

Healthier Eating and Active Living: The next generation of action

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About Deakin University

- 5 campuses – 2 in Geelong, Burwood (Melbourne), Warrnambool and the Cloud
- 53,000 students (Australia's 7th largest university)
- Top 2 % in major international rankings (ARWU 214), top 50 < 50yo (QS & THE)
- #3 in Australia for employability of its graduates (THES 2017)
- #1 in Victoria for student satisfaction for 7 consecutive years (AGS 2016)



Institute for Physical Activity and Nutrition

- The Institute for Physical Activity and Nutrition (IPAN) is committed to improving health and quality of life
- Our research focuses on strategies to reduce rates of non-communicable disease through nutrition and physical activity
- We are committed to fostering the next generation of research stars – strong emphasis on capacity building

About IPAN

- 75 academic staff, 60 PhD students, 100+ research support staff
- We work closely with end-users of our research – solutions-focused
- Key areas of focus:
 - Healthy pregnancy
 - Healthy eating in childhood
 - Physical activity and sedentary behaviour in children
 - Obesity prevention
 - Health inequalities
 - Healthy ageing
 - Built environment and health
 - Digital technology to support disease management



About today

- We are all familiar with the problem
 - Australian infants, children and adults eat poorly, are too inactive
 - Rates of overweight and obesity are amongst the highest in the world
 - Other chronic (lifestyle-related) diseases are common and increasing
- Real-world solutions are less clear
 - Research tells us what has worked, might work, doesn't work
 - How can draw on the best evidence to have an impact?
- Today is about working together to coming up BIG IDEAS that will make a difference

About today

- Great speakers with extensive knowledge about the evidence (what the research tells us)
- Participants with a breadth of real-world experience in policy and practice (what might work/not work in reality)
- Our challenge today is:
 - To come up with a plan for the G21 Region (no pressure)!
 - Agree how we keep the momentum going

Thank You

We are what we repeatedly do. Excellence then is not an act, but a habit

Aristotle