University of South Australia

Alliance for Research in Exercise, Nutrition and Activity

Annual Report 2023

Healthy lives through healthy living

Acknowledgement of Country

Artist: Ngupulya Pumani

We would like to begin by acknowledging the Traditional Custodians of the lands on which we are based, and conduct much of our research, the Kaurna people of the Adelaide Plains. We pay our respects to their Elders past and present. We acknowledge and respect their deep spiritual connection to Country and celebrate their ongoing cultural and historical contributions.

We also extend our acknowledgement to the Ngarrindjeri people of the lower Murray River and Coorong, the Peramangk people of the Adelaide Hills, and the Nukunu people of the Southern Flinders Ranges with research projects conducted by ARENA spanning across the Adelaide regions.

We also extend our respect to all Aboriginal and Torres Strait Islander peoples, recognising their enduring connection to lands, waters, and communities across Australia. At ARENA, we are committed to working towards reconciliation and fostering partnerships that honour Aboriginal knowledge and perspectives in health and wellbeing research.

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Vision & mission statement

The Alliance for Research in Exercise, Nutrition and Activity (ARENA) is a research centre within the University of South Australia investigating the role of exercise, nutrition and other lifestyle activities in improving clinical and health outcomes.

ARENA researchers aim to help all people be active, eat well and perform at their best. They work across the lifespan and activity span, from sedentary and clinical populations through to elite athletes.

Our research focus **"Healthy lives through healthy living"** centres around the grand challenge of tackling the growing epidemic of chronic diseases. We focus on real-world issues and bring bold ideas to create solutions which optimise health, function and wellbeing.

Our mission is to be a leading Australian voice on a global stage by championing research in exercise, nutrition, preventative health and other lifestyle behaviours across the lifespan.

2023
at a glance

186
Publications

$3.66
million funding awarded or commencing in 2023

$10.44
million funded for projects continuing in 2023+

52
Academic Staff Members

19
HDR completions

51
Continuing HDR Students

5
Undergraduate ARENA-funded scholarship awardees

10
Associate Academic Staff Members

21
Adjunct Members

Over
4,500
Media mentions

4
Events

Director message

Professor Carol Maher

Welcome to ARENA's first-ever Annual Report! As I sit down to write this message, I can't help but feel energized by taking stock of everything we've achieved. While ARENA has been a formally recognised Research Centre within UniSA for three years now, this inaugural annual report gives us a wonderful opportunity to reflect on and celebrate our collective achievements.

The numbers tell part of our story: $3.66 million in new funding, $10.44 million in continuing projects, 186 published papers, and a remarkable 4,500+ media mentions. But what really excites me is seeing how our research is making a real difference in people's lives.

One of our biggest wins this year has been bringing many of our research-intensive staff together in the new ARENA Hub. There's something special about having our talented researchers working side by side - the conversations I overhear and the collaborations I see forming remind me daily of why we do this work. These informal chats over coffee are already turning into innovative research projects that tackle complex health challenges in new ways.

It's particularly rewarding to see our team of 72 HDR students thriving, bringing fresh perspectives and energy to our research. Their success is our success, and watching them develop into confident researchers is one of the most rewarding parts of my role.

As I look around at our busy research centre, I feel incredibly privileged to lead such a dedicated team. We're not just doing research - we're building a community that's passionate about improving health through exercise, nutrition, and physical activity.

Looking ahead, I'm excited about what's next for ARENA. We're growing, we're innovating, and most importantly, we're making a difference. Here's to many more years of groundbreaking research and real-world impact!

Key highlights of 2023

ARENA welcomes new Director & Deputy Director

In September 2023 UniSA Allied Health and Human Performance announced that Professor Carol Maher was appointed as the new Director of ARENA.

Professor Maher had served as the acting Director since April 2023 and was the Deputy Director since 2020.

Associate Professor Ashleigh Smith was appointed as Deputy Director, having been an active member since her PhD in 2012.

Professor Maher's & Associate Professor Smith's appointments bring a renewed focus on innovation in exercise, nutrition, and activity research and impact.

A special thankyou to our departing director

We would like to acknowledge our heartfelt gratitude to Professor Alison Coates, who has provided exemplary leadership as the Director of ARENA for the past three years.

Under her guidance, ARENA became a formally recognised Research Centre within the University of South Australia, and has been an influential entity in exercise, nutrition, and activity research.

We look forward to her continued contributions to the ARENA community and wish her the best in her future endeavours as the new Dean of Research, UniSA Allied Health and Human Performance.

Inaugural Annual Report

We are proud to present our first-ever ARENA Annual Report, a comprehensive overview of the achievements, growth, and research impact our community has made over the past year.

The report highlights groundbreaking projects, key publications, and collaborations that have shaped the field of exercise, nutrition, and activity science.

Inaugural Scholars Programme

In 2023, ARENA launched its inaugural Scholars Programme, designed to foster the next generation of researchers and scholars in the field. The program provides opportunities for early-career researchers to collaborate, innovate, and contribute to impactful research that advances the fields of exercise, nutrition, and health. We are excited to support the development of these emerging leaders and look forward to their contributions to ARENA's mission and research goals.

These key highlights reflect the momentum and growth of ARENA as we continue to lead in impactful research that shapes the future of health and well-being.

Emeritus Professor Tim Olds

Pictured: Emeritus Professor Tim Olds and Distinguished Professor Marnie Hughes-Warrington AO, DVC:RE, Standing Acting VC & Bradley Distinguished Professor

In 2023, one of ARENA's founding members, Professor Tim Olds, was honoured with the title of Emeritus Professor, marking a significant milestone in his remarkable academic career. Tim received the title during the UniSA September Graduation Ceremony, followed by a thought-provoking oration in the evening.

Tim's lecture, true to his signature style, tackled "Four Quandaries for the Academy"—Relativism, Activism, Feminisation, and Specialisation. With data-driven insights, beautifully crafted graphs, and carefully curated visuals, he masterfully navigated these complex topics.

Tim's influence at UniSA has been profound. He has been a rigorous scholar, a generous mentor, and a creative thinker who always brings humour and levity to his work. We are immensely grateful for his contributions and wish him all the best in his next chapter as Emeritus Professor.

Projects →

Activated OSHC: A multi-site guideline implementation randomised controlled trial to improve physical activity and screen time practices in Out of School Hours Care

- **NHMRC Partnership Grant (APP2006950), $3,014,973 (comprising NHMRC $1,398,570, Partner contributions $1,616,403)**
- **MRFF, (2007395) $1,449,839**

Professor Carol Maher, Professor Luke Wolfenden, A/Prof Hayley Christian, Dr Nicole Nathan, Professor Anthony Okely, Professor Svetlana Bogomolova, Dr Lucy Lewis, Dr Dylan Cliff, Professor Adrian Esterman, Dr Rachel Milte, Professor Richard Rosenkranz, Dr Rachel Curtis, Dr Jacinta Brinsley, Dr Ty Ferguson, Dr Rosa Virgara, Mandy Richardson, Kylie Brannelly, Dr Rebecca Stanley, Dr Natasha Schranz, Perry Campbell, Glenn Weaver, Michael Noetel

In a collaborative effort involving multiple universities, government departments, and OSHC sector partners, a new accreditation initiative called Activated OSHC is set to enhance daily practices regarding physical activity and screen time in Out of School Hours Care (OSHC) services. This innovative program, developed by a team led by Professor Carol Maher, seeks to improve children's health and wellbeing through structured physical activity and controlled screen time.

To become an 'Activated OSHC', services must submit a comprehensive physical activity and screen time policy and complete online training. The program is currently undergoing a randomised controlled trial with 192 OSHC services across South Australia, New South Wales, and Western Australia. This trial will assess the program's effectiveness, cost-efficiency, acceptability, and feasibility, with the results guiding a national rollout planned for 2025.

Professor Maher emphasised the program's potential impact, stating, "Activated OSHC provides education and training on the right balance of physical activity and screen time, along with practical tips and ideas for engaging children in daily physical activities. This initiative not only aims to improve children's health but also helps OSHC services demonstrate their quality to families and accreditation assessors."

The Activated OSHC program offers a range of benefits, including free online training for educators, confidence in delivering top-notch physical activity and screen time programming, and a boost in the service's quality as perceived by families and assessors. The program educates participants on the appropriate amount and types of physical activity and screen time to offer, how to facilitate games, and provides practical ideas for daily physical activities.

The development of Activated OSHC has been backed by industry support and funding from the National Health and Medical Research Council (NHMRC), the Medical Research Future Fund (MRFF), and various state health departments and educational institutions. This collaboration ensures that all resources, materials, and content meet the needs of the OSHC sector.

Currently, the Activated OSHC program is in the trial phase, running from 2022 to 2024. Upon completion of the research, the program will be made available to OSHC services nationwide, aiming to foster healthier lifestyles for children across Australia.

ACTIVate: Living your best day - Optimising activity and diet compositions for dementia prevention

- NHMRC Boosting Dementia Research Initiative PR5, $1,230,000
- MRFF Dementia, Ageing and Aged Care, $1,990,000
- The Hospital Research Foundation, $69,000

Associate Professor Ashleigh Smith, Professor Frini Karayanidis, Professor Michael Breakspear, Professor Kate Laver, Professor Timothy Olds, Dr Mitchell Goldsworthy, Dr Dot Dumuid, Professor Michael Ridding, Professor Monica Fabiani, Professor Jill Dorrian

In a bid to personalise dementia prevention approaches, a new research project led by Associate Professor Ashleigh Smith is examining how time use and diet impact health and future dementia risk. Traditional lifestyle interventions have often focused on single risk factors like diet, exercise, or cognitive engagement in isolation. However, recent large-scale multi-domain interventions, such as the FINGER trial, have begun targeting multiple risk factors simultaneously.

"While early results from these multi-domain interventions are promising, there is still much room for optimisation," says A/Prof Ashleigh Smith. "Current interventions are largely based on pooled evidence from studies that examine individual risk factors as independent predictors of dementia risk."

