



# Institute for Physical Activity and Nutrition

Annual Report 2022  
Our Impact

Making an impact on health and  
quality of life through research



**IPAN**  
INSTITUTE FOR PHYSICAL  
ACTIVITY AND NUTRITION



We acknowledge the Traditional Custodians of all the unceded lands, skies and waterways on which we work and meet.

We pay our deep respect to the Ancestors and Elders of Wadawurrung Country, Eastern Maar Country and Wurundjeri Country, where Deakin University's physical campuses are located.

We also acknowledge all First Nations Peoples that make contributions to our learning communities.



# Annual Report 2022

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## OUR VISION

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Our vision is to improve the health of all populations through physical activity and nutrition research excellence.

## OUR PURPOSE

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Our purpose 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

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Biology of health and disease



Preventing and managing chronic conditions



Healthy active living



Food, nutrition and health

## CROSS DOMAIN THEMES

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- Implementation science and translation
- Sustainability
- Digital technologies

THE BAKER-DEAKIN DEPARTMENT  
OF LIFESTYLE AND DIABETES

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96

ACADEMIC STAFF

\$5.82M

TOTAL EXTERNAL INCOME\*

107

PHD STUDENTS

14

PHD COMPLETIONS

379

HARD COPY PUBLICATIONS

73

ADVANCE PUBLICATIONS

5

BOOKS AND BOOK CHAPTERS

314

MEDIA HITS

9

NEW CATEGORY 1  
PROJECTS/FELLOWSHIPS  
COMMENCED IN 2022

5

CATEGORY 1  
PROJECTS/FELLOWSHIPS  
AWARDED IN 2022\*\*

\* **Category 1:** \$3,394,157; **Category 2-4:** \$2,429,630

\*\* To commence in 2023

# A message from our Chairperson



- ▶ 2022 was a highly successful year for the Deakin research enterprise. We continued to grow our research output, impact, and external resourcing in terms of income, while adapting to a new, blended working environment amid the continuing pandemic.

IPAN researchers were once again significant contributors to Deakin's overall research success.

Three IPAN researchers were named among the world's most influential in their fields following the release of the 2022 Clarivate™ Highly Cited Researchers™ list – Alfred Deakin Professors Jo Salmon and Anna Timperio, and Professor David Dunstan. IPAN's Associate Professors Nicole Kiss and Shariful Islam were named Victorian Tall Poppies, and IPAN researchers were also major contributors to the School of Exercise and Nutrition Sciences #1 world ranking in sport science schools and departments. The School held the #1 position in 2016-2017, regaining it in 2021 and maintaining it in 2022, while being in the top 3 in the world in 2018 and 2020\* and #1 in Australia since the ranking commenced in 2016. To consistently be in the top three of 300 institutions in the world is testament to the high quality of IPAN's research.

The establishment of the new Baker-Deakin Department of Lifestyle and Diabetes within IPAN is an exciting new initiative which builds on Deakin's strong research collaborations with the Baker Institute of Heart and Diabetes (Baker). I very much look forward to seeing the Department's development under the leadership of Professor David Dunstan and to many successes flowing from the combined research expertise from IPAN and our Baker colleagues.

It was also pleasing to see Deakin's collective health expertise recognised with a tender awarded to IPAN and the Institute for Health Transformation. The two institutes will jointly review and update Australia's National Health and Medical Research Council (NHMRC) clinical practice guidelines for managing overweight and obesity. This significant project is due for completion in 2024.

IPAN consistently sets benchmarks with its early mid-career researcher (EMCR) development program and stakeholder engagement activities. In 2022 the Institute maintained its strong track record in these areas, building capacity and confidence in its researchers and sharing its expertise with others across the University.

Despite some challenges in 2022, IPAN has achieved fantastic outcomes including generating almost \$6 million in funding, supporting 14 PhD students to completion, and publishing more than 450 scientific papers.

My congratulations and thanks to the IPAN leadership team, Alfred Deakin Professors Jo Salmon and Anna Timperio and Associate Professor Michelle Keske for guiding and supporting the team through the year. My sincere appreciation also to the IPAN Board for their generous expertise and the IPAN researchers and students for their tireless work to achieve research success.

Deakin's research continues to go from strength to strength, thanks to the amazing efforts of our researchers, students and the staff and colleagues who support them.

**Alfred Deakin Professor Julie Owens**  
Deputy Vice-Chancellor, Research

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\* No ranking of Sport Science Schools and Departments occurred in 2019

# A message from our Director



- Ultimately, 2022 saw exciting opportunities and outcomes for many of our researchers, despite the ongoing uncertainty and challenges after years of COVID-19 impacts.

A significant initiative for IPAN was the establishment of the Baker-Deakin Department of Lifestyle and Diabetes, a collaborative partnership between the Baker Heart and Diabetes Institute (Baker) and IPAN. I'd encourage you to read *Key highlights of 2022* on page 8 to learn more about it.

Other major initiatives included:

- The development of an IPAN consumer network (see page 10) to provide a 'lived experience' lens to our research. The focus in 2022 was on the development of resources and processes, and the appointment of a Coordinator, with the Network to be established in 2023.
- The development of a digital health research support system to guide researchers through necessary steps involved with app and web development in particular, as well as other technology related issues, and developing resources to improve efficiencies (see page 10).

With the re-opening of international borders IPAN researchers were able to physically attend international conferences with several providing invited or keynote presentations. We were also able to welcome international visitors from Denmark, Germany and the UK in 2022. International collaborations are a critical part of our research success and we continued to build on and grow these through co-supervision of PhD students, funding applications, joint research projects and publications.

An exciting outcome in 2022 was the establishment of a cotutelle agreement between Deakin's Faculty of Health and Ghent University, Belgium, facilitated through IPAN's strong collaborations with Ghent University, led by Associate Professor Jenny Veitch.

IPAN researchers received various awards for their research excellence, most notably three staff named as 2022 Clarivate™ Highly Cited Researchers™ and two staff receiving Victorian Tall Poppy Science awards. You can read more about these and other awards on page 38.

IPAN continued its strong focus on stakeholder engagement, meeting with key decision makers at both state and federal level; contributing to consultations; preparing submissions and through involvement in advocacy activities. IPAN greatly values these opportunities to inform policy and practice.

I am extremely proud of the achievements of our researchers who worked incredibly hard throughout 2022. Their efforts paid off with IPAN achieving its research targets for overall income, and PhD student completions. I thank our academic staff, and our professional staff for their dedication and commitment to ensuring IPAN's ongoing strong performance.

A special thank you also to IPAN's Deputy Directors, Alfred Deakin Professor Anna Timperio and Associate Professor Michelle Keske and our amazing IPAN Board for their support. I also wish to acknowledge the great work of our PhD students and the support we receive from colleagues across the broader university, all of which contribute to our success.

I hope you enjoy reading this report.

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



# Key highlights of 2022

## New joint department to advance lifestyle approaches for diabetes prevention and management

The new Baker-Deakin Department of Lifestyle and Diabetes (the Department) was launched in 2022 as a collaborative partnership between the Baker Heart and Diabetes Institute (the Baker) and IPAN.

Established to advance research into one of the greatest modern health challenges, the Department focuses on promoting lifestyle approaches to prevent and manage diabetes.

Eminent researcher Professor David Dunstan leads the Department, which aims to maximise the shared interests in physical activity, sedentary behaviour, nutrition and chronic disease management research.

The Department brings together researchers and health practitioners to establish new evidence on innovative and effective lifestyle approaches for the prevention and management of diabetes.

Research conducted in the Department is undertaken across four research pillars:

- Epidemiology: understanding the relationships between physical activity and sedentary behaviour on health outcomes at a population level.
- Experimental: conducting controlled laboratory experiments to better understand how physical activity and sedentary behaviour influence biological pathways.
- Intervention: investigating the extent to which changing physical activity and sedentary behaviour influences chronic disease prevention and management through real-world randomised controlled trials.
- Implementation: translating the evidence around the health benefits of increasing physical activity and reducing sedentary behaviour into best practice and evaluating effectiveness and policy implications.

Professor Dunstan said creating the formal partnership between Deakin and the Baker would boost efficiency and productivity in this critical field of research.

“The Baker-Deakin Department of Lifestyle and Diabetes allows experts across both organisations to join forces, so we can combine resources, knowledge and skills to enhance the quality of our research and open new doors for funding opportunities,” he said.

“As diabetes becomes more prevalent across the globe, the need to establish effective lifestyle solutions for prevention and management is increasingly urgent.

“This multidisciplinary collaboration is exciting because it brings a new dynamic to research that will have a real impact on people who have or are at risk of diabetes.”

One example of this is a new project led by the University of Queensland and involving the Department to implement the *Small Steps for Big Changes*\* program at five sites around Australia.

The National Health and Medical Research Council (NHMRC) is funding the Australian arm of the intervention, which is part of a \$3 million Canadian Institutes of Health Research project. The project will commence in 2023.

The Department hosted a research seminar showcasing existing research collaborations between IPAN and the Baker and provided a platform for new collaborations, which was attended by around 90 researchers across both organisations. Speakers included the Baker’s Director, Professor Tom Marwick, and IPAN Director, Alfred Deakin Professor Jo Salmon, among others.


Initial appointments to the Department include Executive Dean Health Research Fellow Dr Michael Wheeler (see page 34) and PhD student, Rumya Pathmanathan. More staff and PhD students are set to commence with the Department in 2023.

The Department was established in February 2022 for an initial five-year term. To find out more, visit [ipan.deakin.edu.au/baker-deakin-dld](https://ipan.deakin.edu.au/baker-deakin-dld)

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\* *Small Steps for Big Changes* is an evidence-and community-based diet and exercise counselling intervention for individuals at risk of type 2 diabetes, developed in Canada



A portrait of Professor David Dunstan, a middle-aged man with short, dark hair, smiling at the camera. He is wearing a light blue, long-sleeved button-down shirt and dark trousers. He is standing in front of a blurred background that appears to be an indoor setting with warm lighting and wooden elements. A teal-colored circular graphic is overlaid on the lower left side of the image, containing a quote and the speaker's name.

“As diabetes becomes more prevalent across the globe, the need to establish effective lifestyle solutions for prevention and management is increasingly urgent.

– Professor David Dunstan



## ► KEY HIGHLIGHTS OF 2022

### Driving new health solutions through the latest technology

Digital health is emerging as a critical and rapidly growing part of the health landscape. Dr Yuxin Zhang is an IPAN research fellow appointed to build IPAN's capacity in digital health research.

An engineer with interests in smart sensors and using artificial intelligence (AI) technology in healthcare, Dr Zhang works with fellow IPAN researchers to develop digital health resources to support their research and grant applications. He assists researchers looking to develop technological elements such as websites, mobile applications, wearables and sensors, and AI as part of their project.

Dr Zhang's involvement ensures IPAN research is leading the way in the development and application of the latest digital health technologies.

In his first 12 months, Dr Zhang has established a Digital Health Triage System to prioritise needs among IPAN researchers. He is also developing resources to enable IPAN software to be shared and applied to other IPAN projects.

Dr Zhang works closely with industry partners and other Deakin research institutes, such as the Applied Artificial Intelligence Institute (A<sup>2</sup>I<sup>2</sup>), the Institute for Intelligent Systems Research and Innovation (IISRI), Deakin LaunchPad and the School of Information Technology.



Image:  
Dr Yuxin Zhang

### IPAN Consumer Network

The IPAN Consumer Network is a way for people of all ages and backgrounds to share their lived experience to help design research for use in the real world. In 2022, a framework for the Consumer Network was established with a dedicated staff member, a guiding committee chaired by Associate Professor Megan Teychenne, Terms of Reference and new website presence.

People with lived experience across a range of health, social and environmental settings will be invited to apply to join the Consumer Network in early 2023. Members will have their skills, knowledge and lived experience matched to existing and future research opportunities.

These opportunities include helping to identify new ideas for research, suggesting ways to recruit participants for a study, reviewing and commenting on study materials and data collection methods and helping share research updates and findings with the community.

IPAN Director Alfred Deakin Professor Jo Salmon said it was increasingly important to listen to those outside the research sector and incorporate their knowledge and experiences into research.

"Hearing and learning from everyday Australians who are directly affected by chronic conditions is invaluable to ensure our research is relevant and benefits those who need it the most."

# IPAN research influencing professional practice

## Deakin researchers to lead review of clinical guidelines for obesity

A joint project led by researchers from IPAN and Deakin's Institute for Health Transformation (IHT) will review and update Australia's clinical practice guidelines for managing overweight and obesity.

The National Health and Medical Research Council's (NHMRC) Clinical Practice Guidelines for the Management of Overweight and Obesity for Adults, Adolescents and Children in Australia were released in 2010 and underwent minor changes in 2013. They are used by GPs, primary health care nurses, primary health care professionals and allied health professionals.

The multi-disciplinary team from Deakin, including academic lead Professor Judi Porter, will ensure the Guidelines are relevant for people living with obesity and their families, as well as clinicians, with recommendations based on the most recent evidence and best practice advice. The project team has received funding from the Australian Government to undertake the review and update of the Guidelines. The review of the Guidelines is expected to be complete in mid-2024.

## World-first guidelines to help diagnose and treat sarcopenia

Associate Professor David Scott led the development of new international guidelines designed to improve the clinical management of muscle loss, known as sarcopenia. The 17 guidelines released by the Australian and New Zealand Society for Sarcopenia and Frailty Research confirm the preferred method of diagnosis, as well as the importance of exercise and nutrition for prevention and treatment.

The new guidelines incorporate the views of health professionals and consumers, meaning they are more likely to be implemented in the real world. They outline the important role of accredited professionals, such as exercise physiologists and dietitians who can help adults with sarcopenia to safely engage in resistance exercise, and ensure diet is adequate, particularly regarding protein intake. These guidelines will ensure the proper management of those with or at risk of sarcopenia to improve their muscle health and independence, so they can continue to enjoy meaningful lives in older age.



Image: Professor Judi Porter

## Implementation of recommendations to manage cancer-related malnutrition

Associate Professor Nicole Kiss conducted workshops on improving management of cancer-related malnutrition and sarcopenia at the Dietitians Australia and Clinical Oncology Society of Australia (COSA) conferences to help health professionals implement changes in their health services.

Cancer-related malnutrition is a common condition that affects up to 40 per cent of people with cancer. It can occur due to the presence of the cancer itself, the effect of cancer treatment, or because of insufficient food intake.

The condition is under-recognised and under-treated but can have serious consequences, including reduced survival and ability to complete treatment, poorer quality of life and higher costs to the health care system.

Early identification of malnutrition and sarcopenia is essential to ensure patients receive the right care to prevent further health complications, excessive costs, and to reduce the overall burden on the health system.

The workshops were based on recommendations from a position statement released by COSA in 2020 following work led by Associate Professor Kiss. It was announced as a top-cited article in Dietitian Australia's Nutrition & Dietetics journal in 2022.

## Understanding the process of muscle ageing in females

- We know that females and males age differently. But there is a lot we don't know about the specifics of muscle ageing in females.

In fact, nearly everything we know about muscle ageing is through studies conducted on males. This is because there has historically been a lack of research on female muscle.

This research study aims to fill this knowledge gap by mapping the process of female muscle ageing across the lifespan, for a better understanding of the different factors (e.g. hormonal, functional, molecular) at play.

Lead researcher, Associate Professor Severine Lamon said female-specific knowledge gleaned from her Australian Research Council (ARC) Future Fellowship would help inform sex-specific interventions to assist females to age well in the future.

"Males and females are not equally affected by muscle ageing. On average, females are more susceptible to the negative metabolic and functional consequences of muscle ageing," she said.

"Females live longer, but have lower muscle mass and bone density than males, which makes them more susceptible to falls, diseases and decreased quality of life.

"By identifying differences in muscle ageing between females and males, our findings will challenge the current approach of 'one size fits all'.

"More importantly, it will provide the necessary data to design female-specific interventions – whether they are exercise, nutritional or hormonal – to improve the quality of life of our ageing female population."

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**Project funding:** Australian Research Council Future Fellowship (FT210100278), four years (2022-2025)


A portrait of Associate Professor Severine Lamon, a woman with shoulder-length brown hair, smiling. She is wearing a dark blue button-down shirt and is seated in a black chair. The background is a large window with a view of a city and greenery.

Image:  
Associate Professor  
Severine Lamon



## Interventions to get kids moving to optimise their heart health

- Professor Kylie Hesketh is using an intervention to promote physical activity and active play, and to reduce sedentary behaviour, in children 3 years and under.

Through a Heart Foundation Future Leader Fellowship, Professor Hesketh is drawing on an early childhood family-based intervention she previously developed called Let's Grow, which is focused on 2-year-old children.

She is first examining whether Let's Grow can be expanded beyond its initial purpose of improving movement behaviours in 2-year-old children. She will explore (i) whether Let's Grow might also improve parents' and siblings' movement behaviours; and (ii) whether Let's Grow continues to have an impact on a child's behaviours into their early school years.

"Getting kids' health behaviours right from early life is critical for lifelong health and wellbeing. With this project, our ultimate objective is to lower cardiovascular disease risk for the next generation," she said.

"An intervention which sees parenting practices improve and magnify over time, and which extends to parenting of other children, would potentially have broad and ongoing positive impacts on health.

"Equally, if we don't find evidence of extended reach, this highlights the need for continued and ongoing support for families across a child's life and for each new offspring.

"But, if we are able to demonstrate that Let's Grow has broader potential, it will substantially enhance the appeal to policy makers in the early childhood space," Professor Hesketh said.

The second aim of Professor Hesketh's fellowship is to develop a new intervention for early childhood workers to provide them with the support needed to reinforce good health behaviours.



Image:  
Professor  
Kylie Hesketh

"Parents have identified the need for cohesive support and consistent messaging to achieve effective promotion of health behaviours across early childhood settings," Professor Hesketh said.

"At the moment support is fragmented, inconsistent or non-existent. This new program will use the same messaging used in our existing family-based programs INFANT (for babies) and Let's Grow (for toddlers) in a program designed for early childhood workers.

"Parents look to these professionals for advice and support around their own parenting. Our program will bolster this support, ultimately leading to better outcomes for children."

Professor Hesketh said the interventions were being designed with stakeholder input to be scalable.

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**Project funding:** Heart Foundation Future Leader Fellowship Level 2 (ID105929), four years (2022-2026)

# Helping families manage screen time for better social skills, quality of life and family functioning

- Children's screen time has long been a concern for parents – an issue exacerbated by COVID-19 lockdowns, which saw much of our lives shift online.

Growing evidence shows that excessive screen time is associated with poor physical and psycho-social outcomes. While Australian recommendations specify that children (aged 5-17) should limit daily screen use to less than two hours a day, almost two-thirds (65%) of children aged 5-12 years fail to meet this guideline, with adherence declining as children get older.

Dr Lauren Arundell's Australian Research Council Discovery Early Career Researcher Award (ARC DECRA) aims to understand the impact that time spent using a variety of screen devices has on children's wellbeing.

With research historically based on total screen time or TV viewing time, interventions to date have had limited success. In contrast, Dr Arundell is conducting her research in the context of the evolving technology climate, as children are now engaging with a variety of 'new' devices.

Dr Arundell is conducting a series of studies to examine associations between time spent on different devices and children's social skills, quality of life and family functioning.

These studies, along with Dr Arundell's previous formative research, will provide a foundation for developing strategies that can help parents manage screen time in the home.

She will repeatedly engage with families and stakeholders, using their insight to understand the design, feasibility and acceptability of suggested strategies.

She recently published qualitative findings that gathered suggestions from parents and children regarding the design, components, and content they want in a screen time management program. This will form the basis of her screen time program which will undergo feasibility and acceptability testing with families and stakeholders.

"By developing strategies *for* families *with* families, there is greater potential for effective behaviour change and positive impacts on social skills, quality of life and family functioning," Dr Arundell said.

Dr Arundell will collaborate with Deakin University's Applied Artificial Intelligence Institute (A<sup>2</sup>I<sup>2</sup>) to deliver and test these strategies using their purpose developed InSTIL platform, allowing her to determine the impact of reduced screen time on children's social skills, quality of life and family functioning.

"This project will expand our understanding of the impact that specific screen-based behaviours have on children," she said.

"This is particularly important as children now engage with a variety of screens which may not have the same associations with wellbeing. By understanding these relationships, we can build purpose designed strategies that help target the screen behaviours that are most important to reduce."

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**Project funding:** Australian Research Council Discovery Early Career Researcher Award (DECRA) (DE220100847), three years converted to part-time (2022-2026)



“By developing strategies for families with families, there is greater potential for effective behaviour change and positive impacts on social skills, quality of life and family functioning”

– Dr Lauren Arundell





—  
“We know exercise is great for people with type 2 diabetes, but many find it difficult or painful to do, leading us to investigate other strategies to improve health and quality of life.”

– Dr Lewan Parker



## The PRESCRIBE trial: Personalised antioxidant screening and treatment for type 2 diabetes

- Dr Lewan Parker is testing whether antioxidant screening, followed by a personalised treatment strategy, is an accessible and affordable treatment to improve cardiometabolic health and quality of life for people with type 2 diabetes.

It is the first time such a trial has been conducted and the outcome has the potential to change clinical practice and treatment of chronic disease.

Antioxidants can be used to treat oxidative stress, which occurs when there is an imbalance between reactive molecules (known as reactive oxygen species) and “neutralising” antioxidants in the body. Oxidative stress is directly linked to the development and progression of cardiovascular disease and type 2 diabetes.

However, research investigating antioxidant treatment to decrease oxidative stress has been inconsistent.

Dr Parker believes antioxidant treatment is likely to be more effective when low levels of antioxidants are identified first (antioxidant deficiency screening), and then restored by antioxidants targeting that specific deficiency (personalised antioxidant treatment).

“Currently, antioxidant screening and personalised treatment are not routinely conducted in research,” Dr Parker explained.

“This has led to a perpetual cycle of contradictory research findings and prevented advancements in evidence-based antioxidant treatment health practice and policy.”

In a randomised controlled trial, adults with type 2 diabetes will undergo an antioxidant screening protocol and then receive three months of either personalised antioxidant treatment, generic antioxidant treatment, or a placebo intervention.

Dr Parker will assess vascular function (cardiac, large artery, and the smallest blood vessels), the ability to walk and exercise (exercise tolerance), insulin resistance, and overall quality of life pre- and post-intervention.

Through this project, funded by a Heart Foundation Vanguard Grant, Dr Parker hopes to identify whether:

- Antioxidant deficiencies are varied and unique for people with type 2 diabetes.
- Specific antioxidant deficiencies and/or patterns are associated with deteriorating vascular dysfunction (cardiac, artery, and/or microvascular), exercise intolerance, and insulin resistance.
- Antioxidant screening and personalised treatment is a feasible and affordable strategy for improving cardiovascular health and insulin resistance in individuals with type 2 diabetes.
- Future clinical trials in humans should adopt a personalised antioxidant treatment approach to reliably investigate antioxidants, oxidative stress, and cardiovascular health.

“Many people with type 2 diabetes have vascular complications including worsening blood sugar control and impaired ability to exercise. They may also experience faster disease progression, and the development of other health complications such as cardiovascular disease over time,” Dr Parker said.

“We know exercise is great for people with type 2 diabetes, but many find it difficult or painful to do, leading us to investigate other strategies to improve health and quality of life.

“My hope is that our research will help place personalised interventions at the forefront of healthcare. As a result we’ll have better health outcomes for people with type 2 diabetes and real-world changes in health policy, regulations, and guidelines,” he said.

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**Project funding:** Heart Foundation Vanguard Grant (APP105590), two years (2022-2024)

# Working with stakeholders to enhance research impact

## Advocating for better health outcomes

- Professor Kylie Hesketh led the development of the Active Healthy Kids Alliance (AHKA) – 2022 Australian Report Card, which showed children and young people's physical activity levels remain unacceptably low, scoring a D- and showing no improvement since inception of the report card in 2014.

Together with the Australasian Society for Physical Activity (ASPA), we shared the findings of the Physical Activity Report Card with state and federal MPs and had a pleasing response from several MPs across Australia.

- Alfred Deakin Professor Jo Salmon was invited to present to the Preventative Health Policy Branch of the Australian Government Department of Health and Aged Care on Priority Policy Areas for Physical Activity Action in Canberra.
- IPAN was a co-signatory on Dietitians Australia's Federal Election Asks document, which comprised five key election 'asks' to improve the health of Australians and our planet. We had a particular interest in issues focusing on older adults/aged care, mental health, and the call for a National Nutrition Strategy.
- As a member of the Fruit and Vegetable Consortium, we pledged support for Nutrition Australia's Federal Election request to invest \$100 million over five years for a national behaviour change program to address Australia's low levels of vegetable consumption.
- Professor Kylie Hesketh represented IPAN on the Public Health Association of Australia (PHAA) Vic Branch Expert Panel in preparing the report: Public Health in Victoria: Ten Successes to Guide a Healthier Future, which celebrated public health successes in Victoria and outlined priority areas for investment.
- We joined 30 organisations supporting Cancer Council Victoria's Food Fight campaign to protect kids from unhealthy food and drink advertising.
- We supported the Obesity Policy Coalition (OPC)'s campaign 'Kids are sweet enough'.

- As a member of the Victorian Food Systems and Food Security Working Group, Dr Rebecca Lindberg contributed to the Consensus Statement: Towards a healthy, regenerative and equitable food system in Victoria, with Professor Mark Lawrence writing the foreword. The statement was a call to action for State and Local Governments and others to bring about urgently needed change in Victoria's food system.

## IPAN submissions

IPAN researchers and staff prepared several policy submissions to government organisations:

- FSANZ Background Paper: P1058 – Nutrition labelling about added sugars – led by Dr Julie Woods and IPAN PhD student Jennifer McCann.
- The Australian Department of Health and Aged Care consultation on the draft National Health Literacy Strategy.
- The Inquiry into Food Security in Australia – led by Professor Mark Lawrence on behalf of Deakin University.
- The role and functions of an Australian Centre for a proposed Australian Centre for Disease Control discussion paper – provided input to the Deakin University submission to the Australian Department of Health and Aged Care.

## Engaging with government

- Alfred Deakin Professor Jo Salmon met with Queensland Government Department of Health representatives and accepted an invitation from the Deputy Director General, Queensland Department of Tourism, Innovation and Sport (DTIS), to present about TransformUs scale up opportunities for Queensland primary schools.
- Alfred Deakin Professor Anna Timperio participated in the Victorian Department of Transport-led Roundtable on Walkable Communities to inform a strategy for walkable communities that will align to the Victorian Climate Change Strategy.

- Several IPAN researchers participated and presented in the Victorian Government's Healthy Eating Enterprise (VHEE) meetings and Victorian Active Living Alliance (VALA) roundtable meetings.
- Dr Lauren Arundell presented the findings of her *Our Life at Home Study* at a Department of Jobs Precincts and Regions (DJPR), Community Sport and Recreation meeting.
- Senior IPAN researchers hosted a visit by the Hon David Hodgett, in his role as then Victorian Shadow Minister for Education, to discuss policy relevant research and to tour our sport science facilities.
- Drs Kristy Bolton, Penny Love and Rebecca Lindberg worked with the City of Greater Geelong to assist with developing a healthy food policy approach.

## Working with non-government organisations

- IPAN researchers provided expert review of the draft *Clinical Guidelines for the Use of lifestyle-based mental health care in major depressive disorder: The World Federation of Societies for Biological Psychiatry (WFSBP) and Australasian Society of Lifestyle Medicine (ASLM) Taskforce*.
- Feedback was provided to the Heart Foundation on draft Guidelines for assessing and managing cardiovascular disease risk.
- Associate Professor Rachel Laws and Dr Phillip Baker attended the WHO Code Taskforce briefing meeting, led by the Australian Breastfeeding Association (ABA). IPAN endorsed the ABA campaign to legislate the WHO Code of Marketing of Breastmilk Substitutes.
- IPAN researchers hosted a visit from the CEO of Diabetes Victoria, Greg Noonan, along with two senior staff, Kristie Cocotis and Carolyn Hines, to discuss research opportunities and tour facilities.
- Professor Kylie Hesketh commenced a new project with YMCA Victoria, building on previous projects undertaken with IPAN since 2019, to evaluate the impact of leisure and aquatic facilities on the health and wellbeing of the Boroondara community.
- Dr Emiliano Mazzoli attended the VicHealth Strategic Planning: Community Workshop to inform VicHealth's priority areas such as investments, programs, advocacy, and policy.

## Showcasing our research

- IPAN co-hosted the 'Strengthening food systems governance at the local level: Victorian initiatives' event together with the University of Sydney; The University of Wollongong; Sustain - the Australian Food Network; and William Angliss Institute. The event was hosted at Deakin Downtown and online. It showcased research and initiatives on creating a healthy, sustainable, and equitable food system, with a focus on the role of Victorian local governments. It was attended by more than 50 representatives from across the sector and a further 70 participants joined online. Dr Rebecca Lindberg MC'd the event and Professor Mark Lawrence gave the opening address. The event also served to launch the Consensus Statement – *Towards a healthy, regenerative and equitable food system in Victoria*.
- IPAN co-hosted the Heart Foundation's Melbourne Research Showcase at Deakin Downtown. Some of the Heart Foundation's funded research alumni gave presentations, including IPAN's Alfred Deakin Professor Jo Salmon, Professor Kylie Hesketh and Dr Lewan Parker.
- Professor David Dunstan gave the keynote presentation at an event co-hosted by Active Geelong and Barwon Health on the importance of reducing sitting and being more active at work.
- Associate Professor Jenny Veitch presented findings from her 3-year Australian Research Council-funded research project, ProjectPARK, to more than 65 Play Australia members as part of their professional development webinar series.
- Associate Professor Jenny Veitch was also invited to participate in the Horticultural Showcase at Parliament House, hosted by the Nursery Garden Industry Victoria, to explain how horticulture is important for a healthy community, the economy and the environment.

# Supporting IPAN researchers to engage with stakeholders

- ▶ IPAN is committed to supporting our researchers to continue to develop skills and understanding to ensure beneficial stakeholder engagement.

Key activities included:

- Hosting seminars featuring presentations from key stakeholders (Nutrition Australia, Cancer Council Victoria, Active Geelong and the Heart Foundation).
- Conducting a seminar on working with partners and stakeholders when preparing grant applications, presented by members of our Stakeholder engagement committee.
- Conducting an online workshop titled 'Empowering researchers as advocates.' The workshop was conducted by Trevor Shilton, Global Vice President for Advocacy, International Union for Health Promotion and Education (IUHPE) and former National Director of Active Living at the National Heart Foundation of Australia.
- Providing a stakeholder engagement skills (SES) program over four months with eight senior researcher/early-mid career researcher matched pairs, to build early-mid career researcher skills and experience.
- Recognising stakeholder engagement achievements via our IPAN Director Awards:
  - Team Engagement Award:
    - Awarded to INFANT team (Associate Professor Rachel Laws, Professor Karen Campbell, Professor Kylie Hesketh and Dr Penny Love) for their coordinated and long-term commitment to stakeholder engagement which has fostered strategic alliances over 15 years.
  - Stakeholder Engagement Award for Senior Researchers – joint winners:
    - Dr Alison Spence – for her work with Nutrition Australia to support the early childcare sector with evidence-based nutrition support.
    - Dr Helen Macpherson – for her work in partnership with Dementia Australia on the BrainTrack app.



Image: People meeting at Deakin



# Sharing our knowledge

- IPAN researchers contributed to a range of committees, advisory and working groups and boards for numerous organisations in 2022. Here is a selection of them.

## International

- President, International Motor Development Research Consortium (IMDRC)
- Elected Member-at-large, International Motor Development Research Consortium (IMDRC)
- Member, International Association for the Study of Lung Cancer (IASLC) Nursing and Allied Health Committee
- Member, International Federation for Musculoskeletal Research Societies (IFMRS) 'Future Global Leaders' Committee
- Member International Federation for Musculoskeletal Research Societies (IFMRS) Board
- Member, ANZMUSC & ANZBACK Special Interest Group, Australian and New Zealand Musculoskeletal Clinical Trials Network
- Member, Exercise Guidelines Working Group, Canadian Association of Cardiovascular Prevention (CACPR)
- Member, Nutrition Task Force, International Union of Nutritional Sciences Precision
- Member, Sustainable Diets Task Force, International Union of Nutritional Sciences Precision
- Member, Early Career Investigator Committee, Australian and New Zealand Bone and Mineral Society (ANZBMS)
- Member, Early Career Investigator Newsletter Committee – Editorial Board, Australian and New Zealand Bone and Mineral Society (ANZBMS)
- Chair, Sarcopenia Diagnosis and Management Task Force, Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR)
- Immediate Past-President, Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR)
- Member, Australia and New Zealand Society for Sarcopenia and Frailty (ANZSSFR) Early and Mid-Career Researcher (EMCR) Committee
- Co-chair, Sarcopenia Special Interest Group, European Geriatric Medicine Society
- Member, Expert Membership Group, Global Leadership Initiative in Sarcopenia (GLIS)
- Member, Membership Engagement Committee, The American Society for Bone and Mineral Research (ASBMR)
- Chair, Guidelines on Nutrition in Head and Neck Cancer group, American Society for Parenteral and Enteral Nutrition (ASPEN)
- Member, Research Leaders Network, Council of Deans of Nutrition and Dietetics, Australia and New Zealand
- Member, Food Standards Australia New Zealand Board
- Member, Proposal P1058 Nutrition labelling about added sugars stakeholder consultation group (public health), Food Standards Australia New Zealand (FSANZ)
- Member, Advisory Board, Cochrane Nutrition Field, Cochrane South Africa
- External Resource Expert, World Health Organization (WHO) Nutrition Guidance Expert Advisory Group (NUGAG) Subcommittee on Diet and Health
- Member, Technical Advisory Group, World Health Organization (WHO)
- Member, World Health Organization Technical Advisory Group - Regulatory Measures Aimed at Restricting Digital Marketing of Breast-Milk Substitutes
- Member, Monograph Vol. 132 Assessing carcinogenic risk of firefighting Working Group, WHO International Agency for Cancer Research (IARC)

## ► SHARING OUR KNOWLEDGE

- Member, Monograph Vol. 134 Aspartame, Methyleugenol and Isoeugenol Working Group, WHO International Agency on Cancer (IARC)
- Chair, Mentoring Program team, International Society of Behavioral Nutrition and Physical Activity (ISBNPA)
- Co-Chair, International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Children and Families Special Interest Group
- Member, Agriculture, Nutrition & Health Academy Scientific Committee
- Co-Chair, World Urban Parks, Children, Play and Nature Committee
- Member, Task Force on Global Guidelines for Falls in Older Adults working group
- Member, New Investigator Committee (NIC), International Society of Hypertension
- Member, College of Expert Reviewers, European Science Foundation
- Member, Common Mental Disorders Group, Cochrane Collaborative
- Founding and current President, Asia-Pacific Society for Physical Activity (ASPA)
- Co-Founder and Chair, Asia-Pacific Society for Physical Activity (ASPA) Scalability Up Physical Activity (SUPA) Special Interest Group
- Member, Asia-Pacific Society for Physical Activity (ASPA) School-Based Research Special Interest Group
- Member, Asia-Pacific Society for Physical Activity (ASPA) Physical Literacy Special Interest Group
- Member, Asia-Pacific Society for Physical Activity (ASPA) Executive Committee
- Member, Asia-Pacific Society for Physical Activity (ASPA) Scientific Committee
- Member, European Heart Failure Association Scientific Committee on Cardiac Devices
- National Secretary elect, Australian Physiological Society
- Project Director, Australian Institute for Musculoskeletal Science (AIMSS)
- Grants Coordinator, Australian Society for Medical Research
- Member, Clinical Oncology Society of Australia (COSA) Nutrition Group Executive
- Convenor, Dietitians Australia Gastroenterology Interest Group
- Member, Dietitians Australia Advisory & Policy Advisory Committee (APAC)
- Member, Dietitians Australia Mental Health Interest Group Leadership Committee
- Member, Nutrition Society of Australia, Melbourne Group Committee
- Member, Nutrition Society of Australia, Strategic Planning for Nutrition Science Research Working Group
- Member, Fruit and Vegetable Consortium
- Member, Australian Household Food Security Data Consortium
- Member, Solutions for Household Food Security (SHARE)
- Member, Nutrition and Health Innovation Research Institute Advisory Board, Edith Cowen University
- Member, National Nutrition Network, Early Childhood Education and Care (NNN-ECEC)
- Member, Australian Academy of Science National Committee for Nutrition
- Chair, Active Healthy Kids Australia
- Member, The Australasian Society of Parenteral and Enteral Nutrition (AuSPEN) Scientific Committee
- Chair, NHMRC Dietary Guidelines Expert Committee
- Member, NHMRC Targeted Call for Research (TCR) Prioritisation Working Committee
- Member, Advisory Group, NHMRC Synthesis and Translation of Research Evidence (SToRE) committee
- Member, NHMRC Nutrient Reference Value Steering Group Advisory Committee

### National

- Member, Health Surveys Reference Group, Intergenerational Health and Mental Health Study (IHMHS), ABS and the Department of Health
- National Secretary, Australian Physiological Society

- Member, NHMRC Sodium Expert Working Group
- Member, Nutrition and Exercise Advisory Board, Ovarian Cancer Australia
- Member, Healthy Bones Australia Medical and Scientific Advisory Committee
- Member, Technical Reference Panel - Land Use Futures program, ClimateWorks
- Member, Meaningful Lifestyle Activities Evidence Advisory Group, Aged Care Research & Industry Innovation Australia (ARIIA)
- Member, National Board Strategic Plan Working Group, Exercise and Sports Science Australia (ESSA)
- Treasurer, Member, Australian Cardiovascular Health and Rehabilitation Association - Victoria and Tasmania
- Member, Scientific Committee and Organising Committee, Australian Cardiovascular Health and Rehabilitation Association
- Member, Guideline Development Committee, Recreational Sports in Australia
- Member, Expert group to develop principles to design physical activity programs to support mental health and wellbeing, joint position statement for Sports Medicine Australia and Australian Psychological Society

## State (Victoria)

- Member, Active Geelong Board
- Chair, Member, Active Geelong Knowledge Committee
- Member, Victorian Cancer Malnutrition Collaborative
- Member, Victorian Healthy Eating Enterprise Education Group
- Member, Victorian Food Systems and Food Security Working Group
- Member, Exercise Physiologists in Mental Health (Victoria) Working Group
- Member, Victorian Active Living Alliance (VALA)
- Secretary, Melbourne Academic Centre for Health (MACH) Care of the Ageing Early and Mid-Career (EMCR) Network
- Expert panel member, Public Health Association of Australia, Victoria Prevention Campaign

**IPAN researchers were also involved in a range of other activities to share their knowledge and expertise. These included:**

## IPAN webinars

Researchers from the Preventing and Managing Chronic Conditions research domain held two free webinars.

