), ABS and the Department of Health
- Member, National Nutrition Network – Early Childhood Education and Care (NNN-ECEC) Advisory Group
- Member, Vegetable Intake Strategic Alliance (VISA)
- Member, Fruit and Veg Consortium

State

- Member, Victorian Cancer Malnutrition Collaborative
- Member, Victorian Active Living Alliance
- Member, Victorian Healthy Eating Enterprise (VHEE) and Education sub-group
- Member, Active Geelong Board
- Chair, Active Geelong Knowledge Committee
- Member, Active Geelong Advocacy Sub-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 Childhood Obesity Leadership Group
- Member, VicHealth Walking and Bike Riding Post-COVID-19 Working Group
- Member, VicHealth Food Security/Food Systems COVID-19 Working group
- Member, NSW Health GO4FUN Review and Enhancement Advisory Group
- Member, Research Advisory Group, Children's Hospital Foundation, Lady Cilento Hospital, Brisbane
- Member, External Advisory Group, Woolworths Centre for Child Nutrition Research, Queensland
- Subject matter expert (Salt), Victorian Government's Better Health Channel
- Member, Murdoch Children's Research Institute Generation Victoria GenV GIS Working Group
- Member, Victorian Muscle Network Committee
- Member, Victorian Association of Cardiac Rehabilitation Committee
- Academic representative, Victorian Department of Health and Human Services Food Standards in Hospitals and Aged Care Project Reference Group
- Member, Physiotherapy Research and Quality Portfolio; and Allied Health Research Committee, Monash Health
- Board Member (Vice Chair), e.motion21, Moving Bodies, Moving Boundaries
- Member, 'Working Well in Wellington' Project Steering Group, Wellington Primary Care Partnership
- Member, City of Greater Dandenong Steering Committee to implement the 'Make Your Move Greater Dandenong Physical Activity Strategy 2020-2030'
- 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

IPAN's next phase 2021-2025

2020 saw the end of IPAN's first five-year phase as a research institute, and a focus on our plans for the next phase.

In IPAN's next five years (2021-2025), we will continue to build on our significant capacity, national and international reputation and research impact in our four research domains: Biology of Health and Disease; Preventing and Managing Chronic Conditions; Food, Nutrition and Health; and Healthy Active Living.

Our objectives from our current strategic plan continue to be relevant:

Objective 1: *The 'go-to' for physical activity and nutrition.*

To be the 'go-to' institution nationally and internationally for government, industry, not-for-profits, other researchers, and our communities for solutions to the 'big questions' in health.

Objective 2: *Build capacity in research.*

To invest in, develop and nurture our researchers to build and enhance their knowledge, profile, and skills. Strengthening our internal expertise and creating a pathway for enhancing external capacity.

Objective 3: *Make a difference.*

To positively transform lives in our communities by undertaking research that influences policy, practice and programs. Tackling the biggest physical activity and nutrition challenges and seeking new approaches for long-term impact.

Objective 4: *Collaborate and engage.*

To enhance our existing approach by embedding new models for working together internally and with external stakeholders. Leveraging our collective skills, assets and expertise to deliver high-impact, cutting-edge research.

Objective 5: *Sustainable.*

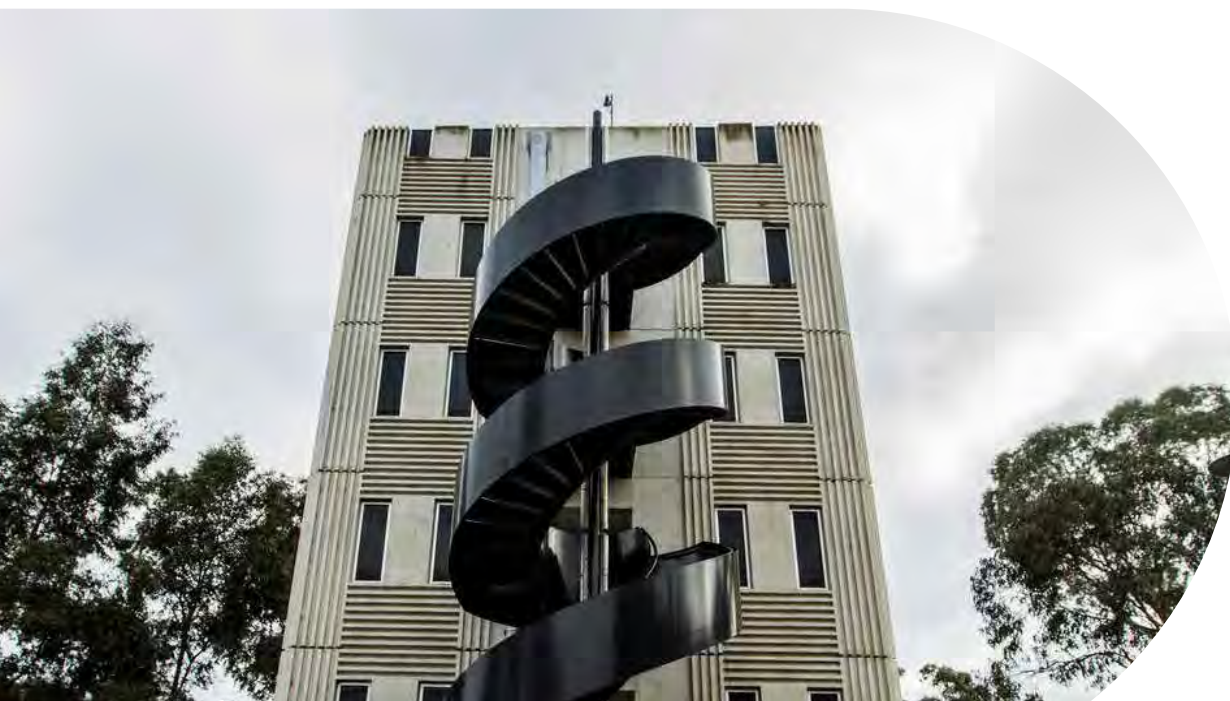
To explore and embed sustainable models of research, operation and funding so as to ensure continued research excellence, attraction and retention of high-quality staff and positive impact to the health of our communities.

Two areas of research have been identified for enhanced focus, based on research momentum and state, national and international policy alignment: **The First 2000 Days** and **Healthy and Functional Ageing**.

We've also identified new cross-cutting themes across IPAN's research domains to further increase our research impact. These include *Digital Technologies; Healthy and Sustainable Food and Physical Activity Systems; and Translation and Implementation Science*.

We're excited about the future to consolidate and extend our existing strengths and capabilities, to respond to the changing research landscape and capitalise on emerging opportunities.

We look forward to continuing to work with our academic and non-academic colleagues and collaborators both within and outside of Deakin.



Embedding physical activity in primary, secondary and tertiary education



With just two out of ten Australian children meeting national physical activity guidelines and spending up to 70 per cent of the day sitting, there is an urgent need for changes in kids' everyday life. It is important to identify the opportunities for children to move throughout the day.

Alfred Deakin Professor Jo Salmon is leading a National Health and Medical Research Council (NHMRC) Investigator Grant to test different implementation pathways to increase child and youth physical activity in real world settings.

This research will maximise the impact of physical activity interventions in children and youth nationally and internationally, through an increased understanding of the process of scale-up.

“One of the most challenging aspects of research is the process of bringing evidence into everyday practice and policy,” Professor Salmon said.

“It can take up to 17 years for a small percentage of studies to make their way to practice.”

This research program is:

- Identifying the key factors that contribute to implementation effectiveness of school-based physical activity initiatives in Australia and internationally
- Adapting the existing Transform-Us! program for primary school children to children with special needs
- Using co-design methods to develop physical activity initiatives for adolescents in secondary schools
- Incorporating novel physical activity intervention strategies into teacher training in the tertiary education system, to make active learning the ‘new norm’ for generations to come.

While the ultimate goal of this research program is for these physical activity initiatives to be embedded within the primary, secondary and tertiary education systems, the program is also supporting a number of early career researchers.

Professor Salmon said it was exciting to be able to support the next generation of physical activity researchers to build their own research track records.

Exercise interventions to minimise bone and muscle loss in obese older adults

Associate Professor David Scott is exploring exercise interventions to improve the health of older adults who are obese.

In older adults with obesity, losing weight is the best way to reduce the risk of chronic diseases, such as heart disease and diabetes.

But a negative side effect of losing significant amounts of weight is the accompanying loss of bone mass (osteoporosis) and muscle mass (sarcopenia) that in turn may increase the risk of fractures.

Supported by an NHMRC Investigator Grant, Associate Professor David Scott's program of research explores several themes related to obesity in older adults.

He will conduct specific exercise interventions in obese older adults who are losing weight through diet and also weight loss surgery, to determine whether bone and muscle loss can be minimised.

The exercise interventions, designed for both gym and home settings, will involve weight-lifting and 'impact' (hopping and jumping) exercises which are known to be beneficial for bone and muscle health. The final part of his research program focuses on using technology to prescribe and monitor impact exercise in the home environment.

"We will deliver individually tailored home-based exercise programs to patients using telehealth systems, and we are also developing a wearable device which will enable us to measure impact achieved through hopping and jumping exercises," Associate Professor Scott said.

"This device will give us the information we need to make sure the exercise prescriptions we provide to older adults will benefit their bone health while avoiding potential joint pain and damage."

Associate Professor Scott said almost 40 per cent of our older adult population were now obese.

"Contrary to popular belief, obesity itself is not associated with early mortality in this age group," he said.

"This means we have a large population of older adults who are spending many years towards the end of their life with poor health and physical function. Evidence-backed exercise interventions will offer prolonged independence to people in this age group.

"As a result, a greater number of older adults will be able to spend more years of their life with the capacity to work, socialise with friends, and play with their grandchildren."

Associate Professor Scott hopes his research will lead to new guidelines for management of obesity in older adults both in Australia and overseas, as well as the development of accessible programs and tools that can encourage and support older adults to take greater control over management of their own health.



Personalised nutrition for healthier young adults

Unhealthy diets are now considered a top risk factor for morbidity and mortality, and young adults have some of the unhealthiest diets of all age groups.

Reasons for unhealthy eating include a person's biology (e.g. genes), behaviours (e.g. meal skipping) and environment (e.g. neighbourhood), which explains why current 'one size fits all' approaches to improving diets are failing.

Dr Katherine Livingstone's research aims to better understand how these factors interact to design more effective healthy eating advice.

She has embarked on a project, funded through a five-year National Health and Medical Research Council (NHMRC) Emerging Leadership Investigator Grant, to design tailored approaches to improve dietary patterns in young adults.

The provision of dietary advice tailored on the basis of a person's characteristics is also known as 'personalised nutrition' and is one of the science priorities outlined in the Australian Academy of Science's **Decadal Plan for the Science of Nutrition.**

"I'm aiming to develop healthy eating approaches that consider how biological, behavioural and environmental characteristics interact to influence overall diet, and how to develop advice based on these characteristics," Dr Livingstone explained.

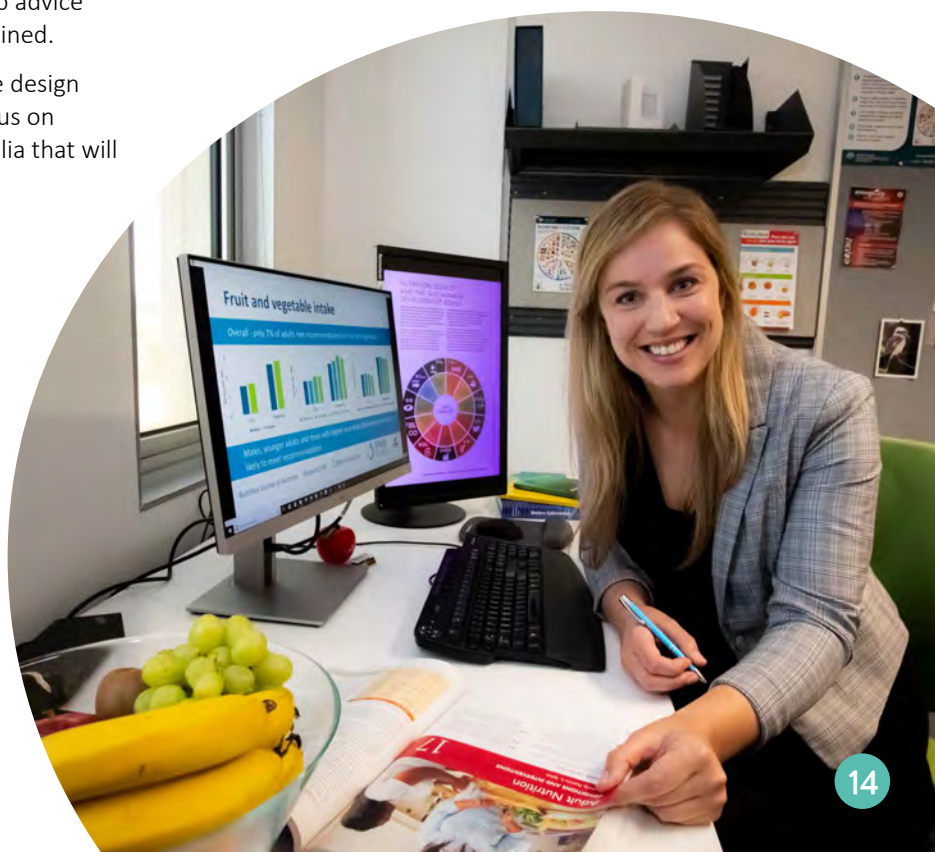
"This new knowledge is critically needed prior to the design of tailored interventions. My vision is to create a focus on personalised nutrition and dietary patterns in Australia that will be of global significance."

Having commenced the project in 2020, Dr Livingstone has focused on her first aim which is to determine key biological, behavioural and environmental characteristics of young adults that influence dietary patterns, obesity and cardiometabolic health.

"I am using existing data from large cohorts of young Australian and European adults to address this aim. I'm particularly interested in understanding the dietary patterns of young adults and how these diets impact on their underlying biology, behaviours and health," she said.

She will then explore the complexity of food choice decision-making through a series of studies in young adults. Lastly, she will co-develop personalised nutrition message content and best modes of delivery with young adults and key stakeholders, such as dietitians.

"The outcomes of this project will inform the design of tailored approaches for healthcare providers to incorporate into routine practice. My hope is that my research will contribute new knowledge to advance the field of precision healthcare," Dr Livingstone said.



Project funding: National Health and Medical Research Council (NHMRC) Investigator Grant Emerging Leadership Level 1 (APP1173803), five years (2020-2024)

What factors influence our decisions about what we eat?

Eating is a complex behaviour embedded in social and environmental context. Dr Rebecca Leech is exploring combinations of foods at meals and snacks across the day, identifying connections around food choices at different eating occasions and investigating their role in cardiovascular health.

Her project is funded through both a National Heart Foundation Postdoctoral Fellowship and a National Health and Medical Research Council (NHMRC) Investigator Grant.

Having performed a detailed analysis of patterns of food intake at breakfast and snack occasions, she has discovered five breakfast and four snack food combination patterns. These patterns varied in diet quality and were associated with socio-demographic factors and selected cardiovascular risk factors.

“For example, men with a ‘breads, spreads and tea or coffee’ breakfast pattern tended to be older, have lower incomes and live in an inner regional area, when compared to the other patterns,” Dr Leech explained.

“This is in contrast to men with a ‘wholegrain cereals and milks’ breakfast pattern who tended to have higher incomes and education levels.”

Both women and men with a ‘wholegrain cereals and milks’ breakfast pattern had the most favourable outcomes in terms of weight (measured by Body Mass Index) and waist circumference.

Dr Leech has discovered four distinct snack food combination patterns that varied by time-of-day of consumption and sociodemographic factors. The first pattern was characterised by tea/coffee, milks and sweet cereal products; the second included breads, crackers, spreads and fillings; the third comprised mostly unhealthy discretionary foods; the fourth pattern varied by sex/gender and included alcohol for men and fruit for women.

Snack patterns comprising mostly unhealthy foods or alcohol tended to be consumed in the afternoon or evening. Men with an ‘alcohol’ pattern were more likely to be smokers whereas women with a ‘fruit’ profile tended to be never smokers, when compared to the other patterns.

“Of concern is that the ‘unhealthy’ pattern represented 50 per cent of all snacks consumed,” Dr Leech noted.

Dr Leech’s next study will utilise advances in dietary assessment technology, such as wearable cameras, to capture information about the broader context in which food choices are made.

“This information will help us to understand how contextual factors such as social interactions, purchasing habits, food advertising and screen behaviours affect our intake of healthy and unhealthy foods,” she said.

Dr Leech hopes her research will inform the development of practical meal-based dietary advice that will help people to choose combinations of foods, based on the five nutritious food groups: grains; vegetables and legumes; fruit; dairy and alternatives; and lean meat/poultry and alternatives (e.g. fish, eggs, nuts, seeds, tofu).

“Understanding how context affects our food choices will allow us to identify which strategies are most likely to be effective to promote heart healthy eating patterns, and subsequently reduce the growing burden of cardiovascular disease in Australia,” she said.



Remotely supervised exercise training for heart failure

Exercise rehabilitation is vital for people with heart failure to improve their quality of life, avoid hospital admissions, and lower their risk of preventable death.

Yet people with heart failure often face a number of barriers to access exercise rehabilitation.

Through a National Heart Foundation of Australia Fellowship, Dr Jonathan Rawstorn is building on an existing evidence-based telerehabilitation program that provides real-time remote exercise monitoring, coaching, and health behaviour change support to people with coronary heart disease.

“I’m working with people who have heart failure, as well as healthcare professionals who deliver exercise rehabilitation, to adapt this program for the specific clinical and exercise needs of heart failure,” Dr Rawstorn explained.

“It’s important to understand their needs and preferences, and how the telerehabilitation program can be optimised to suit. Once the telerehabilitation program is adapted, people with heart failure will complete the program so we can measure the health benefits, safety, costs, and user experiences.”

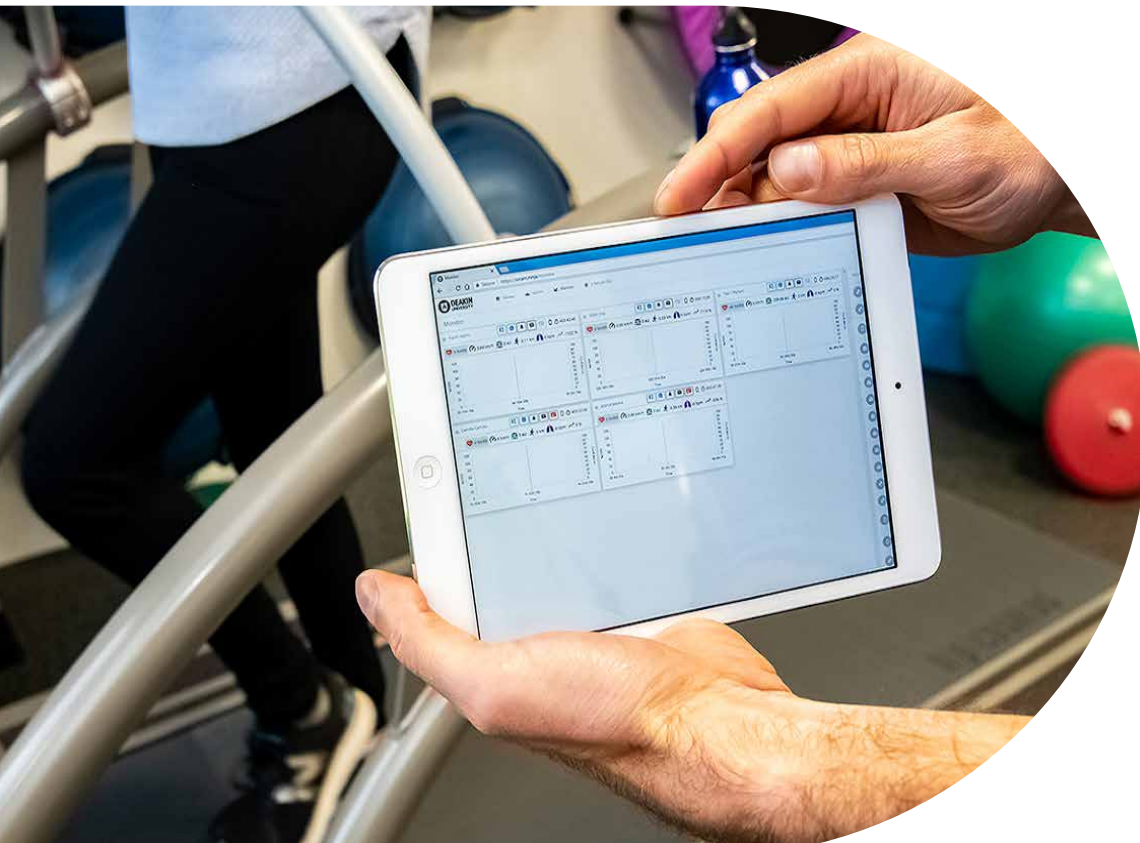
“My long term goal is to see this research adopted in routine clinical practice, so it can help many more people to experience the benefits of high quality exercise rehabilitation,” he said.

“To achieve that, I’m also building partnerships with healthcare organisations and seeking input from health consumers to work towards larger studies.

“Through these studies, I hope to provide strong evidence for the health and cost benefits of telerehabilitation; and to understand the complex range of factors that determine how telerehabilitation can be successfully and sustainably implemented across healthcare organisations.”

He said while COVID-19 had caused him to rethink some of his original plans, it also highlighted the critical need for innovative healthcare delivery models that can provide people with evidence-based, high value healthcare outside of traditional clinical environments.

“The basic rationale for telerehabilitation hasn’t changed, but it’s never before been so clear to so many people. That’s helping to accelerate research and healthcare partnerships here in Australia and internationally, so it’s an exciting time to be working in my field,” he said.



Project funding: National Heart Foundation of Australia Postdoctoral Fellowship, ID 102585, two years (2020-2021)

Helping people with diabetes live a healthier life through exercise

Associate Professor Michelle Keske is working on new ways to help people with type 2 diabetes control their blood sugar levels and improve their ability to exercise.

Through a National Heart Foundation Vanguard grant, Associate Professor Keske is investigating exercise therapy designed to improve microvascular health in skeletal muscle of people with type 2 diabetes.

“People with type 2 diabetes often have difficulty controlling blood sugar levels and exercising,” she said.

“It’s common for people with this debilitating disease to develop problems with their heart and blood vessels – most (70-80%) will die from heart disease or a stroke.”

Associate Professor Keske’s research has shown that impaired blood flow through small blood vessels (the microvasculature) in skeletal muscle contributes to poor blood sugar control and reduced exercise performance in people with type 2 diabetes.

“This is because these small blood vessels help deliver glucose to muscle for storage after the consumption of a meal, and deliver oxygen to help muscle contract (exercise),” she explained.

Now she is aiming to boost microvascular health in skeletal muscle of people with type 2 diabetes and heart failure through a home-based, fully supervised exercise intervention.

She is hoping that the project will demonstrate that the smallest blood vessels in our body are an important target for improving blood sugars and exercise capacity in people with both type 2 diabetes and heart failure.

“Establishing that our home-based exercise program is directly linked to better health outcomes in these patients will change their future treatment,” she said.

“This will also lay the foundation for future research investigating new microvascular related therapies to treat type 2 diabetes and cardiovascular disease.

“The outcome of this project will enable people with type 2 diabetes and heart failure to control their blood sugars and live an active healthier life.”



Understanding the role of hormones in diabetes progression

Dr Greg Kowalski is working to develop a better understanding of the development and progression of diabetes by examining the complex ways that different hormones interact inside the body.

Funded through a Diabetes Australia Research Program (DARP) grant, Dr Kowalski is investigating how the pancreatic hormones insulin and glucagon can simultaneously regulate glucose, amino acid and fatty acid metabolism in healthy young adults.

He wants to determine if these processes are altered early on in people who are at risk of developing type 2 diabetes, potentially offering a clue to early detection of the disease.

Type 1 and 2 diabetes are conditions characterised by an inappropriate production of insulin and glucagon, which leads to impaired metabolic, and in particular blood glucose, control.

This means it is critical to understand how these two hormones interact in order to develop strategies that lead to improved blood glucose management.

“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,” Dr Kowalski explained.

He recently established a novel feeding approach that will be used to investigate pancreatic insulin and glucagon secretion as well as action in both lean and overweight young adults.

“Participants involved in this study will undergo detailed testing in order to determine how liver, muscle and adipose tissue metabolism adapt to a simultaneous physiological rise in insulin and glucagon,” Dr Kowalski said.

This project follows on from Dr Kowalski’s previous DARP project, which found that 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.

The study 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.



Project funding: Diabetes Australia Research Program, 1 year (2020)

Supporting emerging research stars

IPAN has had a long tradition of nurturing the development of the next generation of researchers. It is seen both as a key to IPAN's success and important for building capacity in the field.

At the most senior levels, IPAN researchers guide and mentor emerging researchers through our dedicated Early and Mid-Career Researcher (EMCR) program. This involves a broad program of activities covering all aspects of research development, including one-to-one mentoring, professional development around career planning, building a research network, leadership, and grant writing and publication sessions.

In 2020, some of our senior research staff also shared their knowledge with the broader research community through a number of publications.

Alfred Deakin Professor Kylie Ball and Alfred Deakin Professor David Crawford

AM penned a **piece**, published in the International Journal of Behavioral Nutrition and Physical Activity, about how to create a successful and happy research team.

They posed the question of whether academic high performance is incompatible with happy research environments, in light of high-pressure environments, workloads and ongoing uncertainty in the sector. Sharing their experiences, they discussed how prioritising staff satisfaction through a range of initiatives within the School of Exercise and Nutrition Sciences (where IPAN is hosted) has been linked with measurably higher levels of staff happiness.

This was followed later in the year by the publication of a **piece** in PLOS ONE, by IPAN members, Associate Professor Daniel Belavy and Dr Patrick Owen, as well as Faculty of Health Associate Dean of Research, Deakin University, Professor

Trish Livingston, about the factors that were more likely to result in PhD success.