The project will proceed in two key phases, leveraging the expertise of a multidisciplinary team specializing in dementia risk factor assessment, Compositional Data Analysis (CoDA), neuroscience, cognitive assessment, and implementation science. The study will take place across multiple sites and will follow a longitudinal cohort (over three years).

"In the first phase, we aim to demonstrate for the first time how changes in 24-hour time-use and dietary compositions influence cognition and objective measures of brain health over time," explains A/Prof Smith. "This will help us identify the best daily routines for cognition and brain health in older adults."

The second phase of the project will focus on rapidly translating the knowledge gained into a practical and customizable tool. "Our goal is to create a tool that can be used in primary care settings and by older adults themselves for effective dementia prevention," states A/Prof Smith.

This comprehensive approach is expected to provide a deeper understanding of how combined lifestyle factors influence brain health and dementia risk. "By integrating multiple risk factors and assessing their combined impact, we hope to develop more effective and personalized interventions for dementia prevention," comments A/Prof Smith.

The research team is optimistic that their findings will significantly enhance current dementia prevention strategies and provide practical tools for improving the health and well-being of older adults.

Does inclusion of almonds in an energy restricted diet enhance weight loss and protect against weight regain?

- **Almond Board of California, $1,574,731**

Professor Alison Coates, Professor Jonathan Buckley, Dr Alison Hill, Dr Sze Yen Tan (Deakin University), Professor Geraint Rogers (SAHMRI),

Collaborators: Professor Andrew Hills and Professor Nuala Byrne (University of Tasmania), Dr Jessie Childs, Kate Lamb, Dr Francois Fraysse, Associate Professor Tasha Stanton, Dr Catherine Yandell

A recent study led by Professor Alison Coates investigated whether including almonds in an energy-restricted diet could enhance weight loss and prevent weight regain. This comprehensive study, funded by the Almond Board of California, involved a multidisciplinary team of experts and early career researchers.

"Our research aimed to explore the potential benefits of almonds in weight management," said Professor Alison Coates. "We wanted to see if an almond-enriched diet could offer an edge in weight loss and maintenance compared to a traditional carbohydrate-rich snack diet."

The study recruited 140 participants who followed either an almond-enriched diet or a nut-free control diet for three months. This was followed by a six-month weight maintenance phase.

The project had significant involvement from early career researchers and provided extensive training opportunities. Dr. Sharayah Carter, a research dietitian and postdoctoral research fellow, was employed as a key team member. Additionally, the project included one PhD student, two Masters students, and five Honours students, all of whom worked on various aspects of the study. "Our team included a diverse group of researchers and students, which allowed us to examine various aspects of the study comprehensively," remarked Professor Coates. "From energy expenditure to gut microbiome and inflammation, we covered a broad range of secondary outcomes."

The findings were promising, with 82% of the 106 participants who completed the trial losing at least 5% of their body weight. "This level of weight loss is significant and demonstrates the effectiveness of energy-restricted diets," noted Professor Coates. "However, there were nonotable differences between the almond and control groups in terms of weight loss or improvements in cardiometabolic risk factors."

While the primary outcomes have been published, the team continues to analyse secondary outcomes such as satiety, gut microbiome, and quality of life. Collaborations with the nut industry in Australia, particularly through the representative body Nuts for Life, have been instrumental in disseminating these findings through various media channels

"We believe our study offers valuable insights into the role of nuts in diet and weight management," added Prof Coates. "Our ongoing analysis will further elucidate the broader impacts of such dietary interventions."

This study underscores the importance of diverse dietary strategies in weight management and sets the stage for future research into the benefits of including nuts like almonds in energy-restricted diets.

Optimising time use for health and wellbeing

- **NHMRC Ideas Grant (1186123), $951,708**

Dr Dot Dumuid, Professor Timothy Olds, Professor Melissa Wake, Professor Ron Kenett, Professor Frank Neumann, Professor Zeljko Pedisic, Dr Francois Fraysse

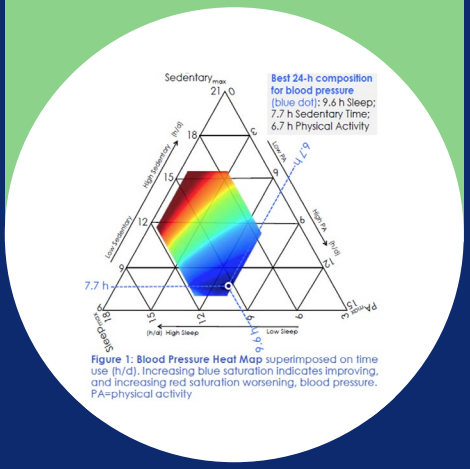


Figure 1: Blood Pressure Heat Map superimposed on time use (h/d). Increasing blue saturation indicates improving, and increasing red saturation worsening, blood pressure. PA=physical activity

In the hustle and bustle of modern life, finding the perfect balance between work, leisure, and rest can seem like an elusive goal. However, a team of researchers at the Alliance for Research in Exercise, Nutrition, and Activity (ARENA) is shedding new light on this age-old dilemma.

"Understanding how different daily activities contribute to overall health and wellbeing is crucial in today's fast-paced world," says Doctor Dot Dumuid, one of the project leaders. "Our research aimed to uncover the optimal balance of activities that promote physical and mental health."

The project delved deep into the intricate relationship between various daily activities and their impact on health outcomes.

"We wanted to develop innovative methods to help individuals optimize their time use for better health," explains Dr. Dumuid. "Our findings have highlighted the importance of balancing activities such as sleep, exercise, work, chores, and screen time to achieve optimal health and wellbeing."

Computer scientists from the University of Adelaide, led by Prof Frank Neumann, developed new AI-based time-optimisation models using quality diversity algorithms, which were awarded the prestigious "Best Paper" prize for Real World Applications at this year's international Genetic and Evolutionary Computation Conference.

One of the key revelations of the research was the discovery of diverse approaches to achieving this balance. "Contrary to popular belief, there isn't a one-size-fits-all solution," notes Prof Olds. "We found that multiple activity balances could lead to similar health benefits, providing individuals with flexibility in how they structure their daily routines."

The research team's findings have not only expanded our understanding of the relationship between time use and health but have also paved the way for practical applications. The team have developed several online apps that allow individuals to interact with our research findings and tailor their lifestyles accordingly. These tools empower people to make informed decisions about their health.

The team's work is poised to have a lasting impact on public health initiatives. The methodologies and insights generated by the research have garnered international interest. This has already led to invited presentations at the 2024 international ICAMPAM conference in France, the Children's Healthy Living Annual Meeting in Hawaii, and at the University of Oxford Big Data Institute. The methods are now being integrated into new and ongoing projects, including efforts to personalize dementia prevention strategies. "We are excited to see how our findings will continue to shape the future of healthcare" says Dr Dumuid.

In a world where time is often seen as a finite resource, ARENA's research is proving that when it comes to health and wellbeing, finding the right balance is key.

Small Steps towards personalised dementia prevention

- **MRFF Effective Treatments and Therapies (2022954), $588,352**

Associate Professor Ashleigh Smith, Dr Dot Dumuid, Professor Timothy Olds, Dr Alex Wade, Professor Kate Laver, Professor Hannah Keage, Associate Professor Ross Smith, Dr Ty Stanford, Professor Alison Coates, Dr Michelle Rogers

Project Partners: City of Onkaparinga (Mr Lui Di Venuto), ACH Group (Dr Nicky Baker)

Dementia has the unenviable claim as Australia's second leading cause of death. With no treatment breakthroughs, the number of people living with dementia will increase from 472,000 to 1.1m Australians by 2058.

Individual modifiable risk factors including physical activity, sleep and sedentary behaviour could prevent up to 45% of dementia. However, only 19% of Australians have a good understanding of its risk factors. To address this gap, a project led by Associate Professor Ashleigh Smith and team aims to make dementia prevention strategies more accessible and effective.

"Physical activity is a promising and affordable dementia prevention strategy," says Associate Professor Ashleigh Smith. "However, many people need guidance to make healthier choices while maintaining the habits they can't or prefer not to change."

The project, titled "Small Steps," will co-design, implement, and evaluate a personalised dementia prevention physical activity intervention. This initiative marks the first of its kind, focusing on tailoring interventions to individual needs and preferences.

"We recognise that a one-size-fits-all approach doesn't work when it comes to lifestyle changes," explains Associate Professor Smith. "Small Steps will provide personalised support to help people incorporate more physical activity into their daily routines in ways that are sustainable and enjoyable."

The research team is optimistic that this approach will not only improve physical health but also enhance overall well-being and cognitive function. "By making dementia preventionstrategies more personalised and accessible, we hope to significantly increase public understanding and engagement," notes Associate Professor Smith.

The Small Steps program will undergo rigorous evaluation to determine its effectiveness, with the goal of eventually rolling out the intervention on a broader scale. "Our ultimate aim is to empower more people to take proactive steps towards reducing their dementia risk," adds Associate Professor Smith.

This initiative represents a significant step forward in public health efforts to combat dementia and underscores the importance of accessible, personalised prevention strategies.

Independent effects of high-cholesterol (high-egg) and high-saturated fat diets on LDL-cholesterol

- **Egg Nutrition Center, $530,000**

Professor Jonathan Buckley, Professor Alison Coates, Dr Alison Hill, Dr Catherine Yandell

Collaborator: Dr Lisa Wood (University of Newcastle)

A recent study led by Professor Jonathan Buckley, Professor Alison Coates, and Dr. Alison Hill has delved into the effects of various diets on blood lipids and lipoproteins. This randomised controlled counter-balanced, cross-over trial aims to compare the impact of three distinct diets: a high-cholesterol, low-saturated fat diet (featuring eggs), a low-cholesterol, high-saturated fat diet (egg-free), and a high-cholesterol, high-saturated fat diet (control diet).

"The primary goal of our research is to understand how these different dietary patterns affect blood lipids and lipoproteins," explained Professor Jon Buckley. "We want to provide clear, evidence-based dietary recommendations to improve cardiovascular health."

In addition to its primary focus, the study has a secondary aim of exploring the relationships between changes in blood lutein and zeaxanthin concentrations and alterations in physical activity. "We are particularly interested in whether changes in physical activity can mediate the effects of these diets on blood lipids and lipoproteins," said Professor Alison Coates.