- *The Diet, exercise and digital health for diabetes management webinar* highlighted IPAN's novel research on interventions that promote glycemic control and the management of type 2 diabetes.
- *The Exercise, nutrition and brain health in prostate cancer webinar* detailed the latest evidence and recommendations for nutrition and exercise support in prostate cancer.

## Conference organisation support and presentations

- IPAN researchers provided numerous presentations on their research with more than 40 invited presentations at international, national and state conferences and meetings. Several staff were also involved in conference organising committees for professional societies and other groups.
- IPAN's Dr Shannon Sahlqvist co-hosted the Deakin Sustainable Health Network Research & Priority Setting Forum. The forum brought together researchers, stakeholders, and industry leaders with an interest in understanding the health impacts of climate change and unsustainable living, to set priorities for future research. The event showcased Deakin's sustainability research from within the Faculty of Health, including IPAN, the Institute for Health Transformation (IHT), the Institute for Mental and Physical Health and Clinical Translation (IMPACT) and the Centre for Social and Early Emotional Development (SEED).

## Exploring feasibility of digital voice assistants for dementia and mild cognitive impairments

- Dr Paul Jansons wants to transform the way healthcare is delivered for older people with dementia and/or mild cognitive impairment.

Together with an industry partner, Dr Jansons has developed innovative software which uses digital voice assistants such as an Amazon Alexa for a project supported by Dementia Australia.

Digital voice assistants, which can interpret human speech, will be used to deliver a 12-week personalised cognitive rehabilitation program.

Dr Jansons said digital voice assistants were ideal to deliver personalised strategies such as medication/ appointment reminders or to assist people with mild cognitive impairment (MCI) and dementia to carry out daily living activities such as meal preparation.

A major part of the project is to understand the barriers and facilitators to implementation from the perspective of stakeholders, providers and participants. Dr Jansons will also assess study processes including recruitment and retention rates, adherence and acceptability of the program.

While emerging evidence shows many digital health approaches are safe and effective, personalised rehabilitation programs remain challenging and time-consuming for health care professionals to monitor. Dr Jansons believes this program may be more easily applied to a real-world setting than other telehealth applications, such as videoconferencing.

"If digital voice assistant technology is found to be an effective way to help people with MCI and dementia with their daily living, there will be less need for regular face-to-face care and patients are potentially more likely to follow professional medical advice," Dr Jansons said.

"This could lead to better healthcare outcomes and reduced costs on a massive scale."

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**Project funding:** Dementia Australia Research Foundation Project Grant, two years, (2022-2023)



Image:  
Dr Paul Jansons



## Could krill oil supplements help people with chronic fatigue syndrome?

- Chronic fatigue syndrome (CFS) is an understudied condition. It's thought to affect around one per cent of the population, however the cause is still unknown and there are no direct treatments.

Some research suggests that CFS patients have low omega3 status, and further data suggests that the condition is potentially an inflammatory disorder. Omega3 supplements have been shown to improve omega3 status and reduce inflammation, and some small studies tentatively suggest that omega3 supplementation may help CFS.

Through support from the Mason Foundation, Dr Lee Hamilton is investigating whether krill oil, a source of omega3 fatty acids, antioxidants and choline, could alleviate the symptoms of people suffering with chronic fatigue syndrome.

Dr Hamilton's study involves a randomised controlled trial with two groups of CFS patients. One group will receive krill oil and one group of patients will receive a placebo (vegetable oil mix). Both groups will take their respective supplements for 12 weeks, with neither the participants nor the researchers knowing who is taking the krill oil. The team will then use a series of questionnaires and some physical tests to determine if the supplement has any impact on CFS symptoms.

A secondary aim of the study is to examine the differences in blood markers of inflammation between healthy subjects and patients with CFS to try to find some clues to the mechanism of the disease.

"This study will hopefully provide a key piece of evidence for nutritional support for people with chronic fatigue syndrome," Dr Hamilton said.

"Patients and their treatment teams will then be able to make an informed decision on the use of krill oil supplements.



Image:  
Dr Lee Hamilton

"Given that there are no direct treatments for CFS but many unproven "treatments" touted as cures, this research will provide the CFS community with answers about the potential role of krill oil supplements to improve their condition," he said.

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**Project funding:** The Mason Foundation National Medical Program, three years (2022-2025)

Image:  
Associate Professor  
Michelle Keske



## New home therapy to help people with type 2 diabetes live a more active life

- Associate Professor Michelle Keske is exploring innovative ways to improve exercise capacity for people with type 2 diabetes.

Her research has shown that around one-third of people with type 2 diabetes have poor or very poor exercise capacity. Intolerance to exercise can cause or worsen various problems such as fatigue, pain and breathlessness, which in turn reduces quality of life. It can also make it more difficult to manage blood glucose levels.

For this Diabetes Australia funded project, Associate Professor Keske is investigating the use of whole-body vibration as a treatment which ‘mimics’ traditional exercise. The platform works by generating vibrations into leg muscles.

“We have shown that a vibrating platform prompts a response in the body similar to traditional exercise by increasing capillary blood flow (the smallest blood vessels in our body) in leg muscles of healthy people,” Associate Professor Keske said.

“Now we want to see if increasing leg muscle capillary blood flow using these platforms four times a week over three months can improve exercise capacity and blood glucose levels in people with type 2 diabetes.”

For the trial, participants have been provided with a commercially available vibration platform to use at home.

Associate Professor Keske said if the project proved successful, it could provide an accessible therapy for those who suffer with exercise intolerance.

“Exercise training is often difficult for many people with type 2 diabetes, especially if they have poor mobility or are house-bound,” she said.

“We’re hoping that whole body vibration therapy can ultimately help more people with type 2 diabetes move towards a more active lifestyle.”

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**Project funding:** Diabetes Australia Research Program Grant, one year (2022)

## Discovering how beta cell insulin production is regulated in humans

- Dr Greg Kowalski is seeking to understand more about insulin, the most important metabolic hormone in the body.

The role of insulin is to manage blood sugar levels and help blood sugar enter the body's cells so it can be used for energy. It is produced and secreted from the pancreas by a highly specialised but relatively scarce number of endocrine cells known as beta cells.

We know that inadequate secretion of insulin from pancreatic beta cells is the defining feature of both type 1 and 2 diabetes.

However, due to their location within the pancreas, as well as their relatively low numbers, it has not been possible to study the behaviour of beta cells in living humans. Accordingly, most beta cell research is either performed in animal models, or in cells from deceased donors in a laboratory dish.

Through a Diabetes Australia Research Program grant, Dr Greg Kowalski is developing a 'liquid biopsy' to understand how beta cell insulin production is controlled in living humans.

The liquid biopsy involves giving study participants a type of drink, known as 'heavy' water, that becomes incorporated into all newly made cellular proteins – including insulin, which is exclusively made in the beta cells and later secreted into the bloodstream.

In essence, the heavy water 'tags' new proteins, and the faster or slower the 'tagging' process occurs, provides a readout of how quickly proteins are made. By taking repeated blood samples from participants over a 1-2 week period, using advanced chemistry techniques, the research team can then look at the rate at which beta cell 'tagged' insulin is appearing in the bloodstream.

"The liquid biopsy will tell us about what happens to insulin within the beta cells that are tucked away deep in the pancreas," Dr Kowalski explained.

"We will be able to get a readout of how long it takes pancreatic beta cells to manufacture insulin. Ultimately this could give us an idea of how fresh or how old the secreted insulin is, giving us new insight into pancreatic beta cell biology in living humans."

Dr Kowalski said the technique could be used in future studies to examine beta cell biology in people with diabetes, potentially offering further understanding of the defects that underlie diabetes.

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**Project funding:** Diabetes Australia Research Program Grant, one year (2022)



Image:  
Dr Greg Kowalski

## Could short-term overeating increase your risk of pre-diabetes?

- Dr Gunveen Kaur is exploring whether the human body's response to short-term overeating could offer a clue to a predisposition for type 2 diabetes.

It's known that a short-term high-calorie, high-fat diet can increase the risk of insulin resistance and glucose intolerance in healthy people. Such a diet increases inflammation and disrupts skeletal muscle insulin action, increasing the risk of pre-diabetes (higher than normal blood glucose levels and/or poor insulin action).

Through a Diabetes Australia Research Program grant, Dr Kaur is drilling down to further understand what happens in the body during and after a seven-day high-calorie, high-fat diet. She is investigating whether such a diet impairs insulin-stimulated blood flow to muscle cells, and if impairment in blood flow occurs before the insulin resistance.

Evidence from animal studies indicates that a high-fat diet leads to poor blood flow in the smallest blood vessels in the body (known as microvascular blood flow) and that this occurs before whole body insulin resistance develops. But so far there is no equivalent data in humans.

Dr Kaur hopes this study will provide a similar understanding of how our cardio-metabolic system responds to high-fat, high calorie diet, as well as a better sense of the timing of the response.

"If we are able to show that in healthy humans, impaired muscle microvascular blood flow occurs before the insulin resistance or glucose intolerance develops, we have an opportunity to find ways to protect against these effects which could otherwise lead to pre-diabetes," she said.

"For example, we will explore whether increasing polyunsaturated fats and reducing saturated fat protects the smallest blood vessels from the detrimental effects of overfeeding."

The study involves 14 healthy adults aged between 18 and 45 adhering to a seven-day high-calorie, high-fat diet. On top of their usual diet, participants are provided with prescribed snacks to eat over the seven days. The snacks add around 50 per cent to their daily calories and approximately 55 grams of additional fat per day. The snacks are personalised based on each individual's energy intake.

Participants have their blood glucose, plasma insulin and muscle microvascular blood flow measured before, during and after the seven days.

"This study will be the first to show whether just seven days of high-calorie, high-fat feeding is enough to disrupt microvascular function, and if this contributes to an increased risk of pre-diabetes in healthy people," Dr Kaur said.

"If this is the case, dietary interventions could be used to prevent pre-diabetes in people with microvascular impairment. Our findings could inform new dietary guidelines to prevent vascular dysfunction from high-calorie high-fat foods."

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**Project funding:** Diabetes Australia Research Program Grant, one year (2022)



Image:  
Dr Gunveen Kaur



## Exploring the metabolism of sugar and protein to shed new light on chronic disease

- Dr Chris Shaw is aiming to understand the different metabolic processes that are stimulated when sugar and protein are consumed.

The project, funded through a Diabetes Australia Research Program grant, will answer fundamental questions about how insulin acts on the body's tissues to regulate blood sugar concentrations. Despite years of research, very little is understood about how rises in insulin after a meal impact the body's tissues.

"Insulin is the major hormone that is released into the circulation after a meal and it stimulates the muscle to take up sugar from the blood. This transport of sugar into the muscle prevents large rises in blood sugar concentrations after a meal," Dr Shaw explained.

"We know that very similar rises in insulin occur in the blood when either sugar or protein is consumed. But the impact each nutrient has on the body's tissues are quite different, as glucose uptake into the muscle is only stimulated after consuming sugar and not protein.

"We don't yet understand why the same rise in insulin can trigger different responses in the muscle."

As part of the study, participants consume a drink containing either sugar or protein. Blood and muscle samples are taken at regular intervals in the hours following the drink.

This allows Dr Shaw to examine glucose uptake into muscle (and other metabolic responses) and the activation of signalling pathways in muscle following the consumption of sugar and protein. He will then examine which signalling pathways are linked specifically to glucose transport after a meal.

While this project focuses on young healthy people, Dr Shaw plans to use the findings in follow-up studies to further the understanding of chronic health conditions such as type 2 diabetes.

"Most studies to date have used experimental techniques in the lab that don't reflect what actually happens when we eat a meal at home," he said.



Image: Dr Chris Shaw

"Understanding this is critically important so we can learn more about the processes that go wrong when people develop metabolic diseases such as diabetes.

"This project will provide information on which signalling pathways in muscle are responsible for lowering blood glucose levels. We may even discover entirely new signalling pathways that are activated after eating a meal.

"This information could ultimately guide the development of more successful therapies for patients with diabetes."

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**Project funding:** Diabetes Australia Research Program Grant, one year (2022)

## Closing the 'osteoporosis care gap'

- Osteoporosis is one of the most common musculoskeletal conditions for people over 50 and is associated with a fragility fracture occurring every three seconds around the world.

A 'fragility fracture' can result from low energy trauma such as a fall from standing height or lower. Despite its common occurrence, recent evidence suggests that very few patients with fragility fractures (20-25 per cent) are diagnosed or treated appropriately for osteoporosis. This is known as the 'osteoporosis care gap'.

Fragility fractures can lead to long-term functional impairment, loss of independence, reduced quality of life and premature mortality. Evidence shows that targeted and coordinated treatment following a fragility fracture is effective and can decrease the risk of subsequent fractures.

Through his Alfred Deakin Postdoctoral Fellowship and supported by the Amgen-Healthy Bones Australia-ANZBMS Clinical Grant Program, Dr Jason Talevski is developing a care pathway, known as interFRACT, to improve post-fracture care in primary care.

"Currently, established post-fracture care pathways are almost all hospital-based, so they don't capture a large percentage of fracture patients who present to their family doctor," Dr Talevski said.

"GPs are generally the first point of contact for health concerns in Australia and are the most trusted source of health information for most people. They can and should play a critical role in post-fracture management, including promoting strategies for subsequent fracture prevention."

Dr Talevski believes a post-fracture care pathway embedded in primary care could guide GPs with evidence-based plans for osteoporosis diagnosis and treatment. It could also help patients engage in fracture prevention strategies such as adherence to osteoporosis medications and uptake of structured exercise plans.

He is working with consumers and stakeholders to develop the interFRACT pathway to ensure it meets the needs of both patients and health professionals. He has established a Stakeholder Advisory Committee comprising health professionals and consumer representatives.

He plans to interview GPs to learn about current clinical practices and experiences with osteoporosis and secondary fracture prevention. He will also speak to people who have been diagnosed with osteoporosis or have had a fragility fracture about their treatment and care.

Finally, Dr Talevski will conduct a pilot feasibility study with GP input to evaluate the effectiveness of the interFRACT pathway.

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**Project funding:** Alfred Deakin Postdoctoral Research Fellowship, two years, (2022-2024); Amgen-Healthy Bones Australia-ANZBMS Clinical Grant Program, one year (2022-2023)





“GPs are generally the first point of contact for health concerns in Australia and are the most trusted source of health information for most people. They can and should play a critical role in post-fracture management.”

– Dr Jason Talevski



## Exploring the effects of exercise training on people with atrial fibrillation

- Up to 47 per cent of people who experience atrial fibrillation – which is the most common abnormal heart rhythm – suffer from an inability to exercise (exercise intolerance).

Atrial fibrillation leads to a rapid and irregular heartbeat, making it difficult to get blood and oxygen around the body for the energy needed for everyday activities.

Through an Alfred Deakin Postdoctoral Research Fellowship, Dr Kim Way is exploring if there are small blood vessel complications in the muscle in people living with atrial fibrillation.

Previous research has focused on changes to the structure and function of the heart, but little attention has been given to the possible impacts of this condition on the rest of the large and small blood vessels in the body.

“Our smallest blood vessels are the most important blood vessels to provide the nutrients and oxygen we need to create energy for all of our activities and bodily functions,” Dr Way said.

“Many people with atrial fibrillation are exercise intolerant, which means they find usual activities such as going up a flight of stairs difficult, as they become fatigued and short of breath.”

Dr Way believes the key to this exercise intolerance is impaired blood flow in the small blood vessels, particularly skeletal muscle. As well as hoping to show this in her study, she is also investigating if regular exercise training might be able to reverse or improve the impaired blood flow in the small blood vessels in muscle.

She is using highly specialised techniques to examine the blood flow to the muscle before and following exercise in adults with and without atrial fibrillation.

Dr Way is also running a randomised controlled trial in people with atrial fibrillation to examine the effects of exercise training on the small blood vessels. Participants will either be given a combined exercise training program with aerobic and resistance, or a ‘mock’ exercise program involving light stretches so as not to raise the heart rate too high.

She will then take various measures before and after the intervention to see if exercise training is a viable method to improve small blood vessel health in this group.

“At present, treatment for atrial fibrillation is predominately centred around pharmaceutical and surgical interventions to help control the condition and manage complications,” Dr Way explained.

“Exercise training could be considered like a magic pill – it impacts so many bodily systems that not only will it likely improve the small blood vessel health in people with atrial fibrillation, but we know it can also help slow down heart rate and improve cardiovascular risk factors – therefore, directly slowing the progression of the condition.”

Dr Way hopes her study will reinforce the need for guidelines to include exercise as part of usual patient care for people with atrial fibrillation.

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**Project funding:** Alfred Deakin Postdoctoral Research Fellowship, two years (2022-2024)



Image:  
Dr Kim Way

# Investigating activity patterns to optimise children's health

- Dr Simone Verswijveren is exploring the combined effect of children's movement behaviours - physical activity and sedentary behaviour - and their role in children's health.

The time children spend moving and sitting has a critical impact on their physical and psychosocial health.

For her Alfred Deakin Postdoctoral Research fellowship, Dr Verswijveren will use advanced techniques to capture complex movement behaviours, ranging from low sedentary behaviour to vigorous physical activity in Australian primary school-aged children.

Dr Verswijveren said interventions designed to encourage children's movement tended to focus either on increasing physical activity or reducing sedentary behaviour, but that these should not be considered in isolation.

"We think interventions that focus only on the total time spent in these individual behaviours, without considering their accumulation and combined effects, are ineffective for changing these activities and consequently health outcomes," she said.

"Because physical activity and sedentary behaviours happen alongside each other in children's days, it makes sense to consider them together.

"Children's movement behaviours can be accumulated in many ways, for example spread out sporadically across the day or in sustained blocks – so it is important to investigate which of these patterns are optimal for children's health."

Dr Verswijveren aims to develop an understanding of the combined impacts of movement behaviours, and then determine how they are best accumulated throughout the day to optimise children's health.

To do this, she will investigate the effects of the TransformUs trial, a school-based intervention developed by IPAN researchers, on children's combined movement behaviours.



Image:  
Dr Simone Verswijveren

The TransformUs intervention is currently running in Victorian primary schools and focuses on both reducing and breaking up sitting (such as standing lessons) as well as increasing physical activity (such as active breaks). It therefore provides a unique opportunity to investigate multiple behaviours across the movement spectrum.

"I'm hoping to identify whether specific groups of children have distinct activity pattern profiles and if they respond to interventions differently, which could have implications for their health," Dr Verswijveren said.

"This is key to informing the development of effective interventions and policies that promote optimal movement and health in children."

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**Project funding:** Deakin University, Alfred Deakin Postdoctoral Fellowship, two years (part time) (2022-2025)

## Helping dads to support their partners with breastfeeding

- Breastfeeding provides important nutrients for infant growth and development – and Dr Kidane Gebremariam is looking at the crucial role fathers play in the journey.

Supported by an Alfred Deakin Postdoctoral Fellowship, Dr Kidane Gebremariam's work aims to understand how to better engage fathers in supporting their partners to breastfeed.

"It's very important to improve the rate and duration of breastfeeding for the optimal development and health of children," Dr Gebremariam said.

"Among the factors affecting breastfeeding, a fathers' beliefs on whether their partner should breastfeed strongly influences the level of maternal intention to breastfeed.

"But there's a lack of evidence on the effectiveness of interventions targeting both mothers and fathers to encourage and support breastfeeding. I hope my research leads to the development of practical advice that helps dads learn how to support their partner to breastfeed."

Dr Gebremariam is using mobile health interventions (mHealth) as a cost-effective way to deliver personalised breastfeeding messages to fathers and mothers.

He will explore how to adapt the existing My Baby Now app to target dads with helpful, trusted information. The My Baby Now app was designed to reinforce INFANT, a comprehensive program developed by IPAN researchers over 15 years to help parents and families with healthy eating and active play from the start of their baby's life.

Dr Gebremariam has recruited 190 fathers as part of the study, to understand the type of information that would help them support their partner with breastfeeding.

For the next phase of this project, he plans to co-design a new version of the My Baby Now app tailored for fathers, which he will trial.

Dr Gebremariam said his research would contribute to the international evidence on the role of the father in breastfeeding promotion, as well as the processes involved in developing a targeted mHealth intervention.

"The current view is that breastfeeding is all about mothers, but this study will show the significant role fathers play," he said.

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**Project funding:** Alfred Deakin Postdoctoral Research Fellowship, two years (2022-2024)



Image:  
Dr Kidane Gebremariam



# Understanding physical activity and sedentary behaviour of mothers and children from culturally and linguistically diverse communities

- Early evidence shows that people living in Australia from culturally and linguistically diverse (CALD) communities are less likely to engage in preventative health measures, such as physical activity, despite being at high risk for the development of chronic diseases.

For her Executive Dean Health Research Fellowship Dr Susan Paudel is conducting a series of studies to discover more about mothers' and children's physical activity and sedentary behaviour practices in South Asian communities, and the factors that influence these behaviours.

Those of South Asian background have an increased genetic susceptibility to chronic conditions, develop chronic diseases at a relatively younger age and are more likely to have complications.

According to the most recent census, more than 50 per cent of people living in Australia are either first or second generation migrants. The Australian Government has identified children from CALD backgrounds as a priority group\* due to cultural barriers to accessing health services and facilities.

"It's critical to study children, because physical activity and sedentary behaviour patterns develop in early childhood, track across the life course and are associated with health outcomes in adulthood," she explained.

"But we also need to examine the mothers, because we know they have a strong influence on their child's behaviours."

Preliminary results from Dr Paudel's first study using data from the Australian Longitudinal Study on Women's Health showed that mothers of CALD backgrounds are less likely to meet physical activity guidelines and participate in organised sports.

Next steps include a quantitative survey of mothers of South Asian origin living in Australia, and interviews with mothers and children in these communities.

"The growth of multicultural communities in Australia means that health promotion interventions need to be tailored to these communities and be culturally sensitive," Dr Paudel said.



Image:  
Dr Susan Paudel

"But to do this, we need a better understanding of mothers' and children's physical activity and sedentary behaviour practices and what influences these behaviours, including individual, family and environmental factors.

"With this knowledge, we can better advocate for and develop strategies to help CALD mothers and children increase their participation in physical activity and limit their sedentary behaviours."

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\*Australian Government's National Action Plan for the Health of Children and Young People 2020–2030

**Project funding:** Executive Dean Health Research Fellowship, two years, (2022-2024)

# Understanding how our lifestyle behaviours affect dementia

- It's estimated that the number of people with dementia is set to more than double to 1.1 million people by 2058, and this comes with a huge health and economic burden to society.



Image:  
Dr Michael Wheeler

Executive Dean of Health Research Fellow Dr Michael Wheeler is working to develop a better understanding of how different patterns of physical activity and sedentary behaviour influence known risk factors for dementia, such as high blood pressure regulation, type 2 diabetes and depression.

"Around 40 per cent of dementia risk can be explained through modifiable risk factors," Dr Wheeler said.

"If we can understand what aspects of our lives affect these risk factors and how they increase dementia risk, we can design targeted interventions that may delay or prevent the onset of dementia."

The first phase of Dr Wheeler's research involves a combination of observational studies to understand patterns of behaviour in the real world. The second phase will attempt to use that knowledge to design tailored interventions to reduce the risk of developing dementia.

"This project will help us understand how our environment affects our behaviour and what this means for dementia risk," Dr Wheeler said.

"Environments such as workplaces are changing and we don't know how these changes might impact a person's risk for developing dementia."

Dr Wheeler hopes his work will provide the necessary evidence to make decisions about how we structure our day in a way that is best for health, rather than what is most convenient.

"Ultimately, I'd like this work to build into a program of research that eventually allows us to tailor interventions for people in specific environments where they spend the most time, based on evidence that we know will reduce their dementia risk," he said.

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**Project funding:** Executive Dean Health Research Fellow, two years (2022-2024)

# Spotlight on international activities

- ▶ IPAN staff have research collaborations with more than 200 international organisations and academic institutes.

Our international collaboration activities included joint publications, involvement in funded and unfunded projects, mentoring arrangements, student supervision and research visits.

After COVID-19 lockdowns, we were pleased to be able to welcome international colleagues in 2022. We hosted visits from:

- Drs Søren Nielsen and Camilla Charlotte Schéele - University of Copenhagen
- Drs Dorothea Schönbach and Heide Busse - Technical University of Munich; Leibniz Institute for Prevention Research and Epidemiology – BIPS (a WHO Collaborating Centre for Obesity Prevention and Nutrition and Physical Activity)
- Dr Cindy Forbes – University of Hull/Hull York Medical School, UK
- Dr Anna Boath – Newcastle University, UK
- Ms Sarah Overgaard Sørensen – University of Southern Denmark, Denmark

IPAN staff were actively engaged in disseminating research findings at various international conferences, webinars, and educational meetings held both overseas and within Australia. Selected conferences where our staff gave invited presentations include:

- The European College of Sports Sciences (ECSS) Congress
- 15th Congress of the International Society of Nutrigenetics & Nutrigenomics
- Australian and New Zealand Society for Sarcopenia and Frailty Research Annual Meeting
- 12th International Congress of Diabetes and Metabolism
- 22nd International Union of Nutritional Sciences International Congress of Nutrition
- Colorado Pragmatic Research in Health Conference
- Canadian Society for Exercise Physiology conference
- 3rd International Nursing and Health Sciences Symposium

## Cotutelle agreement

Another key highlight of our international activities was the involvement of Associate Professor Jenny Veitch in establishing a cotutelle agreement between Deakin's Faculty of Health and Ghent University, Belgium. This new cotutelle will provide important opportunities for PhD students, joint seminars and reciprocal visits with researchers.



Image: Dr Dorothea Schönbach (left), and Dr Heide Busse (right) from the Leibniz Institute for Prevention Research and Epidemiology – BIPS, Bremen, Germany with Alfred Deakin Professor Jo Salmon



# IPAN in the media

- ▶ With a potential audience estimated at more than 51 million, the demand for information about IPAN's health-related research remained strong.

General media coverage included:

- Research led by Professor Rob Daly, which found that eating an egg a day can help maintain Vitamin D levels in winter.
- A study by Dr Claire Margerison from IPAN and Dr Melissa Burton from the School of Exercise and Nutrition Sciences into whether 10 minutes a day is enough time for kids to eat their school lunch.
- Dr Pat Owen's research revealing that surgery might not always be necessary for anterior cruciate ligament tears.
- A global study led by IPAN PhD student Cherie Russell which found that food companies have been steadily adding more sugar and artificial sweeteners to many of their products over the past decade.
- A project led by Dr Georgie Russell at Scienceworks during school holidays examining children's eating behaviours.
- Dr Penny Love on the importance of a healthy breakfast for toddlers, based on research presented to the Australian and New Zealand Obesity Society's scientific meeting.
- Professor Kylie Hesketh's comments on children's activity levels following the release of the Active Healthy Kids Global Alliance Report Card.
- Alfred Deakin Professor Jo Salmon's comments about teens' declining physical activity following a Cancer Council survey finding that students were becoming less likely to actively travel on weekdays.
- New research by IPAN PhD student Audrey Elford finding that children in many Victorian childcare centres are being fed meals that don't meet healthy guidelines.
- Dr Jackson Fyfe's comments on his research showing that 'exercise snacking' – regular short bursts of resistance exercise – could be enough to maintain movement and enhance quality of life for older Australians.
- IPAN PhD student Scott Tagliaferri's study about the impact of mental health and wellbeing on back pain.

## The Conversation

IPAN researchers also featured regularly in articles for The Conversation, where they shared their expertise on a range of physical activity and nutrition issues.

- A piece on ultra-processed foods and their impact on the environment as well as diet was authored by IPAN's Professor Mark Lawrence, Dr Phillip Baker, PhD student Kim Anastasiou, and Dr Michalis Hadjikakou from Deakin's School of Life and Environmental Sciences, SEBE.
- Dr Alison Spence, Dr Alissa Burnett and Dr Georgie Russell outlined strategies to avoid and deal with children being 'hangry' – a mix of hungry and angry.
- New research on the growing amount of added sugars and non-nutritive sweeteners in our food, and the health and planetary consequences was detailed by IPAN PhD student Cherie Russell, along with IPAN's Dr Carley Grimes, Professor Mark Lawrence, Dr Phillip Baker, and Dr Rebecca Lindberg.
- Dr Katherine Livingstone explored whether the 'carnivore' diet is bad for health.
- Misleading food labels and increased availability of processed food was to blame for the high level of sugar in babies' and toddlers' food, wrote IPAN PhD student Jennifer McCann and Dr Jazzmin Zheng, with Dr Julie Woods, Professor Karen Campbell and Associate Professor Rachel Laws.
- Dr Katherine Livingstone and IPAN PhD student Laura Marchese wrote on the merits and problems of fake meat. This led to radio interviews with ABC SA and Sydney.
- Dr Georgie Russell co-authored a piece outlining five 'eating personalities' and how to manage over-indulgence over the festive period.

# RISING COSTS HIT KIDS' MEALS

SUSIE O'BRIEN

EXCLUSIVE

The rising cost of healthy food is affecting childcare, with kids fed too many cupcakes and not enough fruit, grains and vegies, a new study has found. A Deakin University study examined 18 Victorian childcare centre menus and

found only one met nutrition guidelines by offering a sufficient quantity of quality healthy food. Researchers found 39 per cent of centres did not offer enough fruit, 72 per cent did not offer enough dairy, 94 per cent did not offer enough meat or alternatives and 83 per cent did not offer enough whole grains. Instead, children were given too many pikelets, cupcakes and cakes. Other research has found that childcare centres spend an average of \$2 per day per child on food, despite taxpayers contributing more than \$2.2bn a year in subsidies for childcare nationally. Lead author Audrey Elford said the rising cost of healthy food was a barrier in some centres.

"We know there is a concern among childcare providers that 'healthy menus', which include more fruit and vegetables, will cost more because of the rising cost of these foods," Ms Elford said. More than 300,000 children in Victoria attend childcare centres, with Victorian children aged 2-5 spending an average of 31 hours a week in care. Such children should receive half their daily nutritional needs while in childcare. Researchers from the Institute for Physical Activity and Nutrition also assessed the food prepared onsite at 89 childcare centres and found two-thirds of staff had no nutrition training. Only 55 per cent follow government-funded Healthy

Eating Advisory Service, which provides free menu planning and support. "Compared to community-managed services, privately owned LDC services were reportedly less likely to have nutrition-trained staff responsible for menu planning, less likely to have their menu reviewed and less likely to be rewarded or recognised for planning complaint menus," Ms Elford said. Eco Kids Early Learning Centre director Jennifer Sutherland said her centre uses the government's Healthy Eating program. "We get children involved in the preparation of food and we try to grow our own food," she said. "Nutrition is something that we talk about with families all the time."

# Why ACL surgery may prove a false move

Liam Mannix  
Science reporter

When Dr Patrick Owen tore the anterior cruciate ligament in his left knee in March while playing basketball, he assumed he would be on the surgeon's table in a couple of weeks, and out about \$10,000 in surgical fees. Six months later, he is back on the basketball court and moving fine. The only difference: he does not have an anterior cruciate ligament (ACL). "It's as if I didn't do anything. It blows my mind a little," he says. Owen - a researcher at Deakin University's Institute for Physical Activity and Nutrition - has become the case study for his own research, which suggests there are no long-term differences between surgically repairing a torn ACL and doing rehabilitation exercises. "We found there was no real difference," he says. "We often jump to surgery... If I did not know about this, I would have gone to see a surgeon and booked in immediately." The ACL runs diagonally through the knee and keeps it stable. Tear it, and the default option has long been surgery. ACL

surgery rates have increased in Australia - the number rose 74 per cent between 2000 and 2015 for people aged under 25 - possibly because most young athletes think surgery is a cure. But several studies over the past decade have raised questions about that approach. About a third of people who have surgery won't return to their previous level of sports. A quarter of those who return to high-risk sports will tear their ACL again. These risks are seldom mentioned on websites run by knee surgeons, and they rarely mention the benefits of non-surgical management. Financial incentives probably play a role in that, says the University of Sydney's Dr Giovanni Ferreira, who has studied online information on ACL rehab. "But the lack of very recent evidence in the field also plays a role." A meta-review by Owen's team goes some way to changing that. Published in the *British Journal of Sports Medicine* last month, it pulls together data from three studies of 320 patients. The researchers found non-surgical management - typically an exercise program to strengthen other muscles in the

knee - probably works just as well as surgery. The study has two key limitations. First, after two years, between 37 and 50 per cent of rehab patients had opted to undergo surgery anyway. And second, the evidence remains of low quality - more studies need to be done. "However, there is enough evidence for the average Joe who... tears their ACL, unless they are at a very elite level of contact sport - AFL, NRL - there is merit at least in waiting and doing rehab," says Dr Donald Kuah, spokesman for the Australasian College of Sport and Exercise Physicians. Owen hopes his research encourages patients to talk to their doctors before booking in for surgery. "I'm sure surgery is best for some, but like all healthcare decisions, that shouldn't be made by solely someone other than the patient," he says. Kuah continues to recommend his elite athlete patients have surgery, as it provides stability for the knee. But he says: "We've seen if you pick the right patient, the ligament itself can heal."

# FOOD IN A HURRY A WORRY

EMILY DANN  
SUSIE O'BRIEN

PRIMARY schools are not giving students enough time to finish eating the food in their lunch box, a new study reveals. Deakin University researchers have found children need at least 15 minutes to finish their lunch,

but most primary schools only give students 10 minutes of eating time before being allowed to go out to play. Lead authors Dr Claire Margerison and Dr Melissa Burton said the research showed that children were more likely to finish what parents had packed in their lunch boxes when they were given more time to eat. "With less time to eat, children are more likely to prioritise the most appealing foods in their lunch box, such as the treats, which are often nutrient poor," Dr Burton said. "These findings not only have implications for children's health but also their ability to learn, as research tells us that good nutrition is

necessary to help children thrive academically." Dr Margerison said the results reveal confusion between parents and teachers over who should be responsible for encouraging healthy eating, as well as who should oversee the contents of their lunchboxes. "About half of the parents and teachers surveyed said only parents and children should choose what food they eat at school, while one-quarter of parents and one-third of teachers believed that schools should have a responsibility to monitor food brought from home," she said.

7

ARTICLES  
PUBLISHED IN  
THE CONVERSATION



Logan, 5, and Giselle, 7, taste yoghurt for the Scienceworks experiment. Picture: Rebecca Michael

# WHO FINDS BREAKFAST A BIT FLAKY?

THESE school holidays, kids can become tiny scientists and participate in real-life research. Scienceworks is inviting children five to 12, together with their parents or guardians, to join a fun experiment looking at eating behaviours. Deakin University's Institute for Physical Activity and Nutrition is digging deeper into what influences children's food choices, setting up

activities that include choosing breakfast cereals. Lead researcher Georgie Russell said children's attitudes to food had a big impact on what they ate. "We know that the way children think about eating, whether they are fussy eaters or food lovers, can influence their food choices," Dr Russell said. "It can also be a major source of

concern or frustration for parents and families as parents may worry their children are not eating enough fruit and vegetables or not have enough variety in their diets." Food sampling will test responses to eating a chocolate biscuit versus chocolate cake, or cubed cheese versus grated cheese. The experiment runs from 10am to 4.30pm, until October 2. GRACE BALDWIN

# Gym 'chunks' more digestible

If finding time to exercise is difficult, try breaking it down, writes Laura Hill.

