



DEAKIN
UNIVERSITY AUSTRALIA

GPAN

Centre for Physical Activity and Nutrition Research



Centre for Physical Activity and Nutrition Research (C-PAN)

Deakin University's Centre for Physical Activity and Nutrition Research (C-PAN) was established in 2003 and is based at the Melbourne Burwood Campus of Deakin University.

C-PAN is a multi-disciplinary research centre recognised internationally for its expertise in nutrition, physical activity, sedentary behaviour and obesity.

C-PAN is one of Deakin University's Strategic Research Centres. Strategic Research Centres provide a focus for key areas of research within the University, and aim to build on research strengths, mentor researchers in a stimulating and supportive environment and ensure excellence in research performance.

Our vision

To be the leading group nationally working in population health aspects of nutrition and physical activity, and to be one of the leading groups internationally.

Our mission

To understand the role of nutrition and physical activity in chronic health conditions and to develop strategies to enhance population health by improving nutrition and increasing physical activity to optimal levels.

Our expertise

Our staff have wide-ranging expertise including in molecular and cell biology, biochemistry, nutrition, dietetics, sensory science, exercise science, psychology, social and behavioural science, geography, epidemiology, health promotion and public health.



Our research

Our research spans basic metabolism and physiology, through clinical and behavioural studies, to community and population-based research.

C-PAN has three research program areas:

- 1 Muscle Health – focuses on identifying factors influencing muscle development and functioning, and developing strategies to improve muscle health.
- 2 Food, Lifestyle and Health – focuses on modifying lifestyle practices and the food supply to reduce chronic disease burden and understanding sensory determinants of food choice and the impact on health.
- 3 Behavioural Epidemiology – focuses on understanding and influencing eating, physical activity and sedentary behaviours and the factors impacting upon them.

Key areas of research include:

- Investigating the role of nutritional factors and exercise on muscle health and function throughout the lifespan.
- Determining and understanding the molecular processes that control muscle wasting, growth, regeneration and function.
- Assessing salt intake and sources of salt in the Australian diet in children and adults.
- Investigating the role of various nutrients and lifestyle practices on osteoporosis, obesity and cardiovascular disease.
- Understanding the role of taste sensitivities (e.g. fat, salt) in food choice and health.
- Measurement and monitoring of dietary intakes, dietary patterns, physical activity and sedentary behaviour, and the influences on these health behaviours.
- Understanding and improving physical activity, sedentary behaviours and eating behaviours in infants, pre-school, primary and secondary school children, adults and older adults.
- Examining factors influencing active transport and independent mobility in children, particularly those related to safety and perceived risk.
- Understanding socioeconomic disadvantage in relation to obesity, eating and physical activity, and development of strategies to improve health behaviours amongst disadvantaged communities and individuals.
- Investigating neighbourhood design and urban planning and its impact on food access and physical activity opportunities within communities.