Professor Coates added, "Understanding these relationships could have significant implications for public health recommendations, particularly concerning diet and exercise interventions for cardiovascular health."

Participants rotate through each of the three diets, allowing the researchers to directly compare the effects within the same individuals.

"By using this design, we can isolate the specific impacts of each diet and gain a deeper understanding of how cholesterol and saturated fat influence blood lipid profiles," said Professor Coates.

The study's findings are expected to contribute to the ongoing discussion about dietary cholesterol and saturated fat's role in cardiovascular health, potentially informing future dietary guidelines.

Harnessing life-course transitions to optimise time-use behaviour habits

- **Australian Research Council (ARC) Discovery Early Career Researcher Award (DECRA), $443,154**

Dr Dot Dumuid

How people spend their time is a key determinant of their happiness, productivity, and well-being. Entrenched in daily routines, these time-use behaviors are notoriously difficult to change. However, significant life transitions—such as starting high school, joining the workforce for the first time, becoming a parent, and retiring—challenge and reset these routines.

A groundbreaking project led by Dr. Dot Dumuid at ARENA is delving into these time-use routines, aiming to understand people's adherence to their daily schedules through continuous monitoring. "We are particularly interested in how people's routines, or their 'routineness,' shift during major life transitions," explains Dr. Dumuid.

The project seeks to describe these changes and explore the factors that influence them. "By understanding the dynamics of time-use routines during critical life stages, we can identify patterns and potentially develop interventions to promote better well-being," Dr. Dumuid adds.

Preliminary results from this study have already gained attention. These findings were shared at the 2023 International Society of Behavioural Nutrition and Physical Activity conference, where they were featured in the Award Session. Additionally, the research was presented at the 2023 Biostatistics NZ Conference, further highlighting its significance.

"These initial results are promising and underscore the importance of examining how we use our time, especially during pivotal moments in our lives," notes Dr. Dumuid.

As the project continues, Dr. Dumuid aims to provide deeper insights into the interplay between time-use routines and well-being, contributing to improved strategies for managing life transitions.

Biometric Measures Following Concussion

- **SPARK P/L (private funders) and University of California San Francisco (UCSF) Research Fund, $400,000**

Professor Kevin Norton, Dr Lynda Norton, Dr Cathra Halabi, Professor Wade Smith (Department of Neurology, Uni California San Francisco), Mr Keith Thomas (SPARK P/L)

A recent study led by Professor Kevin Norton has shed new light on the effects of sports-related concussions by examining temporal changes in cranial accelerometer-derived headpulse biometric values. The study involved 101 amateur Australian Rules Football athletes, both male and female, and focused on 44 sports-related concussions.

"We wanted to understand how headpulse biometrics change over time after a concussion," said Professor Norton. "Our findings indicate that significant changes occur in these biometrics after the first 24 hours following the injury and, for some athletes, up to 4 weeks of the recovery period."

The headpulse biometric was evaluated at the time of injury and monitored serially for one month thereafter. Compared to control subjects, new headpulse changes were evident post-concussion. Interestingly, more pronounced biometric alterations were observed in multiple participants who had returned to play, despite having no symptoms.

"These results suggest that the headpulse biometric can reveal characteristic changes following concussions," explained Professor Norton. "Moreover, it appears that additional alterations can occur in some athletes who return to play within a month of their injury."

The study's findings highlight the potential of the headpulse biometric to complement existing return-to-play protocols. This could lead to improved decision-making processes regarding an athlete's readiness to resume sports activities after a concussion.

The significance of this research has not gone unnoticed. The University of South Australia (UniSA) featured it in their highlights release, and it garnered global attention, being covered by over 60 media outlets and stories.

"The widespread media coverage underscores the importance and impact of our findings," noted Professor Norton. "It's a step forward in ensuring better health and safety for athletes."

This study represents a critical advancement in concussion research, offering new tools for monitoring and potentially improving recovery outcomes for athletes worldwide.

Pedals, Partnerships and Virtual Reality to Increase Participation

- **Department of Sport Recreation and Racing, $296,OOO**

Dr Patrick Faulkner & Associate Professor Caroline Ellison

Researchers Dr. Patrick Faulkner and Associate Professor Caroline Ellison are leading a project aimed at increasing cycling participation among people with intellectual and cognitive impairments. This initiative addresses the barriers faced by this population in engaging with cycling.

“People with intellectual and cognitive impairments are often more sedentary, overweight, socially isolated, and report low levels of life satisfaction,” said Dr. Faulkner. “Cycling has been found to improve mental and physical health, as well as increase community connection and life satisfaction.”

Despite these benefits, individuals with disabilities participate in cycling at significantly lower rates than the general population due to various barriers. The project aims to overcome these challenges by integrating augmented reality technologies with innovative teaching methods for cycling and road safety skill acquisition.

“We hope this work will not only provide people with an intellectual disability the opportunity to ride but also help them develop new life skills and find meaningful participation within the community,” explained Associate Professor Ellison.

The initiative involves collaboration with several stakeholders, including Bike SA, EM Therapy, Blackwood Uniting Church, Barkuma Elizabeth, Novita, Minda Brighton, Jettblack, and Fulgaz. These partnerships are crucial in ensuring the program’s success and sustainability.

“This project is a perfect example of how technology and community collaboration can be leveraged to create inclusive opportunities,” noted Dr Faulkner. “By removing the barriers to access, we can help individuals with disabilities enjoy the numerous benefits of cycling.”

The project promises to not only make cycling more accessible but also to foster greater community engagement and social inclusion for people with intellectual and cognitive impairments.

HDR Journey

Dr Maddison Mellow's journey to conferral with ARENA

Undertaking my PhD within ARENA meant that I was surrounded by world leaders in exercise, nutrition and activity research. I have always felt supported by other ARENA members and have been able to grow as a researcher thanks to the inspiring and enjoyable ARENA culture. I am grateful to be continuing my research journey as a Postdoctoral Research Associate within ARENA and hope to spend many more in this excellent research centre.

In February 2020 I began my PhD based within ARENA under the supervision of A/Prof Ashleigh Smith, Dr Dot Dumuid, Dr Alexandra Wade, Prof Jill Dorrian and Dr. Mitchell Goldsworthy. My PhD thesis explored how 24-hour time-use composition (i.e., the balance of sleep, sitting and physical activity across the 24-hr day) is associated with brain health and function in older adults. My PhD research was impactful for the field of cognitive ageing and dementia prevention as it was the first to use novel statistical analysis techniques (developed by Dr Dumuid) to explore these questions. Excitingly, my PhD research led to the international uptake of these methods in the dementia prevention field and has sparked ongoing collaborations with groups in the United States, Canada and Spain.

Despite the usual challenges of starting a PhD, doing so at the start of a global pandemic was a curveball! Although it was tough, I feel very grateful that we were still able to push ahead with our research and that our participants were eager to keep attending visits. In hindsight I am grateful for the challenges I faced, as I learned a lot of resilience during the data collection stage of my PhD.

The good times and amazing experiences far outweighed the challenges. During my candidature as part of my PhD and other research work, I published 10 peer-reviewed papers and learned many new research skills including how to code in R, which led to the establishment of "UniSA R Club", an informal support network for others learning to code. I had the opportunity to work from the CSIRO in Brisbane for 3 weeks to learn MRI analysis and presented my research at international conferences and other universities in Sweden, Denmark and England. I was very fortunate to be awarded the UniSA PhD Student of the Year in 2022, which funded these trips. Another major highlight for me was delivering community talks about dementia prevention and living well with dementia across Adelaide and rural South Australian communities. Most importantly, I met many amazing people along the way and made friends for life!

ARENA members' committee involvement

- ESSA SA State Chapter Co-Chair
- ESSA Publications Committee
- Founding Director, Treasurer, and Executive Committee Member, Asia-Pacific Society for Physical Activity (ASPA)
- Committee Member, Global Extended Education Association Collaboration
- Executive Committee for the International Society of Behavioural Nutrition and Physical Activity
- Board of Directors – Channel 7 Children's Research Foundation
- Co-convenor Healthy Development Adelaide
- Co-Chair – Australian Tertiary Outdoor Education Network
- Deputy Chair – Nature Based Outdoor Network of South Australia
- Committee member Outdoor Educator's Association of South Australia
- State representative Outdoor Education Australia
- Coordinating Assessor – Paddle South Australia / Paddle Australia
- Board member and Assessor South Australian Rock-climbing Education Association
- Assessor Bushwalking Leadership South Australia
- Active Healthy Kids Global Alliance, Oceania Representative on the Board of Directors
- Active Healthy Kids Australia, Executive Committee

ARENA members' editorial positions

- Chief Specialty Editor, Frontier in Digital Health
- Section Editor, BMC Public Health
- Deputy Editor, Current Developments in Nutrition
- Associate Editor, Journal of Outdoor and Environmental Leadership
- Associate Editor Exercise, Sports Science Reviews (ESSR)
- Associate Editor, Journal of Alzheimer's Disease (JAD)
- Associate Editor, Journal of Exercise Science & Fitness (JESF)

Events →


University of South Australia
JEFFREY SMART BUILDING
MAIN ENTRY

Goal Driven Science: Enhancing Performance in Women's Football

Tuesday, 3 July 2023, Service FM Stadium

Marking a historic moment for South Australia, "Goal-Driven Science: Enhancing Performance in Women's Football" coincided with the kick-off of the first FIFA Women's World Cup in the Southern Hemisphere, held at Hindmarsh Stadium.

We were thrilled to see such a fantastic turnout and enthusiasm from everyone who attended. From players to coaches, parents to professionals, the atmosphere was electric as we celebrated the intersection of science and women's football.

The day kicked off with a bang as we had the privilege of witnessing the FIFA Women's World Cup Trophy on display, setting the tone for a day filled with inspiration and empowerment.

Our speakers delivered thought-provoking talks on evidence-based practices in women's football, covering topics ranging from sports performance and nutrition to strength and conditioning. It was enlightening to hear from researchers, dieticians and players; Georgia Campagnale, Mia Lundquist, Associate Professor Clare Minahan and Dr. Michele Lastella, whose insights left us all with a deeper understanding of the unique needs of female athletes.