If going for a 30-minute walk or a workout at the gym feels like you're biting off more than you can chew, exercise snacking might be for you. Instead of doing one big workout a day, exercise snacking involves doing short bursts of physical activity, such as strength training or stair walking, throughout the day. This style of exercise has grown out of research on high-intensity interval training, and there's a growing body of evidence that shows minimal doses of exercise snacking can improve strength and functionality in older people. Building on this research, scientists from Deakin University have found exercise snacking could be enough to maintain movement and enhance the quality of life of Australians aged 65 and over. Project lead Dr Jackson Fyfe of Deakin's Institute for Physical Activity and Nutrition said the key was to perform the exercise routines at least once a day. "The benefits of exercise are well known, but despite this, just 6 per cent of adults aged 50 and over meet the current guidelines for muscle resistance training," Fyfe

says. "There are lots of reasons why people choose not to exercise. There could be cost factors, fears of getting injured, or feelings of not having enough time, being daunted by the idea of using a gym, or simply lacking the interest and motivation to exercise. "What our study found was that by breaking down exercise routines to bite-size intervals of body weight movements simple enough to be done at home, people were more likely to stick to their programs, gained confidence in doing new movements, and felt it was having a positive impact on their health." The Deakin University study engaged 38 male and female Melbourne residents aged 65 to 80 who did not already perform regular structured resistance training. Participants performed different exercises such as single-leg knee bends, sit to stand or single-leg quarter squats performed continuously for one minute with a one-minute recovery break in-between. They split participants into four groups, with a control group that didn't exercise, a group that exercised for five minutes a day, and two groups that exercised for five minutes twice a day or three times a day for four weeks. The researchers were surprised to discover a high rate of

adherence among the exercise groups, with between 81 and 97 per cent of participants sticking to their routines. Of the participants, 82 per cent said they planned to continue exercising once the study was over. "These findings show it's never too late to start exercising and that even small amounts of regular exercise can create positive results," Fyfe says. Sports physiotherapist Andrew Hoare says the recommended exercise guidelines can be daunting for some older adults, particularly when returning to exercise after an injury. "Try not to let perfect be the enemy of good," he says. "While you might not have enough time or motivation for a long walk or a trip to the gym, this research indicates that performing a small number of strengthening exercises still has benefits. The key is to be consistent." "Feeling physically strong also supports mental and emotional health," says Hoare. PhysioTrain client Jill Dore says strength training helps her to stay active and keep up with her grandchildren. "I do one supervised exercise session per week, but it's nice to know that doing a few simple strength exercises a couple of times a day can benefit," she says.

# Sugar rush causes concern



THE food we eat is becoming increasingly sweeter with food companies steadily adding more sugar and artificial sweeteners to many of their products over the past decade, new research shows. A global study by Deakin University's Institute for Physical Activity and Nutrition (IPAN), found substantial increases across the Asia Pacific region, including Australia, where added sugar in packaged foods increased by 39 per cent between 2007 and 2019. Artificial sweeteners in drinks increased by 47 per cent in the region over the same period. Lead researcher and Research Fellow Cherie Russell said the findings reveal national food regulations, that are designed to reduce the amount of added sugar in our diets, were not working. "In the main, food companies are using more artificial sweeteners in their products but they're not using less sugar," Ms Russell said. "Increasingly, companies are adding both sugar and artificial sweeteners to sweeten their food and drinks. "This is a worrying trend as

ing a significant drop in the US where artificially sweetened drinks increased. Across the Asia Pacific, the results were more mixed with added sugars in packaged food increasing by 39 per cent, and in drinks by 47 per cent. The region also saw artificial sweeteners soar by 29 per cent and 47 per cent in packaged food and drinks respectively. Ms Russell said high levels of sugar in our diet were linked to weight gain, heart disease, Type 2 diabetes, and tooth decay, especially when consumed as sugar sweetened beverages. "People may think that artificially sweetened food and drinks are healthier than sugar sweetened products, but these additives are also linked to poor health outcomes, including weight gain, changes to the gut and even cancer," Ms Russell said. "You only find artificial sweeteners in ultra-processed foods, which is junk food. The best solution to reducing our added sugar intake is to improve the availability and affordability of healthy whole foods, such as fruit, vegetables, and whole grains."



Cherie Russell, Research Fellow at Deakin University's Institute for Physical Activity and Nutrition (IPAN).

# Awards and recognition

- ▶ IPAN researchers were well recognised for their expertise, dedication and contributions to scientific research through various awards and prizes throughout the year.



Image: IPAN's Highly Cited Researchers™ for 2022 (l-r): Alfred Deakin Professors Anna Timperio and Jo Salmon, and Professor David Dunstan.

## Highly Cited Researchers

Three IPAN researchers were honoured as 2022 Clarivate™ Highly Cited Researchers™.

The release of the list of the world's most influential researchers brings to eight consecutive years that IPAN Director and Alfred Deakin Professor Jo Salmon has featured on the prestigious list.

Deputy IPAN Director and Alfred Deakin Professor Anna Timperio has been recognised six times since 2015.

Professor David Dunstan, Head, Baker-Deakin Department of Lifestyle and Diabetes, was also recognised in 2022.

They were among 13 Deakin University academics identified as researchers who have made the most significant contributions to global research in the past decade and ranked in the top 1 per cent of research paper citations.

## Tall poppies

Associate Professors Shariful Islam and Nicole Kiss each received a prestigious 2022 Victorian Tall Poppy Science Award. They were among five Deakin University researchers to receive the award, which recognises excellence in emerging scientists and their research, as well as their commitment to science communication.

## Vice Chancellor's Awards

- Alfred Deakin Professor Anna Timperio received the Excellence in Research Supervision Award
- Dr Miaobing (Jazzmin) Zheng received the Early Career Research Award for Career Excellence



## More awards and recognition

- Professor Sarah McNaughton was named an Alfred Deakin Professor, the highest academic honour that can be bestowed on a Deakin University academic.
- Professor Lisa Barnett was recognised as inaugural Distinguished Fellow of the International Motor Development Research Consortium in 2022.
- Associate Professor David Scott was selected to join the Australian Academy of Health and Medical Sciences Mentorship Program.
- Dr Niamh Mundell was appointed an ESSA (Exercise & Sports Science Australia) Fellow.
- Dr Paul Jansons received the highest ranked Victorian Clinical Award Dementia Australia Project Grant.
- Alfred Deakin Professor Jo Salmon was named an Expertscape World Expert in Sedentary Behaviour, and Dr Patrick Owen was named as an Expertscape Expert in Spine, based on peer-reviewed publications in scientific journals.
- Dr Emiliano Mazzoli won the 2022 ACHPER (Australian Council for Health, Physical Education and Recreation) Victoria Award for Most Outstanding Doctoral Research.
- Dr Katherine Livingstone received the International Union of Nutritional Sciences-International Congress of Nutrition Travel Award for Young Investigators in 2022. Dr Livingstone was also awarded the 2022 Mid-Career Research Award from the Nutrition Society of Australia.
- Dr Catherine Milte won the Australian Nutrition Trust Fund Mid-Career Development and Travel Award from the Nutrition Society of Australia.
- Dr Sze-Yen Tan received the Australian Nutrition Trust Fund Travelling Fellowship award from the Nutrition Society of Australia.
- Dr Elena George won an Australian Nutrition Trust Fund Early-Career Development and Travel Award from the Nutrition Society of Australia. Dr George also received the 2022 European Society for Clinical Nutrition and Metabolism (ESPEN) Early Career Faculty Fellow Award.
- Dr Paige van der Plight received a CASS Foundation Travel Award.
- Dr Patrick Owen received the Twitter Engagement Award at the 2022 Croakey Health Media: Research to Practice Conference. Dr Owen was also named a Finalist in the Early Career Researcher Award, Exercise Science/Health at the 2022 Exercise & Sports Science Australia: Research to Practice Conference.
- Professor Robin Daly and Dr Jamie Tait together with non-IPAN researchers were awarded Best Abstract/ Oral Communication at the 2022 European Geriatric Medicine Society Congress in London for their 12-month cluster RCT 'Effects of dual-task functional power – training on falls risk in older adults at falls risk in retirement communities'.
- Professor Robin Daly, Associate Professor David Scott, Dr Jackson Fyfe, and Dr Paul Jansons were awarded best conference poster at the 2022 Australian and New Zealand Society for Sarcopenia and Frailty (ANZSSFR) Annual Meeting for the poster 'Feasibility and acceptability of a remotely delivered, home-based, pragmatic resistance 'exercise snacking' intervention in community dwelling older adults: A pilot randomised controlled trial'.
- Dr Janandani Nanayakkara was awarded the International Journal of Home Economics Best Refereed Paper Award, at the International Federation for Home Economics XXIV World Congress for the paper 'Exploring cooking skills, food preparation, and quality of dinner meals in Australian households during COVID-19'.
- Dr Patrick Owen was awarded Top-5 Abstract at the 2022 British Pain Society: 55th Annual Scientific Meeting of the British Pain Society.
- Dr Simone Verswijveren and Dr Susan Paudel were shortlisted for an early career research award for best poster abstract at the International Congress on Obesity. Dr Paudel's poster abstract was titled 'Does the prevalence of overweight/obesity, physical activity and sitting time differ by CALD background? A secondary analysis of the Australian Longitudinal Study on Women's Health'. Dr Verswijveren's poster was titled 'A school- and home-based intervention program to promote physical activity and reduce and break up sedentary behaviour: Impacts on children's movement behaviour accumulation patterns and adiposity markers'.
- Dr Lewan Parker won an Early Career Outstanding Alumni Award from the College of Healthcare Sciences at James Cook University, where he completed his undergraduate and Honours degree.

# IPAN leadership

## DIRECTORS

### Director

Alfred Deakin Professor Jo Salmon

### Deputy Directors

Alfred Deakin Professor Anna Timperio

Associate Professor Michelle Keske

## DOMAIN CO-ORDINATORS

### Biology of health and disease

Professor Aaron Russell and Dr Gunveen Kaur

### Preventing and managing chronic conditions

Professor Robin Daly and Associate Professor Nicole Kiss

### Healthy active living

Professor Kylie Hesketh and Dr Luana Main

### Food, nutrition and health

Associate Professor Rachel Laws and

Dr Katherine Livingstone

## CROSS DOMAIN THEME LEADERS

### Implementation science and translation

Dr Harriet Koorts

### Sustainability

Professor Mark Lawrence and Dr Shannon Sahlqvist

### Digital technologies

Professor Ralph Maddison

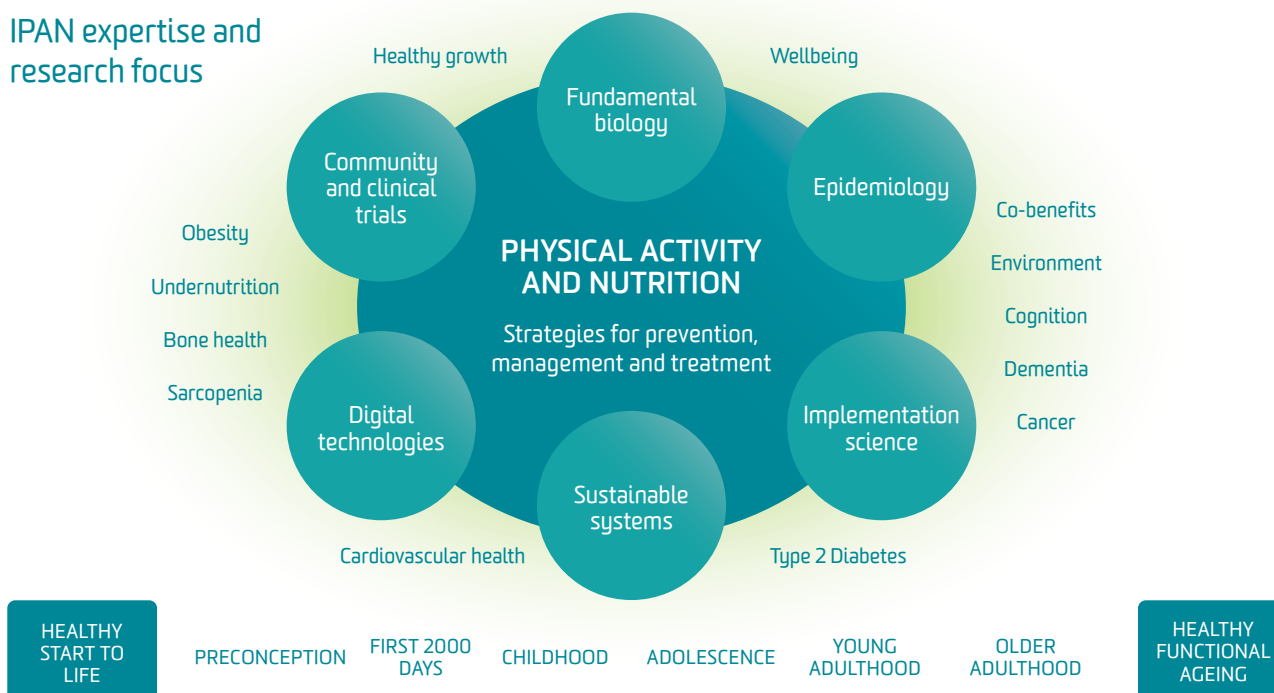
## HEAD, EMCR DEVELOPMENT

Alfred Deakin Professor Sarah McNaughton

## HEAD, BAKER-DEAKIN DEPARTMENT OF LIFESTYLE AND DIABETES

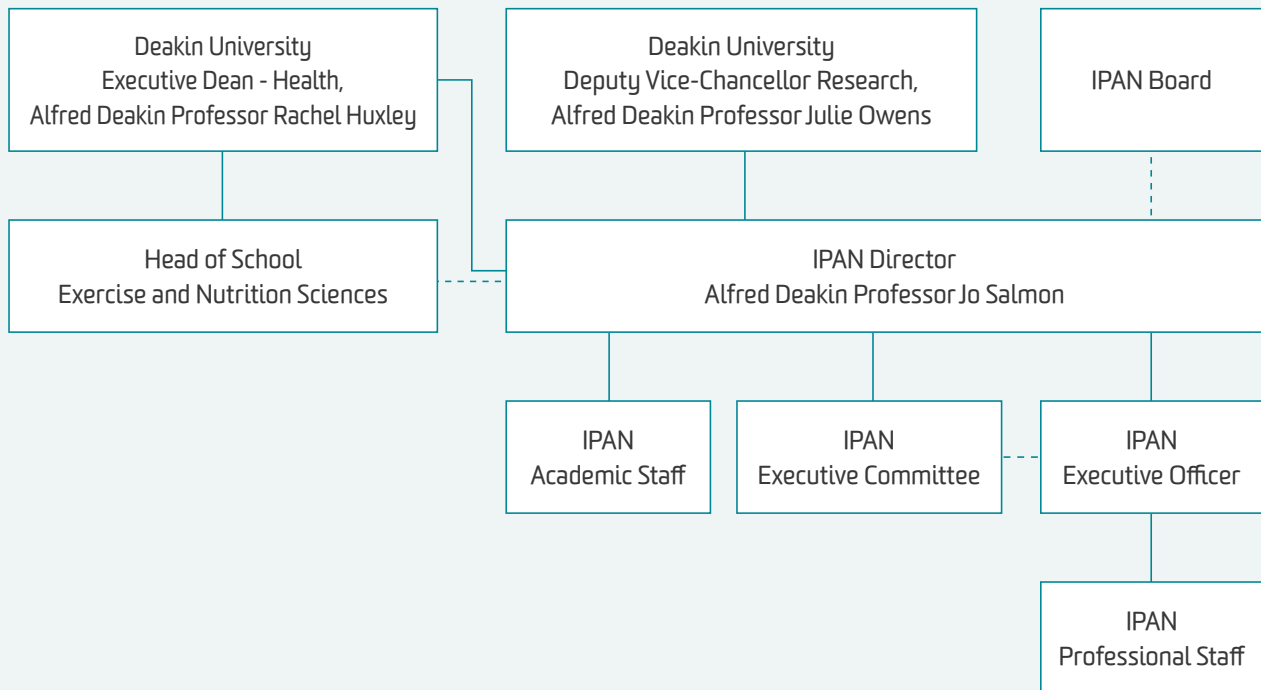
Professor David Dunstan

## IPAN expertise and research focus



# Governance

## IPAN organisational chart



## IPAN Executive

Alfred Deakin Professor Jo Salmon	Alfred Deakin Professor Anna Timperio	Associate Professor Michelle Keske
Professor Brad Aisbett	Alfred Deakin Professor Sarah McNaughton	Professor Kylie Hesketh
Professor Aaron Russell	Associate Professor Nicole Kiss	Dr Katherine Livingstone
Ms Cathy Cooper	Ms Ernestine Thompson	



## IPAN Board



### Alfred Deakin Professor Julie Owens

Alfred Deakin Professor Julie Owens is the Deputy Vice-Chancellor Research at Deakin University leading a portfolio that includes Deakin Research, Deakin Research Innovations, Manufutures, the Institute for Frontier Materials (IFM), Institute for Intelligent Systems Research and Innovation (IISRI) and the Artificial Intelligence Institute (A2I2), oversight of four additional research institutes and seven Strategic Research Centres.

Prior to her appointment, Professor Owens was Pro Vice Chancellor (Research Strategy) and acting Deputy Vice-Chancellor Research at University of Adelaide. Professor Owens' previous roles include Associate Dean Research in the Faculty of Health Sciences and Faculty of Sciences and Head of the School of Paediatrics and Reproductive Health.

Originally an ARC QEII Fellow and NHMRC Research Fellow, she continues to be engaged in research into pregnancy and early development early life programming of lifelong health of offspring, supported by various bodies, including NIH, NHMRC, ARC and others. Professor Owens has served in peer review for the Academy, and Grant, Program and Review Panels for the National Health and Medical Research Council of Australia (NHMRC) and on the College of Experts for the Australian Research Council (ARC), and as an advocate for national research funding, policy and strategies as a Director for the Australian Society for Medical Research.

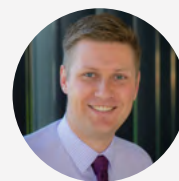


### Alfred Deakin Professor Rachel Huxley

Professor Rachel Huxley is an internationally renowned epidemiologist who has made significant contributions to the field of cardiovascular epidemiology particularly in describing how sex and ethnic differences in risk factors impact on disease risk.

She received her DPhil in Epidemiology and Public Health from the University of Oxford in 2001 and over the past 20 years has held academic appointments in leading universities and research institutes in the UK, United States and in Australia. She has published prolifically and leads a current program of NHMRC funded research exploring how sex and gender contribute to disparities in vascular disease management in Australia.

In 2019, she joined Deakin as the Executive Dean for the Faculty of Health and holds an Honorary Professorial appointment at The George Institute for Global Health, University of New South Wales, an Honorary Professorship at the Olivia Newton John Cancer Research Institute, Melbourne and is a Visiting Professorial Fellowship in Epidemiology at the Nuffield Department of Population Health, University of Oxford.



### Professor Peter Enticott

Professor Peter Enticott is Associate Dean, Research in the Faculty of Health, Deakin University. He joined Deakin University in 2013, where he established the Cognitive Neuroscience Unit (CNU) in the School of Psychology.

A registered psychologist who obtained his PhD at Monash University (2006), Peter's program of research concerns developmental social and affective neuroscience. He works with both neurotypical and clinical populations, including autism spectrum disorder (ASD). Peter's research utilises a combination of cutting-edge neuroscience techniques (e.g., functional neuroimaging, electroencephalography, non-invasive brain stimulation) along with clinical and neurocognitive assessment. Professor Enticott currently leads an Australia-wide multisite clinical trial of repetitive transcranial magnetic stimulation in ASD, which is funded by the Medical Research Future Fund.

He has received over \$8M in competitive funding (including a recent Future Fellowship from the Australian Research Council), published over 170 articles, and co-edited two collected volumes. Professor Enticott has received numerous awards, including a Young Tall Poppy Science Award from the Australian Institute of Policy and Science and a Young Scientist Award from the World Federation of Societies of Biological Psychiatry.



### Mr Ross Mahon

Mr Ross Mahon is the Executive Director, Deakin Research Innovations. He is an automotive and aerospace advanced manufacturing leader with experience across all facets of developing strategy, research & development, winning new customers, transformation, engineering, manufacturing & establishing new products, sites and supply lines utilising technology and Industry 4.0 principles to establish a competitive advantage.

Mr Mahon has had a long manufacturing career in Australia and overseas including, senior roles with Deakin Partners, Futuris and Quickstep. Ross will be responsible for positioning Deakin University as a leader in research translation through innovation that: creates impact, develops new products, services and ways of operating for industry, government and, other public and private sector organisations and communities.



### Professor Matthew Gillespie (AM)

Professor Matthew Gillespie is Vice-Provost (Academic Affairs) at Monash University. Matthew trained in microbiology and immunology, and is a bone cell biologist and cancer researcher. He was director of Prince Henry's Institute 2008-2013, and has held high-level research administration roles in other leading research organisations including Associate Director of Melbourne's St Vincent's Institute of Medical Research.

An active member of the Australian and global scientific communities, Professor Gillespie has held editorial roles including on the boards of Arthritis and Rheumatism, Endocrinology, Bone, and the Journal of Bone and Mineral Research, and on research committees including the Cancer Council Victoria, NHMRC Research Committee (2006-2012) and NHMRC Audit Committee (2006-2022).

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



### Dr Lyn Roberts (AO)

Dr Lyn 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 she was a member of the Expert Steering Committee for the National Preventative Health Strategy 2020-2030.

Dr Roberts has held numerous Board positions including recently with the Australian Institute of Health and Welfare and the Victorian Government Justice Health Ministerial Advisory Committee. She is an ongoing member of the Deakin University Council and was appointed to the role of Deputy Chancellor in 2022. She is a member of the Finance and Business Affairs Committee as well as several other Council Committees.

In 2019 she was Principal Advisor for the Victorian Health Promotion Foundation, and in addition she was Acting CEO for an interim period.

Since 2020 she has had the role of Strategic Advisor for the National Asthma Council Australia.

## ► IPAN BOARD



### Ms Kellie-Ann Jolly

Ms Kellie-Ann 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 led the Foundation's health programs.

In August 2016, she was appointed Victorian Chief Executive Officer and in January 2021, became Chief Executive Officer, Victoria & Tasmania while also in the role as Acting National Chief Development Officer.

She 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 and more recently the Chair, Melbourne Genomics Health Alliance, Community Advisory Committee.



### 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 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 38 years.



### Mr Peter McCue

Mr Peter McCue is currently engaged at the NSW Office of Sport where he's leading the development of NSW's State-wide 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 Premier's across both major political parties, developed the state's first walking strategy and facilitated the incorporation of health considerations within various Planning instruments. Mr McCue is currently undertaking a PhD investigating effective ways to frame physical activity to engage political leaders.



### Ms Melanie Chisholm

Ms Melanie Chisholm is currently the Director, Engagement and Partnerships within the Organising Committee for the 2026 Commonwealth Games. Prior to this she was an Executive Director for the Victorian Department of Health – COVID-19 Vaccination Program.

Ms Chisholm is a qualified Health Professional, having worked for over 20 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. Previous roles include Healthy Eating Manager at VicHealth, 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.



# Our academic staff

Professor Brad Aisbett  
Dr Lauren Arundell  
Dr Brenton Baguley  
Dr Phillip Baker  
Professor Lisa Barnett  
Dr Andrew Betik  
Dr Kristy Bolton  
Dr Alison Booth  
Professor Clinton Bruce  
Dr Alissa Burnett  
Professor Karen Campbell  
Dr Ana Maria Contardo Ayala  
Professor Robin Daly  
Dr Paul Della Gatta (until May 2022)  
Dr Suzanne Dixon-Suen  
Dr Katherine Downing  
Professor David Dunstan  
Associate Professor Steve Fraser  
Dr Jackson Fyfe  
Dr Kidane Gebremarian  
Dr Elena George  
Dr Carley Grimes  
Dr Lee Hamilton  
Dr Ashlee Hendy  
Professor Kylie Hesketh  
Dr Danielle Hiam  
Dr Kirsten Howlett  
Associate Professor Shariful Islam  
Dr Paul Jansons  
Dr Gunveen Kaur  
Associate Professor Michelle Keske  
Associate Professor Nicole Kiss  
Dr Harriet Koorts  
Dr Greg Kowalski

Dr Konsita Kuswara (from Oct 2022)  
Dr Katie Lacy  
Associate Professor Severine Lamon  
Dr Natalie Lander  
Professor Mark Lawrence  
Associate Professor Rachel Laws  
Dr Rebecca Leech  
Dr Rebecca Lindberg  
Dr Angus Lindsay  
Dr Katherine Livingstone  
Dr Venurs Loh  
Dr Penny Love  
Dr Jiani Ma (from Oct 2022)  
Dr Priscila Machado  
Dr Helen Macpherson  
Professor Ralph Maddison  
Dr Luana Main  
Dr Claire Margerison  
Dr Shaun Mason  
Dr Emiliano Mazzoli  
Alfred Deakin Professor Sarah McNaughton  
Dr Jakub Mesinovic  
Dr Clint Miller  
Dr Catherine Milte  
Dr Niamh Mundell  
Dr Janandani Nanayakkara  
Dr Pat Owen  
Dr Kate Parker (until Sept 2022)  
Dr Lewan Parker  
Dr Susan Paudel  
Professor Judi Porter  
Dr Jonathan Rawstorn  
Professor Aaron Russell

Dr Georgie Russell  
Dr Shannon Sahlqvist  
Alfred Deakin Professor Jo Salmon  
Associate Professor David Scott  
Dr Chris Shaw  
Dr Alison Spence  
Dr Claudia Strugnell  
Dr Ewa Szymlek-Gay  
Dr Jamie Tait  
Dr Jason Talevski  
Dr Sze-Yen Tan  
Dr Teketo Tegegne  
Associate Professor Megan Teychenne  
Dr Hannah Thomas  
Alfred Deakin Professor Anna Timperio  
Associate Professor Susan Torres  
Dr Adam Trewin  
Dr Anne Turner  
Dr Paige van der Pligt  
Associate Professor Jenny Veitch  
Dr Simone Verswijveren  
Professor Glenn Wadley  
Dr Anthony Walsh  
Associate Professor Stuart Warmington  
Dr Kim Way  
Dr Michael Wheeler  
Dr Julie Woods  
Dr Yuxin Zhang  
Dr Jazzmin Zheng

# Externally funded research projects in 2022

PROJECT TEAM	PROJECT TITLE	FUNDING SCHEME
<b>Campbell K, Laws R, Hesketh K</b> , Denney-Wilson E, Moodie M, <b>Koorts H</b> , Ong KL, Orellana L, <b>Love P</b> , Browne J	Evaluating real-world implementation of an evidence-based program addressing lifestyle behaviours from the start of life	NHMRC Partnership Grant
<b>Daly R</b> , Bennell K, <b>Scott D</b> , Ebeling P, Maier A, Giangregorio L, Hinman R, Watts J, <b>Koorts H</b> , <b>McNaughton SA</b> . AI's: <b>Milte C</b> , Gianoudis J, <b>Rawstorn J</b> , Orellana L, <b>Maddison R</b>	TeleFFIT- A personalized, telehealth exercise and lifestyle risk factor management program to reduce falls and fracture risk in older adults: A 12-month hybrid effectiveness-implementation trial	MRFF Preventive and Public Health Research Initiative
<b>Hamilton L</b> , Walder K, Allsopp G, <b>Shaw C</b> , <b>Kowalski G</b> , <b>Bruce C</b> , Wright C, Snipe R	Can dietary supplementation with Krill Oil improve ME/CFS symptoms	The Mason Foundation National Medical Program
<b>Hesketh K</b> , <b>Salmon J</b> , Galland B, Nicholson J, Taylor R, Orellana L, Abdelrazek M, <b>Koorts H</b> , Brown V, <b>Downing K</b> . AI <b>Campbell K</b>	Maximising health potential through enhancement of movement behaviours from early life	NHMRC Partnership Grant
<b>Jansons P</b> , Callisaya M, <b>Scott D</b> , <b>Macpherson H</b>	Feasibility and pilot randomised controlled trial of a co-designed home-based personalised rehabilitative strategy program delivered via voice-controlled intelligent personal assistants in older adults	Dementia Australia Research Foundation Project Grant
<b>Kaur G</b> , <b>Keske M</b> , <b>Parker L</b> , <b>Betik A</b> , Brayner B	Does short-term high calorie high-fat feeding impair skeletal muscle microvascular blood flow and increase the risk of pre-diabetes in humans?	Diabetes Australia Research Program
<b>Keske M</b> , Marwick T, <b>Parker L</b> , <b>Maddison R</b>	Novel therapy for improving exercise tolerance and glycaemic regulation in type 2 diabetes associated HFpEF	National Heart Foundation of Australia - Vanguard Grant
<b>Keske M</b> , Roberts-Thompson K, <b>Parker L</b>	Oral glucose tolerance test causes acute skeletal muscle microvascular insulin resistance in healthy people: determining the gut-derived factors that underpin microvascular impairments	Diabetes Australia Research Program
<b>Keske M</b> , <b>Wadley G</b> , <b>Betik A</b> , <b>Parker L</b> , <b>Kaur G</b>	Home-based vascular therapy for improving exercise tolerance and glycaemia in type 2 diabetes	Diabetes Australia Research Program
<b>Kiss N</b> , Khosravi A, Alizadehsani R, Steer B, de van der Schueren M, Loeliger J, Edbrooke L, Deftereos I, Laing E	An intelligent online platform to predict adverse outcomes from cancer-related malnutrition using the GLIM criteria	Medical Nutrition International Industry Association
<b>Kowalski G</b> , <b>Bruce C</b> , <b>Shaw C</b>	A novel 'liquid biopsy' approach to study in vivo-cell insulin synthesis in humans	Diabetes Australia Research Program
<b>Lamon S</b> , Eynon E, Garnham A, <b>Aisbett B</b>	Does endogenous testosterone determine athletic performance in females?	International Olympic Committee - Medical and Scientific Research Fund for Injury and Illness Prevention

PROJECT TEAM	PROJECT TITLE	FUNDING SCHEME
<b>Lawrence M, Baker P</b> , Worsley A, <b>McNaughton SA</b>	Reforming evidence synthesis and translation for food and nutrition policy	ARC Discovery Project
<b>Maddison R</b> , Ball K, Oldenburg B, Chow C, <b>McNaughton S</b> , <b>Rawstorn J</b> , 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
<b>Maddison R</b> , Vasa R, Atherton J, Oldenburg B, Kostakos V, Dingler T, <b>Rawstorn J</b> , Kwasnicka D	Harnessing information technology to improve self-management behaviours and health outcome in people with heart failure: A smarthome ecosystem Living Lab Study	NHMRC Ideas Grant
<b>Mazzoli E</b> , <b>Contardo Ayala AM</b> , AlMarzooqi M, <b>Salmon J</b>	Transform-Us! Saudi Arabia: adapting and testing a physical activity program for primary school children in Saudi Arabia	Prince Faisal Bin Fahad Award for Sports Research
<b>Parker L</b> , <b>Keske M</b> , Marwick T, Nikolaidis M	Antioxidant deficiency screening and personalised antioxidant prescription as an accessible and cost-effective treatment for cardiovascular dysfunction and insulin resistance	National Heart Foundation of Australia - Vanguard Grant
<b>Russell A</b> , Walker A, Mathivanan S, Chung R	Identifying biomarkers from extracellular vesicles for early detection, disease progression and therapeutic efficiency in MND	FightMND Impact Grant
<b>Russell A</b> , Walker A, Wright D	Evaluation of a novel inducible muscle-specific TDP-43 mouse model of ALS	FightMND Impact Grant
<b>Salmon J</b> , <b>Timperio A</b> , Bauman A, Lubans D, Lonsdale C, <b>Koorts H</b> , Telford A, Ridgers N, <b>Barnett L</b> , Lamb K, Al Brown H, <b>Arundell L</b>	Scalability of the Transform-Us! program to promote children's physical activity and reduce prolonged sitting in Victorian primary schools	NHMRC Partnership Grant
<b>Scott D</b> , <b>Daly R</b> , Ebeling P, <b>Kiss N</b> , <b>Jansons P</b>	A pilot feasibility trial of voice-controlled intelligent personal assistants as a telehealth self-management tool for post-menopausal women with osteoporosis	Amgen-Osteoporosis Australia-ANZBMS Clinical Grant
<b>Shaw C</b> , <b>Bruce C</b> , <b>Howlett K</b> , McGee S, <b>Kowalski G</b>	Fasting hyperinsulinemia remodels adipose tissue metabolism to drive obesity and insulin resistance	Diabetes Australia Research Program
<b>Shaw C</b> , <b>Bruce C</b> , <b>Kowalski G</b> , <b>Howlett K</b>	Deciphering the mechanisms of postprandial glucose disposal	Diabetes Australia Research Program
<b>Talevski J</b> , <b>Daly R</b> , Beauchamp A, Thomas S	INTEgRating post-FRACTure care into primary care (INTERFRACT): Development of a post-fracture care pathway for primary care setting	Amgen-Healthy Bones Australia - ANZBMS Clinical Grant Program
<b>Trewin A</b>	Myocardial mitochondrial regulation by long non-coding RNAs and their role in cardioprotection	CZANZ - Bayer Young Investigator Research Grant

IPAN academics are indicated in bold



# Externally funded research fellowships in 2022

STAFF MEMBER	PROJECT NAME	FUNDING SCHEME
<b>Arundell L</b>	RECONNECT ME: Regaining CONTROL of children's EleCTronic Media	ARC Discovery Early Career Research Award
<b>Hesketh K</b>	Early childhood physical activity and sedentary behaviour interventions to optimise heart health trajectories	National Heart Foundation of Australia Future Leader Fellowship
<b>Islam S</b>	Improving outcome for people with heart diseases using digital health technologies	NHMRC Investigator Grant Emerging Leadership Level 1 Fellowship
<b>Kiss N</b>	Predicting muscle loss during lung cancer treatment: the PREDICT study	Victorian Cancer Agency Nursing and Allied Health Clinical Research Fellowship
<b>Lamon S</b>	Understanding the determinants of age-related muscle wasting in females	ARC Future Fellowship
<b>Leech R</b>	Eating in context: Understanding the pathways through which everyday contextual factors influence food choices and cardiometabolic health	NHMRC Investigator Grant Emerging Leadership Level 1 Fellowship
<b>Lindsay A</b>	The role of stress on Duchenne muscular dystrophy pathogenesis	Neurological Foundation of New Zealand
<b>Livingstone K</b>	Designing tailored approaches to improve dietary patterns in young adults	NHMRC Investigator Grant Emerging Leadership Level 1 Fellowship
<b>MacPherson H</b>	A multi-faceted intervention to enhance cognition in older people at risk of cognitive decline	NHMRC-ARC Dementia Research Development Fellowship
<b>Parker L</b>	Exercise intolerance and impaired glycaemic control in heart failure patients: Identifying microvascular dysfunction as a novel mechanism	NHMRC/NHF Early Career Fellowship
<b>Salmon J</b>	Moving a sedentary generation: Comparing implementation approaches at scale to increase child and youth physical activity	NHMRC Investigator Grant Leadership Level 2 Fellowship
<b>Scott D</b>	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
<b>Teychenne M</b>	Informing the development and real-world translation of a home-based physical activity intervention for improving postnatal mental health	NHMRC Investigator Grant Emerging Leadership Level 1 Fellowship
<b>Zheng J</b>	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 2022