The authors performed a thorough analysis of whether the research environment or academic ability was more conducive to success. They concluded that the research environment had a 'decisive influence'; and that strong infrastructure and effective supervision teams may be more important considerations for PhD success.

Finally, IPAN Deputy Director, Professor Sarah McNaughton was interviewed for an article **published** in Nature, about the perennial anxiety of every career researcher – how to deal with grant rejections. As a successful researcher who has suffered her share of knockbacks, she advised on the importance of having the right mindset when approaching grant applications; and offered positive ways to recover from rejection.

Practicing what we preach – feedback from IPAN EMCRs

"I am grateful to be part of IPAN as an early career researcher. My supervisors have taught me confidence, resilience, and leadership. Without their enormous support and encouragement, I would not have achieved so much. Being a member of a research group is extremely valuable as I get to work with and learn from colleagues at different career stages. I have enjoyed every moment working in this supportive and collegial environment." – **Dr Jazzmin Zheng, NHMRC Early Career Fellow**

"The transition from PhD student to early career researcher can be overwhelming with new responsibilities and increasing independence, but I am incredibly privileged to have been a member of IPAN throughout this transition during 2020. From the regular meetings with my supervisors, guidance on managing budgets and organising contracts, support with developing grant and fellowship applications, to help with managing stakeholder relationships; the amazing team at IPAN have continuously provided me with support and encouragement to develop and succeed in my research career." – **Dr Kate Parker, Lecturer**



Exploring the concept of 'exercise snacking' for older adults



Dr Jackson Fyfe is investigating whether brief but regular sessions of simple bodyweight muscle strengthening exercises - called 'exercise snacking' - can reduce loss of muscle strength and functional ability after two weeks of reduced physical activity in older adults.

Funded through a Dean's Postdoctoral Research Fellowship, Dr Fyfe hopes his initial study will show the potential benefits of this type of pragmatic 'exercise snacking' approach in the context of reduced activity in older adults.

To do this, Dr Fyfe will ask older adults living in the community to limit their activity levels to less than 1500 steps per day for two weeks. One group will perform regular 10-minute 'exercise snacks', while another group will not perform any exercise.

"Each 'exercise snack' will consist of five simple, bodyweight muscle strengthening exercises (such as chair squats, lunges, and calf raises) performed twice a day," Dr Fyfe explained.

Participants will have their body composition, muscle strength, and functional ability measured, as well as perceptions of quality of life and symptoms of anxiety/depression before and after this two-week period.

Each group will then perform an identical 'exercise snacking' program for four weeks to restore any potential losses experienced during the reduced activity period.

"The next steps will be to extend the work to other settings associated with short periods of reduced activity in older adults, such as hospitalisation, which are associated with losses of muscle strength and functional ability, to see if it can improve patient outcomes," Dr Fyfe said.

"I believe the benefits of 'exercise snacking' could extend to many other situations and populations – such as to improve glycaemic control in those at risk of or with type 2 diabetes – so future work will aim to explore these areas as well."

Evaluating and implementing guideline-based low back pain (LBP) management

Low back pain is the leading cause of disability worldwide and costs the Australian healthcare system more than \$9 billion a year, underscoring the importance of effective guidelines for healthcare professionals to manage this debilitating condition.

Through his Dean's Postdoctoral Research Fellowship, Dr Patrick Owen is working with public (Eastern Health) and private (Epworth HealthCare) hospital providers to evaluate adherence to and efficacy, barriers and facilitators of implementation of guideline-based management of low back pain (LBP).

Evidence-based guidelines for the diagnosis and treatment of LBP are necessary to reduce healthcare costs and improve patient outcomes, Dr Owen said.

As part of his project, he has developed an audit tool to review patient charts for those presenting with LBP within participating emergency departments, to assess adherence to management guidelines.

He is also recruiting patients presenting to emergency departments with LBP, and tracking them over time to determine which management pathways result in better patient outcomes and reduced costs.

"The findings from this 12-week cohort study will inform the development and implementation of a guideline-based translational package of interventions for practitioners and patients," Dr Owen said.

"My goal is to assist practitioners to improve the diagnosis and management of low back pain, and ultimately improve health outcomes for patients."



Exploring chronic disease risk factors in Australia

Dr Riaz Uddin is investigating how lifestyle factors such as insufficient physical activity, sedentary behaviour, poor diet, and smoking could influence chronic disease morbidity in adolescents and adults.

Through an Alfred Deakin Postdoctoral Research Fellowship, Dr Uddin is exploring the burden of chronic diseases and examining how multiple risk factors may be associated with this burden.

Chronic diseases including cardiovascular disease, cancers, diabetes and mental health conditions are major health issues globally, contributing significantly to poor health and early death.

Understanding the associations of the various lifestyle-related risk factors with different chronic diseases and the trends over time is critical for improving future health.

As part of this Fellowship, Dr Uddin is analysing data from three international databases – the Global Burden of Disease (GBD), Health Behaviour in School-aged Children (HBSC), and UK Biobank.

One of the key aims of Dr Uddin’s current project is to understand the trend of chronic disease burden in the Australian population and use statistical methods and modelling to predict what the future burden would look like.

“Generally, Australians enjoy a good healthcare system and their life expectancy is one of the highest in the world,” Dr Uddin explained.

“But chronic diseases and their underlying risk factors are still a concern. To ensure the health and wellbeing of the Australian population, we need to know how the burden of chronic diseases has evolved over the past decades or so, and how they are likely to change in the future.

“In addition, through identifying clusters of risk factors in adolescents there is potential to design early prevention strategies to reduce the future burden of chronic disease.

“Together this will give us the opportunity to inform pragmatic policy and programs to keep Australians healthy,” Dr Uddin said.



International collaborations

IPAN staff continued to work collaboratively (often from their own homes over Zoom) with an extensive range of international academic and non-academic organisations. Activities included being co- investigators on collaborative research projects and research funding applications, co-authors on research publications, reviewers for international funding schemes, co-supervisors of research students, presenting at virtual seminars/conferences, participating in committees and providing expert advice.

While our international visitor activities took on a very different feel in 2020, they were no less a priority for IPAN. While some visits were cut short, a small number of international academics and PhD students were able to join us and exchange ideas and expertise with IPAN staff. These included:

Academic visitors

Dr Laura Johnson – University of Bristol, United Kingdom

Professor Christel Larsson – University of Gothenburg, Sweden

Dr Adrià Muntaner-Mas – University of Balearic Islands, Spain

Professor Ailsa Welch – University of East Anglia, United Kingdom

Associate Xiaohui Zhao – Xi'an University of Architecture & Technology, China

Student visitors

Qitong Chen – Wuhan University, China

Ida Kaer Thorsen – University of Copenhagen, Denmark

Fanney Þorsteinsdóttir –The Parker Institute, Frederiksberg Hospital, Denmark

Julia Wanselius – University of Gothenburg, Sweden

Associate Professor Jenny Veitch is coordinating ongoing collaborative efforts between IPAN and the University of Ghent, Belgium, including:

- a number of joint PhD and Master's student supervisions and mentorships;
- together with Deakin colleagues, the establishment of a PhD cotutelle program (where the student is enrolled and jointly supervised at both universities and spends time at both).

Associate Professor Veitch is also an investigator on a research project led by Ghent colleagues about park attributes associated with physical, mental and social health in older adults.

In addition, IPAN had:

- 12 PhD students with an international supervisor from countries including Belgium, Denmark, Ethiopia, India, NZ, USA and UK
- 5 Joint PhD students with the University of Copenhagen
- 1 'in-country' PhD student (India)



Associate Professor Jenny Veitch

IPAN in the media

Despite COVID-19 dominating news coverage in 2020, IPAN successfully communicated many important research findings to a broader audience through the media.

Deakin Media's monitoring service recorded 930 media hits over the year to 14 December, with a potential audience reach of 52.6 million.

Stories included:

- Dr Anne Turner's study about the body's optimal response to stress to prevent heart disease
- Dr Jazzmin Zheng's research finding that babies who are breastfed for longer than six months have healthier growth patterns than those who were not
- Associate Professor Daniel Belavy's research on back pain
- Dr Luana Main's findings that firefighters face similar health risks as elite athletes
- Dr Penny Love called for food education to become a priority in the primary school curriculum in a bid to tackle childhood obesity rates
- The 'Our Life at Home' study led by Dr Lauren Arundell and Dr Kate Parker, examining how COVID affected Australians' physical activity habits and lifestyle
- Dr Jill Hnatiuk encouraged parents to get active with their pre-schoolers to ensure more young families met physical activity targets
- Dr Rachelle Opie's advice about the best foods to eat to help prevent post-natal depression
- Professor Rob Daly's commentary about the benefits of strength-based exercise for seniors
- A study co-authored by Associate Professor Lisa Barnett raised the prospect of combining drama and sport disciplines together in an education setting to maximise the benefits of physical literacy
- IPAN PhD student Jennifer McCann's research into the health risks and costs of processed toddler foods and milks
- An Australian-first study led by Dr Priscila Machado found a strong link between Australians who eat large amounts of ultra-processed food and rates of obesity
- Dr Katherine Livingstone's findings that personalised nutrition advice improved dietary intake of adults



BREAST STILL BEST FOR BUBS

ALANNA FROST
BABES breastfed for more than six months have a healthier pattern of growth than those who were not, a new Deakin University study has found.
 Researchers found breastfeeding an infant beyond the six-month mark either solely or as part of a mixed formula feeding – resulted in the child having a healthier body mass index at every stage in their first five years of life.
 The study, led by Jazzmin Machado Zheng, compared the results of 542 children, at six stages of development, from birth to five years of age.
 Dr Zheng said the results show breastfeeding could help combat Australia's high rates of childhood obesity.
 "Those who continue to receive breastmilk... they have a healthier pattern of growth than those who don't," Dr Zheng said.
 Ms Frodo, 31, has been breastfeeding her son Phillip since he was born.
 "I'm hoping to go about 12 months," she said.

Staying fit, staying strong

Older Australians need to ensure they don't lose muscle mass.
BY SOPHIE AUBREY
 Improved balance, denser bones and stronger joints are some of the life-changing benefits that come with strength-based exercise in seniors. But with older Australians urged to be extra vigilant with social distancing, health experts are warning that if they don't work their muscles during the pandemic, their strength is at risk of waning away.
 "People are spending long periods of sitting and doing little activity. That in itself creates problems," says Professor Peter Daly, chair of exercise and aging at Deakin University.
 "That's because muscle mass deterioration begins in your 30s and accelerates from your 50s, he says. And inactivity is particularly detrimental, with research showing 30 days of bed rest can lead to the equivalent of 10 years of muscle loss in older people.
 Even in healthy adults, he says, sitting for long periods is linked to a 50 per cent higher risk of having low muscle mass, Daly says.
 "It's absolutely critical in this period to start to experience how to maintain strength and endurance. Muscle is largely under exercise is (critical), particularly in older age." As well as reducing the risk of fractures and illness, Daly says muscle helps maintain the mobility of older Australians, enabling them to continue to enjoy activities such as walking to the supermarket, using stairs or getting out of a shower safely.
 Daly's big message for seniors is to introduce regular strength and balance activities into their day. "It's going to pay for itself in terms of health benefits it won't cost you anything," he says.
 For those new to strength-based exercise, he recommends starting with a mat that involves repetitive sitting and standing from a chair. He also suggests trying to do tasks, which involve carrying one hand on a wall, side-on and slowly, paying the legs, one at a time, he says.
 Back of these exercises will all build strength. The recommendation is to do these with 10 repetitions of each exercise.
 For the upper body, he recommends doing push-ups against a wall or grabbing a couple of soup cans for shoulder presses and bicep curls.
 For balance, standing in a heel-toe position for 20 seconds is a good beginning activity.
 Melbourne graduate Anne Varley, 71, credits strength training with helping her maintain her former active life, such as bushwalking, golfing and gardening. She has made an effort to continue to train twice a week while stuck at home.
 "We are being lazier – and in order to enjoy all the things we do, like travel or walking or caring for our grandkids, we have to be as fit as we're able to be and as strong as we're able to be."
 While Australian guidelines recommend a minimum 150 minutes per week of moderate intensity exercise, Daly says 30 minutes a day can be done for older people starting out. Instead, he recommends "exercise snacking" – short bursts of activity each day, because starting with several 10-minute sessions is easier to fit into a busy schedule.
 Young Exercise Program, to launch in 2021, will offer a range of activities for older people to help them stay active and healthy.



Anne Varley does strength training at home. Photo: Simon Schuster



SCHOOLS NEED FOOD IN MIX

FOOD education must become a priority in the primary school curriculum to combat a child obesity epidemic, a new study has found.
 Tackling rising rates of childhood obesity, food education should be integrated across all subjects," lead author Penny Love said.
 Victorian teachers interviewed for the study said they were eager to educate students on healthy eating, but either didn't know how or didn't feel it was their place.
 "If we're serious about tackling rising rates of childhood obesity, food education should be integrated across all subjects," lead author Penny Love said.
 Victorian teachers interviewed for the study said they were eager to educate students on healthy eating, but either didn't know how or didn't feel it was their place.
 Dr Love called for schools to embed food education "across the curriculum rather than an ad hoc additional program" such as cooking classes or life education.
 Dr Love suggested students could look at statistics on health issues in mathematics, the percentages of different nutritional elements on food packages or fractions in food recipes. In PE, students could study energy intake and output.

Kallista students Holly Willow and Gilbert. Picture: MARK STEWART

PARENTS of preschoolers are being encouraged to get active with their children in a bid to boost their future health.
 Dr Jill Hnatiuk, from Deakin University's Institute for Physical Activity and Nutrition, said parents exercising with their children would ensure more young families met physical activity targets.
 Dr Hnatiuk has completed a study looking at the barriers to "co-participation", and what helps and hinders Australian parents participating in physical activity with their kids.
 "We particularly looked at kids aged two to four because they tend to spend the most time with their parents. It's a rapid period of development and early childhood is a critical time for establishing physical activity habits," she said.
 "Co-participation has been shown to improve children's and parents' physical activity levels as well as improve broader aspects of family relationships.
 "The major benefits are that families spend quality time together, improve children's general health and wellbeing, and develop their physical skills."
 Dr Hnatiuk said that while preschoolers were often considered as being very active, evidence showed only one in three kids were meeting the Australian Department of Health's physical activity recommendations by the start of primary school.
 "For parents it's an important stage too. Evidence shows parents of children under the age of six are 69 per cent less likely to meet the health department's physical activity targets compared to their peers without children," she said.
 As part of her study published in *Health Promotion International*, Dr Hnatiuk interviewed parents about what they saw as the barriers and facilitators to engaging in physical activity with their kids.
 "For example small yards on a quiet street did not appear to be a barrier but small yards on a busy road did," she said.
 "Access to parks with a good range of equipment, as well as facilities and services like swimming pools and play groups, were also important."



Nicole Wright gets active with her children William, 11, Summer, 8, Andrew, 4, and dog Lizzy. Photo: Glenn Ferguson

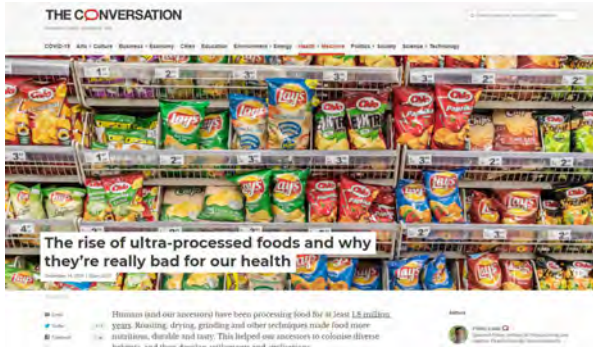
TIPS TO GET ACTIVE WITH YOUR KIDS

BOOK IT IN - Schedule time to be active together as a family. Advanced planning helps people to stick with their family's physical activity goals.
STEP OUTSIDE - Research shows that people, in particular children, tend to be more active outdoors compared to indoors.
GET THE KIDS TO CHOOSE - It's important for all members of the family to have input into the physical activities that the family does. If children are too young to decide independently, give them two options to pick from.

Family play days vital

IPAN in the media cont.

An article written for **The Conversation** by IPAN staff Dr Phillip Baker, Professor Mark Lawrence and Dr Priscila Machado about the health impacts of eating ultra-processed food was the most-read piece by The Conversation's audience for the week following publication. It was read more than 103,000 times and republished by 13 other news outlets, taking total readership to more than 200,000; making it the most-read article written by Deakin academics for the quarter. It was also republished by The Rudd Centre for Food Policy and Obesity (US) and shared by the Obesity Policy Coalition and The Australian Prevention Partnership Centre.



Pushed to the limit

Toll on fireys same as elite athletes

JOSH FAGAN

FIREFIGHTERS face similar health risks to untrained athletes, according to new research revealing the toll battling a blaze takes on their bodies.

The Deakin University study, published today, analysed blood tests from firefighters before and after a day on the fire front and found these inflammatory changes were comparable to professional sportspeople who trained too hard.

The findings have prompted calls for better workload management to ensure firefighters were given enough rest days and not placed at risk of long-term health consequences.

Lead author Laura Mann said it was a particular concern as Australia's fire service has become longer and more intense.

"If we're exposing these guys to be working at a higher level for a longer period of time we are really going to need to look at strategies to make sure we are managing their health and well-being," Dr Mann said.

Medical data collected from 38 volunteer firefighters indicated a 12-hour day tackling bushfires caused heightened levels of cytokines, the body's messenger molecules responsible for initiating inflammation and the body's sickness response.

If these markers were elevated for extended periods, it could pose negative health outcomes for firefighters over the long-term, Dr Mann said.

She said firefighters could benefit from following the lead of athletes, such as AFL players, who use smartphone apps to log their health data and workloads.

Country Fire Authority volunteer of 40 years Lindsay McHugh said on his recent deployment to tackle the catastrophic fires in Mallicotta there was a major focus on combating exhaustion.

"We talked a lot about fatigue management and pulling in rest days between different deployments to make sure people aren't being over-used," he said.

CFA deputy chief officer Gerry Cook said in recent years the authority had made "significant improvements to the monitoring and management of member health and well-being on fire grounds".

joshfagan.com.au

One size doesn't fit all for diets

MANDY SQUIRES

SCIENCE could be the secret to weight loss, with research revealing everything from a person's psychology to biology should be taken into account when developing diet plans.

A groundbreaking Deakin University study has shown generic eating plans could be a waste of money.

Personalised diet plans — aided by advanced science such as DNA testing and technology, including health track-

ing apps and wearable devices such as smartwatches — was on track to become a multibillion-dollar industry, Katherine Livingstone, from Deakin's Institute for Physical Activity and Nutrition (IPAN) said.

"Personalised nutrition involves tailoring dietary advice to optimise health, based on the characteristic of the individual," Dr Livingstone said.

"We know changing behaviours can be hard and one-size-fits-all advice isn't improving diets as much as we'd like, so

designing dietary advice based on an individual's characteristics may be more effective.

"Personalised advice can consider biological characteristics such as an individual's cholesterol levels or waist circumference, as well as their diet and lifestyle behaviours.

"It can even factor in information about an individual's genetics and whether they're at greater risk of health concerns, such as heart disease, or be tailored to fit the individual's motivations."

The art and soul of moving

NEILA BENTON

TRADITIONALLY, creative and innovative exercises are kept separate. They are the result of a person's imagination and skills and have no scientific basis.

But a study that merges the two, published in the *Journal of Physical Activity and Health*, has shown that a mix of the two can be more effective.

The study, led by Dr Phillip Baker and Dr Priscila Machado, found that a combination of physical activity and creative movement led to greater improvements in health and well-being.

The researchers found that participants who engaged in both types of activity showed significantly greater improvements in their physical and mental health compared to those who only engaged in one type of activity.

The study also found that participants who engaged in both types of activity showed significantly greater improvements in their self-reported health and well-being.

The researchers concluded that a combination of physical activity and creative movement is the most effective way to improve health and well-being.

The study was funded by the Deakin University Research Council.



MOVE IT TO FILL IN SURVEY

STARTING ACTIVE: Dr Priscila Machado, from Deakin University's Institute for Physical Activity and Nutrition.



TIME TO TAKE BACK CONTROL

Researchers say the best approach to tackling the pain is to get moving.

PHILIP BAKER

Back pain is a common problem that affects millions of people each year. It can be caused by a variety of factors, including poor posture, lack of exercise, and aging. However, there is a simple solution: get moving.

Regular physical activity can help strengthen the muscles in your back, improve your posture, and reduce your risk of developing back pain. Even a short walk or a few minutes of stretching each day can make a difference.

It's important to choose activities that you enjoy and that fit your lifestyle. This could be anything from swimming and yoga to gardening and dancing. The key is to move regularly and consistently.

If you're having trouble getting started, talk to your doctor or a physical therapist. They can help you develop a safe and effective exercise plan for your back.

Remember, taking control of your back pain starts with taking control of your movement. So get up and move today!



Best foods to beat post-natal depression

Beat the baby blues

MANDY SQUIRES

Researcher says to eat a healthy, balanced diet to help beat the baby blues.

Dr Priscila Machado, from Deakin University's Institute for Physical Activity and Nutrition, has found that a healthy diet can help women beat the baby blues.

The study found that women who ate a diet rich in fruits, vegetables, and whole grains had a lower risk of developing post-natal depression.

Dr Machado said that a healthy diet can help improve a woman's mood and reduce her risk of developing post-natal depression.

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Awards and recognition

IPAN researchers received a number of awards and prizes in recognition for their expertise, dedication and high quality contributions to scientific research.

IPAN Director makes the top 1% for sixth year running

Clarivate Analytics named Alfred Deakin Professor Jo Salmon a Highly Cited Researcher in 2020. Professor Salmon has now been included in the top 1% of researchers in the world for the sixth consecutive year – an extraordinary achievement.



NHMRC CEO, Professor Anne Kelso AO presented IPAN Director, Alfred Deakin Professor Jo Salmon with the prestigious Elizabeth Blackburn Investigator Award.

Awards and recognition

Alfred Deakin Professor Jo Salmon was awarded the 2019 NHMRC Elizabeth Blackburn Investigator Grant Award (Leadership in Public Health Research) for her Investigator grant application being the top ranked female application in the category.

Professor Sarah McNaughton, IPAN Deputy Director, was awarded the Nutrition Society of Australia Medal 2020 for her innovative research in the nutrition field. The medal is awarded to Australian nutrition scientists with an outstanding record in the field of animal or human nutrition and whose work is carried out predominantly in Australia.

Associate Professor Jenny Veitch won the Parks & Leisure Australia (Vic/Tas) Award and was a national finalist for her project titled 'ProjectPARK: Designing the perfect park for all', a research project to identify the most important features for encouraging park visitation, park-based physical activity and social interaction among children, adolescent and older adults.

Professor Robin Daly was awarded a Fellow of the American Society for Bone and Mineral Research.

Dr Katherine Livingstone won a Victorian 2020 Young Tall Poppy Science Award for outstanding early career research.

Associate Professor David Scott received the Australian and New Zealand Bone and Mineral Society ANZBMS Kaye Ibbertson Award for Bone and Mineral Medicine. The award is based on productivity of published research in the field of metabolic bone disease.

Dr Shariful Islam was selected as a Falling Walls Emerging Talents (Lab) Finalist for Science Breakthrough of the Year, for his innovative work in heart failure.

The Transform-Us! team, led by Alfred Deakin Professor Jo Salmon and including a number of IPAN researchers and other research colleagues, won the CAPHIA (Council of Academic Public Health Institutions Australia) Award for Excellence and Innovation in Public Health Team Research.

Professor Ralph Maddison and Dr Jonathan Rawstorn's publication, 'Effects and costs of real-time cardiac telerehabilitation: randomised controlled non-inferiority trial' was named by the BMJ Heart journal as a 2019 Paper of the Year finalist in recognition of the high quality and clinical impact of their telerehabilitation paper.

Dr Lauren Arundell won the Early Career/Young Professional Award at the Public Health Association of Australia Conference for: 'Australian's physical activity during COVID-19: changes in guideline adherence and active recreation'.

Dr Lauren Arundell was also an author on the 2020 winning paper for the IJBNPA Most Cited Methodology Paper Award, published in 2017 for Tremblay MS, et al. Sedentary Behavior Research Network (SBRN) – Terminology Consensus Project process and outcome, International Journal of Behavioral Nutrition and Physical Activity (IJBNPA) 2017.

Dr Angus Lindsay was awarded the best oral presentation at the Australian Physiological Society Student and Early Career Researcher Forum for his presentation titled 'Stress: a novel regulator of Duchenne muscular dystrophy pathogenesis'.