In the evening, the community was engaged in a panel discussion featuring esteemed past and present players, coaches, and officials. Charli Grant's pre-recorded discussion with Associate Professor Nicky Ridgers provided invaluable perspectives from the international stage, while panel members Izzy Blaess, Isabel Hodgson, Georgia Campagnale, and Tracey Jenkins shared their journeys and expertise, inspiring us with their passion and dedication.

Overall, "Goal-Driven Science: Enhancing Performance in Women's Football" was a resounding success, thanks to the support of ARENA and Football South Australia (FSA), and all our attendees.

Here's to the future of women's football, where science meets passion, and dreams become reality!

South Australian
Healthy Lifestyle
State Research Forum

South Australian Healthy Lifestyle State Research Forum: Healthy Lives Through Healthy Living

Friday, 15 September 2023, Pridham Hall, University of South Australia

The second South Australian Healthy Lifestyle State Research Forum, hosted by ARENA at the University of South Australia convened leading researchers, clinicians, and public health professionals,to advance the state's health research agenda and foster strategic collaborations.

Under the theme "Healthy Lives Through Healthy Living," the forum exemplified ARENA's leadership in exercise, nutrition, and activity research. The program comprised plenary sessions, spotlight presentations, and an industry panel discussion focused on translating research into practical outcomes.

Distinguished Keynote speakers includedProfessor Kirk Erickson from the Advent Health Research Institute, Florida, who presented research on physical activity's on brain health, and Professor Grant Tomkinson from UniSA, who analysed intergenerational trends in physical fitness levels.

The spotlight presentation session featured significant research contributions from:

- Dr. Samuel Chalmers on extreme heat management in sports
- Celine Northcott's evaluation of omega-3 screening programs during pregnancy
- Dr. Brittany Johnson's findings on nutrition strategies
- Dr. Jacinta Brinsley's research on health interventions

The Industry Panel explored synergies between academic research and practical implementation. Panel members included Professor Kevin Forsyth, Wendy Keech, Michelle Crisp, and Associate Professor Bev Muhlhausler, who examined pathways for translating research into community health outcomes.

Concurrent Sessions showcased emerging research in diet, performance, population health, and wellbeing, highlighting the breadth and depth of South Australia's health research capabilities.

The Forum advanced ARENA's mission to improve population health outcomes through evidence-based research and cross-sector collaboration, establishing a strong foundation for future health initiatives in South Australia.

Community Seminar Series: Healthy Habits, Healthy Minds - The Power of Lifestyle on Mental Health

Thursday, 18 May 2023, Pridham Hall, University of South Australia

ARENA's inaugural 2023 Seminar Series, "Healthy Habits, Healthy Minds - The Power of Lifestyle on Mental Health," brought together leading experts to examine the intersections of lifestyle factors and mental wellbeing.

Dr. Evangeline Mantzioris, specialist in nutrition and food sciences, presented evidence-based research on the relationship between dietary patterns and mental health outcomes. Her presentation highlighted key nutritional interventions that influence psychological wellbeing.

Dr. Ben Singh's presentation focused on the role of physical activity in mental health, examining current research on exercise interventions and their impact on psychological outcomes. His analysis provided insights into optimal activity patterns for mental health benefits.

Professor Sharon Lawn addressed the significant public health challenge of social isolation, presenting research on loneliness and its implications for mental health. Her presentation emphasised evidence-based strategies for building community connections and social support networks.

Dr. Stephanie Centofanti concluded the seminar by examining sleep science and its relationship to mental health. Her presentation detailed the latest research on sleep quality interventions and their impact on psychological wellbeing.

The seminar generated substantial audience engagement, extensively discussing practical applications and research implications. The event successfully highlighted the multifaceted approach required for promoting mental health through lifestyle interventions

Community Seminar Series: Strength by Adaption- Science & Inclusion in Disability Sport & Exercise

Thursday, 24 August 2023, City East Campus, University of South Australia

ARENA's second seminar of 2023, "Strength Through Adaptation: Science and Inclusion in Disability Sport and Exercise," examined advances in adaptive sports science and inclusive exercise methodologies. The seminar brought together practitioners, researchers, and athletes to explore innovations in disability sport and exercise programming.

Lauren McDougall, specialist in paediatric and young adult disability exercise physiology, presented her research with Achieving Abilities and FrameRunningSA. Her presentation detailed evidence-based approaches to exercise adaptation for children with disabilities, highlighting successful implementation strategies and measurable outcomes.

Ross Gray, Director of Enable Fitness Centre, discussed contemporary treatments and methodologies in disability exercise and health services. His presentation focused on specialised interventions for individuals with spinal cord injuries, examining both clinical outcomes and practical implementation strategies.

Jason Bryant presented insights from his extensive work in rehabilitation and adaptive sports, including his experience with Australian Wheelchair Rugby teams and leadership of the UniSA Invictus Pathways Program. His analysis covered physical preparation protocols and injury management strategies specific to adaptive sports.

Matthew Brumby, World-Champion para-athlete Ironman and former Royal Australian Navy service member, provided perspective on elite performance in adaptive sports. His presentation examined the practical application of adaptive training methodologies and their role in competitive para-athletics.

The seminar demonstrated the significant advances being made in disability sport and exercise science, while highlighting opportunities for continued development in adaptive sports programming and inclusive exercise methodologies. The presentations collectively emphasised the importance of evidence-based approaches in advancing disability sport and exercise practices.

Awards & Recognition

2023 Ruth Grant Prize Dr Ty Ferguson

Clarivate's Highly Cited Researcher 2023
Professor Tim Olds

ARENA's Annual Awards (2023)
Master's Category – Mrs Catherine Simpson
PhD category – Ms Bethany Gower
Early Career Researcher – Dr Ben Singh

HDA Publication Award
Early Career Researcher: Dr Amanda Machell

UniSA 2023 Unstoppable Awards

- ***Research and Enterprise Excellence Category***
  Higher Degree Researcher:
  Dr Ty Ferguson
  Early-Career Researcher:
  Dr Hunter Bennett
  Mid-Career Researcher: Dr Dot Dumuid
- ***Research Ethics and Safety Innovation***
  Chemical and Radiation Safety Award:
  Dr Anson Chau
- ***UniSA Top Media Performer 2023***
  Professor Carol Maher

Emeritus Professor Tim Olds

Australasian Epidemiological Association
Professor Adrian Esterman - Life Membership for services to epidemiology

Social Sciences and Humanities Leader Award, 2023 (Research.com)
Professor Carol Maher

2022 Notable awards

Clarivate's Highly Cited Researcher 2022
Professor Timothy Olds
Professor Carol Maher

Stanford top 2% Cited Researchers
Professor Tim Olds
Professor Roger Eston
Professor Carol Maher
Professor Grant Tomkinson
Associate Professor Nicola Ridgers
Professor Adrian Esterman
Associate Professor Paul Bennett
Professor Jonathon Buckley
Dr Dorothea Dumuid

ESSA, Accredited Exercise Scientist of the Year - Dr Hunter Bennett

Ian Davey Thesis Prize, University of South Australia - Dr Rosa Virgara

Healthy Development Adelaide, Women's Excellence in Research - Dr Margarita Tsiros

International Network of Time-use Epidemiologists (INTUE) - Dr Ty Stanford

University of South Australia, Three Minute Thesis (3MT) University finalist
- Dr Maddison Mellow

UniSA 2022 Unstoppable Awards

- ***Research and Enterprise Excellence Category***
  Higher Degree Researcher:
  Dr Maddison Mellow
  Mid-Career Researcher:
  Associate Professor Ashleigh Smith
- ***UniSA Top Media Performer***
  Professor Adrian Esterman

Leadership & Governance structure

Director: Professor Carol Maher

Deputy Director: Associate Professor Ashleigh Smith

Steering Committee Members

Dr John Arnold
- 2023 State Research Forum Working Group

Dr Rachel Curtis
- 2023 State Research Forum Working Group
- Seminar Series Working Group

Associate Professor Kade Davison
- Podcast Development Working Group

Dr Dot Dumuid
- 2023 State Research Forum Working Group
- ECR Working Group
- HDR Working Group
- Seminar Series Working Group

Dr Ty Ferguson
- ECR Working Group
- Social Media Working Group

Dr Lewis Ingram
- Podcast Development Working Group

Mrs Bridget Johnson
- 2023 State Research Forum Working Group
- Social Media Working Group
- Seminar Series Working Group
- Women in Sport Event Development Working Group

Professor Carol Maher
- 2023 State Research Forum Working Group
- Seminar Series Working Group

Dr Evangeline Mantzioris
- Seminar Series Working Group

Associate Professor Karen Murphy
- 2023 State Research Forum Working Group

Associate Professor Nicky Ridgers
- Women in Sport Event Development Working Group

Associate Professor Ashleigh Smith
- Podcast Development Working Group
- 2023 State Research Forum Working Group
- Women in Sport Event Development Working Group

Kimberley Szeto – HDR Representative
- HDR Working Group

Professor Grant Tomkinson
- 2023 State Research Forum Working Group

Ms Emily Vaughton
- 2023 State Research Forum Working Group
- Seminar Series Working Group
- Women in Sport Event Development Working Group

Ms Sue Ward – ECR Representative
- ECR Working Group
- HDR Working Group


Carol Maher


Ash Smith


Bridget Johnson


Dot Dumuid


Emily Vaughton


Evangeline Mantzioris


Grant Tomkinson


John Arnold

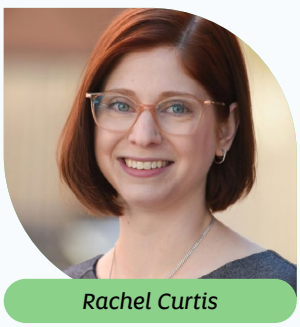

Kade Davison


Karen Murphy


Kim Szeto


Lewis Ingram


Nicky Ridgers


Rachel Curtis


Sue Ward


Ty Ferguson

Advisory Board
Professor Alison Coates (Chair)
Professor Carol Maher
Professor Jon Buckley
Associate Professor Ashleigh Smith
Mr Peter Wheatley
Mrs Monique Littlejohn
Ms Lana Davidson
Mrs Bridget Johnson

Media

2023 ARENA's top media communicators

4,228 media mentions combined.