PROJECT TEAM	LEAD INSTITUTE	PROJECT TITLE	FUNDING SCHEME
Baur L, <b>Hesketh K</b> , Golley R, Wen LM, <b>Laws R</b> , Hayes A, <b>Campbell K</b> , Denney-Wilson E, Brown V, Seidler AL. AIs: 10 including <b>Love P</b>	University of Sydney	Centre of Research Excellence in the Early Prevention of Obesity in Childhood-Translate: (EPOCH-Translate)	NHMRC Centres of Research Excellence
Beauchamp A, Nicholls S, Jessup R, Wong Shee A, van Gaal W, <b>Talevski J</b> , Oqueli E, Sharma L	Monash University	Using co-design to improve accessibility and acceptability of cardiac services for vulnerable populations: The Equal Hearts Study	MRFF 2021 Cardiovascular Health Mission
Belavy DL, Ehrenbrusthoff K, Peschke D, <b>Owen P</b> , <b>Miller C</b> , Buehring B, Armbrrecht G, Donath L, Kopkow C, Williams T, Danneels L	HSG Bochum University, Germany	Back pain guideline implementation: systematic review, establishment of research network, interdisciplinary clinician survey	HSG Bochum University, Germany
Belavy DL, <b>Owen P</b> , <b>Miller CT</b> , <b>Mundell NL</b> and the Pain, Action and Interference (PAIN) Scientific Research Network (Consists of 5 Flemish and 15 foreign partners)	Ghent University	Scientific Research Network in Pain, Action and Interference (PAIN)	Research Foundation Flanders (FWO), Belgium: Scientific Research Network Grant
Bodonno C, Sim M, Laws S, Bucks R, Schousboe J, Shultz C, Woodman R, Dimmock J, Hodgson J, Lewis J. AI: <b>Daly R</b>	Edith Cowan University	Getting to the heart of healthy ageing: a behaviour change program to promote dietary pattern changes	MRFF Dementia, Ageing and Aged Care Mission
Cleland V, <b>Timperio A</b> , 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
Cleland V, Greaves SP, Jose K, Blizzard CL, <b>Timperio A</b> , Stafford L	Menzies Research Institute, University of Tasmania	Improving cardiovascular health through increased transport-related physical activity: A co-designed randomised controlled trial	MRFF 2021 Cardiovascular Health Mission
Coates A, Buckley J, Hill A, <b>Tan S Y</b> , 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, <b>Maddison R</b>	Loughborough University, UK	'Snacktivity' to promote physical activity and reduce future risk of disease in the population	National Institute Health Research- NIHR

## Externally funded research collaborations in 2022

PROJECT TEAM	LEAD INSTITUTE	PROJECT TITLE	FUNDING SCHEME
DeForche B, <b>Veitch J</b> , 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)
Denehy L, Cavalheri V, Edbrooke L, Granger C, <b>Kiss N</b> , Ritchie D, Short C	University of Melbourne	Rehabilitation after bone marrow transplant to improve patient outcomes. The REBOOT study	World Cancer Research Fund International Regular Grant Programme
Dodd JM, Pena A, Schoenaker D, Giles L, Hoyo C, Owens J. Al: <b>Campbell K</b>	University of Adelaide	The First 1,000 Days: In-utero and early life exposures and their contribution to child obesity	NHMRC Project Grant
Dodd J, Poprzeczny A, Louise J, Keir A, Pham C, <b>Laws R</b> , Briley A, Turnbull D, <b>Campbell K</b> . Al: Goold J, Chen R	University of Adelaide	The Begin Better Randomised Trial	MRFF Preventive and Public Health Research Grant
Dunstan D, Owen N, Eakin E, Biddle S, Healy G, <b>Daly R</b> , 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
Estevan I, García-Massó X, Castillo I, Queralto A, Menescardi C, Molina-García J, Álvarez O. External consultants: Pesce C, <b>Barnett LM</b> , Sallis J	Led by University of Valencia, Spain	Effects of Active Learning in PHYSical Literacy and educative and social and physical health components: ALPHYL	Spanish Research Agency, Ministry of Science and Innovation, Spanish Government
Eynon N, Voisin S, <b>Lamon S</b> , Levinger I	Victoria University	Can exercise slow down the epigenetic ageing clock?	ARC Discovery Project
Forbes C, Johnson M, Huang C, Swan F, Cohen J, Pearson M, Twiddy M, Lind M, <b>Rawstorn J</b> , <b>Maddison R</b>	University of Hull, UK	Adapting a smartphone-based rehabilitation programme for older adults living with and beyond cancer: a development study using Intervention Mapping	National Institute for Health Research (NIHR)
Gardiner P, <b>Dunstan DW</b> , Gray L, Owen N, Healy G, Comans T, Fjeldsoe B, Schaumberg M. Al's: Lynch B, Green D, Rosenberg D, Eakin E, Moodie M, Summers M, Buman M, Cohen N, <b>Daly RM</b> , 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
Hodgson J, Lewis J, Schousboe J, Woodman J, Jackson B, Dimmock J. Al's Zhu K, <b>Daly RM</b>	Edith Cowan University	Developing a novel approach to improve diet and lifestyle	MRFF Preventive and Public Health Research Grant



PROJECT TEAM	LEAD INSTITUTE	PROJECT TITLE	FUNDING SCHEME
Hutchinson A, <b>Macpherson H</b> , Bucknall T, Vasa R, Redley B, Rivera Villicana J, Orellana L, Mouzakis K	Deakin University (non IPAN-led)	Implementing innovative technology promoting self-awareness of brain health and self-determination in obtaining a timely dementia diagnosis	MRFF Dementia, Ageing and Aged Care Mission
La Gerche A, Loi S, Haykowsky M, Howden E, <b>Daly RM</b> , Antill Y, Salim A, <b>Fraser S</b>	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
Larsson C, <b>Margerison C</b> , Medin AC	Göteborgs University, Sweden	Consequences on young people's dietary intake and nutritional status when adopting plant-based diets of differing strictness (VeggiSkills Sweden).	Forte, Sweden
Lonsdale C, Lubans D, <b>Salmon J</b> , 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
Lubans D, <b>Salmon J</b> , Smith J, Morgan P, Sutherland R, Penney D, Scott J, Kennedy S	University of Newcastle	Optimising the implementation of an evidence-based school program to engage adolescents in muscle-strengthening activities consistent with national guidelines	NHMRC Partnership Grant
Mouzakis K, Venkatesh S, Maeder A, Hutchinson A, Berk M, <b>Maddison R</b> , et al	Deakin University	ARC Research Hub for Digital Enhanced Living	ARC Industrial Transformation Research Hubs
Oldenburg B, <b>Maddison R</b> , 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, Raine K, Hammond D, <b>Livingstone K</b> , Vanderlee L, Nejatinamini S, Chowdhury TT, Blanchet R, Tyminski S, Prowse R, Jafri K, Nganda L, Bencz-Knight T, Lake DM, Rashid R	University of Calgary, Canada	The impact of the COVID global pandemic and government policy responses on dietary and health inequities among individuals from racial/ethnic minority groups: a mixed methods, solution-focused investigation	MSI Foundation, Canada
O'Neill A, Jacka F, Yucel M, Speight J, Absetz P, Versace V, <b>Teychenne M</b> , Rosenbaum S, Chatterton ML	Deakin University	Evaluating the effectiveness of lifestyle therapy versus standard psychotherapy for reducing depression in adults with COVID-19 related distress: The CALM trial	MRFF Covid-19 Mental Health Research Grant

## Externally funded research collaborations in 2022

PROJECT TEAM	LEAD INSTITUTE	PROJECT TITLE	FUNDING SCHEME
O'Reilly S, <b>Laws R</b> , Skinner T, Norman J, Teede H, Anderson J, Campoy C, Evans J, Terkildsen H, <b>Campbell K</b> , 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
Pipingas A, Murphy K, Itsiopoulos C, Kingsley M, Scholey A, <b>Macpherson H</b> , 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
Price T, Wardill H, Yeung D, Crawford G, Bowen J, Shakib S, Smid S, Ludbrook G, Zannettino A, Whetton S, AIs: Boublik J, Marker J, <b>Kiss N</b> , Costello S, Louise J, Saman K	University of Adelaide	The CANNabinoids for CANcer Therapy (CANCAN) Trial	MRFF-Emerging Priorities and Consumer Driven Research- 2020 Medicinal Cannabis Clinical Trials
Reed J, <b>Way K</b> , Wells GA, Parkash R, Dorian P, Poirier P, Andrade J, Birnie DH, Pipe AL, Tulloch HE, Blanchard C, Oh P, Prince SA, Edwards J	University of Ottawa, CA	A multi-site observational study evaluating device measured physical activity levels of atrial fibrillation patients across Canada (CANSURVEY-AF)	Heart and Stroke Foundation of Canada (HSFC): Grants-in-Aid
Reed J, <b>Way K</b> , Wells GA, Parkash R, Dorian P, Poirier P, Andrade J, Birnie DH, Pipe AL, Tulloch HE, Blanchard C, Oh P, Prince SA, Edwards J	University of Ottawa, CA	A multi-site population health study evaluating the physical activity levels of patients with atrial fibrillation (CANSURVEY-AF)	Canadian Institutes of Health Research (CIHR)
Renwick K, <b>Booth A</b> , Larsson C, <b>Margerison C</b> , Powell L, Nolan A	University of British Columbia, CA	Growing a Transnational Food Literacy Education Partnership	Social Sciences and Humanities, Research Council of Canada (SSHRC): Partnership Development Grants
Resaland GK, Daly-Smith A, Singh AS, Stokka ES, Tammelin T, Mota J, von Seelen J, Tjomsland HE, Oliveira JM, ChinAPaw M. International advisors: Bartholomew J, Pesce C, McKay HA, <b>Salmon J</b>	Western Norway University of Applied Sciences	ACTivating classroom teachers – Teachers on the move	Erasmus strategic partnerships for higher education
Silva R, <b>Nanayakkara GJM</b> , Worsley A, <b>Booth A</b> , Subasinghe P, Pieris R	Wayamba 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

PROJECT TEAM	LEAD INSTITUTE	PROJECT TITLE	FUNDING SCHEME
Silva M, <b>Laws R</b> , Moreno-Betancur M, Dashper S, <b>Zheng M</b> , Hall M, Burgner D, Singh A, Kilpatrick N, Le Cao KA. Al: <b>Campbell K</b>	MCRI & Melbourne Dental School, University of Melbourne	Infant2Child: Optimising nutrition in early life to reduce childhood dental caries	MRFF 2020 Maternal Health and First 2000 Days, Early Childhood, and Exercise and Nutrition
Short C, <b>Maddison R</b> , Denehy L, <b>Rawstorn J</b> , Hayes S. Al'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
Tyler R, MacDonald, Fairclough S, <b>Barnett LM</b>	Edge Hill University, UK	Cross-sectional investigation into the levels of physical literacy and associations with physical activity and health in primary school aged children	Research Investment Fund, Edge Hill University, UK
Vik FN, Hillesund ER, Medin AC, Kiland C, Rutter H, Barker M, Wills AK, Helland SH, BjØrkkjaer T, Gebremariam M, <b>Campbell K</b> , <b>Love P</b> , Conti G, von Thiele-Schwarz U, Abel M, van Daele W, Sagedal L	University of Agder	Scaling up evidence based early-life nutrition interventions for community resilience and lifecourse health (Nutrition Now)	Norwegian Research Council: Collaborative and Knowledge Building Project
Walder K, Berk M, Bortolaschi C, McGee S, <b>Bruce C</b> , Marx W.	Deakin University	Using 'omics to unravel the pathophysiology and repurpose drugs to treat ME/CFS	NHMRC Targeted Call for Research into Myalgic Encephalomyelitis (ME)/Chronic Fatigue Syndrome (CFS)
Wiggers J, Kingsland M, <b>Campbell K</b> , 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

IPAN academics are indicated in bold

# Publications 2022

	TITLE	SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
1.	Abdalrada AS, Abawajy J, Al-Quraishi T, Islam SMS*. Machine learning models for prediction of co-occurrence of diabetes and cardiovascular diseases: a retrospective cohort study. <i>Journal of Diabetes and Metabolic Disorders</i> . 2022; 21(1): 251-261. Doi: 10.1007/s40200-021-00968-z	Q3	N/A
2.	Abdalrada AS, Abawajy J, Al-Quraishi T, Islam SMS*. Prediction of cardiac autonomic neuropathy using a machine learning model in patients with diabetes. <i>Therapeutic Advances in Endocrinology and Metabolism</i> . 2022; 13: 1-10. Doi: 10.1177/20420188221086693	N/A	N/A
3.	Adu MD, Bondonno CP, Parmenter BH, Sim M, Davey RJ, Murray K, Radavelli-Bagatini S, Magliano DJ, Daly RM*, et. al. Association between non-tea flavonoid intake and risk of type 2 diabetes: the Australian diabetes, obesity and lifestyle study. <i>Food and Function</i> . 2022; 13(8): 4459-4468. Doi: 10.1039/d1fo04209b	Q1	6.317
4.	Alexander SE, Pollock AC, Lamon S*. The effect of sex hormones on skeletal muscle adaptation in females. <i>European Journal of Sport Science</i> . 2022; 22(7): 1035-1045. Doi: 10.1080/17461391.2021.1921854	Q1	3.98
5.	Alizadehsani R, Eskandarian R, Behjati M, Zahmatkesh M, Roshanzamir M, Izadi NH, Shoeibi A, Haddadi A, Khozeimeh F, Sani FA, Sani ZA, Roshanzamir Z, Khosravi A, Nahavandi S, Sarrafzadegan N, Islam SMS*. Factors associated with mortality in hospitalized cardiovascular disease patients infected with COVID-19. <i>Immunity, Inflammation and Disease</i> . 2022; 10(3): e561. Doi: 10.1002/iid3.561	Q3	N/A
6.	Allsopp GL, Addinsall AB, Hoffmann SM, Russell AP*, Wright CR. Hormonal and metabolic responses of older adults to resistance training in normobaric hypoxia. <i>European Journal of Applied Physiology</i> . 2022; 122(4): 1007-1017. Doi: 10.1007/s00421-022-04897-4	Q1#, Q2#	3.346
7.	Alston L, Green M, Nichols M, Partridge SR, Buccheri A, Bolton KA*, et.al. Testing the accuracy of a bedside screening tool framework to clinical records for identification of patients at risk of malnutrition in a rural setting: An exploratory study. <i>Nutrients</i> . 2022; 14(1): 205. Doi: 10.3390/nu14010205	Q1	6.706
8.	Amholt TT, Jespersen JF, Zacho M, Timperio A*, Schipperijn J. Where are tweens active in school playgrounds? A hot-spot analysis using GPS, accelerometer, and GIS data. <i>Landscape and Urban Planning</i> . 2022; 227: 104546. Doi: 10.1016/j.landurbplan.2022.104546	Q1	8.119
9.	Anastasiou K, Baker P*, Hadjikakou M, Hendrie GA, Lawrence M*. A conceptual framework for understanding the environmental impacts of ultra-processed foods and implications for sustainable food systems. <i>Journal of Cleaner Production</i> . 2022; 368: 133155. Doi: 10.1016/j.jclepro.2022.133155	Q1	11.072



TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
10.	Appleton J, Russell CG*, Fowler C, Jansen E, Burnett A*, Rossiter C, et. al. Informing infant nutrition: timing of infant formula advice, infant formula choice and preparation in the first 6 months of life. <i>Journal of Nutrition Education and Behavior</i> . 2022; 54(10): 908-915. Doi: 10.1016/j.jneb.2022.06.002	Q2	2.822
11.	Arundell L*, Salmon J*, Timperio A*, Sahlqvist S*, Uddin R, Veitch J*, Ridgers N, Brown H, Parker K*. Physical activity and active recreation before and during COVID-19: The Our Life at Home Study. <i>Journal of Science and Medicine in Sport</i> . 2022; 25(3): 235-241. Doi: 10.1016/j.jsams.2021.10.004	Q1	4.597
12.	Arundell L*, Gould L, Ridgers ND, Contardo- Ayala AM*, Downing K*, Salmon J*, Timperio A*, Veitch J*. "Everything kind of revolves around technology": a qualitative exploration of families' screen use experiences, and intervention suggestions. <i>BMC Public Health</i> . 2022; 22: 1606. Doi: 10.1186/s12889-022-14007-w	Q1	4.135
13.	Aubert S, Barnes JD, Demchenko I, Hawthorne M, Abdeta C, Nader PA, et. al. Global matrix 4.0 Physical activity report card grades for children and adolescents: results and analyses from 57 countries. *named collaborator Hesketh KD* and Paudel S*. <i>Journal of Physical Activity and Health</i> . 2022; 19(11): 700-728. Doi: 10.1123/jpah.2022.0456He	Q2	3.000
14.	Axelsson KF, Woessner MN, Litsne H, Wheeler M*, Flehr A, King AJ, Kalen M, Vandenput L, Lorentzon M. Eating disorders are associated with increased risk of fall injury and fracture in Swedish men and women. <i>Osteoporosis International</i> . 2022; 33: 1347-1355. Doi: 10.1007/s00198-022-06312-2	Q1	5.071
15.	Aydin G, Margerison C*, Worsley A, Booth A*. Essential food and nutrition knowledge and skills for primary school children: Australian parents' opinions. <i>Health Education</i> . 2022; 122(4): 424-439. Doi: 10.1180/HE-09-2021-0131	Q3	N/A
16.	Aydin G, Margerison C*, Worsley A, Booth A*. Parents' communication with teachers about food and nutrition issues of primary school students. <i>Children</i> . 2022; 9(4): 510. Doi: 10.3390/children9040510	Q2	2.835
17.	Aydin G, Margerison C*, Worsley A, Booth A*. Food and nutrition education in Australian primary schools: Parents' perspectives on why, when and how. <i>Children and Society</i> . 2022; 36(5): 877-898. Doi: 10.1111/chso.12545	Q2#, Q3#	1.764
18.	Aydin G, Margerison C*, Worsley A, Booth A*. Australian Teachers' perceptions and experiences of food and nutrition education in primary schools: a qualitative study. <i>Australian Journal of Teacher Education</i> . 2022; 47(2): 61-75. Doi: 10.4221/ajte2022v47n2.5	Q2	n/a
19.	Baek Y, Ademi Z, Paudel Subedi S*, Fisher J, Tran T, Romero L, Owen A. Economic evaluations of child nutrition interventions in low-and middle-income countries: systematic review and quality appraisal. <i>Advances in Nutrition</i> . 13(1): 282-317. Doi: 10.1093/advances/nmab097	Q1	11.567

## Publications 2022

		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
TITLE			
20.	Baguley BJ*, Adlard K, Jenkins D, Wright ORL, Skinner TL. Mediterranean style dietary pattern with high intensity interval training in men with prostate cancer treated with androgen deprivation therapy: a pilot randomised control trial. <i>International Journal of Environmental Research and Public Health</i> . 2022; 19(9): 5709. Doi: 10.3390/ijerph19095709	Q1#, Q2#	4.614
21.	Baldwin J, Arundell L*, Hnatiuk JA. Associations between the neighbourhood social environment and preschool children's physical activity and screen time. <i>BMC Public Health</i> . 2022; 22: 1065. Doi: 10.1186/s12889-022-13493-2	Q1	4.135
22.	Barbour L, Bicknell E, Brimblecombe J, Carino S, Fairweather M, Lawrence M*, Slattery J, Woods J*, World E. Dietitians Australia position statement on healthy and sustainable diets. <i>Nutrition and Dietetics</i> . 2022; 79(1): 6-27. Doi: 10.1111/1747-0080.12726. (Erratum correction 79(2): 272. Doi: 10.1111/1747-0080.12736	Q2	2.859
23.	Barbour L, Lindberg R*, Woods J*, Charlton K, Brimblecombe J. Local urban government policies to facilitate healthy and environmentally sustainable diet-related practices: a scoping review. <i>Public Health Nutrition</i> . 2022; 25(2): 471-487. Doi: 10.1017/S1368980021004432	Q1	4.539
24.	Barnett A, Martino E, Knibbs LK, Shaw JE, Dunstan DW*, Magliano DJ, et. al. The neighbourhood environment and profiles of the metabolic syndrome. <i>Environmental Health</i> . 2022; 21: 80. Doi: 10.1186/s12940-022-00894-4	Q3#, Q4#	7.133
25.	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> . 2022; 27(1): 91-116. Doi: 10.1080/17408989.2020.1849596	Q1	4.638
26.	Barnett LM*, Mazzoli E*, Bowe SJ, Lander N*, Salmon J*. Reliability and validity of the PL-C Quest, a scale designed to assess children's self-reported physical literacy. <i>Psychology of Sport and Exercise</i> . 2022; 60: 102164. Doi: 10.1016/j.psychsport.2022.102164	Q1	5.118
27.	Barnett LM*, Webster EK, Hulteen RM, De Meester A, Valentini NC, Lenoir M, et. al. Through the looking glass: A systematic review of longitudinal evidence, providing new insight for motor competence and health. <i>Sports Medicine</i> . 2022; 52(4): 875-920. Doi: 10.1007/s40279-021-01516-8. (Erratum correction 52(4): 921. Doi: 10.1007/s40279-021-01563-1).	Q1	11.928
28.	Bastian A, Parks C, McKay F, van der Pligt P*, Yarock A, McNaughton SA*, Lindberg R*. Development of a comprehensive household food security tool for families with young children and/or pregnant women in high income countries. <i>International Journal of Environmental Research and Public Health</i> . 2022; 19(17): 10543. Doi: 10.3390/ijerph191710543	Q1#, Q2#	4.614
29.	Bastian A, Parks C, Yarock A, McKay F, Stern K, van der Pligt P*, McNaughton SA*, Lindberg R*. Factors associated with food insecurity among pregnant women and caregivers of children aged 0-6 years: a scoping review. <i>Nutrients</i> . 2022; 14(12): 2407. Doi: 10.3390/nu14122407	Q1	6.706

TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
30.	Bauer C, Tacey A, Garnham A, Smith C, Woessner MN, Lin X, Zarekookandeh N, Hare DL, Lewis JR, Parker L*, Levinger I. The effects of acute high-intensity interval exercise and hyperinsulinemic-euglycemic clamp on osteoglycin levels in young and middle-aged men. <i>JBMR Plus</i> . 2022; 6(11): e10667. Doi: 10.1002/jbm4.10667	Q1#, Q2#	n/a
31.	Beauchamp A, Talevski J*, Nicholls SJ, Wong Shee A, Martin C, Van Gaal W, et. al. Health literacy and long-term health outcomes following myocardial infarction: protocol for a multicentre, prospective cohort study (ENHEARTEN study). <i>BMJ Open</i> . 2022; 12(5): e060480. Doi: 10.1136/bmjopen-2021-060480	Q1	3.006
32.	Beauchamp A, Talevski J*, Niebauer J, Gutenberg J, Kefalianos E, Mayr B, et.al. Health literacy interventions for secondary prevention of coronary artery disease: a scoping review. <i>Open Heart</i> . 2022; 9: e001895. Doi: 10.1136/openhrt-2021-001895	Q2	N/A
33.	Beck B, Thorpe A, Timperio A*, Giles-Corti B, William C, de Leeuw E, et.al. Active transport research priorities for Australia. <i>Journal of Transport and Health</i> . 2022; 24: 101288. Doi: 10.1016/j.jth.2021.101288	Q1#, Q2#	3.613
34.	Beckford K, Grimes CA*, Riddell LJ, Margerison C*, Skeaff SA, Nowson CA. Food sources of iodine in schoolchildren and relationship with 24-h urinary iodine excretion in Victoria, Australia. <i>British Journal of Nutrition</i> . 2022; 127(5): 791-799. Doi: 10.1017/S0007114521001410	Q2	4.125
35.	Beckner ME, Main L*, Tait JL*, Martin BJ, Konkright WR, Nindl BC. Circulating biomarkers associated with performance and resilience during military operational stress. <i>European Journal of Sport Science</i> . 2022; 22(1): 72-86. Doi: 10.1080/17461391.2021.1962983	Q1	3.98
36.	Belavy DL, Miller CT*, Owen PJ*, Rantalainen T, Connell D, Hahne AJ, et. al. Exercise may impact on lumbar vertebrae marrow adipose tissue: randomised controlled trial. <i>Bone</i> . 2022; 157: 116338. Doi: 10.1016/j.bone.2022.116338	Q1#, Q2#	4.626
37.	Belavy DL, Tagliaferri SD, Buntine P, Saueressig T, Sadler K, Ko C, Miller CT*, Owen PJ*. Clinician education unlikely effective for guideline-adherent medication prescription in low back pain: systematic review and meta-analysis of RCTs. <i>eClinicalMedicine</i> . 2022; 43: 101193. Doi: 10.1016/j.eclinm.2021.101193	Q1	17.033
38.	Belavy DL, Tagliaferri SD, Buntine P, Saueressig T, Samanna C, McGuckian T, Miller CT*, Owen PJ*. Reducing low-value imaging for low back pain: systematic review with meta-analysis. <i>Journal of Orthopaedic and Sports Physical Therapy</i> . 2022; 52(4):175-191. Doi: 10.2519/jospt.2022.10731	Q1	6.276
39.	Belavy DL, Tagliaferri SD, Buntine P, Saueressig T, Ehrenbrusthoff K, Chen X, Diwan A, Miller CT*, Owen PJ*. Interventions for promoting evidence-based guideline-consistent surgery in low back pain: a systematic review and meta-analysis of randomised controlled trials. <i>European Spine Journal</i> . 2022; 31: 2851-2865. Doi: 10.1007/s00586-022-07378-6	Q1	2.721
40.	Bell LA, Vuillermin P, Timperio A*, Ponsonby AL, Tang MLK, Hesketh KD*, the BIS Investigator Group. Physical activity and adiposity in preschool children: The Barwon Infant Study. <i>Pediatric Obesity</i> . 2022; 17(2): e12853. Doi: 10.1111/ijpo.12853	Q1	3.91

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		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
TITLE			
41.	Bigaran A, Howden EJ, Foulkes S, Janssens K, Beaudry R, Haykowsky MJ, La Gerche A, Fraser S*, Selig SE. Prescribing exercise in early-stage breast cancer during chemotherapy. A simple periodized approach to align with the cyclic phases of chemotherapy. <i>Journal of Strength and Conditioning Research</i> . 2022; 36(10): 2934-2941. Doi: 10.1519/JSC.0000000000003990	Q1	4.415
42.	Boatwright M, Lawrence M*, Russell C, Russ K, McCoy D, Baker P*. The politics of regulating foods for infants and young children: a case study on the framing and contestation of codex standard-setting processes on breast-milk substitutes. <i>International Journal of Health Policy and Management</i> . 2022; 11(11): 2422-2439. Doi: 10.34172/IJHPM.2021.161	Q1	4.967
43.	Bolton KA*, Fraser P, Lowe J, Moodie M, Bell C, Strugnelli C*, et. al. Generating change through collective impact and systems science for childhood obesity prevention: The GenR8 Change case study. <i>PLoS ONE</i> . 2022; 17(5): e0266654. Doi: 10.1371/journal.pone.0266654	Q1	3.752
44.	Brackenridge CJ, Salim A, Healy GN, Grigg R, Carver A, Rickards K, Owen N, Dunstan DW*. The associations of COVID-19 lockdown restrictions with longer-term activity levels of working adults with Type 2 Diabetes: cohort study. <i>JMIR Diabetes</i> . 2022; 7(2): e36181. Doi: 10.2196/36181	Q2	N/A
45.	Brackenridge CJ, Gardiner PA, Grigg RV, Winkler EAH, Fjeldsoe BS, Schaumberg MA, Owen N, Eakin E, Biddle SJH, Moodie M, Daly RM*, Green DJ, Cohen N, Gray L, Comans T, Buman MP, Goode AD, Nguyen P, Gao L, Healy GN, Dunstan DW*. Sitting less and moving more for improved metabolic and brain health in type 2 diabetes: 'OPTIMISE your health' trial protocol. <i>BMC Public Health</i> . 2022; 22: 929. Doi: 10.1186/s12889-022-13123-x	Q1	4.135
46.	Brandon AE, Small L, Nguyen TV, Suryana E, Gong H, Yassmin C, Hancock SE, Pulpitel T, Stonehouse S, Prescott L, Kebede MA, Yau B, Quek LE, Kowalski GM*, Bruce CR*, et. al. Insulin sensitivity is preserved in mice made obese by feeding a high starch diet. <i>eLife</i> . 2022; 11: e79250. Doi: 10.7554/eLife.79250	Q1	8.713
47.	Brayner B, Keske MA*, Kaur G*, Islam SMS*, Perez-Cornago A, Piernas C, Livingstone KM*. Longitudinal associations between fat-derived dietary patterns and early markers of cardiovascular disease risk in the UK Biobank Study. <i>Journal of the American Heart Association</i> . 2022; 11: e024069. Doi: 10.1161/jaha.121.024069	Q1	6.107
48.	Brown V, Moodie M, Sultana M, Hunter KE, Byrne R, Zarnowiecki D, Seidler AL, Golley R, Taylor RW, Hesketh KD*, Matvienko-Sikar K. A scoping review of outcomes commonly reported in obesity prevention interventions aiming to improve obesity-related health behaviors in children to age 5 years. <i>Obesity Reviews</i> . 2022; 23(5): e13427. Doi: 10.1111/obr.13427	Q1	10.867
49.	Brown V, Moodie M, Sultana M, Hunter KE, Byrne R, Seidler AL, Golley R, Taylor RW, Hesketh KD*, Matvienko-Sikar K. Core outcome set for early intervention trials to prevent obesity in childhood (COS-EPOCH): agreement on "what" to measure. <i>International Journal of Obesity</i> . 2022; 46(10): 1867-1874. Doi: 10.1038/s41366-022-01198-w	Q1	5.551



TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
50.	Brown AD, Bolton KA*, Clarke B, Fraser P, Lowe J, Kays J, Hovmand PS, Allender S. System dynamics modelling to engage community stakeholder in addressing water and sugar sweetened beverage consumption. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 118. Doi: 10.1186/s12966-022-01363-4	Q1	8.915
51.	Brown AD, Whelan J, Bolton KA*, Nagorcka-Smith P, Hayward J, Fraser P, Strugnell C*, et. al. A theory of change for community-based systems interventions to prevent obesity. <i>American Journal of Preventive Medicine</i> . 2022; 62(5): 786-794. Doi: 10.1016/j.amepre.2021.10.006	Q1	6.604
52.	Browne J, Becker D, Orellana L, Ryan J, Walker T, Whelan J, Alston L, Egan M, Johnson B, Rossignoli A, Crooks N, Brown AD, Bolton KA*, Fraser P, Le H, Bell C, Hayward J, Sanigorski A, Backholer K, Allender S, Strugnell C*. Healthy weight, health behaviours and quality of life among Aboriginal children living in regional Victoria. <i>Australian and New Zealand Journal of Public Health</i> . 2022; 46(5): 595-603. Doi: 10.1111/1753-6405.13271	Q2	3.755
53.	Bruce L, Bellesini K, Aisbett B*, Drinkwater EJ, Kremer P. A profile of the skills, attributes, development, and employment opportunities for sport scientists in Australia. <i>Journal of Science and Medicine in Sport</i> . 2022; 25(5): 419-424. Doi: 10.1016/j.jsams.2021.12.009	Q1	4.597
54.	Bulmer S, Drain JR, Tait JL*, Corrigan SL, Gastin PB, Aisbett B*, Rantalainen T, Main LC*. Quantification of recruit training demands and subjective wellbeing during basic military training. <i>International Journal of Environmental Research and Public Health</i> . 2022; 19(12): 7360. Doi: 10.3390/ijerph19127360	Q1#, Q2#	4.614
55.	Bulmer S, Aisbett B*, Drain JR, Roberts S, Gastin PB, Tait J*, Main LC*. Sleep of recruits throughout basic military training and its relationships with stress, recovery, and fatigue. <i>International Archives of Occupational and Environmental Health</i> . 2022; 95(6): 1331-1342. Doi: 10.1007/s00420-022-01845-9	Q2	2.851
56.	Bulmer S, Corrigan SL, Drain JR, Tait JL*, Aisbett B*, Roberts S, Gastin PB, Main LC*. Characterising psycho-physiological responses and relationships during a military field training exercise. <i>International Journal of Environmental Research and Public Health</i> . 2022; 19(22): 14767. Doi: 10.3390/ijerph192214767	Q1#, Q2#	4.614
57.	Burlingame B, Lawrence M*, Macdiarmid J, Dernini S, Oenema S. IUNS task force on sustainable diets - Linking nutrition and food systems. <i>Trends in Food Science and Technology</i> . 2022; 130: 42-50. Doi: 10.1016/j.tifs.2022.09.007	Q1	16.002
58.	Burnett AJ*, Lacy KE*, Russell CG*, Spence AC*, Worsley A, Lamb KE. Groups of mothers based on feeding practices and their associations with dietary quality of pre-school children: a latent profile analysis. <i>Appetite</i> . 2022; 168: 105754. Doi: 10.1016/j.appet.2021.105754	Q1	5.016
59.	Burnett AJ*, Jansen E, Appleton J, Rossiter C, Fowler C, Denney-Wilson E, Russell CG*. Bidirectional associations between parental feeding practices, infant appetitive traits and infant BMIz: a longitudinal cohort study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 153. Doi: 10.1186/s12966-022-01392-z	Q1	8.915

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		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
TITLE			
60.	Burton M, Wood JM*, Booth AO*, Worsley A, Larsson C, Margerison C*. Enough time for lunch? The duration and governance of lunch eating times in Australian primary schools: a mixed-methods study. <i>Appetite</i> . 2022; 169: 105817. Doi: 10.1016/j.appet.2021.105817	Q1	5.016
61.	Cardoso BR, Machado P*, Steele EM. Association between ultra-processed food consumption and cognitive performance in US older adults: a cross-sectional analysis of the NHANES 2011–2014. <i>European Journal of Nutrition</i> . 2022; 61(8): 3975–3985. Doi: 10.1007/s00394-022-02911-1	Q1	4.865
62.	Carmichael L, Keske MA*, Betik AC*, Parker L*, Brayner B, Roberts-Thomson KM, Wadley GD*, Hamilton LD*, Kaur G*. Is vascular insulin resistance an early step in diet-induced whole-body insulin resistance? <i>Nutrition and Diabetes</i> . 2022; 12: 31. Doi: 10.1038/s41387-022-00209-z	Q1	4.725
63.	Carmichael L, Rocca R, Laing E, Ashford P, Collins J, Jackson L, McPherson L, Pendergast B, Kiss N*. Early postoperative feeding following surgery for upper gastrointestinal cancer: a systematic review. <i>Journal of Human Nutrition and Dietetics</i> . 2022; 35: 33–48. Doi: 10.1111/jhn.12930	Q2	2.995
64.	Carson V, Zhang Z, Predy M, Pritchard L, Hesketh KD*. Longitudinal associations between infant movement behaviours and development. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 10. Doi: 10.1186/s12966-022-01248-6	Q1	8.915
65.	Carson V, Zhang Z, Predy M, Pritchard L, Hesketh KD*. Adherence to Canadian 24-Hour movement guidelines among infants and associations with development: a longitudinal study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 154. Doi: 10.1186/s12966-022-01397-8	Q1	8.915
66.	Cassar S, Salmon J*, Timperio A*, Koch S, Koorts H*. A qualitative study of school leader experiences adopting and implementing a whole of school physical activity and sedentary behaviour programme: Transform-Us! Health Education. 2022; 122(3): 267–285. Doi: 10.1108/HE-05-2020-0031.	Q3	N/A
67.	Cetthakrikul N, Kelly M, Baker P*, Banwell C, Smith J. Effect of baby food marketing exposure on infant and young child feeding regimes in Bangkok, Thailand. <i>International Breastfeeding Journal</i> . 2022; 17: 64. Doi: 10.1186/s13006-022-00503-7	Q1	3.79
68.	Cetthakrikul N, Kelly M, Banwell C, Baker P*, Smith J. Regulation of baby food marketing in Thailand: a NetCode analysis. <i>Public Health Nutrition</i> . 2022; 25(10): 2680–2692. Doi: 10.1017/S1368980022001446	Q1	4.539
69.	Collings P, Grøntved A, Jago R, Kriemler S, Northstone K, Puder JJ, Salmon J*, et. al., on behalf of the International Children's Accelerometry Database (ICAD) collaborators. Cross-sectional and prospective associations of sleep duration and bedtimes with adiposity and obesity risk in 15,810 youth from 11 international cohorts. <i>Pediatric Obesity</i> . 2022; 17(4): e12873. Doi: 10.1111/ijpo.12873	Q1	3.91

