



RESEARCHER PROFILE

Assoc Prof David Dunstan

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“Significant health benefits could be gained from getting inactive older adults to become active.”

Contact

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Associate Professor David Dunstan is investigating the influence of physical inactivity and television viewing on the incidence of type 2 diabetes and obesity in older adults.

David is a Senior Research Fellow at the International Diabetes Institute, a not-for-profit research institution based in Melbourne. He is the creator of the Lift for Life strength training program – a specialised exercise program for people with type 2 diabetes.

Type 2 diabetes and obesity are more common in adults aged over 55 than in younger age groups. Poor lifestyle, particularly a lack of physical activity, is a major contributor to the current ‘diabesity’ epidemic in older Australians.

David’s research program focuses on discovering the extent to which physical inactivity and sedentary behaviour (eg, television viewing) influence the development of these conditions. He will also be testing strategies to increase physical activity and reduce sedentary behaviour in older adults.

An ageing population, together with increasing rates of type 2 diabetes and obesity, suggests that significant health benefits could be gained from encouraging inactive older adults to become active. David’s research is expected to provide more complete information on the merits of reducing sedentary behaviour and promoting physical activity to reduce the diabetes and obesity burden in older adults.

David believes that VicHealth’s support is important to his research. The Fellowship is enabling him to consolidate his research career and provides the opportunity to establish collaborations and communicate his findings more effectively.

Victorian Health Promotion Foundation

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