1008 Carol Maher	**780** Adrian Esterman	**683** Ben Singh
406 Permal Deo	**387** Ty Ferguson	**326** Evangeline Mantzioris
249 Brad Stenner	**229** Kylie Dankiw	**160** Sharayah Carter

ScienceDaily®

UNIVERSITY OF ALBERTA

Faculty of Kinesiology, Sport, and Recreation

RESEARCH

Will the Matildas and Football Ferns have a home ground advantage?

A home advantage is often touted by sports fans, the media, coaches and athletes, and data suggests it's a real phenomenon. But a host nation team hasn't won the Women's World Cup since the United States back in 1999.

The Conversation - Alyson Crozier and Amber Mosewich - 19 July 2023

THE CONVERSATION

Academic rigour, journalistic fair

Arts + Culture | Books + Ideas | Business + Economy | Education | Environment + Energy | Health | Politics + Society | Science + Tech

Do you need to wash rice before cooking? Here's the science

Published: June 13, 2023 6.00am AEST

Shutterstock

Rice is a staple food for billions of people in Asia and Africa. It's also a versatile ingredient for many iconic dishes from around the world, including dolmades from Greece, risottos from Italy, paella from Spain and rice puddings from the United Kingdom.

Author: Evangeline Mantzioris, Program Director of Nutrition and Food Sciences, Accredited Practising Dietitian, University of South Australia

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Medical Republic

CLINICAL | POLITICAL

20 JANUARY 2023

THE COVID MEASURES NEEDED IN 2023

4 MINUTE READ

COVID-19 | PUBLIC HEALTH | RESEARCH

The Educator

Why nature play can be both messy and safe for kids

The Economic Times | News

Can't afford gym membership or don't want to join? Here are 3 ways to create your own DIY exercise program

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SciTechDaily

Biology | Chemistry | Earth | Health | Phy

Home » Health » Eating Almonds for Weight Loss? Groundbreaking New Study Reveals the Truth

HEALTH

Eating Almonds for Weight Loss? Groundbreaking New Study Reveals the Truth

BY UNIVERSITY OF SOUTH AUSTRALIA – OCTOBER 23, 2023 | 1 COMMENT | 3 MINS READ

THE CONVERSATION

Academic rigour, journalistic fair

Arts + Culture | Books + Ideas | Business + Economy | Education | Environment + Energy | Health | Politics + Society | Science + Tech

When Christmas comes so do the kilos. New research tracks Australians' yo-yo weight gain

Published: August 2, 2023 6.14am AEST

Shutterstock

As we revel in much-cherished festive occasions and weekly get-togethers, Australians are unwittingly bearing an increasingly heavy cost – an expanding waistline.

Our new study offers a new perspective on this. We asked 375 adults aged 18 to 65 years to wear a fitness tracker and weigh themselves, preferably daily but at least weekly. The research, published in JAMA Open Network, uncovers the subtle yet

Authors

Ty Ferguson, Research Associate, University of South Australia

Carol Maher, Professor, Medical Research Future Fund Emerging Leader, University of South Australia

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Our Narratives

Sea Cucumbers: A Promising Natural Solution for Diabetes Prevention and Management by Dr. Permal Deo

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The Sydney Morning Herald

Prime drinks aren't suitable for children and pregnant women. Here's what the label doesn't say

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Bmj | BMJ Open Sport & Exercise Medicine

A PEEK BEHIND THE STUDY ... WITH BRAD STENNER

Stenner B, Boyle T, Archibald D, et al. Golf participants in Australia have a higher lifetime prevalence of skin cancer compared with the general population. BMJ Open Sport & Exercise Medicine 2023;9:e001597. doi: 10.1136/bmjsem-2023-001597

PsyPost

Home › Exclusive › Mental Health › Depression

Review of 1,039 studies indicates exercise can be more effective than counselling or medication for depression

by Ben Singh, Carol Maher, and Jacinta Brinsley — March 3, 2023 in Depression

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The Guardian

Aus

News | Opinion | Sport | Culture | Lifestyle

Travel | Food | Relationships | Fashion | Health & fitness | Love & sex | Family | Home & garden

Fitness

This article is more than 1 year old

Exercise is even more effective than counselling or medication for depression. But how much do you need?

Ben Singh, Carol Maher and Jacinta Brinsley for the Conversation

Cheap, effective and with few side effects, exercise plays a crucial role in managing mental health, but it is often only viewed as a 'nice to have' option

Get our weekend culture and lifestyle email

Thu 2 Mar 2023 11.57 AEDT

THE CONVERSATION

The Conversation Articles

Authors	Title	Date of publication
Evangeline Mantzioris, University of South Australia	Can beetroot really improveathletic performance?	9/2/2023
Ben Singh, University of South Australia; Carol Maher, University of South Australia, and Jacinta Brinsley, University of South Australia	Exercise is even more effective than counselling or medication for depression. But how much do you need?	3/2/2023
Ashleigh E. Smith, University of South Australia; Carol Maher, University of South Australia, and Susan Hillier, University of South Australia	Here's what happens in your brain when you're trying to make or break a habit	15/3/2023
Evangeline Mantzioris, University of South Australia	Prime drinks aren't suitable for children and pregnant women. Here's why	4/5/2023
Adrian Esterman, University of South Australia	Diseases gave us the rise of Christianity, the end of the Aztecs and public sanitation. How might future plagues change human history?	19/4/2023
Kristin Graham, University of South Australia; Helen Banwell, University of South Australia; Lewis Ingram, University of South Australia; Ryan Causby, University of South Australia, and Saravana Kumar, University of South Australia	Do high top shoes actually reduce ankle sprain risk? Here's what the research says	16/3/2023

Authors	Title	Date of publication
Evangeline Mantzioris, University of South Australia	The WHO says we shouldn't bother with artificial sweeteners for weight loss or health. Is sugar better?	18/5/2023
Evangeline Mantzioris, University of South Australia	Do you need to wash rice before cooking? Here's the science*	13/6/2023
Evangeline Mantzioris, University of South Australia	Eggs are so expensive right now. What else can I use?	7/7/2023
Evangeline Mantzioris, University of South Australia	Does artificial sweetener aspartame really cause cancer? What the WHO listing means for your diet soft drink habit	14/7/2023
Alyson Crozier, University of South Australia and Amber Mosewich, University of Alberta	Will the Matildas and Football Ferns have a home ground advantage?	20/7/2023
Lewis Ingram, University of South Australia; Hunter Bennett, University of South Australia, and Saravana Kumar, University of South Australia	Can't afford a gym membership or fitness class? 3 things to include in a DIY exercise program	26/7/2023
Ty Ferguson, University of South Australia and Carol Maher, University of South Australia	When Christmas comes so do the kilos. New research tracks Australians' yo-yo weight gain	2/8/2023

* The most read article produced by UniSA in 2023 for The Conversation achieving 3,361,957 reads

Authors	Title	Date of publication
Evangeline Mantzioris, University of South Australia	Are fish oil supplements as healthy as we think? And is eating fish better?	25/9/2023
Lewis Ingram, University of South Australia; Hunter Bennett, University of South Australia, and Saravana Kumar, University of South Australia	Treadmill, exercise bike, rowing machine: what's the best option for cardio at home?	10/12/2023
Evangeline Mantzioris, University of South Australia	How much protein do I need as I get older? And do I need supplements to get enough?	6/11/2023

Podcasts and Audio

March 2023	Move to Live®More, Exercise as a First Line Treatment for Depression, Anxiety and Stress
June 2023	JAMA Network Open Conversations, Wearable Activity Trackers to Improve Physical Activity and Outcomes
August 2023	Stuff Audio, Newsable, Heading offshore, top selling tips, Matildas v England, shopping duties
August 2023	ABC Radio National, This Working Life, The Matildas Effect: The power of 'us' at work
October 2023	BBC Podcasts, Just One Thing with Michael Mosley, How to use wearable activity trackers to improve health
October 2023	SBS, Should You Really Eat That?, Rice: Dietary staple, daily greeting, and nutritional villain
October 2023	9Podcasts, Debunks, Weight: Should you care about your BMI?
November 2023	SBS, Should You Really Eat That?, Cheese: Calcium source, place marker, vegan inspiration
November 2023	SBS, Should You Really Eat That?, Seafood: Cooking inspiration, mercury magnet, cultural storyteller
November 2023	9Podcasts, Debunks, Weight: Do diets actually work?

UniSA Media Releases

Title	Date of publication
Veterans mobilise health through UniSA's Invictus Pathway Program	17 November 2023
UniSA researchers are global influencers in human behaviour, environmental sustainability	22 November 2023
Holidays crank up kilos for Aussie kids	11 December 2023
Mediterranean diet with extra dairy could be a gut gamechanger	14 September 2023
Could fitness tests do more harm than good for Aussie kids?	06 November 2023
Novel exercise intervention hopes to ease pain for people with rheumatoid arthritis	11 December 2023
Fluctuating blood pressure: a warning sign for dementia and heart disease	17 October 2023
Brain biometrics help identify sports concussions	03 October 2023
Hon doc for popular South Australian leader	26 September 2023
Weight loss? 'Nuting' to worry about with almonds	19 September 2023
Poor report card for children's wellbeing	23 August 2023
Out with the life coach, in with the chatbot: How AI can support an A1 lifestyle	07 August 2023
Hole in one, not hole from sun: Aussie golfers must cover up to protect from skin cancer	01 August 2023

Title	Date of publication
Freshen outdoor fitness sites and lift community wellbeing	17 July 2023
Getting adults on board with messy nature play	30 June 2023
Sports concussions increase injury risk	16 June 2023
Wearable activity trackers accelerate hospital patient recovery	16 June 2023
Sea cucumbers: the marine delicacy that can deter diabetes	07 June 2023
The Mediterranean Diet: Good for your health and your hip pocket	24 May 2023
Top 100 fitspiration influencers: more talk than walk when it comes to body image	26 April 2023
Osteoarthritis sufferers swing their way to better health	20 April 2023
More structure, fewer screens makes for healthier kids in the school holidays	14 April 2023
Time out: We all need a three-day weekend	13 April 2023
AFLW athletes off mark when it comes to diet	27 March 2023
Rainbow of fruit and veg the best prevention against prostate cancer	09 March 2023
Exercise more effective than medicines to manage mental health	24 February 2023
Pets create 'pawsitive' change for people in aged care	20 February 2023

COVID-19 News Coverage

Epidemiologist Professor Adrian Esterman has been a top UniSA spokesperson speaking to media on a variety of topics related to COVID-19.