		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
TITLE			
70.	Chandrabose M, Cao YT, Hadgraft N, Higgs C, Shuvo F, Dunstan DW*, et. al. Neighbourhood walkability and dietary attributes: effect modification by area-level socio-economic status. <i>Public Health Nutrition</i> . 2022; 25(9): 2593-2600. Doi: 10.1017/S1368980022001197	Q1	4.539
71.	Chegini Z, Islam SMS*, Kolawole I, Lotfi M, Nobakht A, Aziz Karkan H, Behforoz A. An educational intervention to improve self-efficacy and knowledge of falls prevention among hospitalized patients. <i>International Journal of Health Promotion and Education</i> . 2022; 60(4): 217-228. Doi: 10.1080/14635240.2022.2086898	Q4	N/A
72.	Chen S, Ma J*, Hong J, Chen C, Yang Y, Yang Z, Zheng P, Tang Y. A public health milestone: China publishes new Physical Activity and Sedentary Behaviour Guidelines. <i>Journal of Activity, Sedentary and Sleep Behaviors</i> . 2022; 1: 9. Doi: 10.1186/s44167-022-00009-x	N/A	N/A
73.	Chowdhury NK, Kabir MA, Rahman MM, Islam SMS*. Machine learning for detecting COVID-19 from cough sounds: An ensemble-based MCDM method. <i>Computers in Biology and Medicine</i> . 2022; 145: 105405. Doi: 10.1016/j.combiomed.2022.105405	Q1	6.698
74.	Condo D, Lastella M, Aisbett B*, Stevens A, Roberts S. Sleep duration and quality are associated with nutrient intake in elite female athletes. <i>Journal of Science and Medicine in Sport</i> . 2022; 25(4): 345-350. Doi: 10.1016/j.jsams.2021.11.045	Q1	4.597
75.	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> . 2022; 11(5): 613-619. Doi: 10.1016/j.jshs.2020.04.002	Q1	13.077
76.	Contardo-Ayala AM*, Lamb KE, Loh V*, Daniel M, Coffee NT, Oostenbach LH, Thornton LE. Do residents with a 20-min neighbourhood walk more? Findings from ProjectPLAN. <i>Health and Place</i> . 2022; 76: 102859. Doi: 10.1016/j.healthplace.2022.102859	Q1	4.931
77.	Cook N, Collins J, Goodwin D, Porter J*. A systematic review of food waste audit methods in hospital foodservices: development of a consensus pathway food waste audit tool. <i>Journal of Human Nutrition and Dietetics</i> . 2022; 35(1): 68-80. Doi: 10.1111/jhn.12928	Q2	2.995
78.	Cooper CJ, Owen PJ*, Sprajcer M, Crowther ME, Craig EA, Ferguson S, et. al. Interventions to improve sleep in caregivers: a systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> . 2022; 64: 101658. Doi: 10.1016/j.smr.2022.101658	Q1	11.401
79.	Corrigan SL, Bulmer S, Roberts SSH, Warmington S*, Drain J, Main LC*. Monitoring responses to basic military training with heart rate variability. <i>Medicine and Science in Sports and Exercise</i> . 2022; 54(9): 1506-1514. Doi: 10.1249/mss.0000000000002930	Q1	6.289

## Publications 2022

	TITLE	SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
80.	Cossez E, Baker P*, Mialon M. 'The second mother': How the baby food industry captures science, health professions and civil society in France. <i>Maternal and Child Nutrition</i> . 2022; 18: e13301. Doi: 10.1111/mcn.13301	Q1	3.66
81.	Cox E, Walker S, Edwardson CL, Biddle SJH, Clarke-Corwell AM, Clemes SA, Davies MJ, Dunstan D*, et. al. The cost-effectiveness of the SMART work and life intervention for reducing sitting time. <i>International Journal of Environmental Research and Public Health</i> . 2022; 19(22): 14861. Doi: 10.3390/ijerph192214861	Q1#, Q2#	4.614
82.	Crooks N, Becker D, Gaskin CJ, Nichols M, Bolton KA*, Orellana L, Fraser P, Le H, Brown A, Bell C, Bliss J, Allender S, Strugnell C*. Relationship between "Blue Space" proximity and children's weight status, health behaviors, and health-related quality of life among a sample of regional Victorian primary school children. <i>Childhood Obesity</i> . 2022; 18(7): 494-506. Doi: 10.1089/chi.2021.0219	Q1#, Q2#	2.867
83.	Crowley P, Ikeda E, Islam SMS*, Kildedal R, Jacobsen SS, Larsen JR, et. al. The surveillance of physical activity, sedentary behavior, and sleep: protocol for the development and feasibility evaluation of a novel measurement system. <i>JMIR Research Protocols</i> . 2022; 11: (6): e35697. Doi: 10.2196/35697	Q3	N/A
84.	Curtis AR, Livingstone KM*, Daly RM*, Marchese LE, Kiss N*. Associations between dietary patterns and malnutrition, low muscle mass and sarcopenia in adults with cancer: a scoping review. <i>International Journal of Environmental Research and Public Health</i> . 2022; 19(3): 1769. Doi: 10.3390/ijerph19031769	Q1#, Q2#	4.614
85.	Daly RM*, Iuliano S, Fyfe JJ*, Scott D*, Kirk B, Thompson MQ, et. al. Screening, diagnosis and management of sarcopenia and frailty in hospitalized older adults: recommendations from the Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSFR) expert working group. <i>Journal of Nutrition Health and Aging</i> . 2022; 26: 637-651. Doi: 10.1007/s12603-022-1801-0	Q1	5.285
86.	Daly RM*, De Ross B, Gianoudis J, Tan SY*. Dose-response effect of consuming commercially available eggs on wintertime serum 25- hydroxyvitamin D concentrations in young Australian adults: a 12 week randomized controlled trial. <i>Journal of Nutrition</i> . 2022; 155(7): 1702-1710. Doi: 10.1093/jn.nxac044	Q1	4.687
87.	Daryabeygi-Khotbehsara R, Islam SMS*, Dunstan DW*, Abdelrazek M, Markides B, Pham T, Maddison R*. Development of an android mobile application for reducing sitting time and increasing walking time in people with type 2 diabetes. <i>Electronics (Switzerland)</i> . 2022; 11(19): 3011. Doi: 10.3390/electronics11193011	Q2	2.69
88.	Dawkins N P, Yates TOM, Edwardson CL, Maylor BEN, Henson J, Hall AP, Davies MJ, Dunstan DW*, et. al. Importance of overall activity and intensity of activity for cardiometabolic risk in those with and without a chronic disease. <i>Medicine and Science in Sports and Exercise</i> . 2022; 54(9): 1582-1590. Doi: 10.1249/MSS.0000000000002939	Q1	6.289
89.	Deftereos I, Yeung J, Arslan J, Carter V, Isenring E, Kiss N* on behalf of the NOURISH point prevalence study. Adherence to ESPEN guidelines and associations with postoperative outcomes in upper gastrointestinal cancer resection: results from the multi-centre NOURISH point prevalence study. <i>Clinical Nutrition ESPEN</i> . 2022; 47: 391-398. Doi: 10.1016/j.clnesp.2021.10.019	Q2#, Q3#	N/A



		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
TITLE			
90.	Demers PA, DeMarini DM, Fent KW, Glass DC, Hansen J, Adetona O, Andersen MHG, Freeman LEB, Caban-Martinez AJ, Daniels RD, Driscoll TR, Goodrich JM, Graber JM, Kirkham TL, Kjaerheim K, Kriebel D, Long AS, Main LC*, et. al. Carcinogenicity of occupational exposure as a firefighter. <i>The Lancet Oncology</i> . 2022; 23(8): 985-986. Doi: 10.1016/s1470-2045(22)00390-4	Q1	54.433
91.	Dening J, George ES*, Ball K, Islam SMS*. User-centered development of a digitally-delivered dietary intervention for adults with type 2 diabetes: the T2Diet study. <i>Internet Interventions</i> . 2022; 28: 100505. Doi: 10.1016/j.invent.2022.100505	Q1	5.358
92.	Dening J, George ES*, Ball K, Mohebbi M, Islam SMS*. Randomised controlled trial of a web-based low carbohydrate diet intervention for adults with type 2 diabetes: the T2Diet study protocol. <i>BMJ Open</i> . 2022; 12: e054594. Doi: 10.1136/bmjopen-2021-054594	Q1	3.006
93.	Dennett AM, Taylor NF, Porter J*, Evans J, Horne-Thompson AL, Harding KE. Bridging the divide: an analysis of allied health quality and research projects. <i>Journal of Continuing Education in the Health Professions</i> . 2022; 42(1): 28-35. Doi: 10.1097/CEH.0000000000000372	Q2	2.19
94.	Denniss E, Lindberg R*, McNaughton SA*. Development of principles for health-related information on social media: Delphi study. <i>Journal of Medical Internet Research</i> . 2022; 24(9): e37337. Doi: 10.2196/37337	Q1	7.076
95.	de Vries LW, Harrington D, Grooten I, Van't Hooft J, van Deutekom A, Roseboom TJ, Salmon J*, et. al. Development of a core outcome set for school-based intervention studies on preventing childhood overweight and obesity: study protocol. <i>BMJ Open</i> . 2022; 12: e051726. Doi: 10.1136/bmjopen-2021-051726	Q1	3.006
96.	Dillon HT, Foulkes S, Horne-Okano Y, Kliman D, Dunstan DW*, Daly RM*, Fraser SF*, et. al. Rapid cardiovascular aging following allogeneic hematopoietic stem cell transplantation for haematological malignancy. <i>Frontiers in Cardiovascular Medicine</i> . 2022; 9: 926064. Doi: 10.3389/fcvm.2022.926064	Q1	5.846
97.	Dillon HT, Saner NJ, Ilsley T, Kliman D, Spencer A, Avery S, Dunstan DW*, Daly R*, Fraser S*, et. al. Preventing the adverse cardiovascular consequences of allogeneic stem cell transplantation with a multi-faceted exercise intervention: the ALLO-Active trial protocol. <i>BMC Cancer</i> . 2022; 22: 898. Doi: 10.1186/s12885-022-09793-w	Q2	4.638
98.	Dingle SE, Bowe SJ, Bujtor M, Milte CM*, Daly RM*, Anstey KJ, Shaw JE, Torres SJ*. Associations between data-driven lifestyle profiles and cognitive function in the AusDiab study. <i>BMC Public Health</i> . 2022; 22: 1990. Doi: 10.1186/s12889-022-14379-z	Q1	4.135
99.	Dixon-Suen SC*, Lewis SJ, Martin RM, English DR, Boyle T, et. al. on behalf of the Breast Cancer Association Consortium. Physical activity, sedentary time and breast cancer risk: a Mendelian randomisation study. <i>British Journal of Sports Medicine</i> . 2022; 56(20): 1157-1170. Doi: 10.1136/bjsports-2021-105132	Q1	18.473

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		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
TITLE			
100.	Djordjevic A, Deftereos I, Carter VM, Morris S, Shannon R, Kiss N*, Yeung JMC. Ability of malnutrition screening and assessment tools to identify computed tomography defined low muscle mass in colorectal cancer surgery. <i>Nutrition in Clinical Practice</i> . 2022; 37(3): 666-676. Doi: 10.1002/ncp.10844	Q2	3.204
101.	Dogra S, Dunstan DW*, Sugiyama T, Stathi A, Gardiner PA, Owen N. Active aging and public health: evidence, implications, and opportunities. <i>Annual Review of Public Health</i> . 2022; 43: 439-459. Doi: 10.1146/annurev-publhealth-052620-091107	Q1	21.87
102.	Dogra S, Copeland JL, Altenburg TM, Heyland DK, Owen N, Dunstan DW*. Start with reducing sedentary behavior: a stepwise approach to physical activity counseling in clinical practice. <i>Patient Education and Counseling</i> . 2022; 105(6): 1353-1361. Doi: 10.1016/j.pec.2021.0919	Q2	3.467
103.	Downing K*, del Pozo Cruz B, Sanders T, Zheng M*, Hnatiuk JA, Salmon J*, Hesketh KD*. Outdoor time, screen time and sleep reported across early childhood: concurrent trajectories and maternal predictors. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 160. Doi: 10.1186/s12966-022-01386-x	Q1	8.915
104.	Drummond AE, Swain CTV, Brown KA, Dixon-Suen S*, Boing L, van Roekel EH, et. al. Linking physical activity to breast cancer via sex steroid hormones, Part 2: the effect of sex steroid hormones on breast cancer risk. <i>Cancer Epidemiology, Biomarkers and Prevention</i> . 2022; 31(1): 28-37. Doi: 10.1158/1055-9965.EPI-21-0438	Q1#, Q2#	4.09
105.	Dudley D, Mackenzie E, Van Bergen P, Cairney J, Barnett LM*. What drives quality physical education? A systematic review and meta-analysis of learning and development effects from physical education-based interventions. <i>Frontiers in Psychology</i> . 2022; 13: 799330. Doi: 10.3389/fpsyg.2022.799330	Q1	4.232
106.	Duncan M, Weldon AD, Barnett LM*, Lander N*. Perceptions and practices of fundamental movement skills in grassroots soccer coaches. <i>International Journal of Sports Science and Coaching</i> . 2022; 17(4): 761-771. Doi: 10.1177/17479541211073547	Q1#, Q3#	2.029
107.	Dzakpasu FOS, Owen N, Carver A, Sethi P, Brakenridge CJ, Salim A, Urquhart DM, Cicuttini F, Dunstan DW*. Television-viewing time and bodily pain in Australian adults with and without type 2 diabetes: 12-year prospective relationships. <i>BMC Public Health</i> . 2022; 22: 2218. Doi: 10.1186/s12889-022-14566-y	Q1	4.135
108.	Ebrahimi S, Leech R*, McNaughton SA*, Abdollahi M, Houshiarrad A, Livingstone K*. Associations between diet quality and obesity in a nationally representative sample of Iranian households: a cross-sectional study. <i>Obesity Science and Practice</i> . 2022; 8(1): 12-20. Doi: 10.002/osp4.536	Q2#, Q3#	N/A
109.	Edwardson CL, Biddle SJH, Clemes SA, Davies MJ, Dunstan DW*, Eborall H, et. al. Effectiveness of an intervention for reducing sitting time and improving health in office workers: three arm cluster randomised controlled trial. <i>BMJ</i> . 2022; 378: e069288. Doi: 10.1136/bmj-2021-069288	Q1	96.216

TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
110.	Elford A, Gwee C, Veal M, Jani R, Sambell R, Kashef S, Love P*. Identification and evaluation of tools utilised for measuring food provision in childcare centres and primary schools: a systematic review. <i>International Journal of Environmental Research and Public Health</i> . 2022; 19(7): 4096. Doi: 10.3390/ijerph19074096	Q1#, Q2#	4.614
111.	Faulkner K, Gilbertson H, Porter J*, Collins J. The origins of food supplied to an Australian public hospital. <i>Frontiers in Nutrition</i> . 2022; 9: 771742. Doi: 10.3389/fnut.2022.771742	Q1	6.59
112.	Ferguson C, Aisbett B*, Lastella M, Roberts S, Condo D. Evening whey protein intake, rich in tryptophan, and sleep in elite male Australian rules football players on training and nontraining days. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> . 2022; 32(2): 82-88. Doi: 10.1123/ijsnem.2021-0145	Q1	4.619
113.	Flehr A, Källgård J, Alvéén J, Lagerstrand K, Papalini E, Wheeler M*, Vandenput L, et. al. Development of a novel method to measure bone marrow fat fraction in older women using high-resolution peripheral quantitative computed tomography. <i>Osteoporosis International</i> . 2022; 33(7): 1545-1556. Doi: 10.1007/s00198-021-06224-7	Q1	5.071
114.	Flowers E, Turner A*, Abbott G, Timperio A*, Salmon J*, Veitch J*. People with the least positive attitudes to green exercise derive most anxiolytic benefit from walking in green space. <i>Urban Forestry and Urban Greening</i> . 2022; 72: 127587. Doi: 10.1016/j.ufug.2022.127587	Q1	5.766
115.	Frankenberg NT, Mason SA*, Wadley GD*, Murphy RM. Skeletal muscle cell-specific differences in type 2 diabetes. <i>Cellular and Molecular Life Sciences</i> . 2022; 79(5): 256. Doi: 10.1007/s00018-022-04265-7	Q1	9.207
116.	Fraser SF*, Gardner JR, Dalla Via J, Daly RM*. The effect of exercise training on lean body mass in breast cancer patients: a systematic review and meta-analysis. <i>Medicine and Science in Sports and Exercise</i> . 2022; 54(2): 211-219. Doi: 10.1249/MSS0000000000002792	Q1	6.289
117.	Fraser K, Love P*, Campbell KJ*, Ball K, Opie R. Meal kits in the family setting: impacts on family dynamics, nutrition, social and mental health. <i>Appetite</i> . 2022; 169: 105816. Doi: 10.1016/j.appet.2021.105816	Q1	5.016
118.	Freer CL, George ES*, Yen SY*, Abbott G, Dunstan DW*, Daly RM*. Effect of progressive resistance training with weight loss compared with weight loss along on the fatty liver index in older adults with type 2 diabetes: secondary analysis of a 12-month randomized controlled trial. <i>BMJ Open Diabetes Research and Care</i> . 2022; 10: e002950. Doi: 10.1136/bmjdr-2022-002950	Q1	4.179
119.	Fyfe JJ*, Dalla Via J, Jansons P*, Scott D*, Daly RM*. Feasibility and acceptability of a remotely delivered, home-based, pragmatic resistance 'exercise snacking' intervention in community-dwelling older adults: a pilot randomised controlled trial. <i>BMC Geriatrics</i> . 2022; 22: 521. Doi: 10.1186/s12877-022-03207-z	Q1	4.07

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		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
TITLE			
120.	Fyfe J*, Hamilton DL*, Daly RM*. Minimal-dose resistance training for improving muscle mass, strength, and function: a narrative review of current evidence and practical considerations. <i>Sports Medicine</i> . 2022; 52(3): 463-479. Doi: 10.1007/s40279-021-01605-8	Q1	11.928
121.	Gammon C, Atkin AJ, Corder K, Ekelund U, Hansen BH, Sherar LB, et. al. on behalf of the International Children's Accelerometry Database (ICAD) Collaborators*. Influence of guideline operationalization on youth activity prevalence in the International Children's Accelerometry Database. *named collaborator Salmon J*. <i>Medicine and Science in Sports and Exercise</i> . 2022; 54(7): 1114-1122. Doi: 10.1249/mss.0000000000002884	Q1	6.289
122.	Gandham A, Scott D*, Bonham MP, Kulkarni B, Kinra S, Ebeling PR, Zengin A. Sex differences in bone health among Indian older adults with obesity, sarcopenia, and sarcopenic obesity. <i>Calcified Tissue International</i> . 2022; 111(2): 152-161. Doi: 10.1007/s00223-022-00981-1	Q1#, Q2#	4.00
123.	Garduno AC, Lacroix AZ, Lamonte MJ, Dunstan DW*, Evenson KR, Wang G, Di C, Schumacher BT, Bellettiere J. Associations of daily steps and step intensity with incident diabetes in a prospective cohort study of older women: The OPACH Study. <i>Diabetes Care</i> . 2022; 45(2): 339-347. Doi: 10.2337/dc21-1202	Q1	17.152
124.	Garzillo JMF, Poli VFS, Leite FHM, Steele EM, Machado PP*, da Costa Louzada ML, Levy RB, Monteiro CA. Ultra-processed food intake and diet carbon and water footprints: a national study in Brazil. <i>Revista de Saude Publica</i> . 2022; 56: 6. Doi: 10.11606/s1518-8787.2022056004551	Q2	2.772
125.	GBD 2019 Adolescent Young Adult Cancer Collaborators. The global burden of adolescent and young adult cancer in 2019: a systematic analysis for the Global Burden of Disease Study 2019. *named collaborator Islam SMS*. <i>The Lancet Oncology</i> . 2022; 23(1): 27-52. Doi: 10.1016/S1470-2045(21)00581-7	Q1	54.433
126.	GBD 2019 Diabetes Mortality Collaborators. Diabetes mortality and trends before 25 years of age: an analysis of the Global Burden of Disease Study 2019. *named collaborator Islam SMS*. <i>The Lancet Diabetes and Endocrinology</i> . 2022; 10(3): 177-192. Doi: 10.1016/S2213-8587(21)00349-1	Q1	44.867
127.	GBD 2019 Cancer Collaboration. Cancer incidence, mortality, years of life lost, years lived with disability, and disability-adjusted life years for 29 cancer groups from 2010 to 2019: a systematic analysis for the Global Burden of Disease Study 2019. *named collaborator Islam SMS*. <i>JAMA Oncology</i> . 2022; 8(3): 420-444. Doi:10.1001/jamaoncol.2021.6987	Q1	33.006
128.	George ES*, Georgousopoulou EN, Mellor DD, Chrysoshoou C, Pitsavos C, Panagiotakos DB. Exploring the path of Mediterranean Diet, Non-Alcoholic Fatty Liver Disease (NAFLD) and inflammation towards 10-Year cardiovascular disease (CVD) Risk: the ATTICA Study 10-Year Follow-Up (2002–2012). <i>Nutrients</i> . 2022; 14(12): 2367. Doi: 10.3390/nu14122367	Q1	6.706



TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
129.	George ES*, Daly RM*, Tey SL, Brown R, Wong THT, Tan S-Y*. Perspective: Is it time to expand research on 'Nuts' to include 'Seeds'? Justifications and key considerations. <i>Advances in Nutrition</i> . 2022; 13(4): 1016-1027. Doi: 10.1093/advances/nmac028	Q1	11.567
130.	Ghozy S, Zayan AH, El-Qushayri AE, Parker KE*, Varney J, Kallmes KM, Morsy S, Abbas AS, Diestro JDB, Dmytriw AA, Shah J, Hassan AE, Islam SMS*. Physical activity level and stroke risk in US population: A matched case-control study of 102,578 individuals. <i>Annals of Clinical and Translational Neurology</i> . 2022; 9(3): 264-275. Doi: 10.1002/acn3.51511	Q1	5.43
131.	Gokal K, Amos-Hirst R, Moakes CA, Sanders JP, Esliger DW, Sherar LB, Ives N, Biddle SJH, Edwardson C, Yates T, Frew E, Greaves C, Greenfield SM, Jolly K, Skrybant M, Maddison R*, et. al. Views of the public about Snacktivity: a small changes approach to promoting physical activity and reducing sedentary behaviour. <i>BMC Public Health</i> . 2022; 22: 618. Doi: 10.1186/s12889-022-13050-x	Q1	4.135
132.	Gong S, Yap LW, Zhang Y*, He J, Yin J, Marzbanrad F, Kaye DM, Cheng W. A gold nanowire-integrated soft wearable system for dynamic continuous non-invasive cardiac monitoring. <i>Biosensors and Bioelectronics</i> . 2022; 205: 114072. Doi: 10.1016/j.bios.2022.114072	Q1	12.545
133.	Haapala E, Rantalainen T, Hesketh KD*, Rodda C, Duckham R. Accelerometer-based osteogenic indices, moderate-to-vigorous and vigorous physical activity, and bone traits in adolescents. <i>Journal of Musculoskeletal and Neuronal Interactions</i> . 2022; 22(4): 514-523.	Q3	1.864
134.	Hanna L, Nguo K, Furness K, Porter J*, Huggins CE. Association between skeletal muscle mass and quality of life in adults with cancer: a systematic review and meta-analysis. <i>Journal of Cachexia, Sarcopenia and Muscle</i> . 2022; 13(2): 839-857. Doi: 10.1002/jcsm.12928	Q1	12.063
135.	Hariharan R, Odjidja EN, Scott D*, Shivappa N, Hébert JR, Hodge A, de Courten B. The dietary inflammatory index, obesity, type 2 diabetes, and cardiovascular risk factors and diseases. <i>Obesity Reviews</i> . 2022; 23: e13349. Doi: 10.1111/ob.13349	Q1	10.867
136.	Hendy AM*, Andrushko JW, Della Gatta PA*, Teo WP. Acute effects of high-intensity aerobic exercise on motor cortical excitability and inhibition in sedentary adults. <i>Frontiers in Psychology</i> . 2022; 13: 814633. Doi: 10.3389/fpsyg.2022.814633	Q1	4.232
137.	Henriksson P, Migueles JH, Söderström E, Sandborg J, Maddison R*, Löf M. User engagement in relation to effectiveness of a digital lifestyle intervention (the HealthyMoms app) in pregnancy. <i>Scientific Reports</i> . 2022; 12: 13793. Doi: 10.1038/s41598-022-17554-9	Q1	4.996
138.	Hesketh KD*, Downing KL*, Galland BC, Nicholson JM, Taylor R, Orellana L, Abdelrazek M, Koorts H*, Brown V, Haines J, Campbell K*, Barnett L*, Löf M, Moodie M, Carson V, Salmon J*. Protocol for the Let's Grow randomised controlled trial: examining efficacy, cost-effectiveness and scalability of a m-Health intervention for movement behaviours in toddlers. <i>BMJ Open</i> . 2022; 12: e057521. Doi: 10.1136/bmjopen-2021-057521	Q1	3.006

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		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
TITLE			
139.	Hockey M, Hoare E, Mohebbi M, Tolmunen T, Hantunen S, Tuomainen TP, Macpherson H*, et. al. Non-fermented dairy intake, but not fermented dairy intake, associated with a higher risk of depression in middle-age and older Finnish men. <i>Journal of Nutrition</i> . 2022; 152(8): 1916-1926. Doi: 10.1093/jn/nxac128	Q1	4.687
140.	Howells RJ, Spathis JG, Pearson J, Latella C, Garrett JM, Owen PJ*, van den Hoek DJ. Impacts of squat attempt weight selection and success on powerlifting performance. <i>Journal of Sports Medicine and Physical Fitness</i> . 2022; 62(4): 476-484. Doi: 10.23736/S0022-4707.21.12140-1	Q2#, Q3#	1.669
141.	Hunter KE, Johnson BJ, Askie L, Golley R, Baur L, Marschner IC, et. al. on behalf of the Transforming Obesity Prevention for CHILDren (TOPCHILD) Collaboration. Transforming Obesity Prevention for CHILDren (TOPCHILD) Collaboration: protocol for a systematic review with individual participant data meta-analysis of behavioural interventions for the prevention of early childhood obesity. * named collaborators, Hesketh KD*, Campbell KJ*. <i>BMJ Open</i> . 2022; 12: e048166. Doi: 10.1136/bmjopen-2020-048166	Q1	3.006
142.	Huse O, Reeve E, Baker P*, Hunt D, Bell C, Peters A, Backholer K. The nutrition transition, food retail transformations, and policy responses to overnutrition in the East Asia region: a descriptive review. <i>Obesity Reviews</i> . 2022; 23(4): e13412. Doi: 10.1111obr.13412	Q1	10.867
143.	Huse O, Reeve E, Bell C, Sacks G, Baker P*, Wood B, Backholer K. Strategies used by the soft drink industry to grow and sustain sales: a case-study of the Coca-Cola company in East Asia. <i>BMJ Global Health</i> . 2022; 7(12): e010386. Doi: 10.1136/bmjgh-2022-010386	Q1	8.061
144.	Ikedo E, Guagliano JM, Atkin AJ, Sherar LB, Ekelund U, Hansen B, et. al. on behalf of the International Children's Accelerometry Database (ICAD) Collaborators. Cross-sectional and longitudinal associations of active travel, organised sport and physical education with accelerometer-assessed moderate-to-vigorous physical activity in young people: the International Children's Accelerometry Database. *named collaborator Salmon J*. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 41. Doi: 10.1186/s12966-022-01282-4	Q1	8.915
145.	Irenso AA, Letta S, Chemedo AS, Asfaw A, Egata G, Assefa N, Campbell KJ*, Laws R*. Maternal time use drives suboptimal complementary feeding practices in the EI Niño-affected eastern Ethiopia community. <i>International Journal of Environmental Research and Public Health</i> . 2022; 19: 3937. doi:10.3390/ijerph19073937	Q1#, Q2#	4.614
146.	Irenso AA, Chamberlain D, Zheng M*, Campbell KJ*, Laws R*. The role of household structure and composition in influencing complementary feeding practices in Ethiopia. <i>Nutrients</i> . 2022; 14: 130. Doi: 10.3390/nu14010130	Q1	6.706
147.	Islam SMS*, Talukder A, Awal A, Siddiqui MU, Ahamad M, Ahammed B, Rawal LB, Alizadehsani R, Abawajy J, Laranjo L, Chow CK, Maddison R*. Machine learning approaches for predicting hypertension and its associated factors using population-level data from three South Asian countries. <i>Frontiers in Cardiovascular Medicine</i> . 2022; 9: 839379. Doi: 10.3389/fcvm.2022.839379	Q1	5.846

TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
148.	Islam SMS*, Chow CK, Daryabeygikhotbehsara R, Subedi N, Rawstorn J*, Tegegne T*, Karmakar C, Siddiqui MU, Lambert G, Maddison R*. Wearable cuffless blood pressure monitoring devices: a systematic review and meta-analysis. <i>European Heart Journal - Digital Health</i> . 2022; 3: 323-337. Doi: 10.1093/ehjdh/ztac021	N/A	N/A
149.	Islam SMS*, Mishra V, Siddiqui MU, Moses JC, Adibi S, Nguyen L, Wickramasinghe N. Smartphone apps for diabetes medication adherence: systematic review. <i>JMIR Diabetes</i> . 2022; 7(2): e33264. Doi: 10.2196/33264	Q2	N/A
150.	Islam MR, Sheba NH, Islam MT, Rahman MM, Hossain S, Hussain MA, Islam SMS*, et. al. Determinants of Hepatitis B Virus (HBV) infection among university students in central Bangladesh. <i>Journal of Community Health</i> . 2022; 47: 136-142. Doi: 10.1007/s10900-021-01025-9	Q1	4.371
151.	Islam SMS*, Nourse R, Uddin R, Rawstorn JC*, Maddison R*. Consensus on recommended functions of a smart home system to improve self-management behaviors in people with heart failure: a modified delphi approach. <i>Frontiers in Cardiovascular Medicine</i> . 2022; 9: 896249. Doi: 10.3389/fcvm.2022.896249	Q1	5.846
152.	Islam SMS*, Halooq A, Denning J, Uddin R, Laranjo L, Chow CK, Maddison R*. Healthcare providers' perspectives on using smart home systems to improve self-management and care in people with heart failure: a qualitative study. <i>International Journal of Medical Informatics</i> . 2022; 167: 104837. Doi: 10.1016/j.ijmedinf.2022.104837	Q1	4.73
153.	James-Martin G, Baird DL, Hendrie G, Bogard J, Anastasiou K, Brooker PG, Wiggins B, Williams G, Herrero M, Lawrence M*, et. al. Environmental sustainability in national food-based dietary guidelines: a global review. <i>Lancet Planetary Health</i> . 2022; 6(12): e977-e986. Doi: 10.1016/S2542-5196(22)00246-7	Q1	28.75
154.	Jani R, Byrne R, Saleh MA, Love P*, Hwa Ong S, Yew Yang W, et.al. The Picky Eating Questionnaire and Child-reported Food Preference Questionnaire: Pilot validation in Australian-Indian mothers and children 7-12 years old. <i>Food Quality and Preference</i> . 2022; 99: 104584. Doi: 10.16/j.foodqual.2022.104584	Q1	6.345
155.	Jansons P*, Fyfe J*, Dalla Via J, Daly RM*, Gvozdenko E, Scott D*. Barriers and enablers for older adults participating in a home-based pragmatic exercise program delivered and monitored by Amazon Alexa: a qualitative study. <i>BMC Geriatrics</i> . 2022; 22(1): 248. Doi: 10.1186/s12877-022-02963-2	Q1	4.07
156.	Jansons P*, Dalla Via J, Daly RM*, Fyfe J*, Gvozdenko E, Scott D*. Delivery of Home-based exercise interventions in older adults facilitated by Amazon Alexa: a 12-week feasibility trial. <i>Journal of Nutrition Health and Aging</i> . 2022; 26(1): 96-102. Doi: 1007/s12603-021-1717-0	Q1	5.285
157.	Jayasinghe SU, Hall SJ, Torres SJ*, Turner AI*. Stress system dysfunction revealed by integrating reactivity of stress pathways to psychological stress in lean and overweight/obese men. <i>American Journal of Physiology-Regulatory, Integrative and Comparative Physiology</i> . 2022; 322(2): R144-R151. Doi: 10.1152/ajpregu.00276.2021	Q2	3.21

## Publications 2022

	TITLE	SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
158.	Jerebine A, Fitton-Davies K, Lander N*, Eyre EJ, Duncan MJ, Barnett LM*. "All the fun stuff, the teachers say, 'that's dangerous!'" Hearing from children on safety and risk in active play in schools: a systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 72. Doi: 10.1186/s12966-022-01305-0	Q1	8.915
159.	Jerebine A, Fitton Davies K, Lander N*, Eyre EJ, Duncan MJ, Barnett LM*. "Children are precious cargo; we don't let them take any risks!" Hearing from adults on safety and risk in children's active play in schools: a systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 111. Doi: 10.1186/s12966-022-01344-7	Q1	8.915
160.	Johnson BJ, Hunter KE, Golley RK, Chadwick P, Barba A, Aberoumand M, et. al, on behalf of the Transforming Obesity Prevention for CHILDren (TOPCHILD) Collaboration. Unpacking the behavioural components and delivery features of early childhood obesity prevention interventions in the TOPCHILD Collaboration: a systematic review and intervention coding protocol * named collaborators, Hesketh KD*, Campbell KJ*. <i>BMJ Open</i> . 2022; 12: e048165. Doi: 10.1136/bmjopen-2020-048165	Q1	3.006
161.	Jones MD, Cashin AG, Mouatt B, McLeod KA, Mundell NL*, McAuley JH, Booth J. A survey evaluation comparing pain curriculum taught in Australian exercise physiology degrees to graduate perceptions of their preparedness and competency to treat people with chronic pain. <i>Musculoskeletal Care</i> . 2022; 20(2): 299-306. Doi: 10.1002/msc.1586	Q2#, Q3#	N/A
162.	Kandola A, del Pozo Cruz B, Hayes JF, Owen N, Dunstan DW*, Hallgren M. Impact on adolescent mental health of replacing screen-use with exercise: a prospective cohort study. <i>Journal of Affective Disorders</i> . 2022; 301: 240-247. Doi: 10.1016/j.jad.2021.12.064	Q1	6.533
163.	Kelly R, Hatzikiakidis K, Kuswara K*. Inequities in obesity: Indigenous, culturally and linguistically diverse, and disability perspectives. <i>Public Health Research and Practice</i> . 2022; 32(3): e3232225. Doi: 10.17061/phrp3232225	Q1	N/A
164.	Kernebone P, O'Shea A, Jerebine A, Barnett LM*. Kicking goals: Exploring the experiences of girls who play Australian Rules football. <i>Health Promotion Journal of Australia</i> . 2022; 33(3): 880-890. Doi: 10.1002/hpja.536	Q2#, Q3#	2.033
165.	Khan NA, Stergiou GS, Omboni S, Kario K, Renna N, Chapman N, McManus RJ, Williams B, Parati G, Konradi A, Islam SM*, et. al. Virtual management of hypertension: lessons from the COVID-19 pandemic-International Society of Hypertension position paper endorsed by World Hypertension League and European Society of Hypertension. <i>Journal of Hypertension</i> . 2022; 40(8): 1435-1448. Doi: 10.1097/hjh.0000000000003205	Q1	4.776
166.	Kingsley J, Hadgraft N, Owen N, Sugiyama T, Dunstan DW*, Chandrabose M. Associations of vigorous gardening with cardiometabolic risk markers for middle-aged and older adults. <i>Journal of Aging and Physical Activity</i> . 2022; 30(3): 466-472. Doi: 10.1123/japa.2021-0207	Q2#, Q3#	2.109



TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
167.	Kiss N*, Steer B, de van der Schueren M, Loeliger J, Alizadehsani R, Edbrooke L, et. al. Comparison of the prevalence of 21 GLIM phenotypic and etiologic criteria combinations and association with 30-day outcomes in people with cancer: a retrospective observational study. <i>Clinical Nutrition</i> . 2022; 41(5): 1102-1111. Doi: 10.1016/j.clnu.2022.03.024	Q1	7.643
168.	Kiss N*, Curtis A. Current insights in nutrition assessment and intervention for malnutrition or muscle loss in people with lung cancer: a narrative review. <i>Advances in Nutrition</i> . 2022; 13(6): 2420-2432. Doi: 10.1093/advances/nmac070	Q1	11.567
169.	Knowles OE, Drinkwater EJ, Roberts SSH, Alexander SE, Abbott G, Garnham A, Lamon S*, Aisbett B*. Sustained sleep restriction reduces resistance exercise quality and quantity in females. <i>Medicine and Science in Sports and Exercise</i> . 2022; 54(12): 2167-2177. Doi: 10.1249/mss.0000000000003000	Q1	6.289
170.	Kombanda KT, Margerison C*, Booth A*, Worsley A. Socio-psychological factors associated with young Australian adults' consumption of energy dense and nutrient poor (EDNP) foods. <i>Nutrients</i> . 2022; 14(4): 812. Doi: 10.3390/nu14040812	Q1	6.706
171.	Kombanda KT, Margerison C*, Booth A*, Worsley A. The impact of the COVID-19 pandemic on young Australian adults' food practices. <i>Current Developments in Nutrition</i> . 2022; 6(3): nza009. Doi: 10.1093/cdn/nza009	Q1#, Q2#	N/A
172.	Koorts H*, Maple JL, Eakin E, Lawrence M*, Salmon J*. Complexities and context of scaling up: a qualitative study of stakeholder perspectives of scaling physical activity and nutrition interventions in Australia. <i>Frontiers in Public Health</i> . 2022; 10: 771235. Doi: 10.3389/fpubh.2022.771235	Q1	6.461
173.	Koorts H*, Salmon PM, Swain CTV, Cassar S, Strickland D, Salmon J*. A systems thinking approach to understanding youth active recreation. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 53. Doi: 10.1186/s12966-022-01292-2	Q1	8.915
174.	Koorts H*, Timperio A*, Abbott G, Arundell L*, Ridgers N, Cerin E, Brown H, Daly R*, Dunstan DW*, Hume C, Chin A Paw MM, Moodie M, Hesketh KD*, Salmon J*. Is level of implementation linked with intervention outcomes? Process evaluation of the TransformUs intervention to increase children's physical activity and reduce sedentary behaviour. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 122. Doi: 10.1186/s12966-022-01354-5	Q1	8.915
175.	Koorts H*, Bauman A, Edwards N, Bellew W, Brown WJ, Lubans DR, et. al. Tensions and paradoxes of scaling up: a critical reflection on physical activity promotion. <i>International Journal of Environmental Research and Public Health</i> . 2022; 19(21): 14284. Doi: 10.3390/ijerph192114284	Q1#, Q2#	4.614
176.	Kuzik N, da Costa BGG, Hwang Y, Verswijveren SJJM*, Rollo S, Tremblay MS, Belanger S, Carson V, Davis M, Hornby S, Huang WY, Law B, Salmon J*, et. al. School related sedentary behaviours and indicators of health and well-being among children and youth: a systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 40. Doi: 10.1186/s12966-022-01258-4	Q1	8.915

