DEAKIN UNIVERSITY

IPAN

INSTITUTE FOR PHYSICAL ACTIVITY AND NUTRITION

10 YEARS

Meaningful research. Mighty impact.

Improving health, wellbeing, performance and society through research.

The Institute for Physical Activity and Nutrition (IPAN) conducts research across all ages and life stages to improve health, wellbeing, performance and society.

Our vision

Is to enable a healthy and sustainable world through research excellence.

Our purpose

Is to conduct multidisciplinary research in active living, sport, food and nutrition to solve population and planetary health, performance and system challenges.

Sharing our knowledge

We're passionate about building healthy, thriving communities through collaborative research that shapes impactful programs and policies.

From our world-class laboratory facilities through to the policy table, we are the go-to institute for high-quality research and expertise in active living, sport, food and nutrition. Our research spans basic metabolism, physiology, biomechanics, human performance, clinical and behavioural studies, through to community and population-based research.

With a solid history of working hand-in-hand with community and health groups, sporting organisations, athletes, industry, non-government organisations and all levels of government, we're known for turning research into real-world solutions.

IPAN is a world leading institute with our research consistently ranked above or well above world standard. Members of our team are recognised as global leaders in their research fields.

Our research covers active living, sport, food and nutrition, from the lab to real-world settings.

RESEARCH DOMAINS

Biology of Health and Disease
We characterise and understand the biological mechanisms behind exercise and nutrition and how this impacts health.

Preventing and Managing Chronic Conditions
We develop, implement, evaluate and translate lifestyle-based solutions to prevent and manage chronic conditions.

Healthy Active Living
We focus on real-world solutions to increase physical activity and reduce sedentary behaviour in the community.

Food, Nutrition and Health
We develop and use evidence to inform programs and policies to tackle the diverse range of nutrition issues in our community.

CENTRE FOR SPORT RESEARCH

We're focused on influencing practice in sport to enhance the health and performance of people and organisations participating in sports.

Our aim is to promote sport and exercise to create healthy communities, as well as build the capabilities of sport organisations in sport governance, management and marketing to support more sport participation.

THE BAKER-DEAKIN DEPARTMENT OF LIFESTYLE AND DIABETES

A partnership between the Baker Heart and Diabetes Institute and IPAN, the Department builds on the strong shared history of collaborative public health research between the two institutes. Researchers and health practitioners come together to develop effective lifestyle approaches for the prevention and management of diabetes.

CROSS DOMAIN THEMES

Our cross domain themes harness expertise and strengthen links across all areas of IPAN research.

- **Implementation science and translation** focuses on effective ways of improving the uptake and use of evidence in practice and methodologies for the design and evaluation of implementation-related research, as well as capacity building opportunities.
- **Sustainability** recognises that food and active living systems that promote healthy eating and active transport have benefits for personal, population and planetary health.
- **Digital technologies** leverages technology to improve physical activity, nutrition and health across the lifespan, and boosts the reach and sustainability of health behaviour interventions.

Connect with us

IPAN is recognised as a leader in innovative, high-quality research that translates to the real world, helping to create healthy and thriving communities.

Work with us

Our diverse collaborations with fellow academics, and with government, non-government and industry partners are critical to our research success. If you would like to explore ways to work together, please get in touch today.

Support us

When you choose to invest in IPAN, you're not only investing in improving health, you're also helping to support emerging researchers and retain top researchers in Australia.

To make a philanthropic donation or learn how you can support our work, please contact us directly at ***giving@deakin.edu.au***

Get in touch

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June 2025 - Deakin University CRICOS Provider Code: 00113B