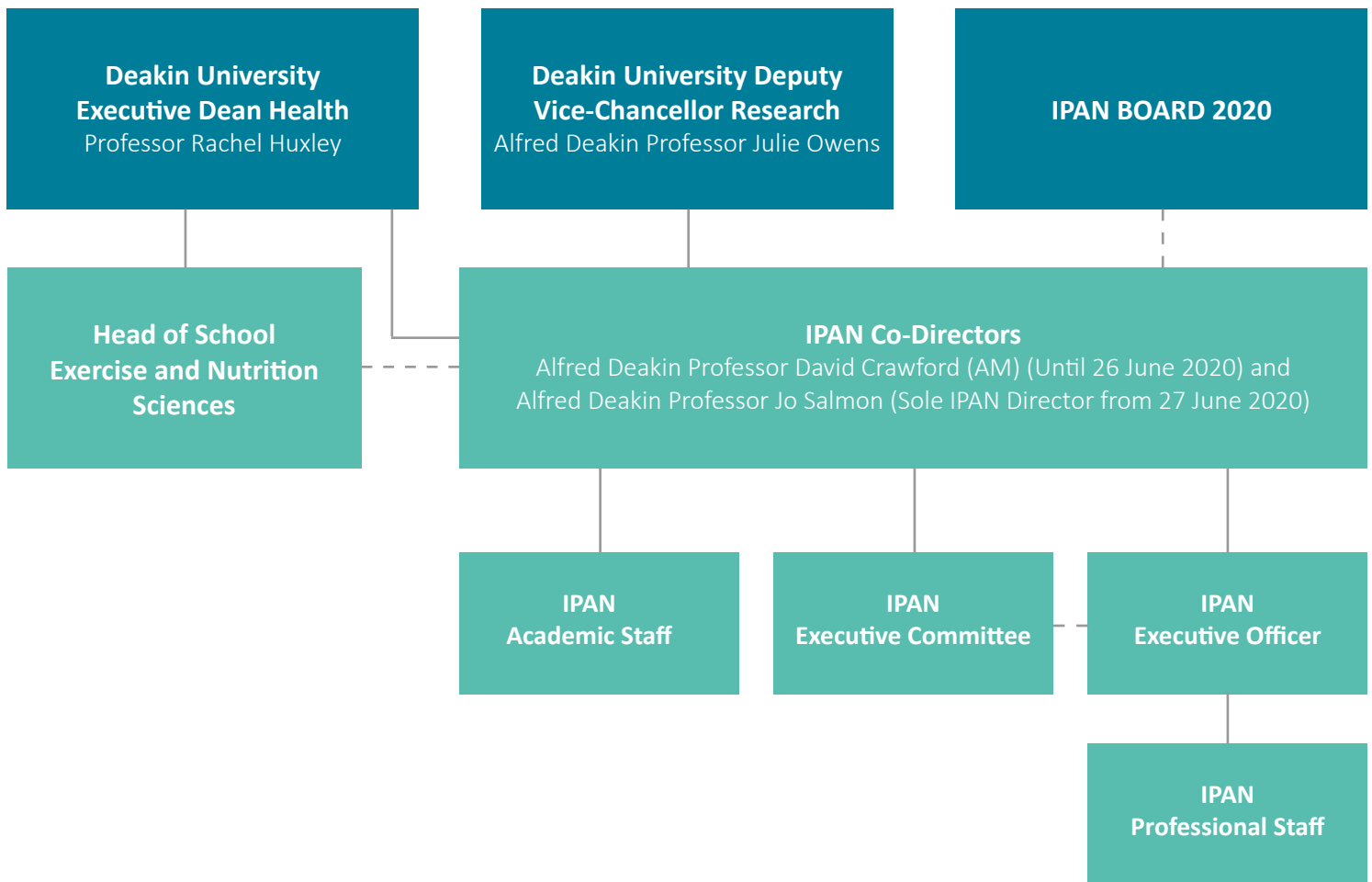
Dr Angus Lindsay also won best oral presentation by an Early Career Researcher at the Victorian Muscle Network's 3rd Annual Symposium for his presentation titled: 'Dystrophin-deficiency impacts guanosine triphosphate metabolism in mice and humans'.

Dr Miaobing (Jazzmin) Zheng and Professor Karen Campbell's article in Obesity Reviews: 'Rapid weight gain during infancy and subsequent adiposity: a systematic review and meta-analysis of evidence' was recognised as one of the journals' top cited papers between January 2018 and December 2019.

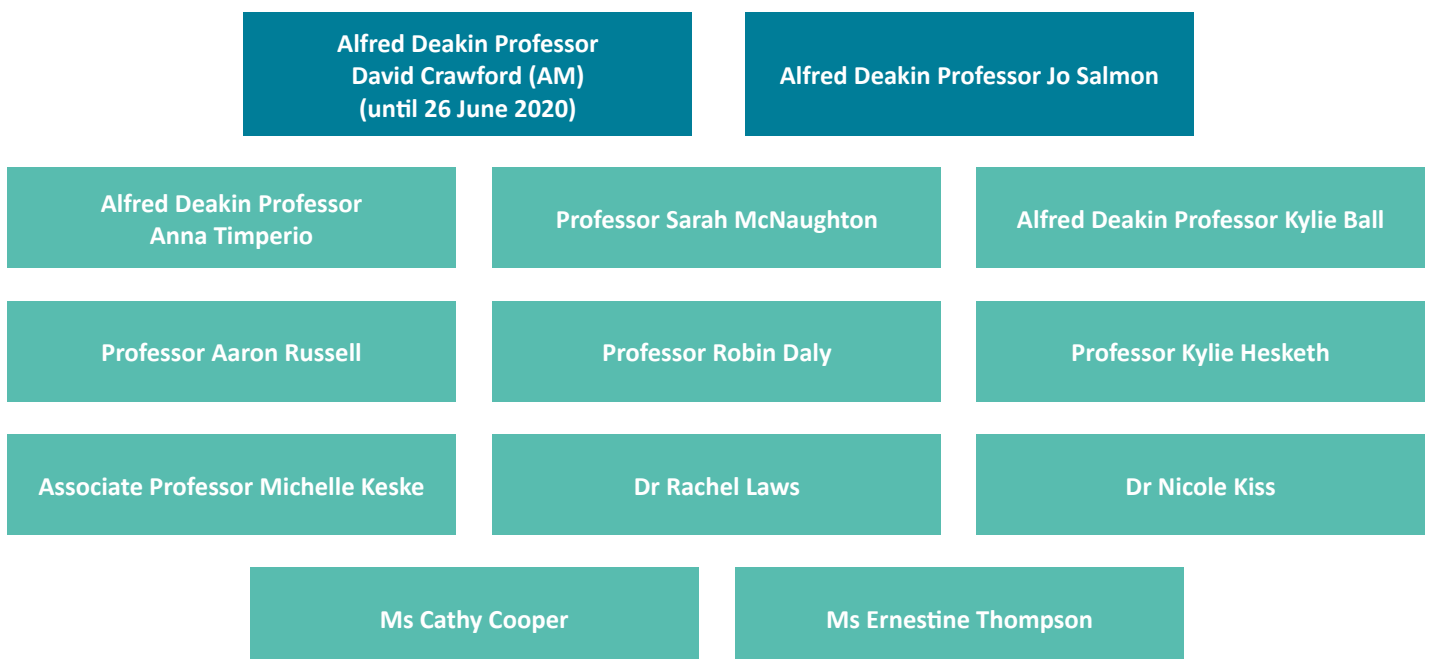
Dr Miaobing (Jazzmin) Zheng was also awarded one of only two Nutrition & Growth 2020 Conference Best Abstract Awards – in recognition of young physicians in the areas of neonatal/infancy and obesity.

IPAN governance

IPAN's organisational chart



IPAN's executive



IPAN Board

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



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 Rachel Huxley

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 Livingston

Professor Livingston is the Associate Dean (Research) in the Faculty of Health and leads the strategic direction, management and co-ordination of a significant area of research activity in the University. As the Associate Dean (Research), Professor Livingston 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 Livingston is also leading a program of research, addressing the psychosocial needs of people living with cancer and their carers. Professor Livingston's research involves large collaborative teams, leading studies that have demonstrated gaps in service delivery; and she and her teams have developed recommendations, changes in clinical practice and policy initiatives to improve the health outcomes of cancer survivors and their carers.

IPAN Board cont.



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 (AM)

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



Dr Lyn Roberts (AO)

Dr 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 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. For five years she was Principal Advisor for the Victorian Health Promotion Foundation, and in 2019 she was Acting CEO for an interim period. Now she works as a public health consultant.



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.

IPAN Board cont.



Melanie Chisholm

Melanie is the Healthy Eating Manager at VicHealth. She is a qualified Health Professional and Manager, having worked for over 15 years in the health sector. She has worked across a range of areas including community organisations, NGOs and Government both here in Australia and in the UK, spending several years as a children’s health commissioner in London. She is passionate about driving improvements in population health and reducing health inequities, particularly through designing and implementing policies and programs that support healthy eating and physical activity. At VicHealth Melanie has led three portfolios, including work to ensure all Victorians have access to affordable, quality, nutritious food (food security) and leading improvements towards healthier food and drink environments. In 2020 she convened the state wide Food Systems Working group to understand how COVID-19 has impacted the food supply and worked to drive improvements through partnerships, research and funding. Melanie has previously worked as National Manager for Nutrition and Active Living at the Heart Foundation and as Director of Data, Research and Evaluation at North Western Melbourne Primary Health Network. She holds a Masters in Nutrition and Dietetics from Deakin University and an undergraduate degree in Human Movement Science from RMIT.



Mr Terry Slevin

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



Mr Peter McCue

Peter McCue is the Executive Manager of Physical Activity and Participation at the NSW Office of Sport. He is currently leading the development of NSW’s Statewide Physical Activity Strategy. Prior to his current role Peter spent a decade as the Executive Office of the NSW Premier’s Council for Active Living (PCAL). During Peter’s tenure, PCAL served six different premiers across both major political parties, developed the state’s first walking strategy and facilitated the incorporation of health considerations within various planning instruments. Peter is currently undertaking a PhD investigating effective ways to frame physical activity to resonate with political leaders.

Our staff

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 Kristy Bolton

Dr Alison Booth

Dr Helen Brown

Associate Professor Clinton Bruce

Professor Karen Campbell

Alfred Deakin Professor David Crawford

Professor Robin Daly

Dr Paul Della Gatta

Dr Katherine Downing

Dr Rachel Duckham (until Oct 2020)

Associate Professor Steve Fraser

Dr Jackson Fyfe

Dr Elena George

Dr Carley Grimes

Dr Lee Hamilton

Dr Ashley Hendy

Professor Kylie Hesketh

Dr Jill Hnatiuk

Dr Kirsten Howlett

Dr Shariful Islam

Dr Paul Jansons (from July 2020)

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 Priscila Machado

Dr Helen Macpherson

Professor Ralph Maddison

Dr Luana Main

Dr Claire Margerison

Professor Sarah McNaughton

Dr Catherine Milte

Dr Rachelle Opie

Dr Pat Owen

Dr Kate Parker

Dr Lewan Parker

Professor Judi Porter

Dr Jonathan Rawstorn

Professor Lynn Riddell

Associate Professor Nicky Ridgers

Professor Aaron Russell

Dr Shannon Sahlqvist

Alfred Deakin Professor Jo Salmon

Dr David Scott (from July 2020)

Dr Ahrathy Selathurai

Dr Chris Shaw

Professor Rod Snow (until Oct 2020)

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 Riaz Uddin

Dr Paige van der Pligt

Associate Professor Jenny Veitch

Associate Professor Glenn Wadley

Dr Adam Walsh (until May 2020)

Dr Stuart Warmington

Dr Kim Way (from Sept 20)

Dr Julie Woods

Professor Tony Worsley (until Oct 2020)

Dr Craig Wright

Dr Jazzmin Zheng

Externally funded research projects in 2020

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
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 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
Keske M , Marwick T, Parker L, Maddison R	Novel therapy for improving exercise tolerance and glycaemic regulation in type 2 diabetes associated HFpEF	National Heart Foundation of Australia- Vanguard Grant
Kowalski G, Bruce C	Aminogenic insulin-glucagon secretion and action in human insulin resistance	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 S, 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 , 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
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
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

Externally funded research fellowships in 2020

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 and NHMRC Investigator Grant Emerging Leadership Level 1 Fellowship
Livingstone K	Designing tailored approaches to improve dietary patterns in young adults	NHMRC Investigator Grant Emerging Leadership Level 1 Fellowship
MacPherson H	A multi-faceted intervention to enhance cognition in older people at risk of cognitive decline	NHMRC-ARC Dementia Research Development Fellowship
Parker L	Exercise intolerance and impaired glycaemic control in heart failure patients: Identifying microvascular dysfunction as a novel mechanism	NHMRC/NHF Early Career Fellowship
Rawstorn J	Broadening access to supervised exercise training for people with heart failure via innovative digital health technologies	National Heart Foundation of Australia Postdoctoral Fellowship
Ridgers N	Addressing the challenges of promoting youth physical activity	National Heart Foundation of Australia Future Leader Fellowship
Salmon J	Moving a sedentary generation: Comparing implementation approaches at scale to increase child and youth physical activity	NHMRC Investigator Grant Leadership Level 2 Fellowship
Scott D	Optimising exercise interventions for maintaining physical function, bone and muscle health in older adults with obesity and osteoarthritis	NHMRC Investigator Grant Emerging Leadership Level 2 Fellowship
Scott D	Reducing risk factors for falls and fracture in obese older Australians	NHMRC Career Development Fellowship Level 1
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 2020

Project team	Lead institute	Project title	Funding scheme
Ambrecht 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
Buntine P, Belavy D , Taylor N, Owen P , Fong C, Roddy L, Miller C, Koorts H , Moodie M, Brown B	Eastern Health	Management of acute low back pain in hospital emergency departments: adherence to evidence-based guidelines	Eastern Health Foundation Research and Innovation Grant
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 Grant
Cleland V, Timperio A , Jose K, Davern M	Menzies Research Institute, University of Tasmania	Developing benchmarks and a smart online tool for assessing walkability in regional and rural communities: Supporting rural Australians to live healthy, active lives	MRFF Preventive and Public Health Research Grant
Coates A, Buckley J, Hill A, 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
Davis S, Brown H , Bell R, Green S, Coles J	Monash University	Identifying the gaps in knowledge of women with respect to menopause and preventative health	NHMRC Partnership Grant
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 worker with Type 2 Diabetes?	NHMRC Project Grant

Externally funded research collaborations in 2020 cont.

Project team	Lead institute	Project title	Funding scheme
Eynon N, Voisin S, Lamon S , Levinger I	Victoria University	Can exercise slow down the epigenetic ageing clock?	ARC Discovery Project
Gardiner P, Dunstan DW, Gray L, Owen N, Healy G, Comans T, Fjeldsoe B, Schaumberg M. AI's: Lynch B, Green D, Rosenberg D, Eakin E, Moodie M, Summers M, Buman M, Cohen N, Daly RM , Biddle S	University of Queensland	Taking a whole of day approach to optimizing activity to prevent dementia in people with type 2 diabetes	NHMRC Boosting Dementia Research Grant
Green DJ, Maiorana AJ, Nosaka K, Naylor LH, Hillis GS, Ridgers ND , Lloyd DG. AI's: Smith A, Gucciardi D, Dembo L	University of Western Australia	Exercise as medicine for heart failure: A novel intervention to improve outcomes	NHMRC Project Grant
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	Forte, 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 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
Mishra G, Hickey M, Dobson A, Gannon B, Doust J, Fisher J, Cicuttini F, Huxley R, Tooth L, Brown H . (there are 9 AI's)	University of Queensland	Centre of Research Excellence on Women and Non-communicable Disease (CRE WaND): Prevention and Detection	NHMRC Centres of Research Excellence
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
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
Oldenburg B, Maddison R , Kostakos V, Boyle D, Borland R, Lau A, Furler J, Scuffham P, Abraham C, Taylor CB	Melbourne University	Centre of Research Excellence in Interactive Digital Technology to Transform Australia's Chronic Disease Outcomes	NHMRC Centres of Research Excellence
Olstad D, 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
O'Reilly S, Laws R , Skinner T, Norman J, Teede H, Anderson J, Campoy C, Evans J, Terkildsen H, Campbell K , Versace V	University College Dublin	Implementation Action to prevent Diabetes from Bump 2 Baby (IMPACT DIABETES B2B): a low-resource system of care intervention for appropriate gestational weight gain and improved postnatal outcomes	Horizon 2020 European Commission

Externally funded research collaborations in 2020 cont.

Project team	Lead institute	Project title	Funding scheme
Pipingas A, Murphy K, Itsiopoulos C, Kingsley M, Scholey A, Macpherson H , Segal L, Breckon J, Minihane A	Swinburne University	Mediterranean diet and exercise to reduce cognitive decline and dementia risks in independently living older Australians: the MedWalk randomised controlled trial	NHMRC Boosting Dementia Research
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, Tjomslund 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
Short C, Maddison R , Denehy L, Rawstorn J , Hayes S. AI's: Ismail H, Nightingale S	University of Melbourne	REMOTE-COR-B: Pilot evaluation of a remotely delivered cardio-oncology rehabilitation intervention for breast cancer survivors at high risk of cardio-toxicity	National Breast Cancer Foundation- Initiated Research Scheme
Silva R, 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
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
Wiggers J, Kingsland M, Campbell K , Pennell C, Wolfenden L, Rissel C, Attia J, Foureur M, Paolucci F, Hollis J	University of Newcastle	A practice change intervention to increase the routine provision of care addressing gestational weight gain: a stepped-wedge trial	NHMRC Partnership Grant
Williams J, Taylor C, Sawyer S, Moodie M, Luo, Romaniuk, 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 , AI'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

2020 Publications

Published papers

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
1.	Aktary ML, Caron-Roy S, Sajobi T, O'Hara H, Leblanc P, Dunn S, McCormack GR, Timmins D, Ball K*, Downs S, Minaker LM, Nykiforuk CIJ, Godley J, Milaney K, Lashewicz B, Fournier B, Elliott C, Raine KD, Prowse RJL, Olstad DL. Impact of a farmers' market nutrition coupon program on diet quality and psychosocial well-being among low-income adults: protocol for a randomized controlled trial and a longitudinal qualitative investigation. <i>BMJ Open</i> . 2020; 10: e035143. Doi: 10.1136/bmjopen-2019-035143	Q1	2.496
2.	Altarawneh MM, Hanson ED, Betik A*, Petersen AC, Hayes A, McKenna MJ. Effects of testosterone suppression, hindlimb immobilization, and recovery on [3 H]ouabain binding site content and Na +, K +-ATPase isoforms in rat soleus muscle. <i>Journal of Applied Physiology</i> . 2020; 128(3): 501-512. Doi: 10.1152/jappphysiol.01077.2018	Q1#, Q2#	3.044
3.	Anokye R, Radavelli-Bagatini S, Bondonno CP, Sim M, Blekkenhorst LC, Connolly E, Bondonno NP, Schousboe JT, Woodman R, Zhu K, Szulc P, Jackson B, Dimmock J, Schlaich MP, Cox KL, Kiel DP, Lim WH, Devine A, Thompson PL, Gianoudis J, De Ross B, Daly RM*, Hodgson JM, Lewis JR, Stanley M. Implementation, mechanisms of impact and key contextual factors involved in outcomes of the Modification of Diet, Exercise and Lifestyle (MODEL) randomised controlled trial in Australian adults: protocol for a mixed-method process evaluation. <i>BMJ Open</i> . 2020; 10: e036395. Doi: 10.1136/bmjopen-2019-036395	Q1	2.496
4.	Appleton J, Fowler C, Laws R*, Russell CG, Campbell KJ*, Denney-Wilson E. Professional and non-professional sources of formula feeding advice for parents in the first six months. <i>Maternal and Child Nutrition</i> . 2020; 16: e12942. Doi: 10.1111/mcn.12942	Q1	2.789
5.	Arentson-Lantz EJ, Fiebig KN, Anderson-Catania KJ, Deer RR, Wachter A, Fry CS, Lamon S*, Paddon-Jones D. Countering disuse atrophy in older adults with low-volume leucine supplementation. <i>Journal of Applied Physiology</i> . 2020; 128(4): 967-977. Doi: 10.1152/jappphysiol.00847.2019	Q1#, Q2#	3.044
6.	Arundell L*, Parker K*, Timperio A*, Salmon J*, Veitch J*. Home-based screen time behaviors amongst youth and their parents: familial typologies and their modifiable correlates. <i>BMC Public Health</i> . 2020; 20: 1492. Doi: 10.1186/s1289-020-09581-w	Q1	2.521
7.	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> . 2020; 18(3): 312-324. Doi: 10.1080/14733285.2019.1635994	Q1	1.856
8.	Askie LM, Espinoza D, Martin A, Daniels LA, Mihrshahi S, Taylor R, Wen LM, Campbell K*, Hesketh KD*, Rissel C, Taylor B, Magarey A, Siedler AL, Hunter KE, Baur LA. Interventions commenced by early infancy to prevent childhood obesity- The EPOCH Collaboration: An individual participant data prospective meta-analysis of four randomized controlled trials. <i>Pediatric Obesity</i> . 2020; 15(6): e12618. Doi: 10.1111/ijpo.12618	Q1	3.429
9.	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> . 2020; 59: 175-184. Doi: 10.1007/s00394-019-01897-7	Q1	4.664
10.	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> . 2020; 47(3): 520-528. Doi: 10.1111/1440-1681.13208	Q2#, Q3#	2.456
11.	Azzopardi DJ, Lacy KE*, Woods JL*. Energy density of new food products targeted to children. <i>Nutrients</i> . 2020; 12(8):E2242. Doi: 10.3390/nu12082242	Q1	4.546

Published papers cont.

		Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
	Title		
12.	Baker P*, Machado P*, Santos T, Sievert K, Backholer K, Hadjidakou M, Russell C, Huse O, Bell C, Scrinis G, Worsley A*, Friel S, Lawrence M*. Ultra-processed foods and the nutrition transition: Global, regional and national trends, food systems transformations and political economy drivers. <i>Obesity Reviews</i> . 2020; 21(12): e13126. Doi: 10.1111/orb.13126	Q1	7.31
13.	Ball K*, Crawford D*. How to grow a successful - and happy - research team. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 4. Doi: 10.1186/s12966-019-0907-1	Q1	6.714
14.	Balogun S, Graves S, Lorimer M, Cicuttini F, Scott D*, Jones G, Aitken D. Do older adults with low muscle mass or strength, in the presence of obesity, have an increased risk of joint replacement over 13 years? <i>Calcified Tissue International</i> . 2020; 107(1): 10-17. Doi: 10.1007/s00223-020-00698-z	Q1#, Q2#	3.423
15.	Balogun S, Scott D*, Cicuttini F, Jones G, Aitken D. Longitudinal study of the relationship between physical activity and knee pain and functional limitation in community-dwelling older adults. <i>Archives of Gerontology and Geriatrics</i> . 2020; 90: 104101. Doi: 10.1016/j.archger.2020.104101	Q1#, Q2#, Q3#	2.128
16.	Barnett LM*, Dennis R, Hunter K, Cairney J, Keegan RJ, Essiet I, Dudley DA. Art meets sports: What can actor training bring to physical literacy programs? <i>International Journal of Environmental Research and Public Health</i> . 2020; 17: 4497. Doi: 10.3390/ijerph17124497	Q1	2.521
17.	Beck KL, Houston ZL, McNaughton SA*, Kruger R. Development and evaluation of a food frequency questionnaire to assess nutrient intakes of adult women in New Zealand. <i>Nutrition and Dietetics</i> . 2020; 77(2): 253-259. Doi: 10.1111/1747-0080.12472	Q3	1.742
18.	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> . 2020; 59(7): 3113-3131. Doi: 10.1007/s00394-019-02151-w	Q1	4.664
19.	Belavy DL*, Owen PJ*, Livingston PM. Do successful PhD outcomes reflect the research environment rather than academic ability? <i>PLoS One</i> . 2020; 15(8): e0236327. Doi: 10.1371/journal.pone.0236327	Q1	2.74
20.	Belavy DL*, Brisby H, Douglas B, Hebelka , Quittner MJ, Owen PJ*, Rantalainen T, Trudel G, Lagerstrand KM. Characterization of intervertebral disc changes in asymptomatic individuals with distinct physical activity histories using three quantitative MRI techniques. <i>Journal of Clinical Medicine</i> . 2020; 9(6): 1841. Doi: 10.3390/jcm9061841	Q1	3.303
21.	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> . 2020; 23: 157-163. Doi: 10.1016/j.jsams.2019.08.010	Q1	3.607
22.	Bennie JA, De Cocker K, Biddle SJH, Teychenne MJ*. Joint and dose-dependent associations between aerobic and muscle-strengthening activity with depression: a cross-sectional study of 1.48 million adults between 2011 and 2017. <i>Depression and Anxiety</i> . 2020; 37(2): 166-178. Doi: 10.1002/da.22986	Q1	4.702
23.	Bennie JA, Teychenne M*, Tittlbach S. Muscle-strengthening exercise and depressive symptom severity among a nationally representative sample of 23,635 German adults. <i>Journal of Affective Disorders</i> . 2020; 266: 282-287. Doi: 10.1016/j.jad.2020.01.172	Q1	3.892
24.	Bernhardsen GP, Stensrud T, Hansen BH, Steene-Johannesen J, Kolle E, Nystad W, Anderssen SA, Hallal PC, Janz KF, Kriemler S, Andersen LB, Northstone K, Resaland GK, Sardinha LB, van Sluijs EMF, Ried-Larsen M, Ekelund U on behalf of the International Children's Accelerometry Database (ICAD) Collaborators*. Birth weight, cardiometabolic risk factors and effect modification of physical activity in children and adolescents: pooled data from 12 international studies.*named collaborator, Salmon J*. <i>International Journal of Obesity</i> . 2020; 44: 2052-2063. Doi: 10.1038/s41366-020-0612-9	Q1	4.419
25.	Berry BJ, Trewin AJ*, Milliken AS, Baldzizhar A, Amitrano AM, Lim Y, Kim M, Wojtovich AP. Optogenetic control of mitochondrial protonmotive force to impact cellular stress resistance. <i>EMBO Reports</i> . 2020; 21(4): e49113. Doi: 10.15252/embr.201949113	Q1	7.497

Published papers cont.

		Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
	Title		
26.	Best S, Stark Z, Brown H*, Long JC, Hewage K, Gaff C, Braithwaite J, Taylor N. The leadership behaviors needed to implement clinical genomics at scale: a qualitative study. <i>Genetics in Medicine</i> . 2020; 22(8): 1384-1390. Doi: 10.1038/s41436-020-0818-1	Q1	8.904
27.	Beyene HB, Hamley S, Giles C, Huynh K, Smith A, Cinel M, Mellet NA, Morales-Scholz MG, Kloosterman D, Howlett KF*, Kowalski GM*, Shaw CS*, Magliano DJ, Bruce CR*, Meikle PJ. Mapping the associations of the plasma lipidome with insulin resistance and response to an oral glucose tolerance test. <i>Journal of Clinical Endocrinology and Metabolism</i> . 2020; 105(4):e1041-e1055. Doi: 10.1210/clinem/dgaa054	Q1	5.399
28.	Bolton KA*, Webster J, Dunford EK, Jan S, Woodward M, Bolam B, Neal B, Trieu K, Reimers J, Armstrong S, Nowson C, Grimes C*. Sources of dietary sodium and implications for a state-wide salt reduction initiative in Victoria, Australia. <i>British Journal of Nutrition</i> . 2020; 123(10): 1165-1175. Doi: 10.1017/S000711452000032X	Q1	3.334
29.	Bosnakovski D, Shams A, Yuan C, da Silva MT, Ener ET, Baumann CW, Lindsay A*, Verma M, Asakura A, Lowe DA, Kyba M. Transcriptional and cytopathological hallmarks of FSHD in chronic DUX4-expressing mice. <i>Journal of Clinical Investigation</i> . 2020; 130(5): 2465-2477. Doi: 10.1172/JCI133303	Q1	11.864
30.	Bouterakos M, Booth A*, Khokhar D, West M, Margerison C*, Campbell KJ*, Nowson CA, Grimes CA*. A qualitative investigation of school age children, their parents and school staff on their participation in the Digital Education to Limit Salt in the Home (DELISH) program. <i>Health Education Research</i> . 2020; 35(4): 283-296. Doi: 10.1093/her/cyaa015	Q2	1.108
31.	Brennan-Olsen SL, Vogrin S, Balogun S, Wu F, Scott D*, Jones G, Hayes A, Phu S, Duque G, Beauchamp A, Talevski J, Naureen G, Winzenberg TM. Education, occupation and operational measures of sarcopenia: six years of Australian data. <i>Australasian Journal on Ageing</i> . 2020; 39(4): e498-e505. Doi: 10.1111/ajag.12816	Q1#, Q2#, Q3#	1.307
32.	Brown V, Williams J, McGivern L, Sawyer S, Orellana L, Luo W, Hesketh KD*, Wilfley DE, Moodie M. Protocol for economic evaluation alongside the SHINE (Supporting Healthy Image, Nutrition and Exercise) cluster randomized controlled trial. <i>BMJ Open</i> . 2020; 10: e03050. Doi: 10.1136/bmjopen.2020-038050	Q1	2.496
33.	Brown V, Tan EJ, Hayes A, Baur L, Campbell K*, Taylor R, Byrne R, Wen LM, Hesketh KD*, Moodie M. Cost comparison of five Australasian obesity prevention interventions for children aged from birth to two years. <i>Pediatric Obesity</i> . 2020; 15(12): e12684. Doi: 10.1111/ijpo.12684	Q1	3.429
34.	Brown V, Huong T, Blake M, Laws R*, Moodie M. A narrative review of economic constructs in commonly used implementation and scale-up theories, frameworks and models. <i>Health Research Policy and Systems</i> . 2020; 18:115. Doi: 10.1186/s12961-020-00633-6. (correction published 2020; 18: 124. Doi: 10.1186/s12961-020-00649-y)	Q1	2.365
35.	Burnett AJ, Lamb KE, McCann J, Worsley A*, Lacy KE*. Parenting styles and the dietary intake of pre-school children: a systematic review. <i>Psychology and Health</i> . 2020; 35(11): 1326-1345. Doi: 10.1080/08870446.2020.1743842	Q1#, Q2#	2.534
36.	Camiletti-Moirón D, Timperio A*, Veitch J*, Fernández-Santos JDR, Abbott GA, Delgado-Alfonso A, Cabanas-Sanchez V, Veiga OL, Salmon J*, Castro-Piñero J. Changes in and the mediating role of physical activity in relation to active school transport, fitness and adiposity among Spanish youth: the UP&DOWN longitudinal study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 37. Doi: 10.1186/s12966-020-00940-9	Q1	6.714
37.	Carter S, Hill AM, Yandell C, Buckley JD, Tan SY*, Rogers GB, Childs J, Matheson M, Lamb K, Ward S, Stanton TR, Frayssé F, Hills AP, Coates AM. Study protocol for a 9-month randomised controlled trial assessing the effects of almonds versus carbohydrate-rich snack foods on weight loss and weight maintenance. <i>BMJ Open</i> . 2020; 10: e036542. Doi: 10.1136/bmjopen-2019-036542	Q1	2.496
38.	Cartledge S, Maddison R*, Vogrin S, Falls R, Tumor O, Hopper I, Neil C. The utility of predicting hospitalizations among patients with heart failure using mHealth: observational study. <i>JMIR mHealth and uHealth</i> . 2020; 8(12): e18496. Doi: 10.2196/18496	Q1	5.034
39.	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>Ageing and Mental Health</i> . 2020; 24(1): 1-7 Doi: 10.1080/13607863.2018.1516193	Q1#, Q2#	2.478

Published papers cont.

		Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
	Title		
40.	Cervo M, Scott D*, Seibel MJ, Cumming RG, Naganathan V, Blyth F, Le Couteur DG, Handelsman DJ, Ribeiro R, Waite LM, Shivappa N, Hebert JR, Hirani V. Pro-inflammatory diet increases circulating inflammatory biomarkers and falls risk in community-dwelling older men. <i>Journal of Nutrition</i> . 2020; 150(2): 373-381. Doi: 10.1093/jn/nxz256	Q1	4.281
41.	Cervo M, Shivappa N, Hebert JR, Oddy WH, Winzenberg T, Balogun S, Wu F, Ebeling PR, Aitken D, Jones G, Scott D*. Longitudinal associations between dietary inflammatory index and musculoskeletal health in community-dwelling older adults. <i>Clinical Nutrition</i> . 2020; 39(2): 516-23. Doi: 10.1016/j.clnu.2019.02.031	Q1	6.36
42.	Chappel SE, Aisbett B*, Considine J, Ridgers ND*. Emergency nurses' activity levels across rotating shifts. <i>Australasian Emergency Care</i> . 2020; 23(3): 203-210. Doi: 10.1016/j.auec.2020.03.001	Q1	0.542
43.	Chappel S, Aisbett B*, Considine J, Ridgers ND*. The accumulation of, and associations between, nurses' activity levels within their shift in the emergency department. <i>Ergonomics</i> . 2020; 63(12): 1525-1534. Doi: 10.1080/00140139.2020.1807062	Q1	2.19
44.	Chegini Z, Janati A, Afkhami M, Behjat M, Islam SMS*. A comparative study on patient safety culture among emergency nurses in the public and private hospitals of Tabriz, Iran. <i>Nursing Open</i> . 2020; 7(3): 768-775. Doi: 10.1002/nop2.449	Q2	1.363
45.	Cheng H, Eames-Brown R, Tutt A, Laws R*, Blight V, McKenzie A, Rossiter C, Campbell K*, Sim K, Fowler C, Seabury R, Denney-Wilson E. Promoting healthy weight for all young children: a mixed methods study of child and family health nurses' perceptions of barriers and how to overcome them. <i>BMC Nursing</i> . 2020; 19: 84. Doi: 10.1186/s12912-020-00477-z	Q1	1.846
46.	Clarkson MJ, Brumby C, Fraser SF*, McMahon LP, Bennett PN, Warmington SA*. Hemodynamic and perceptual responses to blood flow-restricted exercise among patients undergoing dialysis. <i>American Journal of Physiology-Renal Physiology</i> . 2020; 318(3): F843-F850. Doi: 10.1152/ajprenal.00576.2019	Q1	3.144
47.	Clarkson MJ, May AK, Warmington SA*. Is there rationale for the cuff pressures prescribed for blood flow restriction exercise? A systematic review. <i>Scandinavian Journal of Medicine and Science in Sports</i> . 30(8): 1318-1336. Doi: 10.1111/sms.13676	Q1	3.255
48.	Cleland V, Cocker F, Canary J, Teychenne M*, Crawford D*, Timperio A*, Ball K*. Social-ecological predictors of physical activity patterns: A longitudinal study of women from socioeconomically disadvantaged areas. <i>Preventive Medicine</i> . 2020; 132: 105995. Doi: 10.1016/j.ypmed.2020.105995	Q1	3.788
49.	Cleland V, Timperio A*, Sharman M, Dollman J. Test-retest reliability of a self-reported physical activity environment instrument for use in rural settings. <i>Australian Journal of Rural Health</i> . 2020; 28: 168-179. Doi: 10.1111/ajr.12625	Q2#, Q3#	4.464
50.	Clemes SA, Bingham DD, Pearson N, Chen YL, Edwardson CL, McEachan RRC, Tolfrey K, Cale L, Richardson G, Fray M, Altunkaya J, Bandelow S, Jaicim NB, Salmon J*, Dunstan DW, Barber SE. Stand Out In Class: restructuring the classroom environment to reduce sitting time- findings from a pilot cluster randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 55. Doi: 10.1186/s12966-020-00958-z	Q1	6.714
51.	Cruz-Jentoft A, Dawson-Hughes B, Scott D*, Sanders K, Rizzoli, R. Nutritional strategies for maintaining muscle mass and strength from middle age to later life: a narrative review. <i>Maturitas</i> . 2020; 132: 57-64. Doi: 10.1016/j.maturitas.2019.11.007	Q1	3.63
52.	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> . 2020; 23: 487-492. Doi: 10.1016/j.jsams.2019.11.007	Q1	3.607
53.	Dai Z, Kroeger CM, Lawrence M*, Scrinis G, Bero L. Comparison of methodological quality between the 2007 and 2019 Canadian dietary guidelines. <i>Public Health Nutrition</i> . 23(16): 2879-2885. Doi: 10.1017/S13688980020000956	Q1	3.182

Published papers cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
54.	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> . 2020; 35(3): 419-429. Doi: 10.1002/jbmr.3865	Q1	5.854
55.	Daly RM*, Gianoudis J, De Ross B, O'Connell SL, Kruger M, Schollum L, Gunn C. Effects of multivitamin-fortified milk drink combined with exercise on functional performance, muscle strength, body composition, inflammation and oxidative stress in middle-aged women: a 4-month double-blind, placebo-controlled randomized trial. <i>American Journal of Clinical Nutrition</i> . 2020; 112(2): 427-446. Doi: 10.1093/ajcn/nqaa126	Q1	6.766
56.	De Cocker K, Teychenne M*, White RL, Bennie JA. Adherence to aerobic and muscle-strengthening exercise guidelines and associations with psychological distress: a cross-sectional study of 14,050 English adults. <i>Preventive Medicine</i> . 2020; 139: 106192. Doi: 10.1016/j.ypmed.2020.106192	Q1	3.788
57.	Deftereos I, Yeung JMC, Carter VM, Isenring E, Kiss NK*, (NOURISH) Point Prevalence Study Group. Nutritional Outcomes of patients Undergoing Resection for upper gastrointestinal cancer in Australian Hospitals (NOURISH): protocol for a multi-centre point prevalence study. <i>BMJ Open</i> . 2020; 10: e035824. Doi: 10.1136/bmjopen-2019-35824	Q1	2.496
58.	De Jong KA, Hall LG, Renton MC, Connor T, Martin SD, Kowalski GM*, Shaw CS*, Bruce CR*, Howlett KF*, McGee SL. Loss of protein kinase D activity demonstrates redundancy in cardiac glucose metabolism and preserves cardiac function in obesity. <i>Molecular Metabolism</i> . 2020; 42: 101105. Doi: 10.1016/j.molmet.2020.101105	Q1	6.448
59.	De Meester A, Barnett LM*, Brian A, Bowe S, Jiménez-Díaz J, Van Duyse F, Irwin JM, Stodden D, D'Hondt E, Lenoir M, Haerens L. The relationship between actual and perceived motor competence in children, adolescents and young adults: A systematic review and meta-analysis. <i>Sports Medicine</i> . 2020; 50: 2001-2049. Doi: 10.1007/s40279-020-01336-2	Q1	8.551
60.	Dening J, Islam SMS*, George E*, Maddison R*. Web-based interventions for dietary behavior in adults with type 2 diabetes: systematic review of randomized controlled trials. <i>Journal of Medical Internet Research</i> . 2020; 22(8): e16437. Doi: 10.2196/16437	Q1	5.034
61.	Dening J, Islam SMS*. Defining a low carbohydrate diet: proposal for a standardized consensus of carbohydrate intake (Carb-Cal Model). <i>Diabetes Research and Clinical Practice</i> . 2020; 166: 108284. Doi: 10.1016/j.diabres.2020.108284	Q1	4.234
62.	Deo P, Chern C, Peake B, Tan SY*. Non-nutritive sweeteners are in concomitant with the formation of endogenous and exogenous advanced glycation end-products. <i>International Journal of Food Sciences and Nutrition</i> . 2020; 71(6): 706-714. Doi: 10.1080/09637486.2020.1712683	Q2	3.483
63.	Devasenapathy N, Malhotra R, Mittal K, Garg B, Kumar V, Zodpey S, Dogra H, Maddison R*, Belavy D*. Higher disability in women than men scheduled for total knee arthroplasty for degenerative osteoarthritis: a cross-sectional analysis from India. <i>ACR Open Rheumatology</i> . 2020; 2(6): 309-319. Doi: 10.1002/acr2.11137	N/A	N/A
64.	Dickie S, Woods JL*, Baker P*, Elizabeth L, Lawrence MA*. Evaluating nutrient-based indices against food-and diet-based indices to assess the health potential of foods: How does the Australian health star rating system perform after five years? <i>Nutrients</i> . 2020; 20(5): 1463. Doi: 10.3390/nu12051463	Q1	4.546
65.	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> . 2020; 26(4): 426-437. Doi: 10.1089/tmj.2019.0034	Q1#, Q2#	1.931
66.	Dobbinson SJ, Simmons J, Chamberlain JA, MacInnis RJ, Salmon J*, Staiger PK, Wakefield M, Veitch J*. Examining health-related effects of refurbishment to parks in a lower socioeconomic area: the ShadePlus natural experiment. <i>International Journal of Environmental Research and Public Health</i> . 2020; 17: 6012. Doi: 10.3390/ijerph17176102	Q2	2.849
67.	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> . 2020; 37(2): 311-318. Doi: 10.1111/dme.14182	Q1	3.083

Published papers cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
68.	Dong Z, X Xu, Wang C, Cartledge S, Maddison R*, Islam SMS*. Association of overweight and obesity with obstructive sleep apnoea: a systematic review and meta-analysis. <i>Obesity Medicine</i> .2020; 17: 100185. Doi: 10.1016/j.obmed.2020.100185	Q3	0.8
69.	Downing K*, Hesketh K*, Timperio A*, Salmon J*, Moss K, Mishra G. Family history of non-communicable diseases and associations with weight and movement behaviours in Australian school-aged children: a prospective study. <i>BMJ Open</i> . 2020; 10: e038789. Doi: 10.1136/bmjopen.2020-038789	Q1	2.496
70.	Drehlich M, Naraine M, Rowe K, Lai SK, Salmon J*, Brown H*, Koorts H*, Macfarlane S, Ridgers ND*. Using the technology acceptance model to explore adolescents' perspectives on combining technologies for physical activity promotion within an intervention: usability study. <i>Journal of Medical Internet Research</i> . 2020; 22(3): e15552. Doi: 10.2196/15552	Q1	5.034
71.	D'Souza NJ, Kuswara K, Zheng M*, Leech R*, Downing KL*, Lioret S, Campbell KJ*, Hesketh KD*. A systematic review of lifestyle patterns and their association with adiposity in children aged 5-12 years. <i>Obesity Reviews</i> . 2020; 21(8): e13029. Doi: 10.1111/obr.13029	Q1	7.31
72.	Ebrahimi S, McNaughton SA*, Leech RM*, Abdollahi M, Houshiarrad A, Livingstone K*. A comparison of diet quality indices in a nationally representative cross-sectional study of Iranian households. <i>Nutrition Journal</i> . 2020; 19: 132. Doi: 10.1186/s12937-020-00646-5	Q1#, Q2#	3.359
73.	Ek A, Alexandrou C, Söderström E, Bergman P, Nyström CD, Direito A, Eriksson U, Henriksson P, Maddison R*, Lagerros YT, Bendtsen M, Löf M. Effectiveness of a 3-month mobile phone-based behaviour change program on active transportation and physical activity in adults: randomized controlled trial. <i>JMIR mHealth and uHealth</i> . 2020; 8(6): e18531. Doi: 10.2196/18531	Q2	4.313
74.	Elahee Doomun SNE, Nie S, Loke S, Kowalski GM*, Beech PL, Callahan DL. Ultrahigh-resolution mass spectrometry method for resolving (13)C-enrichment patterns in a microalgal lipidome. <i>Journal of the American Society for Mass Spectrometry</i> . 2020; 31(8): 1763–1772. Doi: 10.1021/jasms.0c00192.	Q1#, Q2#	3.255
75.	Elgamasy S, Kamel MG, Ghozy S, Khalil A, Morra ME, Islam SMS*. First case of focal epilepsy associated with SARS-coronavirus-2. <i>Journal of Medical Virology</i> . 2020; 92(10): 2238-2242. Doi: 10.1002/jmv.26113	Q2#, Q3#	2.021
76.	Ellery SJ, Murthi P, Della Gatta PA*, May AK, Davies-Tuck ML, Kowalski GM*, Callahan DL, Bruce CR*, Wallace EM, Walker DW, Dickinson H, Snow RJ*. The effects of early-onset pre-eclampsia on placental creatine metabolism in the third trimester. <i>International Journal of Molecular Sciences</i> . 2020; 21(3): 806. Doi: 10.3390/ijms21030806	Q1#, Q2#	4.556
77.	Elizabeth L, Machado P*, Zinöcker M, Baker P*, Lawrence M*. Ultra-processed foods and health outcomes: a narrative review. <i>Nutrients</i> . 2020; 12: 1955. Doi: 10.3390/nu12071955	Q1	4.546
78.	El-Qushayri AE, Ghozy S, Morsy S, Ali F, Islam SMS*. Blood transfusion and the risk of cancer in the US population: is there an association? <i>Clinical Epidemiology</i> . 2020; 12: 1121-1127. Doi: 10.2147/CLEP.S271275	Q2	2.942
79.	Flowers EP, Timperio A*, Hesketh KD*, Veitch J*. Comparing the features of parks that children usually visit with those that are closest to home: A brief report. <i>Urban Forestry and Urban Greening</i> . 2020; 48: 126560. Doi: 10.1016/j.ufug.2019.126560	Q1	4.021
80.	Formica MB, Gianoudis J, Nowson CA, O'Connell SL, Milte C*, Ellis KA, Daly RM*. Effect of lean red meat combined with a multi-component exercise program on muscle and cognitive function in older adults: A 6-month randomized controlled trial. <i>American Journal of Clinical Nutrition</i> . 2020; 112(1): 113-128. Doi: 10.1093/ajcn/nqaa104	Q1	6.766
81.	Foulkes S, Costello BT, Howden EJ, Janssens K, Dillon H, Toro C, Claus P, Fraser SF*, Daly RM*, Elliot DA, Conyers R, La Gerche A. Exercise cardiovascular magnetic resonance reveals reduced cardiac reserve in pediatric cancer survivors with impaired cardiopulmonary fitness. <i>Journal of Cardiovascular Magnetic Resonance</i> . 2020; 22(1): 64. Doi: 10.1186/s12968-020-00658-4	Q1	5.361

Published papers cont.

		Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
	Title		
82.	Foulkes SJ, Howden EJ, Antill Y, Loi S, Salim A, Haykowsky MJ, Daly RM*, Fraser SF*, La Gerche AL. Exercise as a diagnostic and therapeutic tool for preventing cardiovascular morbidity in breast cancer patients - the BREast cancer EXercise InTer-vention (BREXIT) trial protocol. <i>BMC Cancer</i> . 2020; 20: 655. Doi: 10.1186/s12855-020-07123-6	Q2	3.15
83.	Foulkes S, Claessen G, Howden E, Daly RM*, Fraser S*, La Gerche A. The utility of cardiac reserve for the early detection of cancer treatment-related cardiac dysfunction: a comprehensive overview. <i>Frontiers in Cardiovascular Medicine</i> . 2020; 7: 32. Doi: 10.3389/fcvm.2020.00032	Q1	3.915
84.	Gao L, Maddison R*, Rawstorn J*, Ball K*, Oldenburg B, Chow C, McNaughton SA*, Lamb K, Amerena J, Nadurata V, Neil C, Cameron S, Moodie M. Economic evaluation protocol for a multicentre randomised controlled trial to compare Smart-phone Cardiac Rehabilitation, Assisted self-Management (SCRAM) versus usual care cardiac rehabilitation among people with coronary heart disease. <i>BMJ Open</i> . 2020; 10: e038178. Doi: 10.1136/bmjopen-2020-038178	Q1	2.496
85.	GBD 2016 Occupational Carcinogens Collaborators. Global and regional burden of cancer in 2016 arising from occupational exposure to selected carcinogens: a systematic analysis for the Global Burden of Disease Study 2016. *named collaborator, Islam SMS*. <i>Occupational and Environmental Medicine</i> . 2020; 77: 151-159. Doi: 10.1136/oemed-2019-106012	Q1	3.824
86.	GBD 2016 Occupational Chronic Respiratory Risk Factors Collaborators. Global and regional burden of chronic respiratory disease in 2016 arising from non-infectious airborne occupational exposures: a systematic analysis for the Global Burden of Disease Study 2016.*named collaborator, Islam SMS*. <i>Occupational and Environmental Medicine</i> . 2020; 77: 142-150. Doi: 10.1136/oemed-2019-106349	Q1	3.824
87.	GBD Chronic Kidney Disease Collaboration. Global, regional and national burden of chronic kidney disease, 1990-2017: a systematic analysis for the Global Burden of Disease Study 2017.*named collaborator, Islam SMS*. <i>The Lancet</i> . 2020; 395(10225): 709-733. Doi: 10.1016/S0140-6736(20)30045-3	Q1	60.392
88.	GBD Chronic Respiratory Disease Collaborators. Prevalence and attributable health burden of chronic respiratory diseases, 1990-2017: a systematic analysis for the Global Burden of Disease Study 2017. *named collaborator, Islam SMS*. <i>The Lancet Respiratory Medicine</i> . 2020; 8(6): 585-596. Doi: 10.1016/S2213-2600(20)30105-3	Q1	25.094
89.	GBD 2019 Demographics Collaborators. Global age-sex-specific fertility, mortality, healthy life expectancy (HALE), and population estimates in 204 countries and territories, 1950-2019: a comprehensive demographic analysis for the Global Burden of Disease Study 2019. *named collaborator, Islam SMS*. <i>The Lancet</i> . 2020; 396(10258): 1160-1203. Doi: 10.1016/S0140-6736(20)30977-6	Q1	60.392
90.	GBD 2019 Diseases and Injuries Collaborators. Global burden of 369 diseases and injuries in 204 countries and territories, 1990-2019: a systematic analysis for the Global Burden of Disease Study 2019. *named collaborators, Islam SMS*, Maddison R*, Uddin R*. <i>The Lancet</i> . 2020; 396(10258) 1204-1222. Doi: 10.1016/S0140-6736(20)30925-9	Q1	60.392
91.	GBD 2019 Risk Factors Collaborators. Global burden of 87 risk factors in 204 countries and territories, 1990-2019: a systematic analysis for the Global Burden of Disease Study 2019. *named collaborators, Ball K*, Islam SMS*, Uddin R*. <i>The Lancet</i> . 2020; 396(10258): 1223-1249. Doi: 10.1016/s0140-6736(20):30752-2	Q1	60.392
92.	GBD 2019 Viewpoint Collaborators. Five insights from the Global Burden of Disease Study 2019. *named collaborators, Islam SMS*, Uddin R*. <i>The Lancet</i> . 2020; 396(10258): 1135-1159. Doi: 10.1016/S0140-6736(20)31404-5	Q1	60.392
93.	Genders AJ, Connor T, Morrison S, Bond ST, Drew BG, Meikle PJ, Howlett KF*, McGee SL. Reducing hepatic PKD activity lowers circulating VLDL cholesterol. <i>Journal of Endocrinology</i> . 2020; 246(3): 265-276. Doi: 10.1530/JOE-19-0548	Q1	4.041
94.	Gupta CC, Ferguson SA, Aisbett B*, Dominiak M, Chappel SE, Sprajcer M, Fullagar HHK, Khalesi S, Guy JH, Vincent GE. Hot, tired and hungry: The snacking behaviour and food cravings of firefighters during multi-day simulated wildfire suppression. <i>Nutrients</i> . 2020; 12(4): 1160. Doi: 10.3390/nu12041160	Q1	4.546

Published papers cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
95.	Haagsma JA, James SL, Castle CD, Dignels ZV, Fox JT, et. al. Burden of injury along the development spectrum: associations between the Socio-demographic index and disability-adjusted life year estimates from the Global Burden of Disease Study 2017. *named collaborator, Islam SMS*. <i>Injury Prevention</i> .2020; 26(Suppl 1): i12-i26. Doi: 10.1136/injuryprev-2019-043296	Q1	2.191
96.	Hanel J, Owen P*, Held S, Tagliaferri SD, Miller CT, Donath L, Belavy DL*. Effects of exercise training on fear-avoidance in pain and pain-free populations: systematic review and meta-analysis. <i>Sports Medicine</i> . 2020; 50(12): 2193-2207. Doi: 10.1007/s40279-020-01345-1	Q1	8.551
97.	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> . 2020; 9(3): 274-282. Doi: 10.1016/j.jshs.2019.11.005	Q1	5.2
98.	Hendy A*. Do you take the highway or the back-roads? Understanding bilateral connectivity in patients with chronic obstructive pulmonary disease. <i>Journal of Physiology</i> . 2020; 598(20): 4429-4430. Doi: 10.1113/JP280547	Q1	4.547
99.	Hennessy M, Byrne M, Laws R*, Heary C. "They just need to come down a little bit to your level": A qualitative study of parents' views and experiences of early life interventions to promote healthy growth and associated behaviours. <i>International Journal of Environmental Research and Public Health</i> . 2020; 17: 3605. Doi: 10.3390/ijerph17103605	Q2	2.849
100.	Henström M, Müssener U, Campbell KJ*, Hesketh KD*, Rosell M, Nyström CD. The need for an evidence-based program in Sweden to support parents to create healthy lifestyle behaviors from the start of life - parental perceptions. <i>Nutrients</i> . 2020; 12: 3823. Doi: 10.3390/nu12123823	Q1	4.546
101.	Herbert D, Bell RJ, Young K, Brown H*, Coles JY, Davis SR. Australian women's understanding of menopause and its consequences: a qualitative study. <i>Climacteric</i> . 2020; 23(6): 622-628. Doi: 10.1080/13697137.2020.1791072	Q2	2.566
102.	Hesketh KD*, Salmon J*, McNaughton SA*, Crawford D*, Abbott G, Cameron AJ, Lioret S, Gold L, Downing KL*, Campbell KJ*. Long-term outcomes (2 and 3.5 years post-intervention) of the INFANT early childhood intervention to improve health behaviors and reduce obesity: cluster randomised controlled trial follow-up. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 95. Doi: 10.1185/s12966-020-00994-9	Q1	6.714
103.	Hiam D, Lamon S*. Circulating microRNAs- let's not waste the potential. <i>American Journal of Physiology. Cell Physiology</i> . 2020; 319: C313-C315. Doi: 10.1152/ajpcell.00175.2020	Q1#, Q2#	3.485
104.	Hinkley T, Timperio A*, Watson A, Duckham RL*, Okely AD, Cliff D, Carver A, Hesketh KD*. Prospective associations with physiological, psychosocial and educational outcomes of meeting Australian 24-hour movement guidelines for the early years. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 36. Doi: 10.1186/s12966-020-00935-6	Q1	6.714
105.	Hnatiuk JA*, Dwyer G, George ES, Bennie A. Co-participation in physical activity: perspectives from Australian parents of pre-schoolers. <i>Health Promotion International</i> . 2020; 35(6): 1474-483. Doi: 10.1093/heapro/daaa022	Q1#, Q2#	1.98
106.	Hooper P, Foster S, Bull F, Knuiman M, Christian H, Timperio A*, Wood L, Trapp G, Boruff B, Francis J, Strange C, Badland H, Gunn L, Falconer R, Learnihan V, McCormack G, Sugiyama T, Giles-Corti B. Living liveable? RESIDE's evaluation of the "Liveable Neighbourhoods" planning policy on the health supportive behaviors and wellbeing of residents in Perth, Western Australia. <i>SSM- Population Health</i> . 2020; 10: 100538. Doi: 10.1016/j.ssmph.2020.100538	Q1	2.05
107.	Hulteen RM, Barnett LM*, True L, Lander N, del Pozo-Cruz B, Lonsdale C. Validity and reliability for motor competence assessments in children and adolescents: a systematic review. <i>Journal of Sports Sciences</i> . 2020; 38(15): 1717-1798. Doi: 10.1080/02640414.2020.1756674	Q1	2.597
108.	Hunter S, Carson V, Timperio A*, Salmon J*, Carver A, Veitch J* . Moderators of parents' perceptions of the neighbourhood environment and children's physical activity, time outside, and screen time. <i>Journal of Physical Activity and Health</i> . 2020; 17(5): 557-565. Doi: 10.1123/jpah.2019-0433	Q2	1.993

Published papers cont.

		Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
	Title		
109.	Hwang JH, McGovern J, Minett GM, Della Gatta PA*, Roberts L, Harris JM, Thompson EW, Parker TJ, Peake JM, Neubauer O. Mobilizing serum factors and immune cells through exercise to counteract age-related changes in cancer risk. <i>Exercise Immunology Review</i> . 2020; 26: 80-99.	Q1#, Q2#	5.3
110.	Hyde NK, Duckham RL*, Wark JD, Brennan-Olsen SL, Hosking SM, Holloway-Kew KL, Pasco JA. The association between muscle mass and strength in relation to bone measures in a paediatric population: sex-specific effects. <i>Calcified Tissue International</i> . 2020; 107(2): 121-125. Doi: 10.1007/s00223-020-00699-y	Q1#, Q2#	3.423
111.	Islam TMM, Banik PC, Barua L, Islam SMS*, Chowdhury S, Ahmed MSAM. Cardiovascular disease factors among school children of Bangladesh: a cross-sectional study. <i>BMJ Open</i> . 2020; 10: e038077. Doi: 10.1136/bmjopen-2020-038077	Q1	2.496
112.	Islam SMS*, Peiffer R, Chow CK, Maddison R*, Lechner A, Holle R, Niessen L, Laxy M. Cost-effectiveness of a mobile-phone text messaging intervention on type 2 diabetes- a randomized-controlled trial. <i>Health Policy and Technology</i> . 2020; 9(1): 79-85. Doi: 10.1016/j.hlpt.2019.12.003	Q3	1.196
113.	Islam SMS*, Maddison R*. A comparison of blood pressure data obtained from wearable, ambulatory, and home blood pressure monitoring devices: prospective validation study. <i>JMIR Data</i> . 2020; 1(1): e22436. Doi: 10.2196/22436	N/A	N/A
114.	James SL, Castle CD, Dingels ZV, et al. Estimating global injuries morbidity and mortality methods and data used in the Global burden of Disease 2017 study. *named collaborator, Islam SMS*. <i>Injury Prevention</i> . 2020; 26(Suppl 1): i125-i153. Doi: 10.1136/injuryprev-2019-043531	Q1	2.191
115.	Jani R, Byrne R, Love P*, Agarwal C, Peng F, Yew YW, Panagiotakos D, Naumovski N. The environmental and bitter taste endophenotype determinants of picky eating in Australian school-aged children 7-12 years - a cross-sectional pilot study protocol. <i>International Journal of Environmental Research Public Health</i> . 2020; 17(5): 1573. Doi: 10.3390/ijerph1751573	Q2	2.849
116.	Janmale TV, Lindsay A*, Gieseg SP. Nucleoside transporters are critical to the uptake and antioxidant activity of 7, 8-dihydro-neopterin in monocytic cells. <i>Free Radical Research</i> . 2020; 54(5): 341-350. Doi: 10.1080/10715762.2020.1764948	Q2	2.839
117.	Jenkins E, Lowe J, Allender S, Bolton KA*. Process evaluation of a whole-of-community systems approach to address childhood obesity in eastern Victoria, Australia. <i>BMC Public Health</i> . 2020; 20: 450. Doi: 10.1186/s1289-020-08576-x	Q1	2.521
118.	Karimi N, Crawford D*, Opie R*, Maddison R*, O'Connell S, Hamblin PS, Ng A, Steele C, Rasmussen B, Ball K*. EatSmart, a web-based and mobile healthy eating intervention among disadvantaged people with type 2 diabetes: protocol for a pilot mixed methods intervention study. <i>JMIR Research Protocols</i> . 2020; 9(11): e19488. Doi: 10.2196/19488	Q4	N/A
119.	Khan A, Uddin R*. Is consumption of fast-food and carbonated soft drink associated with anxiety-induced sleep disturbance among adolescents? A population-based study. <i>Clinical Nutrition ESPEN</i> . 2020; 36: 162-165. Doi: 10.1016/j.clnesp.2020.01.011	Q3	1.35
120.	Kim K, Reid BA, Casey CA, Bender BE, Ro B, Song Q, Trewin AJ*, Petersen AC, Kuang S, Gavin TP, Roseguini BT. Effects of repeated local heat therapy on skeletal muscle structure and function in humans. <i>Journal of Applied Physiology</i> . 2020; 128(3): 483-492. Doi: 10.1152/jappphysiol.00701.2019	Q1#, Q2#	3.044
121.	Kingsly A, Timperio A*, Veitch J*, Salmon J*, Pradeepa R, Ranjani H, Anjana RM. Individual, social and environmental correlates of active school travel among adolescents in India. <i>International Journal of Environmental Research and Public Health</i> . 2020; 17: 7496. Doi: 10.3390/ijerph17207496	Q2	2.849
122.	Kirk B, Iuliano S, Daly RM*, Duque G. Effects of protein supplementation on muscle wasting disorders: A brief update of the evidence. <i>Australasian Journal on Ageing</i> . 2020; 39(S2): 3-10. Doi: 10.1111/ajag.12853	Q1#, Q2#, Q3#	1.307

Published papers cont.

		Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
	Title		
123.	Kiss N*, Baguley BJ*, Dalla via J, Fraser SF*, Bolam KA, Daly RM*. Exercise and nutritional approaches to combat cancer-related bone and muscle loss. <i>Current Osteoporosis Reports</i> . 2020; 18(3): 291- 300. Doi: 10.1007/s11914-020-00589-0	Q1	3.918
124.	Kiss N*, Bauer J, Boltong A, Brown T, Isenring L, Loeliger J, Steer B, Findlay M. Awareness, perceptions and practices regarding cancer-related malnutrition and sarcopenia: a survey of cancer clinicians. <i>Supportive Care in Cancer</i> . 2020; 28(11): 5263-5270. Doi: 10.1007/s00520-020-05371-7	Q2	2.635
125.	Koorts H*, Naylor PJ, Laws R*, Love P*, Maple JL, van Nassau F. What hinders and helps academics to conduct Dissemination and Implementation (D&I) research in the field of nutrition and physical activity? An international perspective. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 7. Doi: 10.1186/s12966-020-0909-z	Q1	6.714
126.	Koorts H*, Salmon J*, Timperio A*, Ball K*, Macfarlane S, Lai SK, Brown H*, Chappel SE, Lewis M, Ridgers NR*. Translatability of a wearable technology intervention to increase adolescent physical activity: mixed methods implementation. <i>Journal of Medical Internet Research</i> . 2020; 22(8): e13573 Doi: 10.2196/13573	Q1	5.034
127.	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> . 2020; 82: 102942. Doi: 10.1016/j.apergo.2019.102942	Q1	3.145
128.	Kumanyika S, Afshin A, Arimond M, Lawrence M*, McNaughton SA*, Nishida C. Approaches to defining healthy diets: a background paper for the International expert consultation on sustainable healthy diets. <i>Food and Nutrition Bulletin</i> . 2020; 41(2S):S7-S30. Doi: 10.1177/0379572120973111	Q1#, Q2#	1.485
129.	Kuswara K, Campbell KJ*, Hesketh KD*, Zheng M*, Laws R*. Patterns and predictors of exclusive breastfeeding in Chinese Australian mothers: a cross sectional study. <i>International Breastfeeding Journal</i> . 2020; 15: 61. Doi: 10.1186/s13006-020-00304-w	Q1	2.545
130.	Laing E, Kiss N*, Michael M, Krishnasamy M. Nutritional complications and the management of patients with gastroenteropancreatic neuroendocrine tumors. <i>Neuroendocrinology</i> . 2020; 110(5): 430-442. Doi: 10.1159/000503634	Q1#, Q2#	4.271
131.	Lakicevic N, Gentile A, Mehrabi S, Cassar S, Parker K*, Roklicer R, Bianco A, Drid P. Make fitness fun: could novelty be the key determinant for physical activity adherence? <i>Frontiers in Psychology</i> . 2020; 11: 577522. Doi: 10.3389/fpsyg.2020.577522.	Q1	2.067
132.	Lamb LE, Thornton LE*, King TL, Ball K*, White SR, Bentley R, Coffee NT, Daniel M. Methods for accounting for neighbourhood self-selection in physical activity and dietary behaviour research: a systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 45. Doi: 1186/s12966-020-00947-2	Q1	6.714
133.	Lamon S*, Knowles O, HENDY A, Story I, Currey J. Active learning to improve student learning experiences in an online post-graduate course. <i>Frontiers in Education</i> . 2020; 5: 598560. Doi: 10.3389/educ.2020.598560	N/A	N/A
134.	Lander N, Nahavandi D, Mohamed S, Essiet I, Barnett LM*. Bringing objectivity to motor skill assessment in children. <i>Journal of Sports Sciences</i> . 2020; 38(13): 1539-1549. Doi: 10.1080/02640414.2020.1747743	Q1	2.597
135.	Lander N, Salmon J*, Morgan PJ, Symington N, Barnett LM*. Three-year maintenance of a teacher-led programme targeting motor competence in early adolescent girls. <i>Journal of Sports Sciences</i> . 2020; 38(16): 1886-1896. Doi: 10.1080/02640414.2020.1763059	Q1	2.597
136.	Lander N, Mazzoli E, Cassar S, Symington N, Salmon J*. Embedding active pedagogies within pre-service teacher education: implementation considerations and recommendations. <i>Children</i> . 2020; 7: 207. Doi: 10.3390/children7110207	N/A	2.078

Published papers cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
137.	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> . 2020; 21(2): e12957. Doi: 10.1111/obr.12957	Q1	7.31
138.	LBD Double Burden of Malnutrition Collaborators. Mapping local patterns of childhood overweight and wasting in low- and middle-income countries between 2000 and 2017. *named collaborators, Islam SMS*, Uddin R*. <i>Nature Medicine</i> . 2020; 26(5): 750-759. Doi: 10.1038/s41591-020-0807-6	Q1	36.13
139.	Lee AS, Way KL*, Johnson NA, Twigg SM. High-intensity interval exercise and hypoglycaemia minimisation in adults with type 1 diabetes: a randomised cross-over trial. <i>Journal of Diabetes and its Complications</i> . 2020; 34(3): 107514. Doi: 10.1016/j.jdiacomp.2019.107514	Q1#, Q2#	2.781
140.	Leong C, Haszard JJ, Heath AL, Tannock GW, Lawley B, Cameron SL, Szymlek-Gay E*, Gray AR, Taylor BJ, Galland BC, Lawrence JA, Ota 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> . 2020; 111(1): 70-78. Doi: 10.1093/ajcn/nqz270	Q1	6.766
141.	Lewis M, McNaughton S*, Rychetnik L, Lee AJ. A systematic scoping review of the habitual dietary costs in low socioeconomic groups compared to high socioeconomic groups in Australia. <i>Nutrition Journal</i> . 2020; 19: 139. Doi: 10.1186/s12937-020-00654-5	Q1#, Q2#	3.359
142.	Liang Y, Lau PWC, Jiang Y, Maddison R*. Getting active with active video games: a quasi-experimental study. <i>International Journal of Environmental Research and Public Health</i> . 2020; 17: 7984. Doi: 10.3390/ijerph17217984	Q2	2.849
143.	Lindqvist AK, Rutberg S, Söderström E, EK A, Alexandrou C, Maddison R*, Löf M. User perception of a smartphone app to promote physical activity through active transportation: inductive qualitative content analysis within the Smart City Active Mobile Phone Intervention (SCAMPI) Study. <i>JMIR mHealth and uHealth</i> . 2020; 8(8): e19380. Doi: 10.2196/19380	Q2	4.313
144.	Lindsay A*, Giese SP. Pterins as diagnostic markers of exercise-induced stress: a systematic review. <i>Journal of Science and Medicine in Sport</i> . 2020; 23(1): 53-62. Doi: 10.1016/j.jsams.2019.08.018	Q1	3.607
145.	Lindsay A*, Baumann CW, Rebbeck RT, Yuen SL, Southern WM, Hodges JS, Cornea RL, Thomas DD, Ervasti JM, Lowe DA. Mechanical factors tune the sensitivity of mdx muscle to eccentric strength loss and its protection by antioxidant and calcium modulators. <i>Skeletal Muscle</i> . 2020; 10: 3. Doi: 10.1186/s13395-020-0221-2	Q1#, Q2#	3.754
146.	Lioret S, Campbell KJ*, McNaughton SA*, Cameron AJ, Salmon J*, Abbott G, Hesketh KD*. Lifestyle patterns begin in early childhood, persist and are socioeconomically patterned, confirming the importance of early life interventions. <i>Nutrients</i> . 2020; 12: 724. Doi: 10.3390/nu12030724	Q1	4.546
147.	Livingstone KM*, Burton M, Brown AK, McNaughton SA*. Exploring barriers to meeting recommendations for fruit and vegetable intake among adults in regional areas: a mixed-methods analysis of variations across socio-demographics. <i>Appetite</i> . 2020; 153: 104750. Doi: 10.1016/j.appet.2020.104750	Q1	3.608
148.	Livingstone KM*, Celis-Morales C, Navas-Carretero S, San-Cristobal R, Forster H, Woolhead C, O'Donovan CB, Moschonis G, Manios Y, Traczyk I, Gundersen TE, Drevon CA, Marsaux CFM, Fallaize R, Macready AL, Daniel H, Saris WHM, Lovegrove JA, Gibney M, Gibney ER, Walsh M, Brennan L, Martinex JA, Mathers JC. Characteristics of participants who benefit most from personalised nutrition: findings from the pan-European Food4Me randomised controlled trial. <i>British Journal of Nutrition</i> . 2020; 123(12): 1396-1405. Doi: 10.1017/S0007114520000653	Q1	3.334
149.	Livingstone KM*, Pnosamy H, Riddell LJ*, Cicerale S. Demographic, behavioural and anthropometric correlates of food liking: a cross-sectional analysis of young adults. <i>Nutrients</i> . 2020; 12: 3078. Doi: 10.3390/nu12103078	Q1	4.546
150.	Livingstone K*, Lamb K, Abbott G, Worsley T*, McNaughton SA*. Ranking of meal preferences and interactions with demographic characteristics: a discrete choice experiment in young adults. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 157. Doi: 10.1186/s12966-020-01059-7	Q1	6.714

Published papers cont.

		Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
	Title		
151.	Local Burden of Disease Child Growth Failure Collaborators. Mapping child growth failure across low-and middle-income countries. *named collaborator, Islam SMS*. <i>Nature</i> . 2020; 577: 231. Doi: 10.1038/s41586-019-1878-8	Q1	42.778
152.	Local Burden of Disease Diarrhoea Collaborators. Mapping geographical inequalities in oral rehydration therapy coverage in low-income and middle-income countries, 2000-17. *named collaborator, Islam SMS*. <i>The Lancet Global Health</i> . 2020; 8(8): E1038-E1060. Doi: 10.1016/S2214-109X(20)30230-8.	Q1	21.597
153.	Local Burden of Disease 2019 Neglected Tropical Diseases Collaborators. The global distribution of lymphatic filariasis, 2000-18: a geospatial analysis. *named collaborator, Islam SMS*. <i>The Lancet Global Health</i> . 2020; 8(9): E1186-E1194. Doi: 10.1016/S2214-109X(20)30286-2	Q1	21.597
154.	Local Burden of Disease WaSH Collaborators. Mapping geographical inequalities in access to drinking water and sanitation facilities in low-income and middle-income countries, 2000-17. *named collaborator, Islam SMS*. <i>The Lancet Global Health</i> . 2020; 8(9): E1162-E1185. Doi: 10.1016/S2114-109X(20)30278-3	Q1	21.597
155.	Loh VHY*, Veitch J*, Salmon J*, Cerin E, Mavoa S, Villanueva K, Timperio A*. Environmental mismatch: do associations between the built environment and physical activity among youth depend on concordance with perceptions? <i>International Journal of Environmental Research and Public Health</i> . 2020; 17: 1309. Doi: 10.3390/ijerph17041309	Q2	2.849
156.	Loh VHY*, Veitch J*, Timperio A*, Salmon J*, Cerin E, Villanueva K, Mavoa S. Residential vs school neighborhoods: associations with physical activity among adolescents. <i>Health and Place</i> . 2020; 63: 102328. Doi: 10.1016/j.health-place.2020.102328	Q1	3.29
157.	Love P*, Walsh M, Campbell KJ*. Knowledge, attitudes and practices of Australian childcare educators regarding their role in the feeding behaviours of young children. <i>International Journal of Environmental Research and Public Health</i> . 2020; 17: 3712. Doi: 10.3390/ijerph17103712	Q2	2.849
158.	Love P*, Booth A*, Margerison C*, Nowson CA, Grimes C*. Food and nutrition education opportunities within Australian primary schools. <i>Health Promotion International</i> . 2020; 35(6): 1291-1301. Doi: 10.1093/heapro/daz132	Q1#, Q2#	1.98
159.	McConnell GK, Wadley GD*, Le plastrier K, Linden KC. Skeletal muscle AMPK is not activated during 2h or moderate intensity exercise at 65% \dot{V}_{O_2} peak in endurance trained men. <i>The Journal of Physiology</i> . 2020; 598(18): 3859-3870. Doi: 10.1113/JP277619	Q1	4.547
160.	McKay FH, Haines BC, Beswick H, McKenzie H, Lindberg R*. The prevalence, severity and experience of food insecurity in Australia: An investigation of food aid use. <i>Health and Social Care in the Community</i> . 2020; 28(6): 2399-2407. Doi: 10.1111/hsc.13062	Q1#, Q2#	2.05
161.	McNaughton SA*, Pendergast FJ, Worsley A*, Leech RM*. Eating occasion situational factors and sugar-sweetened beverage consumption in young adults. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 71. Doi: 10.1186/s12966-020-00975-y	Q1	6.714
162.	McRae NL, Addinsall AB, Howlett KF*, McNeill B, McCulloch DR, Stupka N. Genetic reduction of the extracellular matrix protein versican attenuates inflammatory cell infiltration and improves contractile function in dystrophic mdx diaphragm muscles. <i>Scientific Reports</i> . 2020; 10: 11080. Doi: 10.1038/s41598-020-67464-x	Q1	3.998
163.	Machado PP*, Steele EM, Levy RB, da Costa Louzada ML, Rangan A, Woods J*, Gill T, Scrinis G, Monteiro CA. Ultra-processed food consumption and obesity in the Australian adult population. <i>Nutrition and Diabetes</i> . 2020; 10: 39. Doi: 10.1038/s41387-020-00141-0	Q1	4.357
164.	Maddison R*, Hargreaves EA, Jiang Y, Calder AJ, Wyke S, Gray CM, Hunt K, Lubans D, Draper N, Heke I, Kara S, Sundborn G, Arandjic C, Jenkins M, Marsh S. Rugby fans in training New Zealand (RUFIT-NZ): protocol for a randomised controlled trial to assess the effectiveness and cost-effectiveness of a healthy lifestyle program for overweight men delivered through professional rugby clubs in New Zealand. <i>Trials</i> . 2020; 21: 139. Doi: 10.1186/s13063-019-4038-4	Q1	1.883

Published papers cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
165.	Mahzizir D, Briffa JF, Wood JL, Anevska K, Hill-Yardin EL, Jefferies AJ, Gravina S, Mazzarino G, Franks AE, Moritz KM, Wadley GD*, Wlodek ME. Exercise improves metabolic function and alters the microbiome in rats with gestational diabetes. <i>The FASEB Journal</i> .2020; 34: 1728-1744. Doi: 10.1096/fj.201901424R	Q1	4.966
166.	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> .2020; 38(2): 165-172. Doi 10.1016/j.vaccine.2019.10.037.	Q1	3.143
167.	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> . 2020; 62(2): 145-148. Doi: 10.1097/JOM.0000000000001775	Q2	1.644
168.	Malekhamdi M, Moghaddam OM, Islam SMS*, Tanha K, Nematy M, Pahlavani N, Firouzi S, Zali MR, Norouzy A. Evaluation of the effects of pycnogenol (French maritime pine bark extract) supplementation on inflammatory biomarkers and nutritional and clinical status in traumatic brain injury patients in an intensive care unit: a randomized clinical trial protocol. <i>Trials</i> . 2020; 21: 162. Doi: 10.1186/s13063-019-4008-x	Q1	1.883
169.	Margerison C*, Riddell LJ*, McNaughton SA*, Nowson CA. Associations between dietary patterns and blood pressure in a sample of Australian adults. <i>Nutrition Journal</i> . 2020; 19: 5. Doi: 10.1186/s12937-019-0519-2	Q1#, Q2#	3.359
170.	Marklund M, Zheng M*, Veerman JL, Wu JHY. Estimated health benefits, costs, and cost-effectiveness of eliminating industrial trans-fatty acids in Australia. A modelling study. <i>PLoS Medicine</i> . 2020; 17(11): e1003407. Doi: 10.1371/journal.pmed.1003407	Q1	10.5
171.	Marsh S, Dobson R, Maddison R*. The relationship between household chaos and child, parent, and family outcomes: a systematic scoping review. <i>BMC Public Health</i> . 2020; 20: 513. Doi: 10.1186/s12889-020-08587-8	Q1	2.521
172.	Marsh S, Taylor R, Galland B, Gerritsen S, Parag V, Maddison R*. Results of the 3 Pillars Study (3PS), a relationship-based programme targeting parent-child interactions, healthy lifestyle behaviours, and the home environment in parents of preschool-aged children: a pilot randomised controlled trial. <i>PLoS ONE</i> . 2020; 15(9): e0238977. Doi: 10.1371/journal.pone.0238977	Q1	2.74
173.	Martins CA, Machado PP*, Louzada MLDC, Levy RB, Monteiro CA. Parents' cooking skills confidence reduce children's consumption of ultra-processed foods. <i>Appetite</i> . 2020; 144: 104452. Doi: 10.1016/j.appet.2019.104452	Q1	3.608
174.	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> . 2020; 77(5): 523-528. Doi: 10.1111/1747-0080.12531	Q3	1.742
175.	Mason SA, Trewin AJ*, Parker L*, Wadley GD*. Antioxidant supplements and endurance exercise: current evidence and mechanistic insights. <i>Redox Biology</i> . 2020; 35: 101471. Doi: 10.1016/j.redox.2020.101471	Q1	9.986
176.	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> . 2020; 59(3): 1081-1091. Doi: 10.1007/s00394-019-01969-8	Q1	4.664
177.	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> . 2020; 124(12): 1303-1310. Doi 10.1017/S0007114519002150.	Q1	3.334
178.	Meneses AL, Nam MCY, Bailey TG, Anstey C, Golledge J, Keske MA*, Greaves K, Askew CD. Skeletal muscle microvascular perfusion responses to cuff occlusion and submaximal exercise assessed by contrast-enhanced ultrasound: the effect of age. <i>Physiological Reports</i> . 2020; 8(19): e14580. Doi: 10.14814/phy2.14580	Q2	2.13

Published papers cont.

		Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
	Title		
179.	Mercer D, Convit L, Condo D, Carr AJ, Hamilton DL*, Slater G, Snipe RMJ. Protein requirements of pre-menopausal female athletes: systematic literature review. <i>Nutrients</i> . 2020; 12: 3527. Doi: 10.3390/nu12113527	Q1	4.546
180.	Mikovic J, Brightwell C, Lindsay A*, Wen Y, Kowalski G*, Russell AP*, Fry CS, Lamon S*. An obesogenic maternal environment impairs mouse growth patterns, satellite cell activation and markers of post-natal myogenesis. <i>American Journal of Physiology-Endocrinology and Metabolism</i> . 2020; 319(6): E1008-E1018. Doi: 10.1152/ajpendo.00398.2020	Q1	3.469
181.	Miller CT, Fraser SF*, Selig SE, Rice T, Grima M, van den Hoek DJ, Sari CI, Lambert GW, Dixon JB. Fitness, strength and body composition during weight loss in women with clinically severe obesity: a randomised clinical trial. <i>Obesity Facts</i> . 2020; 13(4): 307-321. Doi: 10.1159/000506643	Q1#, Q2#	3.514
182.	Mitchell UH, Bowden JA, Larson RE, Belavy DL*, Owen PJ*. Long-term running in middle-aged men and intervertebral disc health, a cross-sectional pilot study. <i>PLoS One</i> . 2020; 15(2): e0229457. Doi: 10.1371/journal.pone.0229457	Q1	2.74
183.	Morris KA, Arundell L*, Cleland V, Teychenne M*. Social ecological factors associated with physical activity and screen time amongst mothers from disadvantaged neighbourhoods over three years. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 110. Doi: 10.1186/s12966-020-01015-5	Q1	6.714
184.	Muntaner-Mas A, Vidal-Conti J, Salmon J*, Palou-Sampol P. Associations of heart rate measures during physical education with academic performance and executive function in children: a cross-sectional study. <i>International Journal of Environmental Research and Public Health</i> . 2020; 17: 4307. Doi: 10.3390/ijerph17124307	Q2	2.849
185.	Narendra K, Kiss N*, Margerison C*, Johnston B, Chapman B. Impact of nutritional status/risk and post-operative nutritional management on clinical outcomes in patients undergoing gastrointestinal surgery: a prospective observational study. <i>Journal of Human Nutrition and Dietetics</i> . 2020; 33(4): 587-597. Doi: 10.1111/jhn.12763	Q1#, Q2#	3.146
186.	Naureen G, Sanders KM, Busija L, Scott D*, Lim K, Talevski J, Connaughton C, Brennan-Olsen SL. Prediction models and questionnaires developed to predict vitamin D status in adults: a systematic review. <i>Osteoporosis International</i> . 2020; 31: 2287-2302. Doi: 10.1007/s00198-020-05539-1	Q1	3.864
187.	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> . 2020; 23(2): 164-170. Doi: 10.1016/j.jsams.2019.08.019	Q1	3.607
188.	Nazum NP, Loughman A, Szymlek-Gay EA*, Hendy A*, Teo W-P, Macpherson H*. Gut microbiota differences between healthy older adults and individuals with Parkinson's Disease: a systematic review. <i>Neuroscience and Behavioral Reviews</i> . 2020; 112: 227-241. Doi: 10.1016/j.neubiorev.2020.02.003	Q1	8.33
189.	Nelson DM, Fasbender EK, Jakubiak MC, Lindsay A*, Lowe DA, Ervasti JM. Rapid, redox-mediated mechanical susceptibility of the cortical microtubule lattice in skeletal muscle. <i>Redox Biology</i> . 2020; 37: 101730. Doi: 10.1016/j.redox.2020.101730	Q1	9.986
190.	NCD Risk Factor Collaboration (NCD-RisC). Height and body-mass index trajectories of school-aged children and adolescents from 1985 to 2019 in 200 countries and territories: a pooled analysis of 2181 population-based studies with 65 million participants. *named collaborator, Islam SMS*. <i>The Lancet</i> . 2020; 396(10261): 1511-1524. Doi: 10.1016/S0140-6736(20)31859-6	Q1	60.392
191.	Ng C, McMillan LB, Beck B, Humbert L, Ebeling PR, Scott D*. Associations between physical activity and bone structure in older adults: does the use of self-reported versus objective assessments of physical activity influence the relationship? <i>Osteoporosis International</i> . 2020; 31(3): 493-503. Doi: 10.1007/s00198-019-05208-y	Q1	3.864
192.	Okely AD, Stanley RM, Jones RA, Cliff DP, Trost SG, Berthelsen D, Salmon J*, Batterham M, Eckermann S, Reilly JJ, Brown N, Mickle KJ, Howard SJ, Hinkley T, Janssen X, Chandler P, Cross P, Gowers F. 'Jump start' childcare-based intervention to promote physical activity in pre-schoolers: six-month findings from a cluster randomised trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 6. Doi: 10.1186/s12966-020-0910-6	Q1	6.714

Published papers cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
193.	Ogawa M, Belavy D*, Yoshiko A, Armbrecht G, Miokovic T, Felsenberg D, Akima H. Effects of 8 weeks of bed rest with or without resistance exercise intervention on the volume of the muscle tissue and the adipose tissues of the thigh. <i>Physiological Reports</i> . 2020; 8(18): e14560. Doi:10.14814/phy2.14560	Q2	2.13
194.	Onukwufor JO, Trewin AJ*, Baran TM, Almast A, Foster TH, Wojtovich AP. Quantification of reactive oxygen species production by the red fluorescent proteins KillerRed, SuperNova and mCherry. <i>Free Radical Biology and Medicine</i> . 2020; 147: 1-7. Doi: 10.1016/j.freeradbiomed.2019.12.008	Q1	6.17
195.	Opie RS*, Ball K*, Abbott G, Crawford D*, Teychenne M*, McNaughton SA*. Adherence to the Australian dietary guidelines and development of depressive symptoms at 5 years follow-up amongst women in the READI cohort study. <i>Nutrition Journal</i> . 2020; 19: 30. Doi: 10.1186/s12937-020-00540-0	Q1#, Q2#	3.359
196.	Opie R*, Uldrich AC, Ball K*. Maternal postpartum diet and postpartum depression: a systematic review. <i>Maternal and Child Health Journal</i> . 2020; 24: 966-978. Doi: 10.1007/s10995-020-02949-9	Q1#, Q2#	1.89
197.	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> . 2020; 23(1): 124-133. Doi: 10.1017/S1368980019002830	Q1	3.182
198.	Owen N, Healy G, Dempsey P, Salmon J*, Timperio A*, Clark B, Goode A, Koorts H*, Ridgers ND*, Hadgraft N, Lambert G, Eakin EG, Kingwell BK, Dunstan DW. Sedentary behaviour and public health: integrating the evidence and identifying potential solutions. <i>Annual Review of Public Health</i> . 2020; 41: 27.1-27.23. Doi: 10.1146/annurev-publhealth-040119-094201	Q1	16.463
199.	Owen PJ*, Rantalainen T, Scheuring RA, Belavy DL*. Axial loading and posture cues in contraction of transversus abdominis and multifidus with exercise. <i>Scientific Reports</i> . 2020; 10: 11218. Doi: 10.1038/s41598-020-67509-1	Q1	3.998
200.	Owen PJ*, Armbrecht G, Bansmann M, Zange J, Pohle-Fröhlich R, Felsenberg D, Belavy DL*. Whey protein supplementation with vibration exercise ameliorates lumbar paraspinal muscle atrophy in prolonged bed-rest. <i>Journal of Applied Physiology</i> . 2020; 128(6): 1568-1578. Doi: 10.1152/jappphysiol.00125.2020	Q1#, Q2#	3.044
201.	Owen PJ*, Miller CT, Rantalainen T, Simson KJ, Connell D, Hahne AJ, Trudel G, Ford JJ, Belavy DL*. Exercise for the intervertebral disc. A 6-month randomised controlled trial in chronic low back pain. <i>European Spine Journal</i> . 2020; 29(8): 1887-1899. Doi: 10.1007/s00586-020-06379-7	Q1	2.458
202.	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> . 2020; 54: 1279-1287. Doi: 10.1136/bjsports-2019-100886.	Q1	12.022
203.	Pan XF, Magliano DJ, Zheng M*, Shahid M, Taylor F, Julia C, Ni Mhurchu C, Pan A, Shaw JE, Neal B, Wu JHY. Seventeen-year associations between diet quality defined by the Health Star Rating and Mortality in Australians: The Australian Diabetes, Obesity and Lifestyle Study (AusDiab). <i>Current Developments in Nutrition</i> . 2020; 4(11): nzaa157. Doi: 10.1093/cdn/nzaa157	Q1#, Q2#	N/A
204.	Parker L*, Morrison DJ, Betik AC*, Roberts-Thomson K, Kaur G*, Wadley GD*, Shaw CS*, Keske MA*. High-glucose mixed-nutrient meal ingestion impairs skeletal muscle microvascular blood flow in healthy young men. <i>American Journal of Physiology. Endocrinology and Metabolism</i> . 2020; 318(6): E1014-E1021. Doi: 10.1152/ajpendo.00540.2019	Q1	3.469
205.	Parrish A-M, Chong K-H, Moriarty AL, Batterham M, Ridgers ND*. Interventions to change school recess activity levels in children and adolescents: a systematic review and meta-analysis. <i>Sports Medicine</i> . 2020; 50: 2145-2173. Doi: 10.1007/s40279-020-01347-z	Q1	8.551
206.	Pavlova N, Teychenne M*, Olander EK. The concurrent acceptability of a postnatal walking group: a qualitative study using the theoretical framework of acceptability. <i>International Journal of Environmental Research and Public Health</i> . 2020; 17: E5027. Doi: 10.3390/ijerph17145027	Q2	2.849

Published papers cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
206.	Pavlova N, Teychenne M*, Olander EK. The concurrent acceptability of a postnatal walking group: a qualitative study using the theoretical framework of acceptability. <i>International Journal of Environmental Research and Public Health</i> . 2020; 17: E5027. Doi: 10.3390/ijerph17145027	Q2	2.849
207.	Petersen C, Lindsay A*. Movement and physiological demands of amateur mixed martial art fighting. <i>Sport and Exercise Science New Zealand</i> . 2020; 4(1): 40-43. Doi: 10.369505/jsecs.2020.01.06	N/A	N/A
208.	Philip M, Snow RJ*, Della Gatta PA*, Bellofiore N, Ellery SJ. Creatine metabolism in the uterus: potential implications for reproductive biology. <i>Amino Acids</i> . 2020; 52: 1275-1283. Doi: 10.1007/s00726-020-02896-3	Q1#, Q2#	3.063
209.	Phillips A, Milte CM*, Opie RS*, Campbell KJ*, Torres SJ*. Fruit and vegetable consumption and psychological distress in Australian pregnant and breastfeeding women. <i>Asia Pacific Journal of Clinical Nutrition</i> . 2020; 29(2): 348-354. Doi: 10.6133/apjcn.202007_29(2).0017	Q3	1.236
210.	Poddar N, Elahee Doomun SN, Callahan DL, Kowalski GM*, Martin GJO, The assimilation of glycerol into lipid acyl chains and associated carbon backbones of <i>Nannochloropsis salina</i> varies under nitrogen replete and deplete conditions. <i>Biotechnology and Bioengineering</i> . 2020; 117 (11): 3299-3309. Doi: 10.1002/bit.27498.	Q1	4.002
211.	Poelman M, Thornton L*, Zenk S. A cross-sectional comparison of meal delivery options in three international cities. <i>European Journal of Clinical Nutrition</i> . 2020; 74(10):1465-1473. Doi: 10.1038/s41430-020-0630-7	Q1	3.291
212.	Premilovac D, Blackwood SJ, Ramsay CJ, Keske MA*, Howells DW, Sutherland BA. Transcranial contrast-enhanced ultrasound in the rat brain reveals substantial hyperperfusion acutely post-stroke. <i>Journal of Cerebral Blood Flow and Metabolism</i> . 2020; 40(5): 939-953. Doi: 10.1177/0271678X20905493	Q1	5.681
213.	Radavelli-Bagatini S, Bondonno CP, Sim M, Blekkenhorst LC, Anokye R, Connolly E, Bondonno NP, Schousboe JT, Woodman RJ, Zhu K, Szulc P, Jackson B, Dimmock J, Schlaich MP, Cox KL, Kiel DP, Lim WH, Stanley M, Devine A, Thompson PL, Gianoudis J, De Ross B, Daly RM*, Lewis JR, Hodgson JM. Modification of diet, exercise and lifestyle (MODEL) study: a randomised controlled trial protocol. <i>BMJ Open</i> . 2020; 10: e036366. Doi: 10.1136/bmjopen-2019-036366	Q1	2.496
214.	Rahman MA, Hoque N, Alif SM, Salehin M, Islam SMS*, Banik B, Sharif A, Nazim NB, Sultana F, Cross W. Factors associated with psychological distress, fear and coping strategies during the COVID-19 pandemic in Australia. <i>Globalization and Health</i> . 2020; 16: 95. Doi: 10.1186/s12992-020-00624-w	Q1	2.525
215.	Rahman S, Rahma A, Ali M, Rahman S, Maniruzzaman, Yeasmin A, Ahmed F, Abedin M, Islam SMS*. Determinants of depressive symptoms among older people in Bangladesh. <i>Journal of Affective Disorders</i> . 2020; 264: 157-162. Doi: 10.1016/j.jad.2019.12.025	Q1	3.892
216.	Rahman S, Islam SMS*, Ali M, Khan A, Kim SY, Maddison R*. The prevalence and correlates of fear of falling among older people in Bangladesh. <i>Psychogeriatrics</i> . 2020; 20(5): 771-773. Doi: 10.1111/psyg.12542	Q2#, Q3#	1.75
217.	Rahman S, Rahman A, Afroze L, Islam SMS*. Unmet needs for mental care services for older people in Bangladesh during the COVID-19 pandemic. <i>General Psychiatry</i> . 2020; 33: e100294. Doi: 10.1136/gpsych-2020-100294	Q3	N/A
218.	Rantalainen T, Teo W-P, Ridgers ND*, Nuzum ND, Valente L, Macpherson H*. Laboratory-based gait variability and habitual gait entropy do not differentiate community-dwelling older adults from those with subjective memory complaints. <i>Gait and Posture</i> . 2020; 80: 20-25. Doi: 10.1016/j.gaitpost.2020.05.024	Q1#, Q2#	2.349
219.	Rathi N, Riddell L*, Worsley A*. Do you think adolescents' food intake is satisfactory? Views of Indian parents and teachers. <i>Appetite</i> . 2020; 153: 104740. Doi: 10.1016/j.appet.2020.104740	Q1	3.608

Published papers cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
220.	Razzoli M, Lindsay A*, Law ML, Chamberlain CM, Southern WM, Berg M, Osborn J, Engeland WC, Metzger J, Ervasti JM, Bartolomucci A. Social stress is lethal in the mdx model of Duchenne muscular dystrophy. <i>EBioMedicine</i> . 2020; 55: 102700. Doi: 10.1016/j.ebiom.2020.102700	Q1	5.736
221.	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> . 2020; 9(1): e15022. Doi: 10.2196/15022	Q4	N/A
222.	Ray H, Beaumont A, Loeliger J, Martin A, Marston C, Gough K, Bordia S, Ftanou M, Kiss N*. Implementation of a multidisciplinary allied health optimisation clinic for cancer patients with complex needs. <i>Journal of Clinical Medicine</i> . 2020; 9(8): 2431. Doi: 10.3390/jcm9082431	Q1	3.303
223.	Reiner Jr RC, Hay SI, on behalf of the Local Burden of Disease Diarrhoea Collaborators. Mapping geographical inequalities in childhood diarrhoeal morbidity and mortality in low-income and middle-income countries, 2000-2017: analysis for the Global Burden of Disease Study 2017. *named collaborator, Islam SMS*. <i>The Lancet</i> . 2020; 395(10239): P1779-1801. Doi: 10.1016/S0140-6736(20)30114-8	Q1	60.392
224.	Roberts-Thomson K, Betik AC*, 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> . 2020; 47(4): 725-737. Doi: 10.1111/1440-1681.13237	Q2#,Q3#	2.456
225.	Ronto R, Rathi N, Worsley A*, Sanders T, Lonsdale C, Wolfenden L. Enablers and barriers to implementation of and compliance with school-based healthy food and beverage policies: a systematic literature review and meta-synthesis. <i>Public Health Nutrition</i> . 2020; 23(15): 2840-2855. Doi: 10.1017/S1368980019004865	Q1	3.182
226.	Roth GA, Mensah GA, Johnson C, Abdolorato G et al. Global burden of cardiovascular diseases and risk factors, 1990-2019: update from the GBD 2019 study. *named collaborator, Islam SMS*. <i>Journal of the American College of Cardiology</i> . 2020; 76(25): 2982-3021. Doi: 10.1016/j.jacc.2020.11.010	Q1	20.589
227.	Russell C, Lawrence M*, Cullerton K, Baker P*. The political construction of public health nutrition problems: A framing analysis of parliamentary debates on junk-food marketing to children in Australia. <i>Public Health Nutrition</i> . 2020; 23(11): 2041-2052. Doi: 10.1017/S1368980019003628	Q1	3.182
228.	Sabag A, Way KL*, Sultana RN, Keating SE, Gerofi JA, Chuter VH, Byrne NM, Baker MK, George J, Catterson ID, Twigg SM, Johnson NA. The effect of a novel low-volume aerobic exercise intervention on liver fat in type 2 diabetes: a randomized controlled trial. <i>Diabetes Care</i> . 2020; 43(10): 2371-2378. Doi: 10.2337/dc19-2523	Q1	16.019
229.	Sanchez-Oliva D, Leech RM*, Grao-Cruces A, Esteban-Cornejo I, Padilla-Moledo C, Veiga OL, Cabanas-Sanchez V, Castro-Pinero J. Does modality matter? A latent profile and transition analysis of sedentary behaviours among school-aged youth: The UP&DOWN study. <i>Journal of Sports Sciences</i> . 2020; 38(9): 1062-1069. Doi: 10.1080/026414.2020.1741252	Q1	2.597
230.	Schoeppe S, Salmon J*, Williams SL, Power D, Alley S, Rebar AL, Hayman M, Duncan MJ, Vandelanotte C. Effects of an activity tracker and app intervention to increase physical activity in whole families- The Step It Up Family Feasibility Study. <i>International Journal of Environmental Research and Public Health</i> . 2020; 17: 7655. Doi: 10.3390/ijerph17207655	Q2	2.849
231.	Scott D*, Seibel MJ, Cumming RG, Naganathan V, Blyth F, Le Couteur DG, Handelsman DJ, Hsu B, Waite LM, Hirani V. Comparison of clinical risk factors for incident fracture in obese and non-obese community-dwelling older men. <i>Bone</i> . 2020; 137: 115433. Doi: 10.1016/j.bone.2020.115433	Q1	4.147
232.	Scott D*, Seibel MJ, Cumming RG, Naganathan V, Blyth F, Le Couteur DG, Handelsman DJ, Hsu B, Waite LM, Hirani V. Associations of body composition trajectories with bone mineral density, muscle function, falls and fractures in older men: the Concord Health and Ageing in Men Project. <i>Journals of Gerontology. Series A: Biological Sciences and Medical Sciences</i> . 2020; 75(5): 939-945. Doi: 10.1093/gerona/glz184	Q1	5.236
233.	Scully M, Morley B, Niven P, Crawford D*, Pratt IS, Wakefield M and for the NaSSDA Study Team. Factors associated with frequent consumption of fast food among Australian secondary school students. <i>Public Health Nutrition</i> . 2020; 23(8): 1340-1349. Doi: 10.1017/S1368980019004208	Q1	3.182

Published papers cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
234.	Seidler AL, Hunter KE, Johnson BJ, Ekambareshwar M, Taki S, Mauch CE, Mihrshahi S, Askie L, Campbell KJ*, Daniels L, Taylor RW, Wen LM, Byrne R, Lawrence J, Perlstein R, Wardle K, Golley RK. Understanding, comparing and learning from the four EPOCH early childhood obesity prevention interventions: a multi-methods study. <i>Pediatric Obesity</i> . 2020; 15(11): e12679. Doi: 10.1111/ijpo.12679	Q1	3.429
235.	Sharma A, Walk RE, Tang SY, Eldaya R, Owen P*, Belavy DL*. Variability of T2-relaxation times of healthy lumbar intervertebral discs is more homogeneous within an individual than across healthy individuals. <i>American Journal of Neuroradiology</i> . 2020; 41(11): 2160-2165. Doi: 10.3174/ajnr.A6791	Q1	3.381
236.	Sharman MJ, Ball K*, Greaves S, Jose K, Morse M, Blizzard L, Wells G, Venn AJ, Palmer AJ, Lester D, Williams J, Harper S, Cleland VJ. trips4health: protocol of a single-blinded randomised controlled trial incentivising adults to use public transport for physical activity gain. <i>Contemporary Clinical Trials</i> . 2020; 19: 100619. Doi: 10.1016/j.conctc.2020.100619	Q1	1.832
237.	Sharp CA, McNarry MA, Eddolls WTB, Koorts H*, Winn CON, Mackintosh KA. Identifying facilitators and barriers for adolescents participating in a school-based HIIT intervention: the eXercise for asthma with commando Joe's® (X4ACJ) programme. <i>BMC Public Health</i> . 2020; 20: 609. Doi: 10.1186/s12889-020-08740-3	Q1	2.521
238.	Shaw CS*, Swinton C, Morales-Scholz MG, McRae N, Erftemeyer T, Aldous A, Murphy RM, Howlett KF*. Impact of exercise training status on the fiber type-specific abundance of proteins regulating intramuscular lipid metabolism. <i>Journal of Applied Physiology</i> . 2020; 128(2): 379-389. Doi: 10.1152/jappphysiol.00797.2019	Q1#, Q2#	3.044
239.	Sherry AP, Pearson N, Ridgers ND*, Johnson W, Barber SE, Bingham DD, Nagy LC, Clemes SA. Impacts of a standing desk intervention within an English primary school classroom: a pilot controlled trial. <i>International Journal of Environmental Research and Public Health</i> . 2020; 17: 7048. Doi: 10.3390/ijerph17197048	Q2	2.849
240.	Siddiqui MU, Chiuзан C, Siddiqui MD, Ali SS, Naeem Z, Islam S*. Temporal pattern of CABG and PCI after non-ST elevation myocardial infarction among elderly patients from NHDS. <i>Cureus</i> . 2020; 12(1): e6814. Doi: 10.7554/cureus.6814	N/A	N/A
241.	Silva K, da Silva JA, Filho VCB, dos Santos PC, da Silveira PM, Lopes MVV, Salmon J*, "Movimente Program" Working Group. Protocol paper for the Movimente school-based program: a cluster-randomized controlled trial targeting physical activity and sedentary behaviour among Brazilian adolescents. <i>Medicine</i> . 2020; 99 (31): e21233. Doi: 10.1097/MD.00000000000021233	Q2	1.552
242.	Silver JL, Alexander SE, Dillon HT, Lamon S*, Wadley GD*. Extracellular vesicular miRNA expression is not a proxy for skeletal muscle miRNA expression in males and females following acute, moderate intensity exercise. <i>Physiological Reports</i> . 2020; 8(16): e14520. Doi: 10.14814/phy2.14520	Q2	2.13
243.	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> . 2020; 130: 115085. Doi: 10.1016/j.bone.2019.115085	Q1	4.147
244.	Spence A*, Love P*, Byrne R, Wakem A, Matwiejczyk L, Devine A, Golley R, Sambell R. Childcare food provision recommendations vary across Australia. Jurisdictional comparison and nutrition expert perspectives. <i>International Journal of Environment Research and Public Health</i> . 2020; 17(18): 6793. Doi: 10.3390/ijerph17186793	Q2	2.849
245.	Steene-Johannessen J, Hansen BH, Dalene KE, Kolle E, Northstone K, Moller NC, Grontved A, Wedderkopp N, Kriemler S, Page AS, et al on behalf of the Determinants of Diet and Physical Activity knowledge hub (DEDIPAC); International Children's Accelerometry Database (ICAD) Collaborators*, IDEFICS Consortium and HELENA Consortium. *named collaborator, Salmon J*. Variations in accelerometry measured physical activity and sedentary time across Europe-harmonized analyses of 47,497 children and adolescents. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 38. Doi: 10.1186/s12966-020-00930-x	Q1	6.714
246.	Steer B, Loeliger J, Edbrooke L, Deftereos I, Laing E, Kiss N*. Malnutrition prevalence according to the GLIM criteria in head and neck cancer patients undergoing cancer treatment. <i>Nutrients</i> . 2020; 12: 3493. Doi: 10.3390/nu12113493	Q1	4.546
247.	Stephens LD, Smith G, Olstad DL, Ball K*. An evaluation of SecondBite's FoodMate, a nutrition education and skill-building program aimed at reducing food insecurity. <i>Health Promotion Journal of Australia</i> . 2020; 31(3): 468-481. Doi: 10.1002/hpja.298	Q2#, Q3#	1.476