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		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
TITLE			
177.	Laing E, Gough K, Krishnasamy M, Michael M, Kiss N*. Prevalence of malnutrition and nutrition-related complications in patients with gastroenteropancreatic neuroendocrine tumours. <i>Journal of Neuroendocrinology</i> . 2022; 34(6): e13116. Doi: 10.1111/jne.13116	Q2#, Q3#	3.87
178.	Laing E, Kiss N*, Krishnasamy M, Gough K, Michael M. Exploring health professional knowledge and management of nutritional complications in neuroendocrine cancer patients: results of an international multidisciplinary survey. <i>Clinical Nutrition ESPEN</i> . 2022; 49: 466-473. Doi: 10.1016/j.clnesp.2022.02.124	Q2#, Q3#	N/A
179.	Lander N*, Nahavandi D, Toomey NG, Barnett LM*, Mohamed S. Accuracy vs. practicality of inertial measurement unit sensors to evaluate motor competence in children. <i>Frontiers in Sports and Active Living</i> . 2022; 4: 917340. Doi: 10.3389/fspor.2022.917340	N/A	N/A
180.	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> . 2022; 27(4): 434-448. Doi: 10.1080/13573322.2020.1862785	Q1	3.586
181.	Lane ML, Lotfaliany M, Forbes M, Loughman A, Rocks T, O'Neil A, Machado P*, et. al. Higher ultra-processed food consumption is associated with greater high-sensitivity C-reactive protein concentration in adults: cross-sectional results from the Melbourne Collaborative Cohort Study. <i>Nutrients</i> . 2022; 14(16): 3309. Doi: 10.3390/nu14163309	Q1	6.706
182.	Lanting S, Way K*, Sabag A, Sultana R, Gerofi J, Johnson N, et. al. The efficacy of exercise training for cutaneous microvascular reactivity in the foot in people with diabetes and obesity: secondary analyses from a randomized controlled trial. <i>Journal of Clinical Medicine</i> . 2022; 11(17): 5018. Doi: 10.3390/jcm11175018	Q1	4.964
183.	Latella C, Owen PJ*, Davies T, Spathis J, Mallard A, van den Hoek D. Long-Term adaptations in the squat, bench press and deadlift. <i>Medicine and Science in Sports and Exercise</i> . 2022; 54(5): 841-850. Doi: 10.1249/mss.0000000000002858	Q1	6.289
184.	Latoo J, Mistry M, Wadoo O, Islam SMS*, Jan F, Iqbal Y, et. al. Why mental health service delivery needs to align alongside mainstream medical services. <i>Asian Journal of Psychiatry</i> . 2022; 71: 103053. Doi: 10.1016/j.ajp.2022.103053	Q1	13.89
185.	Laws R*, Adam M, Esdaille E, Love P*, Campbell KJ*. What work to improve nutrition and food sustainability across the First 2000 days of life: a rapid review. <i>Nutrients</i> . 2022; 14(4): 731. Doi: 10.3390/nu1404031	Q1	6.706
186.	Lee J, Keast R, Russell CG*. The biological foundations of children's food fussiness: systematic review with narrative synthesis. <i>Food Quality and Preference</i> . 2022; 97: 104477. Doi: 10.1016/j.foodqual.2021.104477	Q1	6.345
187.	Lee J, Russell CG*, Mohebbi M, Keast R. Grating orientation task: A screening tool for determination of oral tactile acuity in children. <i>Food Quality and Preference</i> . 2022; 95: 104365. Doi: 10.1016/j.foodqual.2021.104365	Q1	6.345

TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
188.	Leite FHM, Khandpur N, Andrade GC, Anastasiou K, Baker P*, Lawrence M*, Monteiro CA. Ultra-processed foods should be central to global food systems dialogue and action on biodiversity. <i>BMJ Global Health</i> . 2022; 7(3): e008269. Doi: 10.1136/bmjgh-2021-008269	Q1	8.061
189.	Lindberg R*, Cirone K, Larkin L, Ball K, Laws R*, Margerison C*. Strategies used by schools to tackle food insecurity and hunger: a qualitative enquiry in 15 Victorian schools. <i>Australian and New Zealand Journal of Public Health</i> . 2022; 46(4): 444-449. Doi: 10.1111/1753-6405.13255	Q1	5.058
190.	Lindberg R*, McNaughton SA*, Abbott G, Pollard CM, Yaroch AL, Livingstone KM*. The diet quality of food insecure Australian adults - a nationally representative cross-sectional analysis. <i>Nutrients</i> . 2022; 14(19): 4133. Doi: 10.3390/nu14194133	Q1	6.706
191.	Litterbach E-K, Zheng M*, Campbell KJ*, Laws R*, Spence AC*. Mealtime TV use is associated with higher discretionary food intakes in young Australian children: a two-year prospective study. <i>Nutrients</i> . 2022; 14(13): 2606. Doi: 10.3390/nu14132606	Q1	6.706
192.	Livingstone K*, Sexton-Dhamu MJ, Pendergast FJ, Worsley A, Brayner B, McNaughton SA*. Energy-dense dietary patterns high in free sugars and saturated fat and associations with obesity in young adults. <i>European Journal of Nutrition</i> . 2022; 61(3): 1595-1607. Doi: 10.1007/s00394-021-02758-y	Q1	4.865
193.	Livingstone K*, Milte CM*, Torres SJ*, Hart MJ, Dingle SE, Shaw JE, Magliano DJ, McNaughton SA*. Nineteen-year associations between three diet quality indices and all-cause and cardiovascular disease mortality: the Australian Diabetes, Obesity and Lifestyle Study. <i>Journal of Nutrition</i> . 2022; 152(3): 805-815. Doi: 10.1093/jn/nxab386	Q1	4.687
194.	Livingstone KM*, Brayner B, Celis-Morales C, Ward J, Mathers JC, Bowe SJ. Dietary patterns, genetic risk, and incidence of obesity: application of reduced rank regression in 11,735 adults from the UK Biobank study. <i>Preventive Medicine</i> . 2022; 158: 107035. Doi: 10.1016/j.ypmed.2022.107035	Q1#, Q2#	4.637
195.	Livingstone KM*, Milte C*, Bowe SJ, Duckham RL, Ward J, Keske MA*, McEvoy M, Brayner B, Abbott G. Associations between three diet quality indices, genetic risk and body composition: a prospective cohort study. <i>Clinical Nutrition</i> . 2022; 41(9): 1942-1949. Doi: 10.1016/j.clnu.2022.07.005	Q1	7.643
196.	Livingstone KM*, Celis-Morales C, Mathers JC. Can personalized nutrition improve people's diets? <i>Frontiers for Young Minds</i> . 2022; 10: 718748. Doi: 10.3389/frym.2022.718748	N/A	N/A
197.	Livingstone KM*, Brayner B, Celis-Morales C, Moschonis G, Manios Y, Traczyk I, et. al. Associations between dietary patterns, FTO genotype and obesity in adults from seven European countries. <i>European Journal of Nutrition</i> . 2022; 61(6): 2953-2965. Doi: 10.1007/s00394-022-02858-3	Q1	4.865

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		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
TITLE			
198.	Lobo EH, Johnson T, Frølich A, Kensing F, Rasmussen LJ, Hosking SM, Page AT, Livingston PM, Islam SMS*, et.al. Utilization of social media communities for caregiver information support in stroke recovery: an analysis of content and interactions. <i>PLoS One</i> . 2022; 17(1): e0262919	Q1	3.752
199.	Lobo EH, Kensing F, Frølich A, Rasmussen LJ, Livingston PM, Islam SMS*, et. al. mHealth intervention for carers of individuals with a history of stroke: heuristic evaluation and user perspectives. <i>Digital Health</i> . 2022; 8: 1-10. Doi: 10.1177/20552076221089070	Q1#, Q2#	4.687
200.	Lobo EH, Abdelrazek M, Kensing F, Rasmussen LJ, Livingstone PM, Grundy J, Islam SMS*, Frølich A. Technology-based support for stroke caregiving: a rapid review of evidence. <i>Journal of Nursing Management</i> . 2022; 30(8): 3700-3713. Doi: 10.1111/jonm.13439	Q1	4.68
201.	Lockwood KJ, Porter J*. Effectiveness of hospital-based interventions by occupational therapy practitioners on reducing readmissions: a systematic review with meta-analyses. <i>American Journal of Occupational Therapy</i> . 2022; 76(1): 7601180050. Doi: 10.5014/ajot.2022.048959	Q1#, Q2#	2.813
202.	Loeliger J, Edbrooke L, Daly RM*, Stewart J, Bucci L, Puskas C, Fitzgerald M, Baguley BJ*, Kiss N*. Development and feasibility of an inpatient cancer-related sarcopenia pathway at a major cancer centre. <i>International Journal of Environmental Research and Public Health</i> . 2022; 19(7): 4038. Doi: 10.3390/ijerph19074038	Q1#, Q2#	4.614
203.	Loh V*, Sahlqvist S*, Veitch J*, Carver A, Contardo-Ayala AM*, Cole R, Timperio A*. Substituting passive for active travel - what is the potential among adolescents? <i>International Journal of Sustainable Transportation</i> . 2022; 16(1): 84-93. Doi: 10.1080/15568318.2021.1979137	Q1	3.963
204.	Loh V*, Sahlqvist S*, Veitch J*, Thornton L, Salmon J*, Cerin E, Schipperijn J, Timperio A*. From motorised to active travel: using GPS data to explore potential physical activity gains among adolescents. <i>BMC Public Health</i> . 2022; 22: 1512. Doi: 10.1186/s12889-022-13947-7	Q1	4.135
205.	Loh V*, Poelman M, Veitch J*, McNaughton SA*, Leech R*, Timperio A*. Neighbourhood food typologies, fast food outlet visitation and snack food purchasing among adolescents in Melbourne, Australia. <i>Public Health Nutrition</i> . 2022; 25(3): 729-737. Doi: 10.1017/S1368980021004298	Q1	4.539
206.	Love P*, Laws R*, Adam M, Esdaile E, Campbell KJ*. A call for joined-up action to promote nutrition across the first 2000 days of life using a food systems approach. <i>Public Health Research and Practice</i> . 2022; 32(3): e3232226. Doi: 10.17061/phrp3232226	Q1	N/A
207.	Love P*, Laws R*, Taki S, West M, Hesketh KD*, Campbell KJ*. Factors contributing to the sustained implementation of an early childhood obesity prevention intervention: The INFANT Program. <i>Frontiers in Health Services</i> . 2022; 2: 1031628. Doi: 10.3389/frhs.2022.1031628	Q4	N/A



TITLE	SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
208. Lubans D, Sanders T, Noetel M, Parker P, McKay H, Morgan P, Salmon J*, et. al. Scale-up of the Internet-based Professional Learning to help teachers promote Activity in Youth (iPLAY) intervention: a hybrid type 3 implementation-effectiveness trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 141. Doi: 10.1186/s12966-022-01371-4	Q1	8.915
209. Ma J*, Duncan MJ, Chen ST, Eyre EJ, Cai Y. Cross-cultural comparison of fundamental movement skills in 9- to 10-year-old children from England and China. <i>European Physical Education Review</i> . 2022; 28(2): 519-533. Doi: 10.1177/1356336X211055585	Q1#, Q2#	3.675
210. Machado P*, Cediel G, Woods J*, Baker P*, Dickie S, Gomes F, Scrinis G, Lawrence M*. Evaluating intake levels of nutrients linked to non-communicable diseases in Australia using the novel combination of food processing and nutrient profiling metrics of the PAHO Nutrient Profile Model. <i>European Journal of Nutrition</i> . 2022; 61(14): 1801-1812. Doi: 10.1007/s00394-021-02740-8	Q1	4.865
211. Maddison R*, Baghaei N, Calder A, Murphy R, Parag V, Heke I, et. al. Feasibility of using games to improve healthy lifestyle knowledge in youth aged 9-16 years at risk for type 2 diabetes: pilot randomized controlled trial. <i>JMIR Formative Research</i> . 2022; 6(6): e33089. Doi: 10.2196/33089	Q3	N/A
212. Maïano C, Morin AIS, April J, Barnett LM*, St-Jean C, Gagnon C, Aimé A. Psychometric properties of the French version of the pictorial scale of perceived movement skill competence for young children (PMSC). <i>European Review of Applied Psychology</i> . 2022; 72(2): 100700. Doi: 10.1016/j.erap.2021.100700	Q3	1.204
213. Malamouli M, Levinger I, McAinch AJ, Trewin AJ*, Rodgers RJ, Moreno-Asso A. The mitochondrial profile in women with polycystic ovary syndrome: impact of exercise. <i>Journal of Molecular Endocrinology</i> . 2022; 68(3): R11-R23. Doi: 10.1530/JME-21-0177	Q1#, Q2#	4.869
214. Malekahmadi M, Pahlavani N, Firouzi S, Clayton ZS, Islam SMS*, Zonooz SR, et. al. Effect of enteral immunomodulatory nutrition formula on mortality and critical care parameters in critically ill patients: a systematic review with meta-analysis. <i>Nursing in Critical Care</i> . 2022; 27(6): 838-848. Doi: 10.1111/nicc.12687	Q2	2.897
215. Marchese L, Livingstone KM*, Woods JL*, Wingrove K, Machado P*. Ultra-processed food consumption, socio-demographics, and diet quality in Australian adults. <i>Public Health Nutrition</i> . 2022; 25(1): 94-104. Doi: 10.1017/S1368980021003967 (Erratum correction 2022; 25(1): 205. Doi: 10.1017/S1368980021004067	Q1	4.539
216. Markides BR, Laws R*, Hesketh K*, Maddison R*, Denney-Wilson E, Campbell KJ*. A thematic cluster analysis of parents' online discussions about fussy eating. <i>Maternal and Child Nutrition</i> . 2022; 18(2): e13316. Doi: 10.1111/mcn.13316	Q1	3.66
217. Marsh CE, Thomas HJ*, Naylor LH, Dembo LG, Scurrah KJ, Green DJ. Left ventricular adaptation to exercise training via Magnetic Resonance Imaging: Studies of Twin Responses to Understand Exercise Therapy (STRUETH). <i>Medicine and Science in Sports and Exercise</i> . 2022; 54(7): 1095-104. Doi: 10.1249/MSS.0000000000002899	Q1	6.289

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	TITLE	SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
218.	Marshall S, Taki S, Laird Y, Love P*, Wen LM, Rissel C. Cultural adaptations of obesity-related behavioral prevention interventions in early childhood: a systematic review. <i>Obesity Reviews</i> . 2022; 23(4): e13402. Doi: 10.1111/obr.13402	Q1	10.867
219.	Mason SA*, Wadley GD*, Keske MA*, Parker L*. Effect of mitochondrial-targeted antioxidants on glycaemic control, cardiovascular health, and oxidative stress in humans: a systematic review and meta-analysis of randomized controlled trials. <i>Diabetes, Obesity and Metabolism</i> . 2022; 24(6): 1047-1060. Doi: 10.1111/dom.14669	Q1	6.408
220.	May AK, Russell AP*, Della Gatta PA*, Warmington SA*. Muscle adaptations to heavy-load and blood flow restriction resistance training methods. <i>Frontiers in Physiology</i> . 2022; 13: 837697. Doi: 10.3389/fphys.2022.837697	Q1	4.755
221.	Mazidi M, Webb RJ, George ES*, Shekoohi N, Lovegrove JA, Davies IG. Nutrient patterns are associated with discordant apoB and LDL: a population-based analysis. <i>British Journal of Nutrition</i> . 2022; 128(4): 712-720. Doi: 10.1017/S000711452100369X	Q2	4.125
222.	McCann J, Woods J*, Mohebbi M, Russell CG*. Regulated nutrition claims increase perceived healthiness of an ultra-processed, discretionary toddler snack food and ultra-processed toddler milks: a discrete choice experiment. <i>Appetite</i> . 2022; 174: 106044. Doi: 10.1016/j.appet.2022.106044	Q1	5.016
223.	McCann JR, Russell CG*, Woods JL*. The nutritional profile and on-pack marketing of toddler-specific food products launched in Australia between 1996 and 2020. <i>Nutrients</i> . 2022; 14: 163. Doi: 10.3390/nu14010163	Q1	6.706
224.	McKay FH, McKenzie H, Lindberg R*. Stigma and emergency and community food assistance: 'But beggars can't be choosers'. <i>Journal of Poverty and Social Justice</i> . 2022; 30(2): 171-191. Doi: 10.1332/175982721X16461506229420	Q2#, Q3#	0.884
225.	McKay FH, Spiteri S, Zinga J, Sulemani K, Jacobs SE, Ranjan N, Ralph L, Raeburn E, Threlfall S, Bergmeier ML, van der Pligt P*. Systematic review of interventions addressing food insecurity in pregnant women and new mothers. <i>Current Nutrition Reports</i> . 2022; 11(3): 486-499. Doi: 10.1007/s13668-022-00418-z	Q1	5.537
226.	McKeon G, Mastrogiorganni C, Teychenne M*, Rosenbaum S. Barriers and facilitators to participating in an exercise referral scheme among women living in a low socioeconomic area in Australia: a qualitative investigation using the COM-B and theoretical domains framework. <i>International Journal of Environmental Research and Public Health</i> . 2022; 19(19): 12312. Doi: 10.3390/ijerph191912312	Q1#, Q2#	4.614
227.	McVicar J, Keske MA*, Daryabeygi-Khotbehsara R, Betik AC*, Parker L*, Maddison R*. Systematic review and meta-analysis evaluating the effects electric bikes have on physiological parameters. <i>Scandinavian Journal of Medicine and Science in Sports</i> . 2022; 32(7): 1076-1088. Doi: 10.1111/sms.14155	Q1	4.645
228.	Menescardi C, Villarrasa-Sapiña I, Lander N*, Estevan I. Canadian agility movement skill assessment (CAMSA) in a Spanish context: evidences of reliability and validity. <i>Measurement in Physical Education and Exercise Science</i> . 2022; 26: 245-255. Doi: 10.1080/1091367X.2021.2020794	Q1#, Q2#	1.975

TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
229.	Michael M, Beare R, Cornell V, Collyer T, Tait JL*, Srikanth V, Callisaya ML. Using home monitoring technology to examine changes in routines after a fall. <i>Smart Health</i> . 2022; 26: 100306. Doi: 10.1016/j.smhl.2022.100306	Q2#, Q3#	N/A
230.	Miller CT*, Owen PJ*, Than CA, Ball J, Sadler K, Piedimonte A, Benedetti F, Belavy DL. Attempting to separate placebo effects from exercise in chronic pain: a systematic review and meta-analysis. <i>Sports Medicine</i> . 2022; 52: 789-816. Doi: 10.1007/s40279-021-01526-6 (Erratum published 2022; 52(4): 817-833. Doi: 10.1007/s40279-021-01578-8)	Q1	11.928
231.	Mitchell UH, Johnson AW, Adams L, Sonnefeld T, Owen PJ*. Ultrasound imaging measures of vertebral bony landmark distances are weakly to moderately correlated with intervertebral disc height as assessed by MRI. <i>BMJ Open Sport and Exercise Medicine</i> . 2022; 8(1): e001292. Doi: 10.1136/bmjsem-2021-001292	Q1	N/A
232.	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> . 2022; 36(9): 2472-2478. Doi: 10.1519/JSC.0000000000003752	Q1	4.415
233.	Mitchell UH, Johnson AW, Adams L, Kho J, Pace N, Owen PJ*. Lateral abdominal muscles of adults with hypermobility may be partially impaired during contraction. <i>BMJ Open Sport and Exercise Medicine</i> . 2022; 8: e001343. Doi: 10.1136/bmjsem-2022-001343	Q1	N/A
234.	Moses JC, Adibi S, Angelova M, Islam SMS*. Smart home technology solutions for cardiovascular diseases: a systematic review. <i>Applied System Innovation</i> . 2022; 5(3): 51. Doi: 10.3390/asi5030051	Q2#, Q3#	N/A
235.	Moses JC, Adibi S, Wickramasinghe N, Nguyen L, Angelova M, Islam SMS*. Smartphone as a disease screening tool: a systematic review. <i>Sensors</i> . 2022; 22(10): 3787. Doi: 10.3390/s22103787	Q1#, Q2#	3.847
236.	Motomura M, Koohsari MJ, Lin CY, Ishii K, Shibata A, Nakaya T, Kaczynski AT, Veitch J*, Oka K. Associations of public open space attributes with active and sedentary behaviors in dense urban areas: a systematic review of observational studies. <i>Health and Place</i> . 2022; 75: 102816. Doi: 10.1016/j.healthplace.2022.102816	Q1	4.931
237.	Mundell NL*, Owen PJ*, Dalla Via J, Macpherson H*, Daly R*, Livingston PM, Rantalainen T, Foulkes S, Millar J, Murphy DG, Fraser S*. Effects of a multicomponent resistance-based exercise program with protein, vitamin D and calcium supplementation on cognition in men with prostate cancer treated with ADT: secondary analysis of a 12-month randomised controlled trial. <i>BMJ Open</i> . 2022; 12: e060189. Doi: 10.1136/bmjopen-2021-060189	Q1	3.006
238.	Mundell NL*, Sethi P, Anstey KJ, Macpherson H*, Dunstan DW*, Fraser SF*, Daly RM*. The influence of adiposity on the interactions between strength, physical function and cognition among older adults in the Australian Diabetes, Obesity and Lifestyle (AusDiab) study. <i>BMC Geriatrics</i> . 2022; 357. Doi: 10.1186/s12877-022-03033-3	Q1	4.07

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	TITLE	SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
239.	Muntaner-Mas A, Mora-Gonzalez J, Cabanas-Sánchez V, Pintado LB, Salmon J*, et. al. (2022). Prospective associations between physical fitness and executive function in adolescents: the UP&DOWN study. <i>Psychology of Sport and Exercise</i> . 61: 102203. Doi: 10.1016/j.psychsport.2022.102203	Q1	5.118
240.	Muntaner-Mas A, Mazzoli E*, Abbott G, Mavilidi MF, Galmes-Panades AM. Do physical fitness and executive function mediate the relationship between physical activity and academic achievement? An examination using structural equation modelling. <i>Children</i> . 2022; 9(6): 823. Doi: 10.3390/children9060823	Q2	2.835
241.	Murphy MC, George H-A, Naqi M, Owen PJ*, Chivers P, Hart NH. Musculoskeletal injury epidemiology in law enforcement and firefighter recruits during physical training: a systematic review. <i>BMJ Open Sport and Exercise Medicine</i> . 2022; 8: e001289. Doi: 10.1136/bmjsem-2021-001289	Q1	N/A
242.	Murphy KT, Swiderski K, Ryall JG, Davey JR, Qian H, Lamon S*, Foletta VC, et. al. Mechanisms of chemotherapy-induced muscle wasting in mice with cancer cachexia. <i>JCSM Rapid Communications</i> . 2022; 5(1): 102-116. Doi: 10.1002/rc02.50	N/A	N/A
243.	Nally S, Ridgers ND, Gallagher AM, Murphy MH, Salmon J*, Carlin A. "When You Move You Have Fun": Perceived barriers, and facilitators of physical activity from a child's perspective. <i>Frontiers in Sports and Active Living</i> . 2022; 4: 789259. Doi: 10.3389/fspor.2022.789259	N/A	N/A
244.	Neri D, Steele EM, Khandpur N, Cediel G, Zapata ME, Rauber F, Marron-Ponce J, Machado P*, et.al. Ultra-processed food consumption and dietary nutrient profiles associated with obesity: a multi-country study of children and adolescents. <i>Obesity Reviews</i> . 2022; 23(S1): e13387. Doi: 10.1111/obr.13387	Q1	10.867
245.	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> . 2022; 25(3): 680-688. Doi: 10.1017/S1368980020004061	Q1	4.539
246.	Ng C-A, Scott D*, Sim M, Zhu K, Siafarikas A, Hart NH, Tan J, Chivers P. Physical activity estimated by osteogenic potential and energy expenditure has differing associations with bone mass in young adults: the raine study. <i>Archives of Osteoporosis</i> . 2022; 17(1): 67. Doi: 10.1007/s11657-022-01100-1	Q2	2.879
247.	Nguyen P, Ananthapavan J, Tan EJ, Crosland P, Bowe SJ, Gao L, Dunstan DW*, Moodie M. Modelling the potential health and economic benefits of reducing population sitting time in Australia. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 28. Doi: 10.1186/s12966-022-01276-2	Q1	8.915
248.	Nguyen P, Le LKD, Ananthapavan J, Gao L, Dunstan DW*, Moodie M. Economics of sedentary behaviour: a systematic review of cost of illness, cost-effectiveness, and return on investment studies. <i>Preventive Medicine</i> . 2022; 156: 106964. Doi: 10.1016/j.ypmed.2022.106964	Q1#, Q2#	4.637



TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
249.	Niemistö D, Barnett LM*, Cantell M, Finni T, Korhonen E, Sääkslahti A. What factors relate to three profiles of perception of motor competence in young children? <i>Journal of Sports Sciences</i> . 2022; 40(2): 215-225. Doi: 10.1080/02640414.2021.1985774	Q1	3.943
250.	Nisbett N, Harris J, Backholer K, Baker P*, Jernigan V B B, Friel S. Holding no-one back: the nutrition equity framework in theory and practice. <i>Global Food Security</i> . 2022; 32: 100605. Doi: 10.1016/j.gfs.2021.100605	Q1	9.027
251.	Nourse R, Lobo E, McVicar J, Kensing F, Islam SMS*, Kayser L, Maddison R*. Characteristics of smart health ecosystems that support self-care among people with heart failure: scoping review. <i>JMIR Cardio</i> . 2022; 6(2): e36773. Doi: 10.2196/36773	Q2	N/A
252.	Nourse R, Cartledge S, Tegegne T*, Gurrin C, Maddison R*. Now you see it! Using wearable cameras to gain insights into the lived experience of cardiovascular conditions. <i>European Journal of Cardiovascular Nursing</i> . 2022;21(7): 750-755. Doi: 10.1093/eurjcn/zvac053	Q1#, Q2#	3.593
253.	Nuzum ND, Loughman A, Szymlek-Gay EA*, Teo WP, Hendy AM*, Macpherson H*. To the gut microbiome and beyond: The brain-first or body-first hypothesis in Parkinson's Disease. <i>Frontiers in Microbiology</i> . 2022; 13: 791213. Doi: 10.3389/fmicb.2022.791213	Q1	6.064
254.	Nyström CD, Campbell KJ*, Crawford D, Hesketh KD*. Mothers as advocates for healthier lifestyle behaviour environments for their children: results from INFANT 3.5-year follow-up. <i>BMC Public Health</i> . 2022; 22: 2211. Doi: 10.1186/s12889-022-14659-8	Q1	4.135
255.	O'Bryan SJ, Hiam D*. The benefits of physical activity on neuromuscular structure and function in old age. <i>Journal of Physiology</i> . 2022; 600(10): 2283-2285. Doi: 10.1113/JP283102	Q1	6.228
256.	O'Halloran S, Hayward J, Strugnell C*, Felmingham T, Poorter J, Kilpatrick S, et. al. Building capacity for the use of systems science to support local government public health planning: a case study of the VicHealth Local Government Partnership in Victoria, Australia. <i>BMI Open</i> . 2022; 12: e068190. Doi: 10.1136/bmjopen-2022-068190	Q1	3.006
257.	Okechukwu CE, Griffiths MD, Carta MG, Nwobodo E, Islam SMS*, Forbes M, et. al. Biological and practical considerations regarding circadian rhythm and mental health relationships among nurses working night shifts: a narrative review and recommendations. <i>Rivista Di Psichiatria</i> . 2022; 57(2): 67-79. Doi: 10.1708/3790.37738	Q3	3.000
258.	Okely AD, Ghera D, Loughran SP, Cliff DP, Shilton T, Jones RA, Stanley RM, Sherring J, Toms N, Eckermann S, Olds TS, Zhang Z, Parrish AM, Kervin L, Downie S, Salmon J*, et. al. A collaborative approach to adopting/adapting guidelines. The Australian 24-hour movement guidelines for children (5-12 years) and young people (13-17 years): an integration of physical activity, sedentary behaviour, and sleep. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 2. Doi: 10.1186/s12966-021-01236-2	Q1	8.915

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		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
TITLE			
259.	Olstad DL, Nejatnamini S, Kirkpatrick SI, Vanderlee L, Livingstone KM*, Campbell DJT, et. al. Stress-related poor diet quality does not explain socioeconomic inequities in health: a structural equation mediation analysis of gender-specific pathways. <i>Journal of the Academy of Nutrition and Dietetics</i> . 2022; 122(3): 541-554.e1. Doi: 10.1016/j.jand.2021.09.018	Q1#, Q2#	5.234
260.	Olstad DL, Nejatnamini S, Vanderlee L, Livingstone KM*, Campbell DJT, Tang K, et. al. Are stress-related pathways of social status differentiation more important determinants of health inequities in countries with higher levels of income inequality? <i>Sociology of Health and Illness</i> . 2022; 44(3): 663-691. Doi: 10.1111/1467-9566.13445	Q1	2.957
261.	Owen PJ*, Main LC*, Miller CT*, Ford JJ, Hahne AJ, Belavy DL. Protection motivation theory screening tool for predicting chronic low back pain rehabilitation adherence: analysis of a randomised controlled trial. <i>BMJ Open</i> . 2022; 12: e052644. Doi: 10.1136/bmjopen-2021-052644	Q1	3.006
262.	Owen PJ*, Keating SK, Askew CD, Clanchy KM, Jansons P*, Maddison R*, Maiorana A, McVicar J, Robinson S, Mundell NL*. Impact of the COVID-19 Pandemic on exercise physiology services in Australia: a retrospective audit. <i>Sports Medicine-Open</i> . 2022; 8: 94. Doi: 10.1186/s40798-022-004483-2	Q1	11.928
263.	Pagano AP, Ford KL, Porter Starr KN, Kiss N*, Steed H, Kung JY, et. al. Energy metabolism in gynecological cancers: a scoping review. <i>International Journal Of Environmental Research and Public Health</i> . 2022; 19(11): 6419. Doi: 10.3390/ijerph19116419	Q1#, Q2#	4.614
264.	Pan F, Tian J, Scott D*, Cicuttini F, Jones G. Muscle function, quality, and relative mass are associated with knee pain trajectory over 10.7 years. <i>Pain</i> . 2022; 163(3): 518-525. Doi: 10.1097/j.pain.0000000000002383	Q1	7.926
265.	Parker K*, Hallingberg B, Eriksson C, Ng K, Hamrik Z, Kopcakova J, et. al. Typologies of joint family activities and associations with mental health and wellbeing among adolescents from four countries. <i>Journal of Adolescent Health</i> . 2022; 71(1): 55-62. Doi: 10.1016/j.jadohealth.2022.02.017	Q1	7.83
266.	Parker K*, Salmon J*, Ridgers ND, Sahlqvist S*, Uddin R, Veitch J*, Thornton L, Timperio A*, Brown H, Arundell L*. Socioecological correlates associated with muscle-strengthening exercise at home during COVID-19 among adolescents: the our life at home study. <i>Journal of Sports Sciences</i> . 2022; 40(8): 899-907. Doi: 10.1080/02640414.2022.2028964	Q1	3.943
267.	Parker K*, Cleland V, Dollman J, Della Gatta J, Hatt J, Timperio A*. A latent transition analysis of physical activity and screen-based sedentary behavior from adolescence to young adulthood. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 98. Doi: 10.1186/s12966-022-01339-4	Q1	8.915
268.	Parker K*, Gould L, Nand M, Rawstorn JC*, Contardo Ayala AM*, Maddison R*, Toffoletti K. Understanding Australian adolescent girls' use of digital technologies for healthy lifestyle purposes: a mixed-methods study. <i>BMC Public Health</i> . 2022; 22: 1464. Doi: 10.1186/s12889-022-13869-4	Q1	4.135

TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
269.	Parker L*, Ang T, Morrison DJ, Lee NJ, Levinger I, Keske MA*. Prior aerobic exercise mitigates the decrease in serum osteoglycin and lipocalin-2 following high-glucose mixed-nutrient meal ingestion in young men. <i>American Journal of Physiology- Endocrinology and Metabolism</i> . 2022; 323(3): E319-E332. Doi:10.1152/ajpendo.00025.2022	Q1	5.900
270.	Parra-Soto S, Ahumada D, Petermann-Rocha F, Boonpoor J, Gallegos JL, Anderson J, Sharp L, Malcomson FC, Livingstone KM*, et. al. Association of meat, vegetarian, pescatarian and fish-poultry diets with risk of 19 cancer sites and all cancer: findings from the UK Biobank prospective cohort study and meta-analysis. <i>BMC Medicine</i> . 2022; 20: 79. Doi: 10.1186/s12916-022-02257-9	Q1	11.15
271.	Paterson JL, Aisbett B*, Kovac K, Ferguson SA. Informal management of health and safety risks associated with alarm response by Australian firefighters. <i>Ergonomics</i> . 2022; 65(2): 233-241. Doi: 10.1080/00140139.2021.1967460	Q1#, Q2#	2.561
272.	Patten RK, McIlvenna LC, Levinger I, Garnham AP, Shorakae S, Parker AG, McAinch AJ, Rodgers RJ, Hiam D*, et. al. High-intensity training elicits greater improvements in cardio-metabolic and reproductive outcomes than moderate-intensity training in women with polycystic ovary syndrome: a randomized clinical trial. <i>Human Reproduction</i> . 2022; 37(5): 1018-1029. Doi: 10.1093/humrep/deac047	Q1	6.353
273.	Paudel S*, del Pozo Cruz B, Inan-Eroglu E, Ahmadi M, Stamatakis E. Associations of changes in physical activity and discretionary screen time with incident obesity and adiposity changes: longitudinal findings from the UK Biobank. <i>International Journal of Obesity</i> . 2022; 46: 597-604. Doi: 10.1038/s41366-021-01033-8	Q1	5.551
274.	Paudel S*, Owen AJ, Owen N, Smith BJ. Trends in television viewing and overweight /obesity among Nepalese women: Findings from 2006, 2011 and 2016 Nepal Demographic and Health Surveys. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> . 2022; 32(2): 382-392. Doi: 10.1016/j.numecd.2021.10.023	Q1	4.666
275.	Porter J*, Collins J. Nutritional intake and foodservice satisfaction of adults receiving specialist inpatient mental health services. <i>Nutrition and Dietetics</i> . 2022; 79(3): 411-418. Doi: 10.1111/1747-0080.12745	Q2	2.859
276.	Porter J*, Cook N, Coorey R, Gunasekera D, Hensher M, Kerr DA, Pollard CM, Yoong S, Dykes G, Lawrence M*. Innovation in healthy and sustainable food product development for health and aged care: a scoping review. <i>Foods</i> . 2022; 11(22): 3604. Doi: 10.3390/foods11223604	Q1#, Q3#	5.561
277.	Prokopoulos K, Giannos P, Katsikas Triantafyllidis K, Kechagias KS, Mesinovic J*, Witard OC, Scott D*. Effect of vitamin D monotherapy on indices of sarcopenia in community-dwelling older adults: a systematic review and meta-analysis. <i>Journal of Cachexia, Sarcopenia and Muscle</i> . 2022; 13(3): 1642-1652. Doi: 10.1002/jcsm.12976	Q1	12.063
278.	Radavelli-Bagatini S, Sim M, Blekkenhorst LC, Bondonno NP, Bondonno CP, Woodman R, Dickson JM, Harms C, Magliano DJ, Shaw JE, Daly RM*, et. al. Higher consumption of fruit and vegetables is associated with lower worries, tension and lack of joy across the lifespan. <i>Frontiers in Nutrition</i> . 2022; 9: 837066. Doi: 10.3389/fnut.2022.837066	Q1	6.59