Professor Esterman had appeared on Channel 7 News Adelaide, ABC TV Weekend Breakfast, and Channel 9 National News, 2CC Radio Canberra, ABC Radio Sydney and North and West SA in 2023. As well as print and online media articles on SBS Online, the Daily Mail Australia, Cosmos Magazine, Yahoo New Zealand, Australian Financial Review, SBS, The Age, The Sydney Morning Herald and a handful of online newspapers in metro and regional WA.

10 questions you want answered on COVID-19	24 September 2021
Dreaming of a COVID-free Christmas	20 December 2022
For those with health vulnerabilities, keeping safe from COVID-19 this Christmas is as important as it was last year	24 December 2023
Thousands more Australians died in 2022 than expected. COVID was behind most of them	14 December 2023

Staff & other members →

Academic Full members

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35. Professor Tim Olds
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36. Professor Gaynor Parfitt
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37. Dr Karma Pearce
    0000-0001-8831-1505
38. Dr Scott Polley
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45. Dr Brad Stenner
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51. Dr Tom Wycherley
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52. Dr Janette Young
    0000-0002-2284-3485

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   OOOO-OOO2-8685-3252
2. Professor Paul Bennett
   OOOO-OOO1-9174-3499
3. Dr Permal Deo
   OOOO-OOO2-6477-9127
4. Associate Professor James (Jim) Dollman
   OOOO-OOO2-6427-2115
5. Professor Adrian Esterman
   OOOO-OOO1-7324-9171
6. Dr Peter (Kevin) O'Shaughnessy
   OOOO-OOO2-2105-8362
7. Dr Ivana Stankov
   OOOO-OOO2-9232-2749
8. Dr Margarita Tsiros
   OOOO-OOO1-5359-3776
9. Dr Amanda Watson
   OOOO-OOO2-9058-3435
10. Professor Marie Williams
    OOOO-OOO2-0473-5157

Professional Staff Support

1. Ms Emily Vaughton
2. Mrs Bridget Johnson

Adjunct members (external)

1. Professor Kevin Norton
   (SportMatch & University of South Australia)
2. Dr Natasha Schranz
   (National Heart Foundation)
3. Dr Grant Brinkworth
   (CSIRO)
4. Associate Professor Pitre Bourdon
   (Aspire, Qatar)
5. Dr Rebecca Thomson
   (Adelaide Football Club)
6. Dr Darren Burgess
   (Arsenal Football Club, UK)
7. Dr Lucy Lewis
   (Flinders University)
8. Professor Peter Clifton
   (Royal Adelaide Hospital)
9. Dr Katia Ferrar
   (The Aust Ballet, LASEM Research Centre)
10. Dr Hayley Lewthwaite
    (McGill University)
11. Associate Professor Katja Siefken
    (MSH Medical School Hamburg)
12. Jamie Stanley
    (South Australian Sports Institute)
13. Dr Grace Greenham
    (Adelaide Football Club)
14. Dr Maarten Immink
    (Flinders University)
15. Dr Justin Lang
    (Public Health Agency of Canada)
16. Associate Professor Costan Magnussen
    (Baker Heart and Diabetes Institute)
17. Assistant Professor Ryan McGrath
    (North Dakota State University, USA)
18. Dr. Brooklyn Fraser
    (University of Tasmania)
19. Associate Professor Tetsuhiro Kidokoro
    (Nippon Sport Science University, Japan)
20. Dr Robert Crowther
    (Australian Catholic University)
21. Professor Sebastien Chastin
    (Glasgow Caledonian University, Scotland)

HDR Students

Completed in 2023

PhD

1. Dr Braden Mitchell
2. Dr Brett Tarca
3. Dr Daniel Coro
4. Dr Edward O'Connor
5. Dr Emma Moore
6. Dr Henry Blake
7. Dr James Murray
8. Dr Maddison Mellow
9. Dr Shane Burgess
10. Dr Stuart Gollan
11. Dr Ty Ferguson

Masters by Research

1. Branson Palmer
2. Brooke McGregor
3. Catherine Simpson
4. Joshua Grandison
5. Lachlan Winter
6. Laura Johns
7. Lauren Mead
8. Tyson Basford

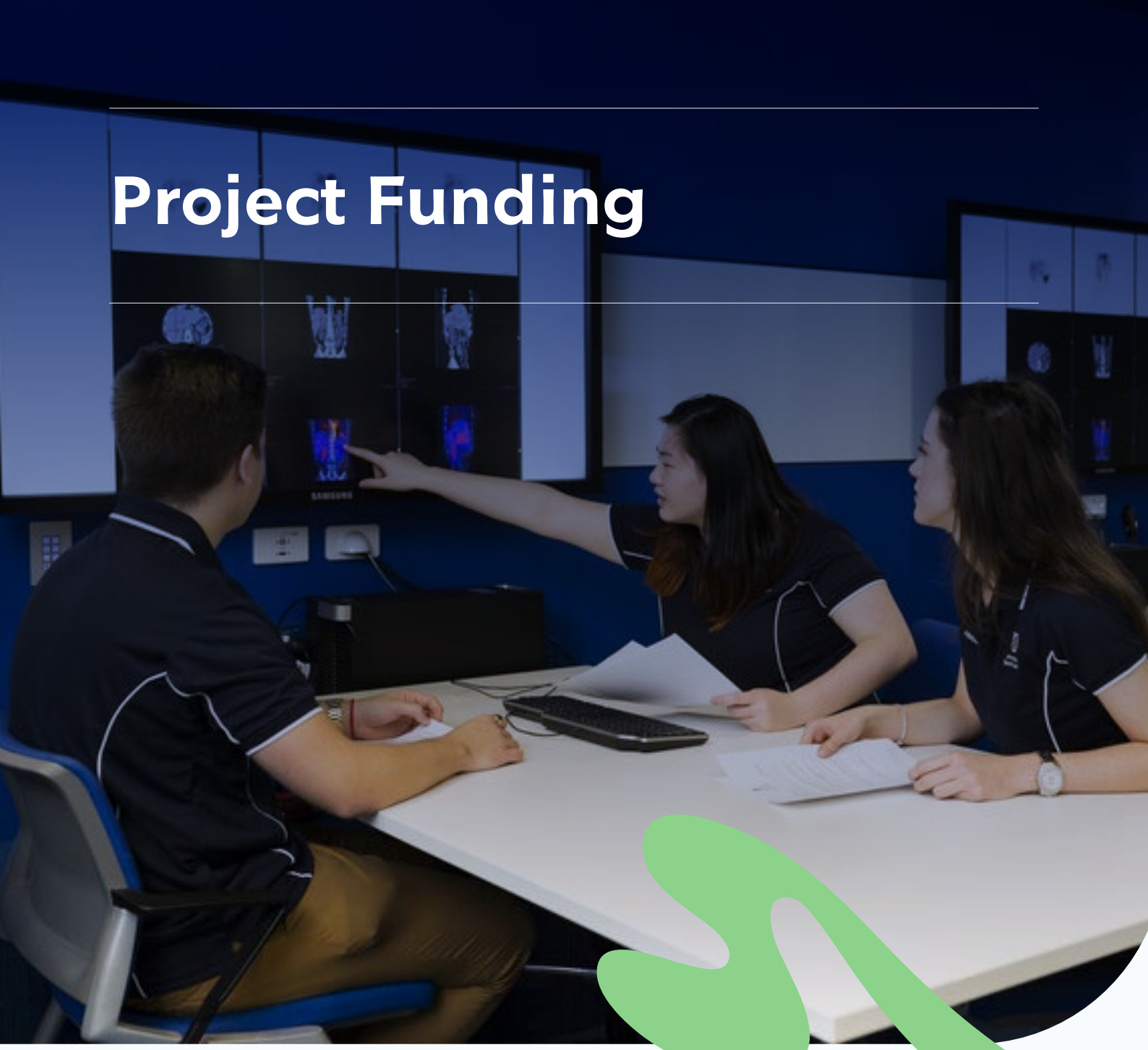
2023 Continuing HDR Students

PhD Candidates

1. Michael Rogers
2. Jason Bartram
3. Fabian Garcia-Byrne
4. Jessica Edwards
5. Alicia Soi
6. Dan Ping (Jaslie) Wu
7. Georgina Barratt
8. Shayne Chau
9. Hannah Cockram
10. Kylie Dankiw
11. Belinda Durey (Norton)
12. Emily Eglitis
13. Bethany Gower
14. Samuel Janetzki
15. Brooke Jenner
16. Daiki Kasai
17. Aaron Miatke
18. Yan Yin Phoi
19. Zandile Rwodzi
20. Kimberley Szeto
21. Elio Arruzzo
22. Chloe Blacket
23. Jessie Clark
24. Sue Ward
25. Lucy Kate Andrew
26. Ella Bracci
27. Ainslie Ford
28. Daria Gutteridge
29. Ngaire Millar

Masters by Research candidates

1. Chelsea Blackman
2. Ben Cove
3. Courtney De Barro
4. Hazel Jaekel
5. Rajini Lagiseti
6. Emily Leadbeater
7. Jack Luders
8. Liam Mathews
9. Jessica McDonald
10. Lauren Mcdougall
11. Darcy Thompson
12. Daniel Wakim
13. Hoi Yan (Kitty) Wong
14. Lucy Wood
15. Mahima Shah
16. Josh Gregorace
17. Liam Beazleigh
18. Kate Redden
19. Erin Colebatch
20. Trinity Gulliver
21. Lan (Laura) Nhat Phan
22. Haley Vu