Published papers cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
248.	Subedi N, Rawstorn JC*, Gao L, Koorts H*, Maddison R*. Implementation of telerehabilitation interventions for the self-management of cardiovascular disease: a systematic review. <i>JMIR mHealth and uHealth</i> . 2020; 8(11): e17957. Doi: 10.2196/17957	Q2	4.313
249.	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> . 2020; 102: 109312. Doi: 10.1016/j.biomech.2019.08.006	Q1#, Q2#	2.32
250.	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> . 2020; 59(3): 909-919. Doi: 10.1007/s00394-019-01950-5	Q1	4.664
251.	Tagliaferri SD, Angelova M, Zhao X, Owen PJ*, Miller CT, Wilkin T, Belavy DL*. Artificial intelligence to improve back pain outcomes and lessons learnt from clinical classification approaches: three systematic reviews. <i>npj Digital Medicine</i> . 2020; 3: 93. Doi: 10.1038/s41746-020-0303-x	N/A	N/A
252.	Tagliaferri SD, Armbrecht 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> . 2020; 20(1): 17-23. Doi: 10.1080/17461391.2019.1606942	Q1	2.781
253.	Tagliaferri SD, Miller CT, Ford JJ, Hahne AJ, Main LC*, Rantalainen T, Connell DA, Simson KJ, Owen P*, Belavy DL*. Randomized trial of general strength and conditioning versus motor control and manual therapy for chronic low back pain on physical and self-report outcomes. <i>Journal of Clinical Medicine</i> . 2020; 9(6): 1726. Doi: 10.3390/jcm9061726	Q1	3.303
254.	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> . 2020; 20(2): 211-225. Doi: 10.1111/papr.12846	Q1	2.258
255.	Talukder A, Hasan MM, Islam SMS*. Factors affecting depressive symptoms among university students in Bangladesh. <i>Minerva Psichiatrica</i> . 2020; 61(3): 84-92. Doi: 10.23736/S0391-1772.20.02089-0	Q3	0.55
256.	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> . 2020; 18: 100315. Doi: 10.1016/j.mhpa.2019.100315	Q2	1.727
257.	Thomas CE, Abbott G, Gastin P, Main LC*. Construct validity and reliability of the talent development environment questionnaire in Caribbean youth track and field athletes. <i>Plos One</i> . 2020; 15(1): e0227815. 10.1371/journal.pone.0227815	Q1	2.74
258.	Thomas S, May T, Barnett LM*, Papadopoulos N, McGillivray J, Rinehart N. Ecological correlates of sedentary behavior in young children with Autism Spectrum Disorder. <i>Research in Autism Spectrum Disorders</i> . 2020; 78: 101636. Doi: 10.1016/j.rasd.2020.101636	Q2	1.688
259.	Thompson A, Duckham RL*, Desai M, Choy C, Sherar L, Naseri T, Soti-Ulberg C, Reupena S, Wetzel A, Hawley N. Sex differences in the associations of physical activity and macronutrient intake with child body composition: A cross-sectional study of 3-7 year olds in Samoa. <i>Pediatric Obesity</i> . 2020; 15(4): e12603. Doi: 10.1111/ijpo.12603	Q1	3.429
260.	Tierney AC, Rumble CE, Billings LM, George ES*. Effect of dietary and supplemental lycopene on cardiovascular risk factors: a systematic review and meta-analysis. <i>Advances in Nutrition</i> . 2020; 11(6): 1453-1488. Doi: 10.1093/advances/nmaa069	Q1	7.265
261.	Tietjens M, Barnett LM*, Dreiskämper D, Holfelder B, Utesch TO, Lander N, Hinkley T, Schott N. Conceptualising and testing the relationship between actual and perceived motor performance: A cross-cultural comparison in children from Australia and Germany. <i>Journal of Sports Sciences</i> . 2020; 38(17): 1984-1996. Doi: 10.1080/02640414.2020.1766169	Q1	2.597

Published papers cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
262.	Tighe SA, Ball K*, Kensing F, Kayser L, Rawstorn J*, Maddison R*. Toward a digital platform for the self-management of noncommunicable disease: systematic review of platform-like interventions. <i>Journal of Medical Internet Research</i> . 2020; 22(10): e16774. Doi: 10.2196/16774	Q1	5.034
263.	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> . 2020; 35(5): 973-983. Doi: 10.1093/heapro/daz086.	Q1#, Q2#	1.98
264.	Turcotte A, Kukuljan S, Dalla Via J, Gagnon C, Abbott G, Daly RM*. Changes in spinal bone density, back muscle size, and visceral adipose tissue and their interaction following a multi-component exercise program in older men: secondary analysis of an 18-month randomized controlled trial. <i>Osteoporosis International</i> . 2020; 31(10): 2025-2035 Doi: 10.1007/s00198-020-05484-z	Q1	3.864
265.	Turner AI*, Smyth N, Hall SJ, Torres SJ*, Hussein M, Jayasinghe SU, Ball K*, Clow AJ. Psychological stress reactivity and future health and disease outcomes: a systematic review of prospective evidence. <i>Psychoneuroendocrinology</i> . 2020; 114: 104599. Doi: 10.1016/j.psyneuen.2020.104599.	Q1	4.732
266.	Uddin R*, Lee EY, Khan SR, Tremblay MS, Khan A. Clustering of lifestyle risk factors for non-communicable diseases in 304,779 adolescents from 89 countries: a global perspective. <i>Preventive Medicine</i> . 2020; 131: 105955. Doi: 10.1016/j.ypmed.2019.105955	Q1	3.788
267.	Uddin R*, Hasan M, Saif-Ur-Rahman KM, Mandic S, Khan A. Physical activity and sedentary behaviour in Bangladesh: a systematic scoping review. <i>Public Health</i> . 2020; 179: 147-159. Doi: 10.1016/j.puhe.2019.10.006	Q2	1.774
268.	Uddin R*, Burton NW, Khan A. Combined effects of physical inactivity and sedentary behaviour on psychological distress among University-based young adults: a one year prospective study. <i>Psychiatric Quarterly</i> . 2020; 91: 191-202. Doi: 10.1007/s11126-019-09697-2	Q2	1.422
269.	Uddin R*, Salmon J*, Islam SMS*, Khan A. Physical education class participation is associated with physical activity among adolescents in 65 countries. <i>Scientific Reports</i> . 2020; 10: 22128. Doi: 10.1038/s41598-020-79100-9	Q1	3.998
270.	van Ekris E, Wijndaele K, Altenburg TM, Atkin AJ, Twisk J, Andersen LB, Janz KF, Froberg K, Northstone K, Page AS, Sardinha LB, van Sluijs EMF, Chinapaw M and on behalf of the International Children's Accelerometry Database (ICAD) Collaborators*. *named collaborator, Salmon J*. Tracking of total sedentary time and sedentary patterns in youth: a pooled analysis using the International Children's Accelerometry Database(ICAD). <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 65. Doi: 10.1186/s12966-020-00960-5	Q1	6.714
271.	Van Oeckel V, Deforche B, Ridgers ND*, Bere E, Verloigne M. Validity of items assessing self-reported number of breaks in sitting time among children and adolescents. <i>International Journal of Environmental Research and Public Health</i> . 2020; 17: 6708. Doi: 10.3390/ijerph17186708	Q2	2.849
272.	van Rongen S, Poelman MP, Thornton L*, Abbott G, Lu M, Kamphuis CBM, Verkooijen K, de Vet E. Neighbourhood fast food exposure and consumption: the mediating role of neighbourhood social norms. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 61. Doi: 10.1186/s12966-020-00969-w	Q1	6.714
273.	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> . 2020; 24(1): 74-80. Doi: 10.1080/1091367X.2019.1675665	Q1#, Q2#	1.75
274.	Veitch J*, Denniss E, Ball K*, Koorts H*, Deforche B, Timperio A*. Increasing translation of research evidence for optimal park design: a qualitative study with stakeholders. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 49. Doi: 10.1186/s12966-020-00952-5	Q1	6.714
275.	Veitch J*, Flowers E, Ball K*, Deforche B, Timperio A*. Exploring children's views on important park features: a qualitative study using walk-along interviews. <i>International Journal of Environmental Research and Public Health</i> . 2020; 17: 4625. Doi: 10.3390/ijerph17134625	Q2	2.849

Published papers cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
276.	Veitch J*, Flowers E, Ball K*, Deforche B, Timperio A*. Designing parks for older adults: A qualitative study using walk-along interviews. <i>Urban Forestry and Urban Greening</i> . 2020; 54: 126768. Doi: 10.1016/j.ufug.2020.126768	Q1	4.021
277.	Verswijveren SJJM, Lamb KE, Timperio A*, Salmon J*, Telford RM, Daly RM*, Cerin E, Hume C, Olive LS, Mackintosh KA, McNarry MA, Ridgers ND*. Cross-sectional associations of total daily volume and activity accumulation patterns across the activity spectrum with cardiometabolic risk factors in children and adolescents. <i>International Journal of Environmental Research and Public Health</i> . 2020; 17: 4286. Doi: 10.3390/ijerph17124286	Q2	2.849
278.	Verswijveren SJJM, Lamb KE, Leech R*, Timperio A*, Salmon J*, Telford RM, Telford RD, Mackintosh KA, McNarry MA, Daly RM*, Cerin E, Hume C, Eddolls WTB, Winn CON, Olive LS, Ridgers ND*. Activity accumulation and cardio-metabolic risk in youth: a latent profile approach. <i>Medicine and Science in Sports and Exercise</i> . 2020; 52(7): 1502-1510. Doi: 10.1249/MSS.0000000000002275	Q1	4.029
279.	Villani A, McClure R, Barrett M, Scott D*. Diagnostic differences and agreement between the original and revised European Working Group (EWGSOP) consensus definition for sarcopenia in community-dwelling older adults with type 2 diabetes mellitus. <i>Archives of Gerontology and Geriatrics</i> . 2020; 89: 104081. Doi: 10.1016/j.archger.2020.104081	Q1#, Q2#, Q3#	2.128
280.	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> . 2020; 23(3): 270-275. Doi 10.1016/j.jsams.2019.09.005.	Q1	3.607
281.	Vogel C, Crozier S, Dhuria P, Shand C, Lawrence W, Cade J, Moon G, Lord J, Ball K*, Cooper C, Baird J. Protocol of a natural experiment to evaluate a supermarket intervention to improve food purchasing and dietary behaviours of women (WRAPPED study) in England: a prospective matched controlled cluster design. <i>BMJ Open</i> . 2020; 10: e036758. Doi: 10.1136/bmjopen-2020-036758	Q1	2.496
282.	Wallen MP, Hennessy D, Brown S, Evans L, Rawstorn JC*, Shee AW, Hall A. High-intensity interval exercise training improves cardiorespiratory fitness in cancer patients and survivors: a meta-analysis. <i>European Journal of Cancer Care</i> . 2020; 29(4):e13267. Doi.10.1111/ecc.13267	Q2	2.161
283.	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> . 2020; 29(1): 166-174. Doi: 106133/ap-jcn.201910/PP.0004	Q3	1.236
284.	Way KL*, Sabag A, Sultana RN, Baker MK, Keating SH, Lanting S, Gerofi J, Chuter VH, Catterson ID, Twigg SM, Johnson NA. The effect of low-volume high-intensity interval training on cardiovascular health outcomes in type 2 diabetes: a randomised controlled trial. <i>International Journal of Cardiology</i> . 2020; 320: 148-154. Doi: 10.1016/j.ijcard.2020.06.019	Q1	3.229
285.	Way KL*, Vidal-Almela S, Keast ML, Hans H, Pipe AL, Reed JL. The feasibility of implementing high-intensity interval training in cardiac rehabilitation settings: a retrospective analysis. <i>BMC Sports Science, Medicine and Rehabilitation</i> . 2020; 12: 38. Doi: 10.1186/s13102-020-00186-9	Q1#, Q2#	1.979
286.	Werneck AO, Silva DR, Oyeyemi AL, Fernandes RA, Steene-Johannessen J, Anderson LB, Northstone K, Sardinha LB for the International Children's Accelerometry Database (ICAD) Collaborators*. *named collaborators are Salmon J* and Timperio A*. Physical activity attenuates metabolic risk of adolescents with overweight or obesity: the ICAD multi-country study. <i>International Journal of Obesity</i> . 2020; 44: 823-829. Doi: 10.1038/s41366-020-0521-y	Q1	4.419
287.	West EG, Lindberg R*, Ball K*, McNaughton SA*. The role of a food literacy intervention in promoting food security and food literacy – OzHarvest's NEST Program. <i>Nutrients</i> . 2020; 12: 2197. Doi: 10.3390/nu12082197	Q1	4.546
288.	White RL, Bennie JA, Abbott G, Teychenne M*. Work-related physical activity and psychological distress among women in different occupations: a cross-sectional study. <i>BMC Public Health</i> . 2020; 20: 1007. Doi: 10.1186/s12889-020-09112-7	Q1	2.521
289.	Wilson B, Barnett LM*. Physical activity interventions to improve the health of children and adolescents in out of home care- a systematic review of the literature. <i>Children and Youth Services Review</i> . 2020; 110: 104765. Doi: 10.1016/j.childyouth.2020.104765	Q1#, Q2#	1.521

Published papers cont.

	Title	Scimargo Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
290.	Withholz K, Fetterplace K, Clode M, George ES*, Maclsaac CM, Judson R, Presneill JJ, Deane AM. Measuring nutrition- related outcomes in a cohort of multi-trauma patients following intensive care unit discharge. <i>Journal of Human Nutrition and Dietetics</i> . 2020; 33(3): 414-422. Doi: 10.1111/jhn.12719	Q1#, Q2#	3.146
291.	Wyse R, Stacey F, Campbell L, Yoong S, Lecathelinais C, Wiggers J, Campbell K*, Wolfenden L. 5-Year follow-up of a telephone intervention to increase fruit and vegetable consumption in preschoolers: the 'Healthy Habits' cluster randomised trial. <i>Nutrients</i> . 2020; 12: 3702. Doi: 10.3390/nu12123702	Q1	4.546
292.	Yu H, Li F, Hu Y, Li C, Yuan S, Song Y, Zheng M*, Gong J, He Q. Improving the metabolic and mental health of children with obesity: a school-based nutrition education and physical activity intervention in Wuhan, China. <i>Nutrients</i> . 2020; 12: 194. Doi: 10.3390/nu12010194	Q1	4.546
293.	Zacharewicz E, Kalanon M, Murphy RM, Russell AP*, Lamon S*. MicroRNA-99b-5p downregulates protein synthesis in human primary myotubes. <i>American Journal of Physiology. Cell Physiology</i> . 2020; 319(2): C432-C440. Doi: 10.1152/ajp-cell.00172.2020	Q1#, Q2#	3.485
294.	Zanker J, Patel S, Blackwell T, Duchowny K, Brennan-Olsen S, Cummings SR, Evans WJ, Orwoll ES, Scott D*, Vogrin S, Cauley JA, Duque G, Cawthon PM. Walking speed and muscle mass estimated by the D3-Creatine dilution method are important components of sarcopenia associated with incident mobility disability in older men; a classification and regression tree analysis. <i>Journal of the American Medical Directors Association</i> . 2020; 21(12): 1997-2002.e1. Doi: 10.1016/j.jamda.2020.03.017	Q1	4.367
295.	Zheng M*, Cameron AJ, Birken CS, Keown-Stoneman C, Laws R*, Wen LM, Campbell KJ*. Early infant feeding and BMI trajectories in the first 5 years of life. <i>Obesity</i> . 2020; 28(2): 339-346. Doi: 10.1002/oby.22688	Q1	3.742
296.	Zheng M*, Campbell K*, Scanlan E, McNaughton S*. Development and evaluation of a food frequency questionnaire for use among young children. <i>PLoS ONE</i> . 2020; 15(3): e0230669. Doi: 10.1371/journal.pone.0230669	Q1	2.74

* Indicates IPAN staff

Subject area and categories identified by the Scimargo Journal Ranking

Editorials and reports

	Type	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
1.	Editorial	Baghaei N, Fowler A, Maddison R*. Supporting disease prevention and lifestyle changes through gaming. <i>Games for Health Journal</i> . 2020; 9: 6. doi: 10.1089/g4h.2020.0161	Q2	1.859
2.	Commentary	Ball K*, Crawford D*. How to grow a successful - and happy - research team. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 4. Doi: 10.1186/s12966-019-0907-1	Q1	6.714
3.	Commentary	Barnett LM*. Critically appraised paper: Supporting physical education teachers through a web-based education intervention increases physical activity during physical education classes in students from low socioeconomic communities. <i>Journal of Physiotherapy</i> . 2020; 66(3): 196. Doi: 10.1016/j.jphys.2020.05.007	Q1	5.44
4.	Opinion Piece	Cardon G, Salmon J*. Why have youth physical activity trends flatlined in the last decade? Opinion piece on "Global trends in insufficient physical activity among adolescents: a pooled analysis of 298 population-based surveys with 1.6 million participants" by Guthold et al. <i>Journal of Sport and Health Science</i> . 2020; 99(4): 335-338. Doi: 10.1016/j.jshs.2020.04.009	Q1	5.2
5.	Letter to Editor	Clarkson MJ, Bennett PN, Warmington SA*. Intradialytic exercise with blood flow restriction is more effective than conventional exercise in improving walking endurance in hemodialysis patients: comments on a randomized control trial. <i>Clinical Rehabilitation</i> . 2020; 34(11): 1409-1411. Doi: 10.1177/0269215520945660	Q1	2.599
6.	Editorial	Islam SMS*, Maddison R*. Digital health approaches for cardiovascular diseases prevention and management: lessons from preliminary studies. <i>mHealth</i> . 2020; Doi: 10.21037/mhealth-2020-dhed-06	N/A	N/A
7.	Letter to Editor	Keech A, Way K*, Holgate K, Fildes J, Indraratna P, Yu J. HIIT for post-COVID patients within cardiac rehabilitation: response to letter to the editor. <i>International Journal of Cardiology</i> . 2020; Doi: 10.1016/ijcard.2020.08.086	Q1	3.229
8.	Letter to Editor	Keske MA*, Barrett EJ, Lindner JR, Richter EA, Liu Z, McConell GK, Askew CD, Serne EH, Premilovac D, Richards SM, Rattigan S, Eringa E. Perfusion controls muscle glucose uptake by altering the rate of glucose dispersion in vivo. <i>American Journal of Physiology. Endocrinology and Metabolism</i> . 2020; 318: E311-312. Doi: 10.1152/ajpendo.00430.2019	Q1	3.469
9.	Letter to Editor	Malekahmadi M, FirouziS, Daryabeygi-Khotbehsara R, Islam SMS*, Norouzy A, Moghaddam OM, Soltani S. Response to letter "Are we really sure about the pycnogenol antihypertensive effect?" <i>Pharmacological Research</i> . 2020; 151: 104544. Doi: 10.1016/j.phrs.2019.104544 (Original article published 2019; 150: 104472).	Q1	5.893
10.	Letters	Rahman MS, Lassi ZS, Islam SMS*. Risks to Bangladeshi children and young people during COVID-19 outbreak. <i>BMJ</i> . 2020; 369: m2299. Doi: 10.1136/bmj.m2299	Q1	30.223

Editorials and reports cont.

	Type	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
11.	Editorial	Rosenbaum S, McKeon G, Stubbs B, Teychenne M*, Parker A, Stanton R, Schuch F, Mistry A, Steel Z, Firth J. Redefining mental healthcare: going multidisciplinary to manage multimorbidity. <i>British Journal of Sports Medicine</i> . 28 May (Advance online) bjsports-2019-101691. Doi: 10.1136/bjsports-2019-101691	Q1	12.68
12.	Invited editorial	Scott D*. Come in from the cold: Are older adults who live in colder climates at greater risk of sarcopenia? <i>Journal of Clinical Medicine</i> . 2020; 9: 1859. Doi: 10.3390/jcm9061859	Q1	3.303
13.	Correspondence	Soron TR, Islam SMS*, Ahmed HU, Ahmed SI. The hope and hype of telepsychiatry during the COVID-19 pandemic. <i>Lancet Psychiatry</i> . 2020; 7(8): e50. Doi: 10.1016/S2215-0366(20)30260-1	Q1	16.209
14.	Debate	Thornton LE*, Lamb KE, White SR. The use and misuse of ratio and proportion exposure measures in food environment research. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2020; 17: 118. Doi: 10.1186/s12966-020-01019-1	Q1	6.714
15.	VicHealth background paper	Timperio A*, Giles-Corti B. VicHealth. Life and Health Re-imagined series. Paper 3. Streets for people: Lessons from a return to local living. 2020; background paper for VicHealth. Doi: 10.37309/2020.PY903	N/A	N/A
16.	Letters	Zanker J, Scott D*, Brennan-Olsen S, Duque G. Sarcopenia: a deserving recipient of an Australian ICD-10-AM code. <i>Medical Journal of Australia</i> . 2020; 212(1): 45-45.e1 Doi: 10.5694/mja2.50432.	Q2	6.112
17.	Report	Bellew B, Nau T, Smith BJ, Bauman A (Eds). Getting Australia Active 111: A systems approach to physical activity for policy makers. Sydney, Australia. Report prepared by The Australian Prevention Partnership Centre and The University of Sydney. Salmon J* contributing author. April 2020.	N/A	N/A
18.	Report	Commission for the Human Future. Lawrence M* contributing author. The need for strategic food policy in Australia: Governing for a healthy, sustainable, economically viable and resilient food system. Report for Australian policy makers. May 2020.	N/A	N/A
19.	Report	Eyles JP, Hunter DJ, Briggs AM, Hinman RS, Fitzpatrick J, March L, Cicuttini F, McNaughton SA*, Weald D, Nicholas M, Filocamo K, Bennell K. National Osteoarthritis Strategy brief report: Living well with osteoarthritis. <i>Australian Journal of General Practice</i> . 2020; 49(7): 438-442. Doi: 10.31128/AJGP-08-19-5051-02	Q3	.723

* Indicates IPAN staff

Book chapters

	Title
1.	Barnett LM*, Stodden D F, Hulteen R M, Sacko R S. Motor Competence Assessment. (Chapter 19). In Brusseau T, Fairclough S, Lubans D (Eds). The Routledge Handbook of Youth Physical Activity, Routledge. 2020; pp 384 – 408
2.	Lacy KE*, Campbell KJ*. Feeding and Eating. (Volume 1: Growth in Childhood- Health). In Hupp S, Jewel J (Eds). Encyclopedia of Child and Adolescent Development. United States of America. John Wiley & Sons, Inc., 2020; pp 257-268. Doi: 10.1002/9781119171492.wecad036
3.	McNaughton SA*. Dietary Patterns. (Volume 2B Chapter 13). In Marriott BP, Birt DF, Stallings VA, Yates AA. (Eds). 11th Edition, Present Knowledge in Nutrition. Elsevier: Amsterdam, Netherlands. 2020; pp 235-248
4.	Maddison R*, Rollo S, Marchand A, Prapavessis H. Preventing Sport Injuries: A Case for Psychology Intervention. In Ivarsson A, Johnson U (Eds). Psychological Bases of Sport Injuries 4th edition. Fitness Information Technology, Inc, 2020.
5.	Morgado LDS, De Martelaer K, D'Hondt E, Barnett LM*, Costa AM, Howells K, Sääkslahti A, Jidovtseff B. Pictorial Scale of Perceived Water Competence (PSPWC): Testing Manual. 2020; 1st Edition. Early Years SIG AIESEP
6.	O'Brian W, Hall N, Barnett LM*, Farmer O. Gaelic games case study conversations: in flow and in the zone. (Part 2, Chapter 9). In Chambers FC, Aldous D, Bryant A (Eds). Routledge. Threshold Concepts in Physical Education: A Design Thinking Approach. 2020; 122-137
7.	Owen PJ*, Belavy DL*, Rittweger J. Using whole-body vibration for countermeasure exercise. (Chapter 16). In Rittweger J (Ed). Manual of Vibration Exercise and Vibration Therapy. Springer International Publishing. 2020; pp 229-244. Doi: 10.1007/978-3-030-43985-9_16
8.	Ridgers ND*, Parrish AM, Salmon J*, Timperio A*. School recess physical activity interventions. (Chapter 24). In Brusseau T, Fairclough S, Lubans D (Eds). The Routledge Handbook of Youth Physical Activity, Routledge. 2020; pp. 504-522
9.	Salmon J*, Hesketh KD*, Arundell L*, Downing KL*, Biddle SJH. Changing behavior using ecological models. (Chapter 10). In Hagger M, Cameron L, Hamilton K, Hankonen N, Lintunin T. The Handbook of Behavior Change. Cambridge University Press. 2020; pp 237-250. Doi: 10.1017/9781108677318.017
10.	Salmon J*, Mazzoli E, Lander N, Contardo Ayala AM, Sherar L, Ridgers ND*. Classroom-based physical activity interventions. (Chapter 25). In Brusseau T, Fairclough S, Lubans D (Eds). The Routledge Handbook of Youth Physical Activity, Routledge. 2020; pp 523-540.
11.	Timperio A*, Sahlqvist S*, Loh V*, Deforche B, Veitch J*. Physical environmental factors associated with physical activity in young people. (Chapter 10). In Brusseau T, Fairclough S, Lubans D (Eds). The Routledge Handbook of Youth Physical Activity, Routledge. 2020; pp 213-233