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TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
279.	Radavelli-Bagatini S, Sim M, Blekkenhorst LC, Bondonno NP, Bondonno CP, Woodman R, Dickson JM, Magliano DJ, Shaw JE, Daly RM*, et. al. Associations of specific types of fruit and vegetables with perceived stress in adults: the AusDiab study. <i>European Journal of Nutrition</i> . 2022; 61(6): 2929-2938. Doi: 10.1007/s00394-022-02848-5	Q1	4.865
280.	Rahman MS, Rahman MA, Afroze L, Rahman MS, Khan AG, Mahmud ZA, Islam SMS*. Determinants of mortality in children aged under two years in Bangladesh using two approaches: an analysis of the Bangladesh Demographic and Health Survey 2014 data. <i>Bangladesh Journal of Medical Science</i> . 2022; 21(2): 413-421. Doi: 10.3329/bjms.v21i2.58075	Q4	N/A
281.	Reed JL, Terada T, Vidal-Almeda S, Tulloch HE, Mistura M, Birnie DH, Wells GA, Nair GM, Hans H, Way KL*, et. al. Effect of high-intensity interval training in patients with atrial fibrillation a randomized clinical trial. <i>JAMA Network Open</i> . 2022; 5(10): e2239380. Doi: 10.1001/jamanetworkopen.2022.39380	Q1	13.36
282.	Refalo MC, Helms ER, Hamilton DL*, Fyfe JJ*. Towards an improved understanding of proximity-to-failure in resistance training and its influence on skeletal muscle hypertrophy, neuromuscular fatigue, muscle damage, and perceived discomfort: a scoping review. <i>Journal of Sports Sciences</i> . 2022; 40(12): 1369-1391. Doi: 10.1080/02640414.2022.2080165	Q1	3.943
283.	Ringin E, Meyer D, Neill E, Phillipou A, Tan EJ, Toh WL, Sumner PJ, Owen N, Hallgren M, Dunstan DW*, et. al. Psychological-health correlates of physical activity and sedentary behaviour during the COVID pandemic. <i>Mental Health and Physical Activity</i> . 2022; 23: 100481. Doi: 10.1016/j.mhpa.2022.100481	Q1	5.957
284.	Rivera E, Veitch J*, Loh VHY*, Salmon J*, Cerin E, Mavoa S, Villanueva K, Timperio A*. Outdoor public recreation spaces and social connectedness among adolescents. <i>BMC Public Health</i> . 2022; 22: 165. Doi: 10.1186/s12889-022-12558-6	Q1	4.135
285.	Roberts SSH, Bowe SJ, Evans L, Tran J, Warmington S*. Does game-day circadian misalignment or environmental temperature influence team performance in the Australian Football League? An examination of historical data. <i>Journal of Science and Medicine in Sport</i> . 2022; 25(7): 593-598. Doi: 10.1016/j.jsams.2022.03.001	Q1	4.597
286.	Roberts SSH, Aisbett B*, Teo WP, Warmington S*. Monitoring effects of sleep extension and restriction on endurance performance using heart rate indices. <i>Journal of Strength and Conditioning Research</i> . 2022; 36(12): 3381-3389. Doi: 10.1519/JSC.0000000000004157	Q1	4.415
287.	Roberts-Thomson KM, Parker L*, Betik AC*, Wadley GD*, Della Gatta PA*, Marwick TH, Keske MA*. Oral and intravenous glucose administration elicit opposing microvascular blood flow responses in skeletal muscle of healthy people: role of incretins. <i>Journal of Physiology</i> . 2022; 600(7): 1667-1681. Doi: 10.1113/JP282428	Q1	6.228

TITLE	SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
288. Roberts-Thomson KM, Hu D, Russell RD, Greenaway T, Betik AC*, Parker L*, Kaur G*, Richards S. M, Premilovac D, Wadley GD*, Keske MA*. Impaired postprandial adipose tissue microvascular blood flow responses to a mixed-nutrient meal in first-degree relatives of adults with type 2 diabetes. <i>American Journal of Physiology - Endocrinology and Metabolism</i> . 2022; 323(5): E418-E427. Doi: 10.1152/ajpendo.00109.2022	Q1	5.900
289. Ronto R, Saberi G, Leila Robbers GM, Godrich S, Lawrence M*, Somerset S, Fanzo J, Chau JY. Identifying effective interventions to promote consumption of protein-rich foods from lower ecological footprint sources: a systematic literature review. <i>PLOS Global Public Health</i> . 2022; 2(3): e0000209. Doi: 10.1371/journal.pgph.0000209	N/A	N/A
290. Ross CF, Surette VA, Bernhard CB, Smith-Simpson S, Lee J, Russell CG*, Keast R. Development and application of specific questions to classify a child as food texture sensitive. <i>Journal of Texture Studies</i> . 2022; 53(1): 3-17. Doi: 10.1111/jtxs.12627	Q2	3.942
291. Russell C, Baker P*, Grimes C*, Lawrence MA*. What are the benefits and risks of nutrition policy actions to reduce added sugar consumption? An Australian case study. <i>Public Health Nutrition</i> . 2022; 25(7): 2025-2042. Doi: 10.1017/S1368980022000234	Q1	4.539
292. Russell RD, Roberts-Thomson KM, Hu D, Greenaway T, Betik AC*, Parker L*, Sharman JE, Richards SM, Rattigan S, Premilovac D, Wadley GD*, Keske MA*. Impaired postprandial skeletal muscle vascular responses to a mixed meal challenge in normoglycaemic people with a parent with type 2 diabetes. <i>Diabetologia</i> . 2022; 65(1): 216-225. Doi: 10.1007/s00125-021-05572-7	Q1	10.46
293. Sagar SK, Nusrat F, Rashid MU, Ghosh P, Sultana M, Ahsan A, Pinky SD, Mahboob RN, Nayon SR, Islam SMS*, et. al. Mental health status of married women during COVID-19 pandemic in Bangladesh: a cross-sectional study. <i>Heliyon</i> . 2022; 8(1): e08785. Doi: 10.1016/j.heliyon.2022.e08785	Q1	3.776
294. 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*, et. al. 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> . 2022; 20(5): 2623-2634. Doi: 10.1007/s11469-020-00289-x	Q1	11.555
295. Santos JA, Bolton K*, Rosewarne E, Trieu K, Di Tanna GL, Woodward M, Webster J, Grimes CA*. Agreement between 24-hour urine and 24-hour food recall in measuring salt intake in primary school children in Australia. <i>Nutrition Journal</i> . 2022; 21(1): 68. Doi: 10.1186/s12937-022-00823-8	Q1#, Q2#	4.344
296. Sarapis K, George ES*, Marx W, Mayr HL, Willcox J, Esmaili T, et. al. Extra virgin olive oil high in polyphenols improves antioxidant status in adults: a double-blind, randomized, controlled, cross-over study (OLIVAUS). <i>European Journal of Nutrition</i> . 2022; 61(2): 1073-1086. Doi: 10.1007/s00394-021-02712-y	Q1	4.865
297. Sathi NJ, Islam MA, Ahmed MS, Islam SMS*. Prevalence, trends and associated factors of hypertension and diabetes mellitus in Bangladesh: evidence from BHDS 2011 and 2017–18. <i>PLoS ONE</i> . 2022; 17(5): e0267243. Doi: 10.1371/journal.pone.0267243	Q1	3.752



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TITLE	SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
298. Saunders T, Rollo S, Kuzik N, Demchenko I, Belanger S, Brisson-Boivin K, Carson V, da Costa BGG, Davis M, Hornby S, Huang WY, Law B, Ponti M, Markham C, Salmon J*, et. al. International school-related sedentary behaviour recommendations for children and youth. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 39. Doi: 10.1186/s12966-022-01259-3	Q1	8.915
299. Saueressig T, Braun T, Steglich N, Diemer F, Zebisch J, Herbst M, Zinser W, Owen PJ*, Belavy DL. Primary surgery versus primary rehabilitation for treating anterior cruciate ligament injuries: a living systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> . 2022; 56: 1241-1251. Doi: 10.1136/bjsports-2021-105359	Q1	18.473
300. Schoeppe S, Salmon J*, Williams S, Power D, Waters K, Alley S, et. al. Feasibility of using activity trackers and apps to increase physical activity in whole families: The Step it Up Family intervention. <i>Digital Health</i> . 2022; 8: 1-15. Doi: 10.1177/20552076221129083	Q1#, Q2#	4.687
301. Seidler AL, Hunter KE, Baur L, Espinoza D, Taylor RW, Wen LM, Hesketh KD*, Campbell K*, et. al. Examining the sustainability of effects of early childhood obesity prevention interventions: follow-up of the EPOCH individual participant data prospective meta-analysis. <i>Pediatric Obesity</i> . 2022; 17(9): e12919. Doi: 10.1111/ijpo.12919	Q1	3.91
302. Sheedy K, Patel N, Porter J*, Silva H. Cost and accessibility of empiric food elimination diets for treatment of eosinophilic oesophagitis. <i>Nutrition and Dietetics</i> . 2022; 79(2): 238-246. Doi: 10.1111/1747-0080.12717	Q2	2.859
303. Shibata A, Ishii K, Koohsari MJ, Sugiyama T, Dunstan DW*, Owen N, Oka K. Linear and non-linear associations of device-measured sedentary time with older adults' skeletal muscle mass. <i>Experimental Gerontology</i> . 2022; 166: 111870. Doi: 10.1016/j.exger.2022.111870	Q2	4.253
304. Sievert K, Lawrence M*, Parker C, Russell CA, Baker P*. Who has a beef with reducing red and processed meat consumption? A media framing analysis. <i>Public Health Nutrition</i> . 2022; 25(3): 578-590. Doi: 10.1017/S1368980021004092	Q1	4.539
305. Sievert K, Lawrence M*, Parker C, Baker P*. What's really at 'steak'? Understanding the global politics of red and processed meat reduction: a framing analysis of stakeholder interviews. <i>Environmental Science and Policy</i> . 2022; 137: 12-21. Doi: 10.1016/j.envsci.2022.08.007	Q1	6.424
306. Sievert K, Chen V, Voisin R, Johnson H, Parker C, Lawrence M*, Baker P*. Meat production and consumption for a healthy and sustainable Australian food system: policy options and political dimensions. <i>Sustainable Production and Consumption</i> . 2022; 33: 674-685. Doi: 10.1016/j.spc.2022.08.007	Q1	8.921
307. Siew RVK, Nabe-Nielsen K, Turner AI*, Bujtor M, Torres SJ*. The role of combined modifiable lifestyle behaviors in the association between exposure to stressors and allostatic load: a systematic review of observational studies. <i>Psychoneuroendocrinology</i> . 2022; 138: 105668. Doi: 10.1016/j.psyneuen.2022.105668	Q1#, Q2#	4.693

TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
308.	Sileo FG, Zöllner J, D'Antonio F, Islam SMS*, Papageorgiou AT, Khalil A. Perinatal and long-term outcome of fetal intracranial hemorrhage: systematic review and meta-analysis. <i>Ultrasound in Obstetrics and Gynecology</i> . 2022; 59(5): 585-595. Doi: 10.1002/uog.24766	Q1	8.678
309.	Sim M, Dalla Via J, Scott D*, Lim WH, Hodgson JM, Zhu K, Daly RM*, Duque G, Prince RL, Lewis JR. Creatinine to cystatin C ratio, a biomarker of sarcopenia measures and falls risk in community-dwelling older women. <i>Journals of Gerontology: Series A-Biological Sciences and Medical Sciences</i> . 2022; 77(7): 1389-1397. Doi: 10.1093/gerona/glab369	Q1	6.591
310.	Siopis G, Porter J*. Contribution of biological age-predictive biomarkers to nutrition research: a systematic review of the current evidence and implications for future research and clinical practice. <i>Advances in Nutrition</i> . 2022; 13(5): 1930-1946. Doi: 10.1093/advances/nmac060	Q1	11.567
311.	Slater S, Baker P*, Lawrence M*. An analysis of the transformative potential of major food system report recommendations. <i>Global Food Security</i> . 2022; 32: 100610. Doi: 10.1016/j.gfs.2022.100610	Q1	9.027
312.	Smallcombe JW, Biddle GJH, Slater T, Thackray A E, Dunstan DW*, Barrett LA, Tolfrey K. Breaking sitting time with physical activity increases energy expenditure but does not alter postprandial metabolism in girls. <i>Medicine and Science in Sports and Exercise</i> . 2022; 54(11): 1850-1860. Doi: 10.1249/MSS.0000000000002979	Q1	6.289
313.	Smith JP, Lande B, Johansson L, Baker P*, Baerug A. The contribution of breastfeeding to healthy, secure and sustainable food system for infants and young children: monitoring mothers' milk production in the food surveillance system of Norway. <i>Public Health Nutrition</i> . 2022; 25(10): 2693-2701. Doi: 10.1017/S1368980022001495	Q1	4.539
314.	Sood S, Feehan J, Itsiopoulos C, Wilson K, Plebanski M, Scott D*, Herbert JR, Shivappa N, Mousa A, Gerooge ES*, et. al. Higher adherence to a Mediterranean diet is associated with improved insulin sensitivity and selected markers of inflammation in individuals who are overweight and obese without Diabetes. <i>Nutrients</i> . 2022; 14: 4437. Doi: 10.3390/nu14204437	Q1	6.706
315.	Sprajcer M, Owen PJ*, Crowther ME, Harper K, Gupta CC, Ferguson SA, et. al. Sleep disturbance in caregivers of individuals with Parkinsonism: a systematic review and meta-analysis. <i>BMJ Open</i> . 2022; 12: e062089. Doi: 10.1136/bmjopen-2022-062089	Q1	3.006
316.	Straker L, Booth V, Cleland V, Gomersall S, Lubans D, Olds T, Reece L, Ridgers N, Stylianou M, Tomkinson G, Hesketh KD*, Active Healthy Kids Australia Working Group. Reimagining physical activity for children following the systemic disruptions from the COVID-19 pandemic in Australia. <i>British Journal of Sports Medicine</i> . 2022; 56(16): 1-6. Doi: 10.1136/bjsports-2021-105277	Q1	18.473
317.	Sui SX, Hendy AM*, Teo WP, Moran JT, Nuzum ND, Pasco JA. A review of the measurement of the neurology of gait in cognitive dysfunction or dementia, focusing on the application of fNIRS during dual-task gait assessment. <i>Brain Sciences</i> . 2022; 12(8): 968. Doi: 10.3390/brainsci12080968	Q3	3.333

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		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
TITLE			
318.	Swain CTV, Drummond AE, Boing L, Milne RL, English DR, Brown KA, van Roekel EH, Dixon-Suen SC*, et. al. Linking physical activity to breast cancer via sex hormones, Part 1: The effect of physical activity on sex steroid hormones. <i>Cancer Epidemiology, Biomarkers and Prevention</i> . 2022; 31(1): 16-27. Doi: 10.1158/1055-9965.EPI-21-0437	Q1#, Q2#	4.09
319.	Swain CTV, Bassett JK, Hodge AM, Dunstan DW*, Owen N, Yang Y, et. al. Television viewing time and all-cause mortality: interactions with BMI, physical activity, smoking, and dietary factors. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 30. Doi: 10.1186/12966-022-01273-5	Q1	8.915
320.	Swelam BA, Verswijveren SJJM*, Salmon J*, Arundell L*, Ridgers ND. Exploring activity compensation amongst youth and adults: a systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 25. Doi: 10.1186/s12966-022-01264-6	Q1	8.915
321.	Sylvris A, Mesinovic J*, Scott D*, Jansons P*. Body composition changes at 12 months following different surgical weight loss interventions in adults with obesity: A systematic review and meta-analysis of randomized control trials. <i>Obesity Reviews</i> . 2022; 23(7): e13442. Doi: 10.1111/obr.13442	Q1	10.867
322.	Tagliaferri SD, Mitchell UH, Saueressig T, Owen PJ*, Miller CT*, Belavy DL. Classification approaches for treating low back pain have small effects that are not clinically meaningful: a systematic review with meta-analysis. <i>Journal of Orthopaedic and Sports Physical Therapy</i> . 2022; 52(2): 67-84. Doi: 10.2519/jospt.2022.10761	Q1	6.276
323.	Tagliaferri S, Ng S, Fitzgibbon BM, Owen P*, Miller CT*, Bowe S, Belavy DL. Relative contributions of the nervous system, spinal tissue and psychosocial health to non-specific low back pain: multivariate meta-analysis. <i>European Journal of Pain</i> . 2022; 26(3): 578-599. Doi: 10.1002/ejp.1883	Q1#, Q2#	3.651
324.	Tagliaferri S, Fitzgibbon BM, Owen P*, Miller CT*, Bowe S, Belavy DL. Brain structure, psychosocial, and physical health in acute and chronic back pain: a UK BioBank study. <i>Pain</i> . 2022; 163(7): 1277-1290. Doi: 10.1097/j.pain.0000000000002524	Q1	7.926
325.	Tagliaferri S, Wilkin T, Angelova M, Fitzgibbon BM, Owen P*, Miller CT*, Belavy DL. Chronic back pain sub-grouped via psychosocial, brain and physical factors using machine learning. <i>Scientific Reports</i> . 2022; 12: 15194. Doi: 10.1038/s41598-022-19542-5	Q1	4.997
326.	Tait JL*, Collyer TA, Gall SL, Magnussen CG, Venn AJ, et. al. Longitudinal associations of childhood fitness and obesity profiles with midlife cognitive function: an Australian cohort study. <i>Journal of Science and Medicine in Sport</i> . 2022; 25(8): 667-672. Doi: 10.1016/j.jsams.2022.05.009	Q1	4.597
327.	Tait JL*, Drain JR, Bulmer S, Gastin PB, Main LC*. Factors predicting training delays and attrition of recruits during basic military training. <i>International Journal of Environmental Research and Public Health</i> . 2022; 19(12): 7271. Doi: 10.3390/ijerph19127271	Q1#, Q2#	4.614

TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
328.	Tait JL*, Drain JR, Corrigan SL, Drake JM, Main LC*. Impact of military training stress on hormone response and recovery. <i>PLoS One</i> . 2022; 17(3): e0265121. Doi: 10.1371/journal.pone.0265121	Q1	3.752
329.	Talevski J*, Sanders KM, Watts JJ, Nicholson GC, Seeman E, Iuliano S, et. al. Sex differences in recovery of quality of life 12 months post-fracture in community-dwelling older adults: analyses of the Australian arm of the International Costs and Utilities Related to Osteoporotic Fractures Study (AusCURIOS). <i>Osteoporosis International</i> . 2022; 33(1): 67-75. Doi: 10.1007/s00198-021-06058-3	Q1	5.071
330.	Talevski J*, Sanders KM, Lal A, Watts JJ, Beauchamp A, Duque G, et. al. A micro-costing analysis of post-fracture care pathways: results from the International Costs and Utilities Related to Osteoporotic Fractures Study (ICUROS). <i>Osteoporosis International</i> . 2022; 33(9): 1895-1907. Doi: 10.1007/s00198-022-06460-5	Q1	5.071
331.	Talukder A, Razu SR, Alif SM, Rahman MA, Islam SMS*. Association between symptoms and severity of disease in hospitalised novel coronavirus (COVID-19) patients: a systematic review and meta-analysis. <i>Journal of Multidisciplinary Healthcare</i> . 2022; 15: 1101-1110. Doi: 10.2147/jmdh.s357867	Q1#, Q2#	2.919
332.	Tan SY*, Curtis AR, Leech RM*, Ridgers N, Crawford D, McNaughton SA*. A systematic review of temporal body weight and dietary intake patterns in adults: implications on future public health nutrition interventions to promote healthy weight. <i>European Journal of Nutrition</i> . 2022; 61(5): 2255-2278. Doi: 10.1007/s00394-021-02791-x	Q1	4.865
333.	Taylor FC, Pinto AJ, Maniar N, Dunstan DW*, Green DJ. The acute effects of prolonged uninterrupted sitting on vascular function: a systematic review and meta-analysis. <i>Medicine and Science in Sports and Exercise</i> . 2022; 54(1): 67-76. Doi: 10.1249/MSS.0000000000002763	Q1	6.289
334.	Tegegne TK*, Rawstorn JC*, Nourse RA, Kibret KT, Ahmed KY, Maddison R*. Effects of exercise-based cardiac rehabilitation delivery modes on exercise capacity and health-related quality of life in heart failure: a systematic review and network meta-analysis. <i>Open Heart</i> . 2022; 9(1): e001949	Q2	N/A
335.	Tegegne TK*, Islam SMS*, Maddison R*. Effects of lifestyle risk behaviour clustering on cardiovascular disease among UK adults: latent class analysis with distal outcomes. <i>Scientific Reports</i> . 2022; 12: 17349. Doi: 10.1038/s41598-022-22469-6	Q1	4.996
336.	Terada T, Reed JL, Vidal-Almela S, Mistura M, Kamiya K, Way KL*. Sex-specific associations of fat mass and muscle mass with cardiovascular disease risk factors in adults with type 2 diabetes living with overweight and obesity: secondary analysis of the Look AHEAD trial. <i>Cardiovascular Diabetology</i> . 2022; 21: 40. Doi: 10.1186/s12933-022-01468-x	Q1	8.949
337.	Tham R, Wheeler AJ, Carver A, Dunstan D*, Donaire-Gonzalez D, Anstey KJ, et. al. Associations between traffic-related air pollution and cognitive function in Australian urban settings: the moderating role of diabetes status. <i>Toxics</i> . 2022; 10(6): 289. Doi: 10.3390/toxics10060289	Q1#, Q2#	4.472

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	TITLE	SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
338.	Thomas HJ*, Marsh CE, Maslen BA, Lester L, Naylor LH, Green, DJ. Endurance versus resistance training in treatment of cardiovascular risk factors: a randomized cross-over trial. PLOS ONE. 2022; 17(9): e0274082. Doi: 10.1371/journal.pone.0274082	Q1	3.752
339.	Thomas HJ*, Marsh CE, Scurrah KJ, Naylor LH, Smith KJ, Green DJ. Studies of Twin Responses to Understand Exercise THERapy (STRUETH): cerebrovascular function. Journal of Physiology. 2022; 600(11): 2729-2746. Doi: 10.1113/JP282998	Q1	6.228
340.	Thomas S, Barnett LM*, Papadopoulos N, Lander N*, McGillivray J, Rinehart N. How do physical activity and sedentary behaviour affect motor competence in children with Autism Spectrum Disorder compared to typically developing children: a pilot study. Journal of Autism and Developmental Disorders. 2022; 52(8): 3443-3455. Doi: 10.1007/s10803-021-05205-3	Q1	4.345
341.	Tighe SA, Ball K, Kayser L, Kensing F, Maddison R*. Qualitative study of the views of people living with cardiovascular disease, and healthcare professionals, towards the use of a digital platform to support cardiovascular disease self-management. BMJ Open. 2022; 12: e056768. Doi: 10.1136/bmjopen-2021-056768	Q1	3.006
342.	Tocci N, Scibinetti P, Mazzoli E*, Mavilidi MF, Masci I, Schmidt M, Pesce C. Giving ideas some legs or legs some ideas? Children's motor creativity is enhanced by physical activity enrichment: direct and mediated paths. Frontiers in Psychology. 2022; 13: 806065. doi: 10.3389/fpsyg.2022.806065	Q1	4.232
343.	Tran NT, Kowalski GM*, Muccini AM, Nitsos I, Hale N, Snow RJ, et. al. Creatine supplementation reduces the cerebral oxidative and metabolic stress responses to acute in utero hypoxia in the late-gestation fetal sheep. Journal of Physiology. 2022; 600(13): 3193-3210. Doi: 10.1113/jp282840	Q1	6.228
344.	Trewin AJ*, Silver J, Dillon HT, Della Gatta PA*, Parker L*, Hiam DS*, Lee YP, Richardson M, Wadley GD*, Lamon S*. Long non-coding RNA <i>Tug1</i> modulates mitochondrial and myogenic responses to exercise in skeletal muscle. BMC Biology. 2022; 20: 164. Doi: 10.1186/s12915-022-01366-4	Q1	7.364
345.	Tsitkanou S, Della Gatta PA, Abbott G, Wallace MA, Lindsay A*, Gerlinger-Romero F, Walker AK, Foletta VC, Russell AP*. miR-23a suppression accelerates functional decline in the rNLS8 mouse model of TDP-43 proteinopathy. Neurobiology of Disease. 2022; 162: 105559. Doi: 10.1016/j.nbd.2021.105559	Q1	7.046
346.	Tulpule C, Zheng M*, Campbell KJ*, Bolton KA*. Differences in infant feeding practices between Indian-born mothers and Australian-born mothers living in Australia: a cross-sectional study. BMC Public Health. 2022; 22: 934. Doi: 10.1186/s12889-022-13228-3	Q1	4.135
347.	van den Hoek DJ, Owen PJ*, Garrett JM, Howells RJ, Pearson J, Spathis JG, et. al. What are the odds? Identifying factors related to competitive success in powerlifting. BMC Sports Science, Medicine and Rehabilitation. 2022; 14: 110. Doi: 10.1186/s13102-022-00505-2	Q2	2.367



TITLE	SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
348. Veitch J*, Ball K, Rivera ED, Loh V*, Deforche B, Best K, Timperio A*. What entices older adults to parks? Identification of park features that encourage park visitation, physical activity, and social interaction. <i>Landscape and Urban Planning</i> . 2022; 104254. Doi: 10.1016/j.landurbplan.2021.104254	Q1	8.119
349. Veitch J*, Timperio A*, Salmon J*, Hall SJ, Abbott G, Flowers EP, Turner AI*. Examination of the acute heart rate and salivary cortisol response to a single bout of walking in urban and green environments: a pilot study. <i>Urban Forestry and Urban Greening</i> . 2022; 74: 127660. Doi: 10.1016/j.ufug.2022.127660	Q1	5.766
350. Verswijveren SJM*, Lamb KE, Martín-Fernández JA, Winkler E, Leech RM*, Timperio A*, Salmon J*, Daly RM*, Cerin E, Dunstan DW*, Telford RM, Telford RD, Olive LS, Ridgers ND. Using compositional data analysis to explore accumulation of sedentary behaviour, physical activity and youth health. <i>Journal of Sport and Health Science</i> . 2022; 1(2): 234-243. Doi: 10.1016/j.jshs.2021.03.004	Q1	13.077
351. Verswijveren SJM*, Ridgers ND, Martín-Fernández JA, Chastin S, Cerin E, Chinapaw MM, Arundell L*, Dunstan DW*, Hume C, Brown H, Della Gatta J, Salmon J*. Intervention effects on children's movement behaviour accumulation as a result of the Transform-Us! school- and home-based cluster randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> . 2022; 19: 76. Doi: 10.1186/s12966-022-01314-z	Q1	8.915
352. Verswijveren SJM*, Abbott G, Lai S, Salmon J*, Timperio A*, Brown H, Macfarlane S, Ridgers N. Mediators of effects on physical activity and sedentary time in an activity tracker and behaviour change intervention for adolescents: secondary analysis of a cluster randomized controlled trial. <i>JMIR Mhealth and Uhealth</i> . 2022; 10(8): e35261. Doi: 10.2196/35261	Q1	4.947
353. Verswijveren SJM*, Powell C, Chappel SE, Ridgers ND, Carson BP, Dowd KP, Perry JJ, Kearney PM, Harrington JM, Donnelly AE. The influence of sitting, standing and stepping bouts on cardiometabolic health markers in older adults. <i>Journal of Aging and Physical Activity</i> . 2022; 30(1): 114-122. Doi: 10.1123/japa.2020-0443	Q2#, Q3#	2.109
354. Vidal-Almela S, Way KL*, Terada T, Tulloch HE, Keast ML, Pipe AL, Chirico D, Reed JL. Sex differences in physical and mental health following high-intensity interval training in adults with cardiovascular disease who completed cardiac rehabilitation. <i>Applied Physiology, Nutrition, and Metabolism</i> . 2022; 47(1): 9-17. Doi: 10.1139/apnm-2021-0265	Q2	N/A
355. Wang K, Gong S, Zhang Y*, Yap LW, Cheng W. Mosquito-inspired design of resistive antennae for ultrasensitive acoustic detection. <i>Nanoscale</i> . 2022; 14(28): 10108-10117. Doi: 10.1039/d2nr01622b	Q1	8.307
356. Wang SE, Kendall BJ, Hodge AM, Dixon-Suen SC*, Dashti SG, Makalic E, et. al. Demographic and lifestyle risk factors for gastroesophageal reflux disease and Barrett's esophagus in Australia. <i>Diseases of the Esophagus</i> . 2022; 35(1): doab058. Doi: 10.1093/dote/doab058	Q2	2.822

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TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
357.	Wang SE, Dashti SG, Hodge AM, Dixon-Suen SC*, Castaño-Rodríguez N, Thomas RJS, et. al. Mechanisms for the sex-specific effect of H. pylori on risk of gastroesophageal reflux disease and Barrett's oesophagus. <i>Cancer Epidemiology, Biomarkers and Prevention</i> . 2022; 31(8): 1630-1637. Doi: 10.1158/1055-9965.epi-22-0234	Q1#, Q2#	4.09
358.	Way KL*, Birnie D, Blanchard C, Wells G, Dorian P, Jorstad HT, et. al. The physical activity levels and sitting time of adults living with atrial fibrillation: The CHAMPLAIN-AF Study. <i>CJC Open</i> . 2022; 4(5): 449-465. Doi: 10.1016/j.cjco.2022.01.004	Q2	N/A
359.	Whelan J, Hayward J, Nichols M, Brown AD, Orellana L, Brown V, Becker D, Bell C, Swinburn B, Peeters A, Moodie M, Geddes SA, Chadwick C, Allender S, Strugnell C*. Reflexive Evidence and Systems interventions to Prevention Obesity and Non-communicable Disease (RESPOND): protocol and baseline outcomes for a stepped-wedge cluster-randomised prevention trial. <i>BMJ Open</i> . 2022; 12: e057187. Doi: 1136/bmjopen-2021-057187	Q1	3.006
360.	Wilson JE, Sugumar D, McNaughton SA*, Gall S, Dwyer T, Venn A, Smith KJ. Associations between childhood to adulthood socioeconomic mobility and adult diet quality. <i>British Journal of Nutrition</i> . 2022; 128(1): 103-113. Doi: 10.1017/S000711452100317	Q2	4.125
361.	Wilson MT, Macgregor LJ, Fyfe J*, Hunter AM, Hamilton DL*, Gallagher JJ. Bayesian analysis of changes in standing horizontal and vertical jump after different modes of resistance training. <i>Journal of Sports Sciences</i> . 2022; 40(15): 1700-1711. Doi: 10.1080/02640414.2022.2100676	Q1	3.943
362.	Wingrove K, Lawrence M*, McNaughton SA*. A systematic review of the methods used to assess and report dietary patterns. <i>Frontiers in Nutrition</i> . 2022; 9: 892351. Doi: 10.3389/fnut.2022.892351	Q1	6.59
363.	Wingrove K, Lawrence MA*, Machado P*, Stephens LD, McNaughton SA*. Using the hierarchies of evidence applied to lifestyle medicine (HEALM) approach to assess the strength of evidence on associations between dietary patterns and all-cause mortality. <i>Nutrients</i> . 2022; 14(20):4340. Doi: 10.3390/nu14204340.	Q1	6.706
364.	Woessner MN, Hiam D*, Smith C, Lin X, Zarekookandeh N, Tacey A, Parker L*, et. al. Osteoglycin across the adult lifespan. <i>Journal of Clinical Endocrinology and Metabolism</i> . 2022; 107(4): e1426-e1433. Doi: 10.120/clinem/dgab861	Q1	5.799
365.	Wong S, Hassett L, Koorts H*, Grunseit A, Tong A, Tiedemann A, et. al. Planning implementation and scale-up of physical activity interventions for people with walking difficulties: study protocol for the process evaluation of the ComeBACK trial. <i>Trials</i> . 23(1): 40. Doi: 10.1186/s13063-021-05990-3	Q1#, Q2#	2.728
366.	Woodforde J, Alsop T, Salmon J*, Gomersall S, Stylianou M. Effects of school-based before-school physical activity programmes on children's physical activity levels, health and learning-related outcomes: a systematic review. <i>British Journal of Sports Medicine</i> . 2022; 56(13): 740-754. Doi: 10.1136/bjsports-2021-104470	Q1	18.473

TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
367.	Yahyapoor F, Sedaghat A, feizi A, Bagherniya M, Pahlavani N, Khadem-Rezaian M, Safarian M, Islam SMS*, et. al. The effects of L-Carnitine supplementation on inflammatory markers, clinical status, and 28 days mortality in critically ill patients: A double-blind, randomized, placebo-controlled trial. <i>Clinical Nutrition ESPEN</i> . 2022; 49: 61-67. Doi: 10.1016/j.clnesp.2022.04.001	Q2#, Q3#	N/A
368.	Yang Y, Dixon-Suen SC*, Dugué PA, Hodge AM, Lynch BM, English DR. Physical activity and sedentary behaviour over adulthood in relation to all-cause and cause-specific mortality: a systematic review of analytic strategies and study findings. <i>International Journal of Epidemiology</i> . 2022; 51(2): 641-667. Doi: 10.1093/ije/dyab181	Q1	9.685
369.	Yates P, Carter R, Cockerell R, Cowan D, Dixon C, Lal A, Newton RU, Hart N, Galvão DA, Baguley B*, et. al. Evaluating a multicomponent survivorship programme for men with prostate cancer in Australia: a single cohort study. <i>BMJ Open</i> . 2022; 12(2): e049802. Doi: 10.1136/bmjopen-2021-049802	Q1	3.006
370.	Young LM, Moylan S, John T, Turner M, Opie R, Hockey M, Saunders D, Bruscella C, Jacka F, Teychenne M*, Rosenbaum S, Banker K, Mahoney S, Tembo M, Lai J, Mundell N*, et. al. Evaluating telehealth lifestyle therapy versus telehealth psychotherapy for reducing depression in adults with COVID-19 related distress: the curbing anxiety and depression using lifestyle medicine (CALM) randomised non-inferiority trial protocol. <i>BMC Psychiatry</i> . 2022; 22(1): 219. Doi: 10.1186/s12888-022-03840-3	Q1	4.144
371.	Yu HJ, Liu X, Zheng M*, Zhang MZ, Liu MW, He QQ. Child neglect and eating habits in primary schoolchildren: a prospective study in Wuhan, China. <i>Appetite</i> . 2022; 168: 105756. Doi: 10.1016/j.appet.2021.105756	Q1	5.016
372.	Zaman SB, Khan RK, Evans RG, Thrift AG, Maddison R*, Islam SMS*. Exploring barriers to enablers of the adoption of information and communication technology for the care of older adults with chronic diseases: scoping review. <i>JMIR Aging</i> . 2022; 5(1): e25251. Doi: 10.2196/25251	Q1#, Q2#	N/A
373.	Zanker J, Blackwell T, Patel S, Duchowny K, Brennan-Olsen S, Cummings SR, Evans WJ, Orwoll ES, Scott D*, et. al. Factor analysis to determine relative contributions of strength, physical performance, body composition and muscle mass to disability and mobility disability outcomes in older men. <i>Experimental Gerontology</i> . 2022; 161: 111714. Doi: 10.1016/j.exger.2022.111714	Q2	4.253
374.	Zengin A, Shore-Lorenti C, Sim M, Maple-Brown L, Brennan-Olsen SL, Lewis JR, Ockwell J, Walker T, Scott D*, Ebeling P. Why Aboriginal and Torres Strait Islander Australians fall and fracture: the codesigned Study of Indigenous Muscle and Bone Ageing (SIMBA) protocol. <i>BMJ Open</i> . 2022; 12: e056589. Doi: 10.1136/bmjopen-2021-056589	Q1	3.006
375.	Zhang Z, Predy M, Kuzik N, Hewitt L, Hesketh KD*, Pritchard L, Okely AD, Carson V. Validity of an infant tummy time questionnaire and time-use diary against the GENEActiv Accelerometer. <i>Measurement in Physical Education and Exercise Science</i> . 2022; 26(1): 27-38. Doi: 10.1080/1091367X.2021.1941033	Q1#, Q2#	1.975