Project Funding

2023 Project Funding →

Funding awarded in 2023 for projects with contributions from ARENA membership

Acronyms

- NHMRC: National Health and Medical Research Council
- MRFF: Medical Research Future Fund
- PPHRI: Preventative and Public Health Research Initiative
- ARC: Australian Research Council
- PHCRI: Primary Health Care Research Initiative

Category 1

Project team	Project title	Funding scheme	Administering Institution
Christian HE, McLaughlin MP, Nathan AG, **Maher CA**, Schipperijn J, Naylor PJ, Li I, Trost SG, Murray K	Scaling-up the 'Play Active' program to improve children's physical activity in early childhood education and care — a multi-state hybrid effectiveness-implementation trial	MRFF, PPHRI, Maternal Health and Healthy Lifestyles	University of Western Australia
Dumuid D	Harnessing life-course transitions to optimise time-use behaviour habits	ARC, Discovery Early Career Researcher Award (DECRA)	University of South Australia
Maher C, O'Callaghan J, Smith A, Fraysse F, Curtis R, Dumuid D, Singh B, Murphy K, D'Onise K, Milte R	Dialling Up Health: A Non-Inferiority Trial of an AI Enhanced Telephone Lifestyle Counselling Service	MRFF, PPHRI, Maternal Health and Healthy Lifestyles	University of South Australia
Smith A	Placing rural people at the forefront of dementia prevention strategies - The Re-ACTIVate study	Dementia Australia Research Foundation Henry Brodaty Mid-Career Fellowship	University of South Australia
Smith A, Dumuid D, Olds T, Wade A, Laver K, Keage H, Smith R, **Stanford T, Coates A, Rogers M**	Small Steps towards dementia prevention	MRFF, PPHRI, Effective Treatment and Therapies	University of South Australia
Wong S, Jenkinson M, Schinazi VR, Loetscher T, Kelly M, Crotty M, Hornberger M, Cations M, Karayanidis F, Keage H, **Smith A**	Spatial navigation assessment: pathway to clinical translation and early diagnosis of dementia	MRFF, Dementia, Ageing and Aged Care Mission, Dementia Ageing and Aged Care	Flinders University

Category 2

Project team	Project title	Funding scheme	Administering Institution
Arnold J, Fraysse F	Run-DNA Optimising footwear fitting	Department of Industry, Science, Energy and Resources, Innovation Connections Grant	University of South Australia
Crozier AJ, Wycherley T, Stenner B	Using outdoor fitness equipment to promote physical activity in nature across South Australia	Wellbeing SA	University of South Australia
Maher C, O'Callaghan J	Evaluation of a trial of the effectiveness of the 'Leap Forward' return to work program	Employers Mutual Limited, Mutual Benefits Funding	University of South Australia
Murray C, **Nottle C, Young J, Crozier A**	Caring for older South Australians and homeless pets - foster teams	SA Department of Health and Wellbeing, Office for Ageing Well	University of South Australia
Parfitt G, Post D, Helping Hand Australia, MX3 Diagnostics Pty Ltd	The acceptability, cost-effectiveness and consumer tolerance of dehydration assessment approaches, including novel technology, in residential aged care	Aged Care Research & Industry Innovation Australia (ARIIA), Grant funding round 3	University of South Australia

Category 3

Project team	Project title	Funding scheme	Administering Institution
Arnold J, Bennett H, Jenner B	Evolution and development of match demands, physical performance and injury in female Australian rules football athletes	Adelaide Football Club Ltd.	University of South Australia
Bennett H, Davison K	Staying Strong: Improving Health for Rheumatoid Arthritis Using Blood Flow Restriction	Arthritis Australia, Grants in Aid	University of South Australia
Chalmers S, Blackman C	Informing extreme heat policy development in long-distance running	Sports Medicine Australia	University of South Australia
O'Callaghan J, Maher C	Evaluation of a trial of the effectiveness of the 'LeapForward' Return to Work Program	Leap4Ward Pty Ltd	University of South Australia
Singh B, Maher C	Evaluation of the "15 Minute Challenge": a workplace health and wellbeing program	Vita H&W Solution	University of South Australia
Sutton Z, **Young J**, Hill A	Paws with friends: until we meet again – evaluation	Safe Pets Safe Families SA Inc, Positive Ageing Fellowship from Office for Ageing Well	Flinders University
Faulkner P, Ellison C	Pedals Partnership and Virtual Reality to Increase Participation in Cycling for people living with intellectual disability	Office of Sport Recreation and Racing – Game On	University of South Australia

Continuing Research Projects

Projects funded before 2023, continuing in 2024 and beyond

Category 1

Project team	Project title	Funding scheme	Administering Institution
Bonham M, Banks S, Huggins C, **Coates AM**, Dorrian J, Kellow N, Sletten T	Shifting Weight using Intermittent Fasting (the SWIFt study): A novel weight loss intervention in shift workers with obesity	NHMRC, Project Grant	Monash University
Dumuid D	Optimisation of daily activity behaviours to inform interventions for cardiovascular health	Heart Foundation, Collaboration and Exchange Award	University of South Australia
Dumuid D, Olds T, Fraysse F	Optimising time use for health and wellbeing	NHMRC, Ideas Grants	University of South Australia
Hillier S, **Olds T, Maher CA**, Gill T, **Esterman A**, Khadka J, Adams R, Hill C	Healthy Choices: Co-designed community programs to enhance healthy lifestyle choices for people with chronic conditions	MRFF, PPHRI, Preventive and Public Health Research	University of South Australia
Maher C	Evidence-based digital technologies for health behaviour	MRFF, Clinician Researchers, 2019 Investigator Grants	University of South Australia
Stamatakis E, Thøgersen-Ntoumani C, Chau J, **Maher C**	Development of a framework for maximising population health gains through high intensity incidental physical activity	NHMRC, Ideas Grants	University of Sydney
Vandelanotte C, **Maher C**, Trost S, To Q	Applying machine learning to develop a smart and engaging chatbot to increase physical activity and improve health	Heart Foundation, Vanguard Grant	Central Queensland University

Clark R, Nicholls SJ, Brown A, Chew DP, Beltrame J, Maeder A, **Maher C**, Versace VL, Hendriks JM, Tideman P	The Country Heart Attack Prevention (CHAP) Project: A four step model of care and clinical pathway for the translation of cardiac rehabilitation and secondary prevention guidelines into practice for rural and remote patients	NHMRC, Partnership Project	Flinders University
Maher CA, Christian H, **Esterman A**, Nathan N, Rosenkranz R, Lewis L, Cliff D, Milte R, **Curtis R, Virgara R**	A multi-site guideline implementation randomised controlled trial to improve physical activity and screen time in Out of School Hours Care	MRFF, PPHRI, 2020 Maternal Health and First 2000 Days	University of South Australia
Maher C, Wolfenden L, Christian H, Okely A, Bogomolova S, Lewis L, Cliff D, **Esterman A,** Milte R, **Curtis R**	Improving physical activity and screen time in Outside School Hours Care through evidence-based guidelines: an effectiveness-implementation hybrid trial in metropolitan and regional services and National dissemination study	NHMRC, Partnership Grant	University of South Australia
Smith A, Karayanidis F, Breakspear M, Laver K, **Olds T**, Goldsworthy M, **Dumuid D**, Ridding M, Fabiani M, Dorrian J	Living your best day- Optimising activity and diet compositions for dementia prevention	NHMRC - Boosting Dementia Research Initiative, Implementing Dementia Risk Reduction and Prevention Research	University of South Australia
Pipingis A, **Murphy KJ, Davis CR**, Itsiopoulos C, Kingsley M, Scholey A, Macpherson H, Segal L, Breckon J, Minihane AM, Meyer D , Ogden E, Dyer KA, Eversteyn E, Hardman RJ, Poorun K, Justice K , Hana M, **Buckley JD**, White D, **Davison K**, Clark JS, Bracci EL , Kennedy K	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 Initiative	Swinburne University of Technology

Category 2

Project team	Project title	Funding scheme	Administering Institution
Davison K, Parfitt G, Post D, Kernott J, Windsor A, Wilson P, Ellison C	Effect of Immersion Therapy (delivered by an AEP) on physical and psychosocial recovery following traumatic injury when transitioning from hospital inpatient to outpatient care	Lifetime Support Authority	University of Adelaide
Bornkessel-Schlesewsky I, Schlesewsky M, Sinha R, **Immink MA**	Identifying neurobiological markers of high mental performance and optimal decision making in individuals and teams	Defence Science & Technology Organisation, Research Network for Undersea Decision Superiority	University of South Australia

Category 3

Project team	Project title	Funding scheme	Administering Institution
Stanton T, **Arnold J**	Tackling barriers to a healthy future for people with osteoarthritis	The Arthritis Foundation of South Australia Inc	University of South Australia
Buckley J, Coates A, Hill A	Independent effects of high-cholesterol and high-saturated fat diets on LDL-cholesterol	Egg Nutrition Center	University of South Australia
Coates AM, Buckley JD, Hill AM, Tan SY, Rogers G	Does inclusion of almonds in an energy-restricted diet enhance weight loss and protect against weight regain?	Almond Board of California	University of South Australia

Project team	Project title	Funding scheme	Administering Institution
Davison K, Girard D	Sport Therapy for Mental Health and Wellbeing: Exploring changes in psychosocial and functional performance for children and adolescents with Cerebral Palsy with 12 weeks of RaceRunning	Channel 7 Children's Research Foundation of SA, 2022 Research Grant	University of South Australia
Davison K	An evaluation of the FESS online health behaviour tracking system for supporting improved health behaviour by Exercise Physiology practitioners	Corrective Exercise Australia Pty Ltd	University of South Australia
Maher C, Curtis R	Neo Care product trials and refinement	Neo Care Pty Ltd	University of South Australia
Maher C, Brinsley J, Curtis R, Singh B	The Early Years App – evaluation	Office for the Early Years	University of South Australia
Villani A, **Mantzioris E**, Moran L	Efficacy of a Mediterranean diet on hormonal, metabolic and anthropometric profiles in overweight and obese women with Polycystic Ovary Syndrome (PCOS	NHMRC Centre for Research Excellence in Women's Health in Reproductive Life (WHiRL), Seed Grants and Project Support	University of Sunshine Coast
Villani A, **Mantzioris E**, Moran L	Efficacy of a Mediterranean diet on fertility and reproductive outcomes in sub fertile couples seeking IVF treatment (the MEDPREP study)	NHMRC Centre for Research Excellence Health in Preconception and Pregnancy (HiPP), Project Support Grants	University of Sunshine Coast

