

**ATN Centre for Metabolic Fitness**  
Optimising Health • Reducing Obesity • Modifying Lifestyles



# Collaborative Research

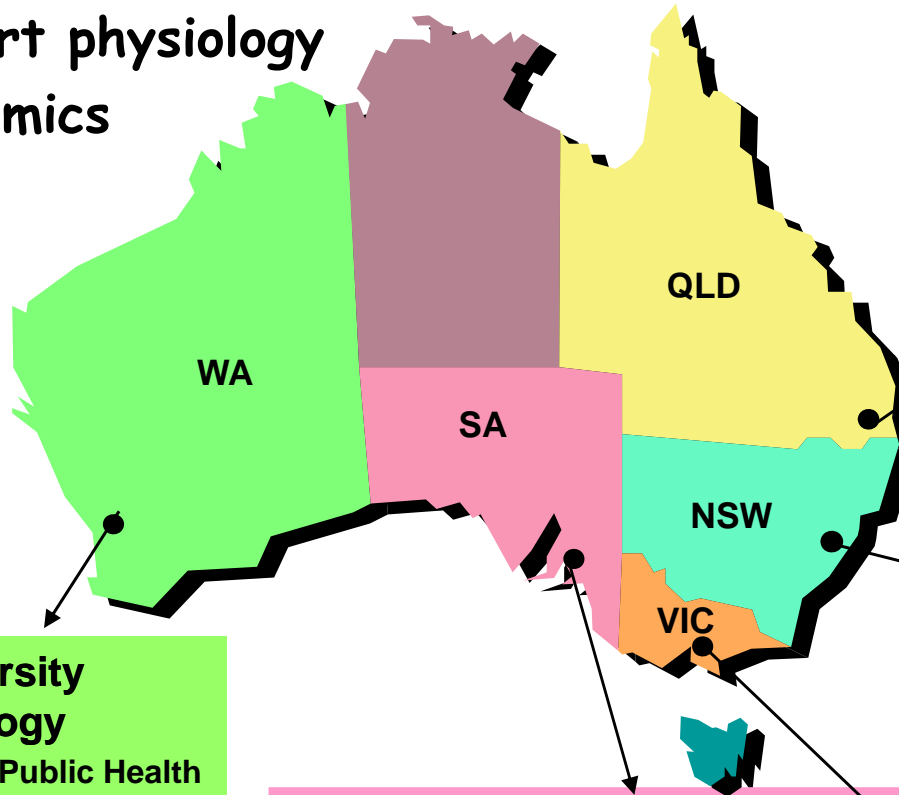
## Finding solutions

**Associate Professor Jon Buckley**  
**Acting Director, ATN Centre for Metabolic Fitness**

- **ATN Centre for Metabolic Fitness formed July 2005**
  - Result of success in inaugural ATN Challenge Grant Scheme
  
- **Drew together researchers from the 5 ATN institutions**
  - working in research areas related to health
  - no history of working together

## Nutrition and exercise effects on cardio-metabolic and mental fitness

- Exercise/sport physiology
- Health economics
- Public health
- Epidemiology
- Nutrition
- Psychology
- Marketing



### Queensland University of Technology

Prof Andrew Hills	Health
Dr Nuala Byrne	Health
Dr Bruce Rich	Social Change Research
Dr Neil King	Health
Prof Ross Young	Health
Prof Rod Wissler	Res. & Communication
Dr Masaharu Kagawa	Health
Prof Lynne Daniels	Health

### University of Technology Sydney

A/Prof Marion Haas	Public Health
Ms Rosalie Viney	Public Health
Dr Kate Owen	Public Health

### Curtin University of Technology

Prof John Mamo	Public Health
A/Prof Mario Soares	Public Health
Dr Tony James	Public Health
Dr Jill Sherrif	Public Health
A/Prof Sebely Pal	Public Health
Prof Colin Binns	Public Health
Prof Peter Howat	Public Health
Mr Satvinder Dhaliwal	Public Health