## Publications 2022

TITLE	SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
376. Zhang Z, Predy M, Hesketh KD*, Pritchard L, Carson V. Demographic correlates of movement behaviors in Infants: a longitudinal study. <i>Journal of Physical Activity and Health</i> . 2022; 19: 177-185. Doi: 10.1123/jpah.2021-0570	Q2	3
377. Zheng M*, Hesketh KD*, McNaughton SA*, Salmon J*, Crawford D, Cameron AJ, Loret S, Campbell KJ*. Quantifying the overall impact of an early childhood multi-behavioural lifestyle intervention. <i>Pediatric Obesity</i> . 2022; 17(3): e12861. Doi: 10.1111/ijpo.12861	Q1	3.91
378. Zheng M*, Hesketh KD*, Vuillermin P, Dodd J, Wen LM, Baur LA, Taylor R, Byrne R, Mhrshahi S, Sly PD, Tang MLK, Campbell KJ*. Determinants of rapid infant weight gain: a pooled analysis of seven cohorts. <i>Pediatric Obesity</i> . 2022; 17(10): e12928. Doi: 10.1111/ijpo.12928	Q1	3.91
379. Zinga J, McKay FH, Lindberg R*, van der Pligt P*. Experiences of food-insecure pregnant women and factors influencing their food choices. <i>Maternal and Child Health Journal</i> . 2022; 26: 1434-1441. Doi: 10.1007/s10995-022-03440-3	Q1#, Q2#, Q3#	2.319

\* indicates IPAN academic

# Subject area and categories identified by the Scimargo Journal Ranking



Image: Building U, at the Deakin Burwood campus

# Editorials and reports 2022

			SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
FORMAT	TITLE			
1. Letter to editor	Daly RM*, Scott D*, Mesinovic J*, Beck BR. Letter to the editor about the article "Beneficial effects of denosumab on muscle performance in patients with low BMD: a retrospective, propensity score-matched study". Osteoporosis International. 2022; 15 Nov (Advance online). Doi: 10.1007/s00198-022-06582-w		Q1	5.071
2. Commentary	Doherty T, Engebretsen IMS, Tylleskar T, Burgoine K, Baerug A, Mercer R, Baker P*, et. al. Questioning the ethics of international research on formula milk supplementation in low-income African countries: BMJ Global Health. 2022; 7: e009181. Doi: 10.1136/bmjgh-2022-009181. Response: 2022; 7: e010227. Doi: 10.1136/bmjgh-2022-010227		Q1	8.061
3. Commentary	Draper C, Barnett LM*, Cook CJ, Cuartas JA, Howard SJ, McCoy DC, et. al. Publishing child development research from around the world: an unfair playing field resulting in most of the world's child population underrepresented in research. Infant and Child Development. 2022; e2375. Doi: 10.1002/icd.2375		Q2	1.776
4. Editorial	Hallingberg B, Parker K*, Eriksson C, Ng K, Hamrik Z, Kopcakova J, Movsesyan E, Melkumova M, Abdrakhmanova S, Badura P. Joint family activities and adolescent health and wellbeing: further considerations following the war in Ukraine. Journal of Adolescent Health. 2022; 71(1): 132-133. Doi: 10.1016/j.jadohealth.2022.04.006		Q1	7.83
5. Editorial	Hiam D*, Jones P, Pitsiladis Y, Eynon N. Genomics and biology of exercise, where are we now? Clinical Journal of Sport Medicine. 2022; Jan (Advance online). Doi: 10.1097/jsm.0000000000001012		Q1#, Q2#	3.454
6. Report	Hesketh K*, Lubans D, Cleland V, Gomersall S, Olds T, Reece L, Ridgers N, Straker L, Stylianou M, Tomkinson G, Booth V. Reboot! Reimagining physically active lives: 2022 Australian report card on physical activity for children and young people. Melbourne, Vic Australia. Active Healthy Kids Australia. 2022; Doi: 10.21153/ahka2022		N/A	N/A
7. Research report	Livingstone KM*, Milte CM*, Macfarlane S, Woods J*, Booth A*. The design and evaluation of online interactive learning in an undergraduate nutrition course. Frontiers in Nutrition. 2022; 9: 811103. Doi: 10.3389/fnut.2022.811103		Q1	6.59
8. Comment	Owen PJ*, Saueressig T, Belavy DL, Than CA, Ball J, Sadler K, Piedimonte A, Benedetti F, Miller CT*. Response to Comment on: "Attempting to separate placebo effects from exercise in chronic pain: a systematic review and meta-analysis". Sports Medicine. 2022; 52(4): 961-962. Doi: 10.1007/s40279-021-01622-7		Q1	11.928



## Editorials and reports 2022

			SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
FORMAT	TITLE			
9. Editorial	Owen PJ*, Belavy DL, Robinson DG, Anderson N, Harwood A, Mavros Y, et. al. Measuring the growing impact of BOSEM: halfway there or living on a prayer? <i>BMJ Open Sport and Exercise Medicine</i> . 2022; 8: e001427. Doi: 10.1136/bmjsem-2022-001427		Q1	N/A
10. Commentary	Pereira-Kotze C, Jeffery B, Badham J, Swart EC, du Plessis L, Goga A, Lake L, Kroon M, Saloojee H, Scott C, Mercer R, Waterston T, Goldhagen J, Clark D, Baker P*, Doherty T. Conflicts of interest are harming maternal and child health: time for scientific journals to end relationships with manufacturers of breast-milk substitutes. <i>BMJ Global Health</i> . 2022; 7: e008002. Doi: 10.1136/bmjgh-2021-008002		Q1	8.061
11. Editorial	Porter J*. Contemporary syntheses in nutrition and dietetics. <i>Nutrition and Dietetics</i> . 2022; 79(1): 4-5. Doi: 10.1111/1747-0080.12725		Q2	2.859
12. Comment	Prokopidis K, Giannos P, Tgriantafyllidis KK, Kechagias KS, Mesinovic J*, Witard OC, Scott D*. The authors' reply: 'Comment on: "Effect of vitamin D monotherapy on indices of sarcopenia in community-dwelling older adults: a systematic review and meta-analysis". <i>Journal of Cachexia, Sarcopenia and Muscle</i> . 2022; 13(6): 2757-2758. Doi: 10.1002/jcsm.13087		Q1	12.063
13. Letter to editor	Saueressig T, Diemer F, Zebisch J, Owen PJ*, Belavy DL. Author response to "Concerns about the methodology and data collection in a systematic review". <i>Journal of Orthopaedic and Sports Physical Therapy</i> . 2022; 52(1): 50-51		Q1	6.276
14. Editorial	Straker L, Booth V, Cleland V, Gomersall S, Lubans D, Olds T, Reece L, Ridgers N, Stylianou M, Tomkinson G, Hesketh K*, Active Healthy Kids Australia Working Group. Reimagining physical activity for children following the systemic disruptions from the COVID-19 pandemic in Australia. <i>British Journal Of Sports Medicine</i> . 2022; 56(16): 899-900. Doi: 10.1136/bjsports-2021-105277		Q1	18.473
15. Letter to editor	Sylivris A, Mesinovic J*, Scott D*, Jansons P*. Body composition changes following different types of bariatric surgery: interpreting discordant findings from different methodological approaches. <i>Obesity Reviews</i> . 2022; 23(7): e13460. Doi: 10.1111/obr.13460		Q1	10.867
16. Editorial	Verhagen E, Wilson F, Zelenkova I, Owen PJ*. Shining on others, I burn myself: time to disagree with Hippocrates. <i>BMJ Open Sport and Exercise Medicine</i> . 2022; 8: e001480. Doi: 10.1136/bmjsem-2022-001480		Q1	N/A

\* indicates IPAN academic

# Subject area and categories identified by the Scimargo Journal Ranking

# Books and book chapters 2022

## TITLE

1. Atkinson L, Teychenne M\*. Psychological, social and behaviour changes during pregnancy: implications for physical activity and exercise. (Chapter 2). In Santos-Rocha R (Ed). Exercise and physical activity during pregnancy and postpartum. Evidence-based guidelines. Second edition. Springer. 2022; pp 19-43. Doi: 10.1007/978-3-319-91032-1\_2
2. Desneves KJ, Kiss N\*, Daly RM\*, Ward LC. Body composition and spinal cord injury. (Chapter 32). In Rajendram R, Preedy VR, Martin CR (Eds). Cellular, Molecular, Physiological, and Behavioral Aspects of Spinal Cord Injury. Academic Press. 2022; pp 389-404. Doi: 10.1016/B978-0-12-822427-4.00032-0
3. Desneves KJ, Kiss N\*, Daly RM\*, Ward LC. Energy requirements and spinal cord injury. (Chapter 33). In Rajendram R, Preedy VR, Martin CR (Eds). Cellular, Molecular, Physiological, and Behavioral Aspects of Spinal Cord Injury. Academic Press. 2022; pp 405-411. Doi: 10.1016/B978-0-12-822427-4.00033-2
4. Mason SA\*, Parker L\*, Trewin A\*, Wadley GD\*. Antioxidant supplements and exercise adaptations. (Chapter 11). In Cobley JN, Davison GW (Eds). Oxidative Eustress in Exercise Physiology. CRC Press. 2022; pp.123-135. Doi: 10.1201/9781003051619-11
5. Rollison S, Jones M, Mundell N,\* Cashin A, Booth J, Dall'alba D, Mouatt B, Vasoli C. (Eds) Exercise for Persisting Pain. eBook Exercise and Sports Science Australia (ESSA) and PainAustralia July 2022. Doi: exerciseright.com.au/wp-content/uploads/2022/07/Pain-eBook-2022-2.pdf

\* indicates IPAN academic

# Advanced online publications 2022

TITLE	SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
1. 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	5.900
2. Allison K, Jones S, Hinman RS, Briggs AM, Sumithran P, Quicke J, Holden M, Chiavaroli N, Crofts S, George E*, Foster N, Bennell K. Effects of an online education program on physiotherapists' confidence in weight management for people with osteoarthritis: a randomized controlled trial. <i>Arthritis Care and Research</i> . 2021; 20 Dec (Advance online). Doi: 10.1002/acr.24828	N/A	N/A
3. Alvarez-Romero J, Laguette MN, Seale K, Jacques M, Voisin S, Hiam D*, Feller JA, et.al. Genetic variants within the COL5A1 gene are associated with ligament injuries in physically active populations from Australia, South Africa, and Japan. <i>European Journal of Sport Science</i> . 2021; 30 Dec (Advance online). Doi: 10.1080/17461391.2021.2011426	Q1	3.98
4. Anastasiou K, De Melo PR, Slater S, Hendrie GA, Hadjidakou M, Baker PK*, Lawrence MA*. From harmful nutrients to ultra-processed foods: exploring shifts in 'foods to limit' terminology used in national food-based dietary guidelines. <i>Public Health Nutrition</i> . 2022; 2 Dec (Advance online). Doi: 10.1017/S1368980022002580	Q1	4.539
5. Baguley BJ*, Dalla Via J, Fraser S*, Daly RM*, Kiss N*. Effectiveness of combined nutrition and exercise interventions on body weight, lean mass, and fat mass in adults diagnosed with cancer: a systematic review and meta-analysis. <i>Nutrition Reviews</i> . 2022. 7 Oct (Advance online) nuac079. Doi: 10.1093/nutrit/nuac079	Q1	6.846
6. Bell LK, Gardner C, Kumar S, Wong HY, Johnson B, Byrne R, Campbell KJ*, Liem DG, Russell CG*, et.al. Identifying opportunities for strengthening advice to enhance vegetable liking in the early years of life: qualitative consensus and triangulation methods. <i>Public Health Nutrition</i> . 2021; 3 May (Advance online). Doi: 10.1017/S1368980021001907	Q1	4.539
7. 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	4.539
8. Carter S, Hill AM, Buckley JD, Tan SY*, Rogers GB, Coates AM. Acute feeding with almonds compared to a carbohydrate-based snack improves appetite-regulating hormones with no effect on self-reported appetite sensations: a randomised controlled trial. <i>European Journal of Nutrition</i> . 2022; 28 Oct (Advance online). Doi: 10.1007/s00394-022-03027-2	Q1	4.865

TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
9.	Chagas D, Barnett LM*. Adolescents' flexibility can affect motor competence: the pathway from health related physical fitness to motor competence. <i>Perceptual and Motor Skills</i> . 2022; 3 Oct (Advance online). 315125221128638. Doi: 10.1177/00315125221128638	Q3	2.212
10.	Cheng HL, Garden FL, Skilton MR, Johnson C, Webster J, Grimes CA*, Ivers R, Steinbeck KS. Impact of growth, gonadal hormones, adiposity and the sodium-to-potassium ratio on longitudinal adolescent measures of blood pressure at puberty. <i>Journal of Human Hypertension</i> . 2022; 14 Nov (Advance online). Doi: 10.1038/s41371-022-00774-x	Q2	2.877
11.	ChuiJM, Lacy K*, Zheng M*, Leech R*, McNaughton SA*, Spence A*. Frequency and distribution of dietary energy, vegetable, fruit and discretionary food intakes in 18-month old Australian children. <i>British Journal of Nutrition</i> . 2022; 21 Oct (Advance online). Doi: 10.1017/S0007114522003324	Q2	4.125
12.	Cooper D, Fuller J, Wiggins MW, Wills JA, Doyle T, Main LC*. Negative consequences of pressure on marksmanship may be offset by early training exposure to contextually relevant threat training: a systematic review and meta-analysis. <i>Human Factors</i> . 2022; 6 Apr (Advance online). Doi: 10.1177/00187208211065907	Q1#, Q2#	3.598
13.	Corrigan SL, Roberts SSH, Warmington SA*, Drain JR, Tait JL*, Bulmer S, Main LC*. Overnight heart rate variability responses to military combat engineer training. <i>Applied Ergonomics</i> . 2022; 11 Nov (Advance online). Doi: 10.1016/j.apergp.2022.103935	Q1	3.94
14.	Craige EA, Tagliaferri SD, Ferguson SA, Scott H, Belavy DL, Easton DF, Buntine P, Memon AR, Owen PJ*, et. al. Effects of pharmacotherapy on sleep-related outcomes in adults with chronic low back pain: a systematic review and meta-analysis of randomised controlled trials. <i>eClinicalMedicine</i> . 2022; 18 Nov (Advance online). Doi: 10.1016/j.eclinm.2022.101749	Q1	17.033
15.	Dechrai IM, Mazzoli E*, Hanna L, Morgan PJ, Young MD, Grounds JA, Kennedy SL, Pollock ER, Barnett LM*. Are gender-stereotyped attitudes and beliefs in fathers and daughters associated with girls' perceived motor competence? <i>Physical Education and Sport Pedagogy</i> . 2022; 6 Jun (Advance online). Doi: 10.1080/17408989.2022.2083097	Q1	4.638
16.	Deftereos I, YeungJMC, Arslan J, Carter VM, Isenring E, Kiss N* on behalf of the NOURISH Point Prevalence Study Group. Health service nutrition practices and associations with clinical outcomes in patients undergoing resection for upper gastrointestinal cancer: results from the multi-centre NOURISH point prevalence study. <i>Journal of Human Nutrition and Dietetics</i> . 2022; 23 Mar (Advance online). Doi: 10.1111/jhn.13006	Q2	2.995
17.	Deftereos I, Hitch D, Butzkueven S, Carter V, Arslan J, Fetterplace K, Fox K, Ottaway A, Pierce K, Steer B, Varghese J, Kiss N*, Yeung J. Implementation of a standardised perioperative nutrition care pathway in upper gastrointestinal cancer surgery: a multisite pilot study. <i>Journal of Human Nutrition and Dietetics</i> . 2022; 20 Apr (Advance online). Doi: 10.1111/jhn.13018	Q2	2.995

## Advanced online publications 2022

		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
TITLE			
18.	D'Souza NJ, Zheng M*, Abbott G, Lioret S, Hesketh KD*. Differing associations with childhood outcomes using behavioural patterns derived from three data reduction techniques. <i>International Journal of Epidemiology</i> . 2022; 13 Jul (Advance online) dyac142. Doi: 10.1093/ije/dyac142	Q1	9.685
19.	Dry T, Baker P*. Generating political commitment for regulatory interventions targeting dietary harms and poor nutrition: a case study on sugar-sweetened beverage taxation in Australia. <i>International Journal of Health Policy and Management</i> . 2021; 22 Dec (Advance online). Doi: 10.34172/ijhpm.2021.174	Q1	4.967
20.	Elford A, Spence A*, Wakem A, Campbell KJ*, Love P*. Barriers and enablers to menu planning guideline implementation in Australian childcare centres and the role of government support services. <i>Public Health Nutrition</i> . 2022; 1 Jun (Advance online). Doi: 10.1017/s1368980022001343	Q1	4.539
21.	Essiet IA, Warner E, Lander NJ*, Salmon J*, Duncan MJ, Eyre EJ, Barnett LM*. Exploring Australian teachers' perceptions of physical literacy: a mixed-methods study. <i>Physical Education and Sport Pedagogy</i> . 2022; 27 Jan (Advance online). Doi: 10.1080/17408989.2022.2028760	Q1	4.638
22.	Essiet IA, Barnett LM*, Duncan M, Eyre E, Salmon J*, Lander N*, Warner E. Primary school teachers' perceptions of physical literacy assessment: a mixed-methods study. <i>Journal of Teaching in Physical Education</i> . 2022; 2 Dec (Advance online). Doi: 10.1123/jtpe.2022-0091	Q1#, Q2#	2.66
23.	Estevan I, Bowe SJ, Menescardi C, Barnett LM*. Self and proxy (parents and teachers') reports of child motor competence: a three-year longitudinal study. <i>Psychology of Sport and Exercise</i> . 2022; 9 Nov (Advance online). Doi: 10.1016/j.psychsport.2022.102331	Q1	5.118
24.	Feitoza AHP, Santos ABD, Barnett LM*, Catuzzo MT. Motor competence, physical activity, and perceived motor competence: a relational systems approach. <i>Journal of Sports Sciences</i> . 2022; 28 Dec (Advance online). Doi: 10.1080/02640414.2022.2158268	Q1	3.943
25.	Gebre AK, Lewis JR, Leow K, Szulc P, Scott D*, Ebeling PR, et. al. Abdominal aortic calcification, bone mineral density and fractures: a systematic review and meta-analysis of observational studies. <i>Journal of Gerontology, Series A, Biological Sciences and Medical Sciences</i> . 2022; 24 Aug (Advance online) glac171. Doi: 10.1093/gerona/glac171	Q1	6.591
26.	Hesketh KD*, Booth V, Cleland V, Gomersall SR, Olds T, Reece L, Ridgers ND, Straker L, Stylianou M, Tomkinson GR, Lubans D. Results from the Australian 2022 Report Card on physical activity for children and young people. <i>Journal of Exercise Science and Fitness</i> . 2022; 4 Nov (Advance online). Doi: 10.1016/j.jesf.2022.10.006	Q1#, Q2#	3.465
27.	Irenso AA, Zheng M*, Campbell KJ*, Chamberlain D, Laws R*. The influence of household structure and composition on the introduction of solid, semi-solid and soft foods among children aged 6-8 months: an analysis based on Ethiopia demographic and healthy surveys. <i>Maternal and Child Nutrition</i> . 2022; 23 Sept (Advance online). Doi: 10.1111/mcn.13429.	Q1	3.66



TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
28.	Jacques M, Landen S, Romero JA, Yan X, Hiam D*, Jones P, et. al. Implementation of multiple statistical methods to estimate variability and individual response to training. <i>European Journal of Sport Science</i> . 2022; 27 Mar (Advance online). Doi: 10.1080/17461391.2022.2048894	Q1	3.98
29.	Koios D, Machado P*, Lacy-Nichols J. Representations of ultra-processed foods: a global analysis of how dietary guidelines refer to levels of food processing. <i>International Journal of Health Policy and Management</i> . 2022; 16 Feb (Advance online). Doi: 10.34172/ijhpm.2022.6443	Q1	4.967
30.	Lamon S*, Le Carré J, Petito G, Duong HP, Luthi F, Hiam D*, Léger B. The effect of the menstrual cycle on the circulating microRNA pool in human plasma: a pilot study. <i>Human Reproduction</i> . 2022; 9 Nov (Advance online). Doi: 10.1093/humrep/deac243	Q1	6.353
31.	Lawrence M*. Ultra-processed foods: a fit-for-purpose concept for nutrition policy activities to tackle unhealthy and unsustainable diets. <i>Public Health Nutrition</i> . 2022; 14 Dec (Advance online). Doi: 10.1017/S1368980022002117	Q1	4.539
32.	Lee EY, Shih AC, Collins M, Kim YB, Nader PA, Bhawra J, Katapally TR, Tanaka C, Saonum P, Katewongsa P, Widyastari DA, Huang WY, Wong SH, Khan A, Subedi N, Paudel S*, et. al. Report card grades on physical activity for children and adolescents from 18 Asian countries: patterns, trends, gaps, and future recommendations. <i>Journal of Exercise Science and Fitness</i> . 2022; 29 Oct (Advance online). Doi: 10.1016/j.jesf.2022.10.008	Q1#, Q2#	3.465
33.	Lee A, Matthews R, Laws RA*. Pregnancy nutrition knowledge of antenatal care providers: an evaluation of an online training module. <i>Midwifery</i> . 2022; 2 Nov (Advance online). Doi: 10.1016/j.midw.2022.103543	Q1#, Q2#	2.640
34.	Lindberg R*, McKenzie H, Haines B, McKay FH. An investigation of structural violence in the lived experience of food insecurity. <i>Critical Public Health</i> . 2022; 10 Jan (Advance online). Doi: 10.1080/09581596.2021.2019680	Q1	3.265
35.	Lioret S, Harrar F, Boccia D, Hesketh KD*, Kuswara K*, Van Baaren C, Maritano S, Charles MA, Heude B, Laws R*. The effectiveness of interventions during the first 1,000 days to improve energy balance-related behaviors or prevent overweight/obesity in children from socio-economically disadvantaged families of high-income countries: a systematic review. <i>Obesity Reviews</i> . 2022; 17 Nov (Advance online) e13524. Doi: 10.1111/obr.13524	Q1	10.867
36.	Litterbach EK, Laws R*, Zheng M*, Campbell KJ*, Spence AC*. 'That's the routine': a qualitative exploration of mealtime screen use in lower educated Australian families with young children. <i>Appetite</i> . 2022; 18 Nov (Advance online). Doi: 10.1016/j.appet.2022.106377	Q1	5.016
37.	Machado P*, McNaughton SA*, Livingstone KM*, Hadjidakou M, Russell C, Wingrove K, Sievert K, Dickie S, Woods J*, Baker P*, Lawrence M*. Measuring adherence to sustainable healthy diets: a scoping review of dietary metrics. <i>Advances in Nutrition</i> . 2022; 26 Dec (Advance online). Doi: 10.1016/j.advnut.2022.11.006	Q1	11.567

## Advanced online publications 2022

	TITLE	SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
38.	Mason SA*, Parker L*, Pligt P*, Wadley GD*. Vitamin C supplementation for diabetes management: a comprehensive narrative review. <i>Free Radical Biology and Medicine</i> . 2022, 14 Dec (Advance online). Doi: 10.1016/j.freeradbiomed.2022.12.003	Q1	8.101
39.	Mauch CE, Wycherley TP, Bell LK, Laws RA*, Byrne R, Golley RK. Parental work hours and household income as determinants of unhealthy food and beverage intake in young Australian children. <i>Public Health Nutrition</i> . 2022; 9 Feb (Advance online). Doi: 10.1017/S1368980022000349	Q1	4.539
40.	Mavilidi MF, Pesce C, Mazzoli E*, Bennett S, Paas F, Okely AD, Howard SJ. Effects of cognitively engaging physical activity on preschool children's cognitive outcomes. <i>Research Quarterly for Exercise and Sport</i> . 2022; 6 May (Advance online). Doi: 10.1080/02701367.2022.2059435	Q2#, Q3#	2.098
41.	Mesinovic J*, Rodriguez AJ, Cervo MM, Gandham A, Xu CLH, Glavas C, de Courten B, Zengin A, Ebeling PR, Scott D*. Vitamin D supplementation and exercise for improving physical function, body composition and metabolic health in overweight or obese older adults with vitamin D deficiency: a pilot randomized, double-blind, placebo-controlled trial. <i>European Journal of Nutrition</i> . 2022; 4 Nov (Advance online). Doi: 10.1007/s00394-022-03038-z	Q1	4.865
42.	Nanayakkara J*, Boddy G, Aydin G, Kombanda KT, Larsson C, Worsley A, Margerison C*, Booth AO*. Australian parents' and children's food-related interactions during the COVID-19 pandemic. <i>British Food Journal</i> . 2022; 17 Jun (Advance online). Doi: 10.1108/BFJ-12-2021-1291	Q2	3.224
43.	Nanayakkara J*, Margerison C*, Worsley A. Ways to improve secondary school teachers' confidence in teaching food and nutrition subjects. <i>Education Inquiry</i> . 2022; 26 Aug (Advance online). Doi: 10.1080/20004508.2022.2116865	Q1#, Q2#	N/A
44.	Ng LH, Hart M, Dingle SE, Milte CM*, Livingstone KM*, Shaw JE, Magliano D, McNaughton SA*, Torres S*. Prospective associations between diet quality and health-related quality of life in the Australian Diabetes, Obesity and Lifestyle (AusDiab) study. <i>British Journal of Nutrition</i> . 2022; 21 Sept (Advance online). Doi: 10.1017/S000711452200304X	Q2	4.125
45.	Nikodijevia CJ, Probst YC, Tan SY*, Neale EP. The effects of tree nut and peanut consumption on energy compensation and energy expenditure: a systematic review and meta-analysis. <i>Advances in Nutrition</i> . 2022; 17 Dec (Advance online). Doi: 10.1016/j.advnut.2022.10.006	Q1	11.567
46.	Park SY, Love P*, Lacy KE*, Campbell KJ*, Zheng M*. Describing the longitudinal breakfast quality index trajectories in early childhood: results from Melbourne InFANT program. <i>European Journal of Clinical Nutrition</i> . 2022; 9 Dec (Advance online). Doi: 10.1038/s41430-022-01249-5	Q1	4.884
47.	Parker K*, Brown H, Salmon J*. Are there common correlates of adolescents' sport participation and screen time? <i>Research Quarterly for Exercise and Sport</i> . 2022; 30 Mar (Advance online). Doi: 10.1080/02701367.2021.1998305	Q2#, Q3#	2.098

TITLE		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
48.	Parr EB, Kouw IWK, Wheeler MJ*, Radford BE, Hall RC, Senden JM, et. al. Eight-hour time-restricted eating does not lower daily myofibrillar protein synthesis rates: a randomized control trial. <i>Obesity</i> . 2022; 22 Dec (Advance online). Doi: 10.1002/oby.23637	Q1	9.298
49.	Peiris C, Harding K, Porter J*, Shields N, Gilfillan C, Taylor N. Understanding the hidden epidemic of metabolic syndrome in people accessing community rehabilitation: a cross-sectional study of physical activity, dietary intake, and health literacy. <i>Disability and Rehabilitation</i> . 2022; 27 Apr (Advance online). Doi: 10.1080/09638288.2022.2065540	Q1	2.439
50.	Prokopidis K, Giannos P, Ispoglou T, Kirk B, Witard OC, Dionyssiotis Y, Scott D*, Macpherson H*, et. al. Handgrip strength is associated with learning and verbal fluency in older men without dementia: insights from the NHANES. <i>GeroScience</i> . 2022; 30 Nov (Advance online). Doi: 10.1007/s11357-022-00703-3	Q1	7.581
51.	Refalo MC, Helms ER, Trexler ET, Hamilton DL*, Fyfe JJ*. Influence of resistance training proximity-to-failure on skeletal muscle hypertrophy: a systematic review and meta-analysis. <i>Sports Medicine</i> . 2022. 5 Nov (Advance online). Doi: 10.1007/s40279-022-01784-y	Q1	11.928
52.	Ringin E, Dunstan DW*, McIntyre RS, Berk M, Owen N, Rossell SL, Van Rheenen TE. Interactive relationships of Type 2 diabetes and bipolar disorder with cognition: evidence of putative premature cognitive ageing in the UK Biobank Cohort. <i>Neuropsychopharmacology</i> . 2022; 15 Oct (Advance online). Doi: 10.1038/s41386-022-01471-6	Q1	8.294
53.	Russell C, Baker P*, Grimes C*, Lindberg R*, Lawrence MA*. Global trends in added sugars and non-nutritive sweetener use in the packaged food supply: drivers and implications for public health. <i>Public Health Nutrition</i> . 2022; 28 Jul (Advance online). Doi: 10.1017/S1368980022001598	Q1	4.539
54.	Rumaisa FS, Worsley A, Renuka R, Silva KD, Nanayakkara J*. Opportunities and challenges associated with food and nutrition education in Sri Lankan primary schools. <i>International Journal of Health Promotion and Education</i> . 2021; 24 Apr (Advance online). Doi: 10.1080/14635240.2021.1919910	Q4	N/A
55.	Salmon J*, Arundell L*, Cerin E, Ridgers ND, Hesketh KD*, Daly RM*, Dunstan D*, Brown H, Della Gatta J, et. al. The Transform-Us! cluster RCT: 18-month and 30-month effects on children's physical activity, sedentary time and cardiometabolic risk markers. <i>British Journal of Sports Medicine</i> . 2022, 26 Nov (Advance online). Doi: 10.1136/bjsports-2022-105825	Q1	18.473
56.	Sarapis K, George ES*, Marx W, Mayr HL, Willcox J, Powell KL, et. al. Extra-virgin olive oil improves HDL lipid fraction but not HDL-mediated cholesterol efflux capacity: a double-blind, randomized, controlled, cross-over study (OLIVAUS). <i>British Journal of Nutrition</i> . 2022; 15 Nov (Advance online). Doi: 10.1017/S0007114522003634.	Q2	4.125

## Advanced online publications 2022

		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
TITLE			
57.	Strugnell C*, Crooks N, Gaskin CJ, Becker D, Orellana L, Bolton KA*, et. al. Four-year accelerometry outcomes from a cluster randomized whole of systems trial of prevention strategies for childhood obesity. <i>Childhood Obesity</i> . 2022; 5 Aug (Advance online). Doi: 10.1089/chi.2022.0076	Q1#, Q2#	2.867
58.	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). S095-2546(20)30061-2. Doi: 10.1016/j.jshs.2020.05.002	Q1	13.077
59.	Tait JL*, Aisbett B*, Corrigan SL, Drain JR, Main LC*. Recovery of cognitive performance following multi-stressor military training. <i>Human Factors</i> . 2022; 12 May (Advance online). Doi: 10.1177/00187208221086686	Q1#, Q2#	3.598
60.	Tait JL*, Bulmer SM, Drake JM, Drain JR, Main LC*. Impact of 12 weeks of basic military training on testosterone and cortisol responses. <i>BMJ Military Health</i> . 2022; 31 Oct (Advance online). e002179. Doi: 10.1136/military-2022-002179	Q3	2.800
61.	Talevski J*, Kulnik ST, Jessup RL, Falls R, Cvetanovska N, Beauchamp A. Use of co-design methodology in the development of cardiovascular disease secondary prevention interventions: a scoping review. <i>Health Expectations</i> . 2022; 10 Nov (Advance online). Doi: 10.1111/hex.13633	Q1	3.318
62.	Tan SY*, Hack C, Yu C, Rennick I, Ohanian J, Dezan M, Mott N, Manibo R, Tucker RM. Alterations in sweet taste function in adults with diabetes mellitus: a systematic review and potential implications. <i>Critical Reviews in Food Science and Nutrition</i> . 2021; 14 Dec (Advance online). Doi: 10.1080/10408398.2021.2015282	Q1	11.208
63.	Thomas EE, Chambers R, Phillips S, Rawstorn JC*, Cartledge S. Sustaining telehealth among cardiac and pulmonary rehabilitation services: a qualitative framework study. <i>European Journal of Cardiovascular Nursing</i> . 2022; 5 Dec (Advance online) zvac111. Doi: 10.1093/eurjcn/zvac111	Q1#, Q2#	3.593
64.	Thomas HJ*, Marsh CE, Lester L, Maslen BA, Naylor LH, Green DJ. Sex differences in cardiovascular risk factor responses to resistance and endurance training in younger subjects. <i>American Journal of Physiology. Heart and Circulatory Physiology</i> . 2022; 18 Nov (Advance online). Doi: 10.1152/ajpheart.00482.2022	Q1	5.125
65.	Urwin CS, Snow RJ, Condo D, Snipe RMJ, Wadley GD*, Convit L, Carr AJ. A comparison of sodium citrate and sodium bicarbonate ingestion: blood alkalosis and gastrointestinal symptoms. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> . 2022; 15 Sept (Advance online). Doi: 10.1123/ijsnem.2022-0083	Q1	4.619
66.	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; 6 Mar (Advance online) 2047487320907748. Doi: 10.1177/2047487320907748	Q1	8.526

		SCIMARGO JOURNAL RANKING QUARTILE (2021)	INCITES IMPACT FACTOR (2021)
TITLE			
67.	Wang SE, Hodge A, Dashti G, Dixon-Suen SC*, Castaño-Rodríguez N, Thomas R, et. al. Diet and risk of Barrett's oesophagus: Melbourne collaborative cohort study. <i>British Journal of Nutrition</i> . 2022; 15 July (Advance online). Doi: 10.1017/S0007114522002112	Q2	4.125
68.	Wang YT, Harrison CA, Skinner EH, Haines KJ, Holdsworth C, Lang JK, Hibbert E, Scott D*, et. al. Activity A level is associated with physical function in critically ill patients. <i>Australian Critical Care</i> . 2022; 12 Dec (Advance online). Doi: 10.1016/j.aucc.2022.10.019	Q1	3.265
69.	Watson A, D'Souza NJ, Timperio A*, Cliff DP, Okely AD, Hesketh KD*. Longitudinal associations between weight status and academic achievement in primary school children. <i>Pediatric Obesity</i> . 2022; 21 Sept (Advance online) e12975. Doi: 10.1111/ijpo.12975	Q1	3.910
70.	Wilson OWA, Ikeda E, Hinckson E, Mandic S, Richards J, Duncan S, Kira G, Maddison R*, et. al. Results from Aotearoa New Zealand's 2022 Report card on physical activity for children and youth: a call to address inequities in health-promoting activities. <i>Journal of Exercise Science and Fitness</i> . 2022; 4 Nov (Advance online). Doi: 10.1016/j.jesf.2022.10.009	Q1#, Q2#	3.465
71.	Wood B, Baker P*, Sacks G. Conceptualising the commercial determinants of health using a power lens: a review and synthesis of existing frameworks. <i>International Journal of Health Policy and Management</i> . 2021; 25 Jan (Advance online). Doi: 10.34172/IJHPM.2021.05	Q1	4.967
72.	Zanker J, Sim M, Anderson K, Balogun S, Brennan-Olsen SL, Dent E, Duque G, Girgis CM, Grossman M, Hayes A, Henwood T, Hirani V, Inderjeeth C, Iulian S, Keogh J, Lewis JR, Lynch GS, Pasco JA, Phu S, Reijnders EM, Russell N, Vlietstra L, Visvanathan R, Walker T, Waters DL, Yu S, Maier AB, Daly RM*, Scott D*. Consensus guidelines for sarcopenia prevention, diagnosis and management in Australia and New Zealand. <i>Journal of Cachexia, Sarcopenia and Muscle</i> . 2022; 9 Nov (Advance online). Doi: 10.1002/jcsm.13115	Q1	12.063
73.	Zhang Z, Predy M, Hesketh KD*, Pritchard L, Carson V. Characteristics of tummy time and dose-response relationships with developments in infants. <i>European Journal of Pediatrics</i> . 2022; 12 Oct (Advance online). Doi: 10.1007/s00431-022-04647-w	Q1	3.86

\* indicates IPAN academic

# Subject area and categories identified by the Scimargo Journal Ranking



# Financial summary 2022

\$  
2022

<b>INCOME</b>	
Deakin Contribution	3,534,000
<b>TOTAL INCOME</b>	<b>3,534,000</b>
Academic Employment	1,931,000
Professional Employment	1,074,000
Contractors	
<b>TOTAL EMPLOYMENT</b>	<b>3,005,000</b>
Equipment and Leases	
Marketing, Advertising & Promotion	24,000
Consumables & Communication	237,000
Professional, Legal & Consultants	1,000
Staff Recruitment & Development	39,000
Catering & Entertainment	11,000
Travel	89,000
Other Expenditures (excl SD)	190,000
<b>TOTAL NON-EMPLOYMENT</b>	<b>591,000</b>
<b>TOTAL EXPENDITURE</b>	<b>3,596,000</b>
<b>NET RESULT</b>	
<b>NET DEFICIT</b>	<b>(62,000)</b>

Deficit is less than 2% of overall budget.

# Thank you

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Improving health through physical activity and nutrition research is a team effort. We made great strides forward in 2022 thanks to our wonderful researchers, professional staff, and IPAN Board, as well as the many stakeholders, collaborators and other supporters who worked with us to make a difference.





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