Project team	Project title	Funding scheme	Administering Institution
Murphy K	A microbiome-targeted diet for the prevention of frailty: Translating a major advance into residential aged care settings,	The Hospital Research Foundation	University of South Australia
Smith A, Dumuid D, Laver K, Smith R	Co-developing the "Your Best Day" tool for dementia prevention	The Hospital Research Foundation	University of South Australia
Stanton T, Newport R, **Smith A, Parfitt G**	But it hurts when I move: Taking technological advances to the clinical coal-face to reduce knee osteoarthritis pain and improve exercise engagement	The Hospital Research Foundation	University of South Australia
Hamilton-Bruce A, Kublar S, **Young J**, Hazel S, **Nottle C**, Milton A,	DOgSS – Dogs Offering Support after Stroke	The Hospital Research Foundation	Central Adelaide Local Health Network
Emeljanovas A, Mieziene B, **Tomkinson G**	Repeated survey of physical fitness and its secular trends in Lithuanian schoolchildren between years 1992, 2002, 2012, and 2022: the fourth wave	Research Council of Lithuania grant	
McGrath R, Hackney K, Christensen B, **Tomkinson GR**, Jurivich D, Orr M, Rhee Y	Grip Assessment for Protocol Enhancements (GRAPE) in Older Adults	National Institutes of Health (NIH) Research Enhancement Award (R15)	

Publications →

1. Andrade AQ, Lim R, Kelly TL, Parfitt G, Pratt N, & Roughead EE. (2023). Wrist accelerometer temporal analysis as a prognostic tool for aged care residents: A sub-study of the remindar trial [Article]. *Journal of the American Geriatrics Society*, 71(4), 1124-1133. https://doi.org/10.1111/jgs.18181

2. Andrade AQ, Widagdo I, Lim R, Kelly TL, Parfitt G, Pratt N, Bilton RL, & Roughead EE. (2023). Correlation of frailty assessment metrics in one-year follow-up of aged care residents: A sub-study of a randomised controlled trial [Article]. *Aging Clinical and Experimental Research*, 35(10), 2081-2087. https://doi.org/10.1007/s40520-023-02491-y

3. Armitt KA, Young J, & Boucaut R. (2023). A qualitative analysis of management perspectives on seeking to implement the foster cat project in residential aged care in the context of covid-19 [Article]. *International Journal of Environmental Research and Public Health*, 20(1), Article 752. https://doi.org/10.3390/ijerph20010752

4. Arnold JB, Halstead J, Martín-Hervás C, Grainger AJ, Keenan AM, Hill CL, Conaghan PG, McGonagle D, & Redmond AC. (2023). Bone marrow lesions and magnetic resonance imaging–detected structural abnormalities in patients with midfoot pain and osteoarthritis: A cross-sectional study [Article]. *Arthritis Care and Research*, 75(5), 1113-1122. https://doi.org/10.1002/acr.24955

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8. Banitalebi E, Banitalebi E, Ghahfarokhi MM, Rahimi M, Laher I, & Davison K. (2023). Resistance band exercise: An effective strategy to reverse cardiometabolic disorders in women with osteosarcopenic obesity [Article]. *Journal of Aging and Physical Activity*, 31(4), 633-641. https://doi.org/10.1123/japa.2022-0241

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12. Bennett H, Chalmers S & Fuller J. (2023). The impact of concussion on subsequent injury risk in elite junior Australian football athletes. *Journal of Science and Medicine in Sport*, 26(4-5), 247-252. https://doi.org/10.1016/j.jsams.2023.03.013

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Reviews

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Editorials

1. Clifton PM. (2023). Cutting edge developments in diabetes [Editorial]. *Diabetology*, 4(3), 278-281. https://doi.org/10.3390/diabetology4030024

Letters to the Editor

1. Bennett PN, Schoch M, Currey J & Hutchinson AM. (2023). Response to: Effectiveness of ultrasound-guided cannulation of AVF on infiltration rates: A single center quality improvement study [Letter]. *Journal of Vascular Access*, 24(4), 866. https://doi.org/10.1177/11297298211047084

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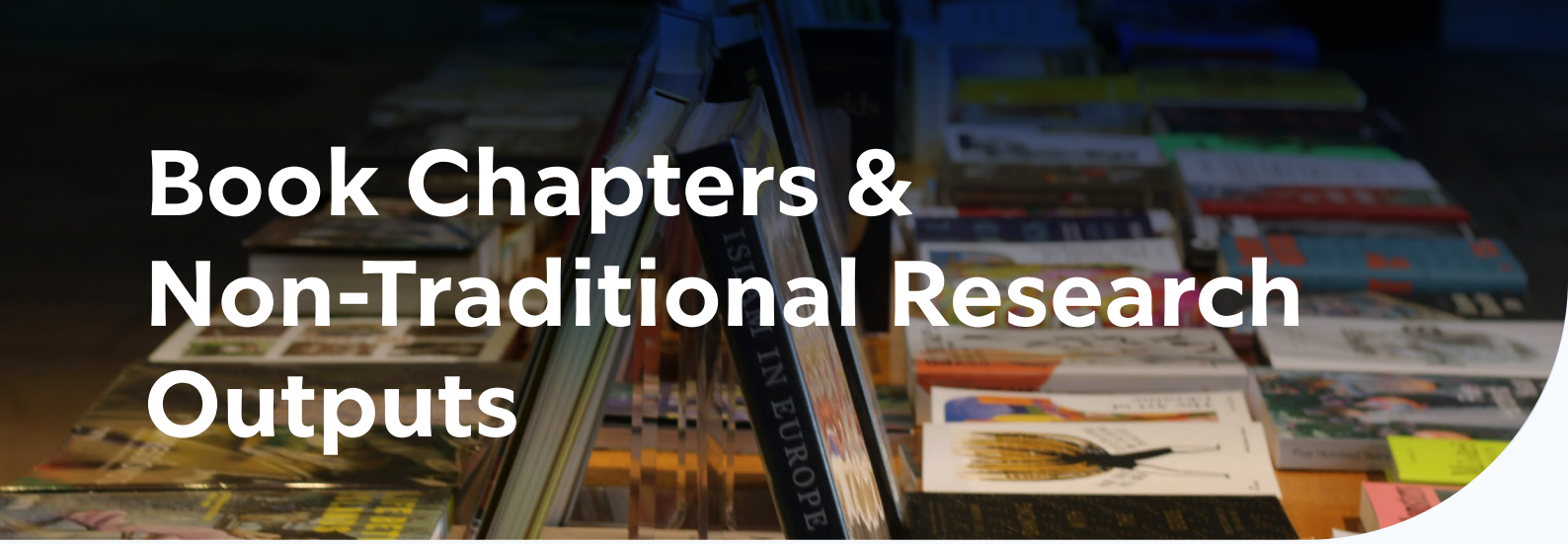

Book Chapters & Non-Traditional Research Outputs

Book chapters

1. Anderson PH (2023). 'Vitamin D activity in osteoblasts and osteocytes' in Hewison M, Bouillon R, Giovannucci E, Goltzman D, Meyer M, Welsh J (eds) *Feldman and Pike's Vitamin D: Volume One: Biochemistry, physiology and diagnostics*, 5th edition, Elsevier. https://doi.org/10.1016/B978-0-323-91386-7.00030-1

2. Arnold, JB, Menz HB, 'The aging foot' in Telfer, Ledoux & Iaquinto (eds) *Foot and Ankle Biomechanics*, 1st edition, Elsevier, Netherlands. https://doi.org/10.1016/B978-0-12-815449-6.00034-2

3. Mantzioris E, McCubbin A, Meade A, Colebatch E, Cox G, Stentiford R, Hall R, Belski R, Tam R, Jenner SL, Gaskell SK, Smith S (2024) 'The Art of Sports Nutrition Practice' in Forsyth A, Mantzioris E, Belski R (eds) *Nutrition for Sport, Exercise, and Performance: Science and Application*, Routledge, London. https://doi.org/10.4324/9781003116592

4. Mantzioris E (2024) 'Macronutrients', in Forsyth A, Mantzioris E, Belski R (eds) *Nutrition for Sport, Exercise, and Performance: Science and Application*, Routledge, London. https://doi.org/10.4324/9781003116592

Non-Traditional Research Output

1. Crozier A, Wycherley T, Stenner B & Gollan S. (2023). 6-Steps for Councils to Promote Outdoor Fitness Equipment in South Australia. University of South Australia. https://www.preventivehealth.sa.gov.au/assets/downloads/UniSA-Promoting-Outdoor-Fitness-Equip_2023-07-01.pdf

2. Hull M, Sharman R, Loetscher T, Smith AE, Wong S & Keage H. (2023). Evaluation of the Co-designed Living Well Matters Series. Report prepared for Onkaparinga City Council, Final Report.

Thank you

As we conclude ARENA's inaugural annual report, we would like to express our gratitude to all who have contributed to our research achievements this past year. From our dedicated researchers and staff to our collaborative partners, stakeholders, and supporters—your commitment to advancing health and performance science has been instrumental in our success.

Thank you to our participants, collaborators, and the wider community for being an essential part of this journey. Together, we have made strides in improving lives through groundbreaking research in exercise, nutrition, and physical activity.

We look forward to the future with optimism and excitement, continuing to push the boundaries of scientific discovery and making meaningful impacts on public health and wellbeing.

Thank you for being a part of our ARENA community. Here's to more achievements in the years to come!

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