



RESEARCHER PROFILE

Dr Anna Timperio

2005–12

“Anna’s research will help identify solutions to improve population rates of physical activity, healthy eating and obesity.”

Dr Anna Timperio of Deakin University is concerned with understanding the broad range of contextual influences on physical activity, eating and overweight in youth.

Anna is a Senior Lecturer in the Centre for Physical Activity and Nutrition Research (C-PAN), Faculty of Health at Deakin University. The C-PAN is internationally recognised for its research, and has a mission to understand the role of nutrition and physical activity in common health conditions and to develop strategies to enhance population health by improving nutrition and increasing physical activity.

Influences on obesity and related health behaviours are complex. Anna’s research is concerned with understanding the broad range of contextual influences on physical activity, eating and overweight in youth. These influences include personal, social, and family-related factors and the characteristics of the neighbourhoods in which people live. An additional focus of this work is on understanding the role of these factors during key life transition periods, such as the transition between childhood and adolescence, or between adolescence and adulthood. Longitudinal studies for the main platform for Anna’s research.

Anna’s work recognises that people are exposed to a range of factors that may support or hinder particular behaviours in all contexts of their lives – at school, the workplace, home and the neighbourhood. These factors include, for example, individual cognitions, parenting practices, safety concerns and urban design. Better understanding these influences and how they interact will help to identify solutions to improving population rates of physical activity, healthy eating and obesity by identifying important levers for policy and programs across a range of sectors.

Anna believes that VicHealth has a critical leading role to play in setting the public health agenda, and believes that their support of researchers is integral to this role. VicHealth fellowships provide researchers with the time and focus to produce world-class research that can be used to inform health promotion practice, and ultimately improve population health and wellbeing.

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