* Indicates IPAN staff

Advanced online/epub publications

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
1.	Ali M, Aluddin S, Khatun F, Maniruzzaman, Islam SMS*. Determinants of early age of mother at first birth in Bangladesh: a statistical analysis using a two-level multiple logistic regression model. <i>Journal of Public Health: From Theory to Practice</i> . 2020; 12 Feb (Advance online). Doi: 10.1007/s10389-020-01228-9	N/A	N/A
2.	Allerton TD, Kowalski G*, Hang H, Stephens J. Dynamic glucose disposal is driven by reduced endogenous glucose production in response to voluntary wheel running: a stable isotope approach. <i>American Journal of Physiology. Endocrinology and Metabolism</i> . 2020; 28 Apr (Advance online) 319(1): E2-E10. Doi: 10.1152/ajpendo.00450.2019	Q1	3.78
3.	Allerton TD, Kowalski GM*, Stampely J, Irving BA, Lighton JRB, Floyd ZE, Stephens JM. An ethanolic extract of <i>artemisia dracuncululus</i> L. Enhances the metabolic benefits of exercise in diet-induced obese mice. <i>Medicine and Science in Sports and Exercise</i> . 2020; 22 Oct (Advance online). Doi: 10.1249/MSS.0000000000002516	Q1	4.029
4.	Baker P*, Santos T, Neves PA, Machado P*, Smith J, Piwoz E, Barros AJD, Victora CG, McCoy D. First-food systems transformations and the ultra-processing of infant and young child diets: the determinants, dynamics and consequences of the global rise in commercial milk formula consumption. <i>Maternal and Child Nutrition</i> . 2020; 3 Nov (Advance online) e13097. Doi: 10.1111/mcn.13097	Q1	2.789
5.	Barnett LM*, Mazzoli E, Hawkins M, Lander N, Lubans D, Caldwell S, Comis P, Keegan R, Cairney J, Dudley D, Stewart R, Long G, Schranz N, Brown T, Salmon J*. Development of a self-report scale to assess children's perceived physical literacy. <i>Physical Education and Sport Pedagogy</i> . 2020; 22 Dec (Advance online). Doi: 10.1080/17408989.2020.1849596	Q1#, Q2#	2.618
6.	Barnett LM*, Ulrich BD. The Michigan State University Motor Performance Study, look to the past to shed light on the future. <i>Measurement in Physical Education and Exercise Science</i> . 2020; 10 Dec (Advance online). Doi: 10.1080/1091367X.2020.1860993	Q1#, Q2#	1.75
7.	Belavy DL*, van Oosterwijck J, Clarkson M, Dhondt E, Mundell NL, Miller CT, Owen PJ*. Pain sensitivity is reduced by exercise training: evidence from a systematic review and meta-analysis. <i>Neuroscience and Biobehavioral Reviews</i> . 2020; 27 Nov (Advance online) S0149-7634(20)30645-X. Doi: 10.1016/j.neubiorev.2020.11.012	Q1	8.329
8.	Betik AC*, Parker L*, Kaur G*, Wadley GD*, Keske MA*. Whole-body vibration stimulates microvascular blood flow in skeletal muscle. <i>Medicine and Science in Sports and Exercise</i> . 2020; 21 Aug (Advance online). Doi: 10.1249/mss.0000000000002463	Q1	4.029
9.	Brandon I, Baker P*, Lawrence M*. Have we compromised too much? A critical analysis of nutrition policy in Australia 2007-2018. <i>Public Health Nutrition</i> . 2020; 28 Sep (Advance online). Doi: 10.1017/S1368980020003389	Q1	3.182
10.	Cardoso BR, Hare DJ, Macpherson H*. Sex-dependent association between selenium status and cognitive performance in older adults. <i>European Journal of Nutrition</i> . 2020; 12 Sep (Advance online). Doi: 10.1007/s00394-020-02384-0	Q1	4.664
11.	Chappel SE, Aisbett B*, Considine J, Ridgers ND*. Bidirectional associations between emergency nurses' occupational and leisure physical activity: an observational study. <i>Journal of Sports Sciences</i> . 2020; 3 Nov (Advance online). Doi: 10.1080/02640414.2020	Q1	2.597
12.	Contardo-Ayala AM, Salmon J*, Dunstan DW, Arundell L*, Timperio A*. Does light-intensity physical activity moderate the relationship between sitting time and adiposity markers in adolescents? <i>Journal of Sport and Health Science</i> . 2020; 14 Apr (Advance online) S2095-2546(20)30043-0. Doi: 10.1016/j.jshs.2020.04.002	Q1	5.2
13.	Cullerton K, Baker P*, Adsett E, Lee A. What do the Australian public think of regulatory nutrition policies? A scoping review. <i>Obesity Reviews</i> . 2020; 3 Aug (Advance online). Doi: 10.1111/obr.13106	Q1	7.31
14.	Dangerfield F, Lamb KE, Oostenbach LH, Ball K*, Thornton L*. Urban-regional patterns of food purchasing behaviour: a cross-sectional analysis of the 2015-16 Australian Household Expenditure Survey. <i>European Journal of Clinical Nutrition</i> . 2020; 12 Sept (Advance online). Doi: 10.1038/s41430-020-00746-9. (Correction: published online 2 Nov; Doi: 10.1038/s41430-020-00791-4	Q1	3.291

Advanced online/epub publications cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
15.	Dekker J, Amitami M, Berman AH, Brown H*, Cleal B, Figueiras MJ, Finney Rutten LJ, Fors EA, Griva K, Gu J, Keyworth C, Kleinstaubler M, Lahmann C, Lau JTF, Leplow B, Li L, Gavelin HM, Mewes R, Mo PKH, Mullan B, Penedo FJ, Prins J, Rodriguez TR, Simpson SA, Stauder A, Tuomisto MT, Weiss DJ, Nater UM. Definition and characteristics of behavioral medicine, and main tasks and goals of the International Society of Behavioral Medicine- an International Delphi Study. <i>International Journal of Behavioral Medicine</i> . 2020; 9 Sep (Advance online). Doi: 10.1007/s12529-020-09928-y	Q2	2.139
16.	Den E, Steer B, Quinn P, Kiss N*. Effect of an evidence-based nutrition care pathway for cancer patients undergoing gastrointestinal and pelvic surgery. <i>Nutrition and Cancer</i> . 2020; 2 Nov (Advance online). Doi: 10.1080/01635581.2020.1839517	Q2#, Q3#	2.363
17.	Desneves KJ, Panisset MG, Galea MP, Kiss N*, Daly RM*, Ward LC. Comparison of segmental lean tissue mass in individuals with spinal cord injury measured by dual energy X-ray absorptiometry and predicted by bioimpedance spectroscopy. <i>Spinal Cord</i> . 2020; 19 Oct (Advance online). Doi: 10.1038/s41393-020-00568-3	Q1#, Q2#, Q3#	1.773
18.	De Pasquale C, De Sousa Morgado L, Jidovtseff B, De Martelaer K, Barnett LM*. Utility of a scale to assess Australian children's perceptions of their swimming competence and factors associated with child and parent perception. <i>Health Promotion Journal of Australia</i> . 2020; 16 Aug (Advance online). Doi: 10.1002/hpja.404	Q2#, Q3#	1.476
19.	Essiet IA, Salmon J*, Lander NL, Duncan MJ, Eyre ELJ, Barnett LM*. Rationalizing teacher roles in developing and assessing physical literacy in children. <i>Prospects</i> . 2020; 22 Jul (Advance online). Doi: 10.1007/s11125-020-09489-8	Q3#	0.4
20.	Estevan I, Bardid F, Utesch T, Menescardi C, Barnett LM*, Castillo I. Examining early adolescents' motivation for physical education: associations with actual and perceived motor competence. <i>Physical Education and Sport Pedagogy</i> . 2020; 17 Aug (Advance online). Doi: 10.1080/17408989.2020.1806995	Q1#, Q2#	2.618
21.	GBD 2019 Blindness and Vision Collaborators; Vision loss expert group of the Global Burden of Disease Study. *named collaborator, Islam SMS*. Causes of blindness and vision impairment in 2020 and trends over 30 years, and prevalence of avoidable blindness in relation to VISION 2020: the Right to Sight: an analysis for the Global Burden of Disease Study. <i>The Lancet Global Health</i> . 2020; 1 Dec (Advance online). S2214-109X(20)30489-7. Doi: 10.1016/S2214-109X(20)30489-7	Q1	21.597
22.	Grimes C*, Bolton K*, Booth A*, Khokhar D, Service C, He F, Nowson C. The association between dietary sodium intake, adiposity and sugar-sweetened beverages in children and adults: a systematic review and meta-analysis. <i>British Journal of Nutrition</i> . 2020; 15 Oct (Advance online). Doi: 10.1017/S0007114520004122	Q1	3.334
23.	Islam SMS*, Uddin R*, Zaman SB, Biswas T, Tansi T, Chegini Z, Moni MA, Niessen L, Naheed A, for the MPID Trial Investigators. Healthcare seeking behavior and glycemic control in patients with type 2 diabetes attending a tertiary hospital. <i>International Journal of Diabetes in Developing Countries</i> . 2020; 8 Oct (Advance online). Doi: 10.1007/s13410-020-00875-8	Q3#, Q4#	0.525
24.	Islam SMS*, George ES*, Maddison R*. Effectiveness of a mobile phone text messaging intervention on dietary behaviour in patients with type 2 diabetes: a post-hoc analysis of a randomised controlled trial. <i>mHealth</i> . 2020; 8 Jul (Advance online). Doi: 10.21037/mhealth-2019-dhed-04	N/A	N/A
25.	Jinnette R, Narita A, Manning B, McNaughton SA*, Mathers JC, Livingstone KM*. Does personalized nutrition advice improve dietary intake in healthy adults? A systematic review of randomized controlled trials. <i>Advances in Nutrition</i> . 2020; 12 Dec (Advance online). Doi: 10.1093/advances/nmaa144	Q1	7.265
26.	Kiss N*, Symons K, Hewitt J, Davis H, Ting C, Lee A, Boltang A, Tucker RM, Tan SY*. Taste function in adults undergoing cancer radiotherapy or chemotherapy, and implications for nutrition management: a systematic review. <i>Journal of the Academy of Nutrition and Dietetics</i> . 2020; 16 Oct (Advance online), S2212-2672(20)31065-0. Doi: 10.1016/j.jand.2020.08.014	Q1	4.151
27.	Kuswara K, Knight T, Campbell KJ*, Hesketh KD*, Zheng M*, Bolton KA*, Laws R*. Breastfeeding and emerging motherhood identity: An interpretative phenomenological analysis of first time Chinese Australian mothers' breastfeeding experiences. <i>Women and Birth</i> . 2020; 20 Mar (advance online) S1871-5192(19)30940-0. Doi: 10.1016/j.wombi.2020.03.005	Q1#, Q2#	2.308
28.	Lander N, Lewis S, Nahavandi D, Amsbury K, Barnett LM*. Teacher perspectives of online continuing professional development in physical education. <i>Sport, Education and Society</i> . 2020; 21 Dec (Advance online). Doi: 10.1080/13573322.2020.1862785	Q1#, Q2#	2.21

Advanced online/epub publications cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
29.	Lee EY, Khan A, Uddin R*, Lim E, George L. Six-year trends and intersectional correlates of meeting 24-Hour Movement Guidelines among South Korean adolescents: Korea Youth Risk Behaviour Surveys 2013-2018. <i>Journal of Sport and Health Science</i> . 2020; 11 Nov (Advance online):S2095-2546(20)30150-2. Doi: 10.1016/j.jshs.2020;.11.001.	Q1	5.2
30.	Lindberg R*, Barbour L, Godrich S. A rights-based approach to food security in Australia. <i>Health Promotion Journal of Australia</i> . 2020; 24 Jan (Advance online). Doi: 10.1002/hpja.324	Q2#, Q3#	1.476
31.	Lindsay A*, Abbott G, Ingalls CP, Baumann CW. Muscle strength does not adapt from a second to third bout of eccentric contractions: a systematic review and meta-analysis of the repeated bout effect. <i>Journal of Strength and Conditioning Research</i> . 2020; 17 Dec (Advance online). Doi: 10.1519/JSC.0000000000003924	Q1	2.973
32.	McCann J, Russell CG, Campbell KJ*, Woods JL*. Nutrition and packaging characteristics of toddler foods and milks in Australia. <i>Public Health Nutrition</i> . 2020; 13 Nov (Advance online). Doi: 10.1017/S1368980020004590	Q1	3.182
33.	Ma J, Hogan MJ, Eyre ELJ, Lander N, Barnett LM*, Duncan MJ. Using collective intelligence to identify barriers to implementing and sustaining effective Fundamental Movement Skill interventions: A rationale and application example. <i>Journal of Sports Sciences</i> . 2020; 30 Oct (Advance online). Doi: 10.1080/02640414.2020.1841395	Q1	2.597
34.	Mahizir D, Briffa JF, Anevska K, Wadley GD*, Mortiz KM, Wlodek ME. Exercise alters cardiovascular and renal pregnancy adaptations in female rats born small on a high-fat diet. <i>American Journal of Physiology -Regulatory, Integrative and Comparative Physiology</i> . 2020; 16 Dec (Advance online). Doi: 10.1152/ajpregu.00260.2020	Q2	3.026
35.	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	3.334
36.	Miller EG, Nowson CA, Dunstan DW, Kerr DA, Menzies D, Daly RM*. Effects of whey protein plus vitamin D supplementation combined with resistance training on glycemic control, body composition, muscle function and cardiometabolic risk factors in middle-aged and older overweight/obese adults with type 2 diabetes? A 24-week randomized controlled trial. <i>Diabetes, Obesity, Metabolism</i> . 2020; 23 Dec (Advance online). Doi: 10.1111/dom.14299	Q1	5.9
37.	Milsom P, Smith R, Baker P*, Walls H. Corporate power and the international trade regime preventing progressive policy action on non-communicable diseases: a realist review. <i>Health Policy and Planning</i> . 2020; 4 Dec (Advance online) czaa148. Doi: 10.1093/heapol/czaa148	Q1	2.704
38.	Mitchell UH, Owen P*, Rantalainen T, Belavy DL*. Increased joint mobility is associated with impaired transversus abdominis contraction. <i>Journal of Strength and Conditioning Research</i> . 2020; 12 Aug (Advance online). Doi: 10.1519/JSC.0000000000003752	Q1	2.973
39.	Nain Z, Rana HK, Lio P, Islam SMS*, Summers MA, Moni MA. Pathogenetic profiling of COVID-19 and SARS-like viruses. <i>Briefings in Bioinformatics</i> . 2020; 11 Aug (Advance online). Doi: 10.1093/bib/bbaa173	Q1	8.99
40.	Naspolini NF, Machado PP*, Frões-Asmus CIR, Câmara VdM, Moreira JC, Meyer A. Food consumption according to the degree of processing, dietary diversity and socio-demographic factors among pregnant women in Rio de Janeiro, Brazil: The Rio Birth Cohort Study of Environmental Exposure and Childhood Development (PIPA Project). <i>Nutrition & Health</i> . 2020; 19 Oct (Advance online) 260106020960881. Doi: 10.1177/0260106020960881	Q3	0.63
41.	Neves PAR, Barros AJD, Baker P*, Piwoz E, Santos TM, Gatica-Dominguez G, Vaz JS, Rollins N, Victora CG. Consumption of breast milk, formula and other non-human milk by children aged under two years: analysis of eighty-six low-and middle-income countries. <i>Public Health Nutrition</i> . 2020; 16 Oct (Advance online). Doi: 10.1017/S1368980020004061	Q1	3.182
42.	Ng C, McMillan LB, Humbert L, Ebeling PR, Scott D*. Feasibility, safety and effectiveness of a pilot 16-week home-based, impact exercise intervention in postmenopausal women with low bone mineral density. <i>Osteoporosis International</i> . 2020; 7 Nov (Advance online). Doi: 10.1007/s00198-020-05723-3	Q1	3.864
43.	Oostenbach LH, Lamb KE, Dangerfield F, Poelman MP, Kremers S, Thornton L*. The role of dwelling type on food expenditure: a cross-sectional analysis of the 2015-2016 Australian Household Expenditure Survey. <i>Public Health Nutrition</i> . 2020; 21 Aug (Advance online). Doi: 10.1017/S1368980020002785	Q1	3.182

Advanced online/epub publications cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
44.	Owen PJ*, Hangai M, Kaneoka K, Rantalainen T, Belavy DL*. Mechanical loading influences the lumbar intervertebral disc. A cross-sectional study in 308 athletes and 71 controls. <i>Journal of Orthopaedic Research</i> . 2020; 21 Jul (Advance online). Doi: 10.1002/jor.24809	Q1	2.728
45.	Papassotiropoulos I, Islam SMS*. Adherence to Mediterranean diet is associated with lung function in older adults: data from the Health and Retirement study. <i>Journal of the American College of Nutrition</i> . 2020; 23 Mar (Advance online). Doi: 10.1080/07315724.2020.1740114	Q2	2.297
46.	Parker K*, Timperio A*, Salmon J*, Villanueva K, Brown H*, Esteban-Cornejo I, Cabanas-Sánchez V, Castro-Piñero J, Sánchez-Oliva D, Veiga OL. Activity-related typologies and longitudinal change in physical activity and sedentary time in children and adolescents: The UP & DOWN Study. <i>Journal of Sport and Health Science</i> . 2020; 12 Feb (Advance online). Doi: 10.1016/j.jshs.2020.02.004	Q1	5.2
47.	Parker L*, Morrison DJ, Wadley GD*, Shaw CS*, Betik A*, Roberts-Thomson K, Kaur G*, Keske M*. Prior exercise enhances skeletal muscle microvascular blood flow and mitigates microvascular flow impairments induced by a high-glucose mixed meal in healthy young men. <i>Journal of Physiology</i> . 2020; 15 Nov (Advance online). Doi: 10.1113/JP280651	Q1	4.547
48.	Renton MC, McGee SL, Howlett KF*. The role of protein kinase (PKD) in intracellular nutrient sensing and regulation of adaptive responses to the obese environment. <i>Obesity Reviews</i> . 2020; 14 Sep (Advance online). Doi: 10.1111/obr.13145	Q1	7.31
49.	Russell C, Grimes C*, Baker P*, Sievert K, Lawrence MA*. The drivers, trends and dietary impacts of non-nutritive sweeteners in the food supply: a narrative review. <i>Nutrition Research Reviews</i> . 2020; 5 Nov (Advance online). Doi: 10.1017/S0954422420000268	Q1	7.641
50.	Sakib N, Bhuiyan AKMI, Hossain S, Al Mamun F, Hosen I, Abdullah AH, Sarker MA, Mohiuddin MS, Rayhan I, Hossain M, Sikder MT, Gozal D, Muhit M, Islam SMS*, Griffiths MD, Pakpour AH, Mamun MA. Psychometric validation of the bangla fear of COVID-19 scale: confirmatory factor analysis and rasch analysis. <i>International Journal of Mental Health and Addiction</i> . 2020; 11 May (Advance online). Doi: 10.1007/s11469-020-00289-x	Q2	1.648
51.	Sakib N, Islam M, Habib SA, Bhuiyan AKMI, Alam M, Tasneem N, Hossain M, Islam SMS*, Griffiths MD, Mamun MA. Depression and suicidality among Bangladeshi students: subject selection reasons and learning environment as potential risk factors. <i>Perspectives in Psychiatric Care</i> . 2020; 2 Nov (Advance online). Doi: 10.1111/ppc.12670	Q2#, Q3#	1.273
52.	Scott D*, Johansson J, Gandham A, Ebeling PR, Nordstrom P, Nordstrom A. Associations of accelerometer-determined physical activity and sedentary behaviour with sarcopenia and incident falls over 12-months in community-dwelling Swedish older adults. <i>Journal of Sport and Health Science</i> . 2020; 5 Feb (Advance online). Doi: 10.1016/j.jshs.2020.01.006	Q1	5.2
53.	Shoib S, Islam SMS*, Arafat SMY, Hakak SA. Depression and suicidal ideation among the geriatric population of Kashmir, India. <i>International Journal of Social Psychiatry</i> . 2020; 24 Oct (Advance online). Doi: 10.1177/0020764020968592	Q2	1.439
54.	Sievert K, Lawrence M*, Parker C, Baker P*. Understanding the political challenge of red and processed meat reduction for healthy and sustainable food systems: a narrative review of the literature. <i>International Journal of Health Policy and Management</i> . 2020; 2 Dec (Advance online). Doi: 10.34172/ijhpm.2020.238	N/A	N/A
55.	Smith C, Tacey A, Mesinovic J, Scott D*, Lin X, Brennan-Speranza TC, Lewis JR, Duque G, Levinger I. The effects of acute exercise on bone turnover markers in middle-aged and older adults: a systematic review. <i>Bone</i> . 2020; 21 Nov (Advance online) 115766. Doi: 10.1016/j.bone.2020.115766	Q1	4.147
56.	Stanesby O, Long M, Ball K*, Blizzard L, Cocker F, Greaves S, Harpur S, Johnston F, Jose K, Marshall E, Palmer AJ, Sharman M, Venn A, Williams J, Cleland V. Socio-demographic, behavioural and health-related characteristics associated with active commuting in a regional Australian state: evidence from the 2016 Tasmanian Population Health Survey. <i>Health Promotion Journal of Australia</i> . 2020; 29 Sept (Advance online). Doi: 10.1002/hpja.428	Q2#, Q3#	1.476
57.	Sudholz B, Contardo-Ayala AM, Timperio A*, Dunstan D, Conroy DE, Abbott G, Holland B, Arundell L*, Salmon J*. The impact of height-adjustable desks and classroom prompts on sitting time, social, and motivational factors among adolescents. <i>Journal of Sport and Health Science</i> . 2020; 20 May (Advance online). Doi: 10.1016/j.jshs.2020.05.002	Q1	5.2

Advanced online/epub publications cont.

	Title	Scimago Journal Ranking Quartile (2019)	Incites Impact Factor (2019)
58.	Telford RM, Olive LS, Keegan RJ, Keegan S, Barnett LM*, Telford RD. Student outcomes of the physical education and physical literacy (PEPL) approach: a pragmatic cluster randomised controlled trial of a multicomponent intervention to improve physical literacy in primary schools. <i>Physical Education and Sport Pedagogy</i> . 2020; 3 Aug (Advance online). Doi: 10.1080/17408989.2020.1799967	Q1#, Q2#	2.618
59.	Teychenne M*, Abbott G, Stephens LD, Opie RS*, Olander EK, Brennan L, van der Pligt P*, Apostolopoulos M, Ball K*. Mums on the Move: a pilot randomised controlled trial of a home-based physical activity intervention for mothers at risk of post-natal depression. <i>Midwifery</i> . 2020; 27 Nov (Advance online). Doi: 10.1016/j.midw.2020.102898	Q1#, Q2#	1.778
60.	Thornton L*, Rich S, Johnson L, Horne R, Andrews F. Pie in the sky: exploring food practices amongst those living in apartments within Melbourne, Australia. <i>Cities and Health</i> . 2020; 18 Jun (Advance online). Doi: 10.1080/23748834.2020.1774955	N/A	N/A
61.	Verswijveren SJJM, Salmon J*, Daly RM*, Arundell L*, Cerin E, Dunstan DW, Hesketh KD*, Della Gatta P*, Ridgers ND*. Reallocating sedentary time with total physical activity bouts in children: associations with cardiometabolic biomarkers. <i>Journal of Sports Sciences</i> . 2020; 22 Sep (Advance online). Doi: 10.1080/02640414.2020.1822584	Q1	2.597
62.	Verswijveren S, Salmon J*, Daly RM*, Della Gatta P*, Arundell L*, Dunstan DW, Hesketh KD*, Cerin E, Ridgers ND*. Is replacing sedentary time with bouts of physical activity associated with inflammatory biomarkers in children? <i>Scandinavian Journal of Medicine and Science in Sports</i> . 2020; 17 Nov (Advance online). Doi: 10.1111/sms.13879	Q1	3.255
63.	Vidal-Almela S, Czajkowski B, Prince SA, Chirico D, Way KL*, Pipe AL, Reed JL. Lessons learned from community-and home-based physical activity programs: a narrative review of factors influencing women's participation in cardiac rehabilitation. <i>European Journal of Preventive Cardiology</i> . 2020; 7 Mar (Advance online). Doi: 10.1177/2047487320907748	Q1#, Q2#	5.864
64.	Way KL*, Lee AS, Twigg SM, Johnson NA. The effect of acute aerobic exercise on central arterial stiffness, wave reflection and hemodynamics in adults with diabetes: a randomized cross-over design. <i>Journal of Sport and Health Science</i> . 2020; 3 Mar (Advance online). Doi: 10.1016/j.jshs.2020.02.009	Q1	5.2
65.	Wingrove K, Lawrence MA*, McNaughton SA*. Dietary patterns, foods, and nutrients: a descriptive analysis of the systematic reviews conducted to inform the Australian Dietary Guidelines. <i>Nutrition Research Reviews</i> . 2020; 11 Aug (Advance online). Doi: 10.1017/S0954422420000190	Q1	7.641
66.	Zheng M*, Rangan A, Olsen NJ, Heitmann BL. Longitudinal association of nighttime sleep duration with emotional and behavioral problems in early childhood: results from the Danish Healthy Start Study. <i>Sleep</i> . 2020; 21 Jul (Advance online). Doi: 10.1093/sleep/zsaa138	Q1	4.805
67.	Zheng M*, Hesketh KD*, Wu JHY, Heitmann BL, Downing K*, Campbell KJ*. Nighttime sleep duration trajectories were associated with body mass index trajectories in early childhood. <i>Pediatric Obesity</i> . 28 Dec (Advance online) e12766. Doi: 10.1111/ijpo.12766	Q1	3.429
68.	Zorbas C, Browne J, Chung A, Baker P*, Palermo C, Reeve E, Peeters A, Backholer K. National nutrition policy in high-income countries: is health equity on the agenda? <i>Nutrition Reviews</i> . 2020; 23 Nov (Advance online) nuaa120. Doi: 10.1093/nutrit/nuaa120	Q1	6.5

* Indicates IPAN staff

Subject area and categories identified by the Scimago Journal Ranking

Financial summary 2020

2020 actual

Income	\$
Deakin Contribution (Baseline, Performance and ERA bonus)	3,658,000
Total Income	3,658,000
Employment Costs	
Academic Salaries	1,832,000
Professional Salaries	772,000
Other Employment Costs	0
Contractors	8,000
Total Employment Costs	2,613,000
Non salary expenses	
Repairs & Maintenance	0
Equipment and Leases	0
Depreciation and Amortisation	0
Marketing, Advertising & Promotions	16,000
Agent's Commission	0
Student Expenses	0
Consumables & Communication	214,000
Professional, Legal & Consultants	4,000
Staff Recruitment and Development	10,000
Catering & Entertainment	1,000
Travel	13,000
Utilities	0
Other Expenditure	173,000
Scholarships and Bursaries	29,000
Total Non-employment expenses	460,000
Total Expenditure	3,073,000
2020 Surplus*	585,000

*Due to the COVID-19 pandemic, planned expenditure on a range of activities in 2020 was suspended due to Deakin University and/or Government directives, leading to a significant surplus.

Thank you

Making improvements to health through quality research is a team effort. Despite the impacts of the global pandemic on our research, we have still accomplished great things due to the collective effort of our wonderful staff, supporters, donors, stakeholders and collaborators.

Thank you for working with us to achieve better health outcomes across all populations, in Australia and abroad.





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