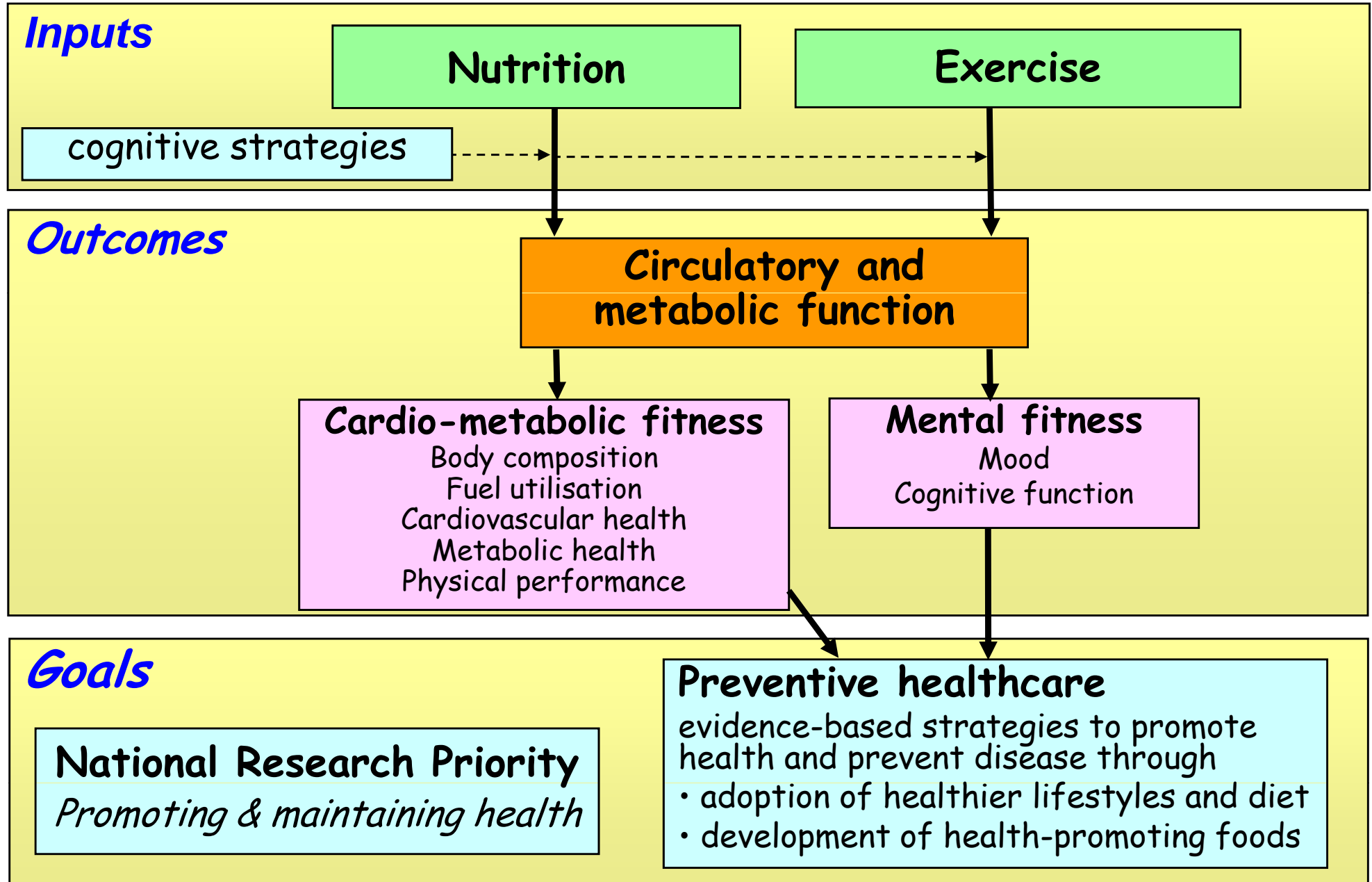
### University of South Australia

A/Prof Jon Buckley	Health Sciences
Prof Peter Howe	Health Sciences
Dr Alison Coates	Health Sciences
A/Prof Gary Misan	Health Sciences
Dr Janet Bryan	Psychology
Prof Tim Olds	Health Sciences
Dr James Dollman	Health Sciences

### RMIT University

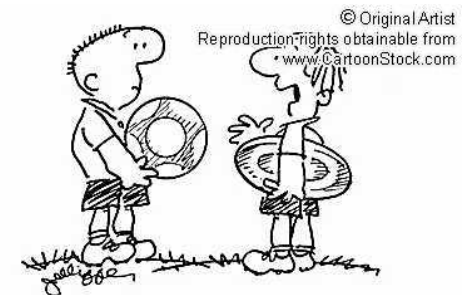
A/Prof Neil Mann	Applied Sciences
A/Prof Jeff Walkley	Medical Sciences
Dr Steve Fraser	Medical Sciences

## Research framework



# The challenge

**The Challenge - how to develop true collaboration that would lead to beneficial outcomes**



"You play ball with me and  
I'll play ball with you!"

From: <http://www.cartoonstock.com/iowres/rjeu149l.jpg>



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# 2005



From: <http://www.planetlightworker.com>

- **Stage 1 (Developing relationships)**
  - Personal reputation / track record
  - Prior relations
  - Communication
  - Establish rules and procedures
  - Expectations made clear

2006



From: [www.masternewmedia.org](http://www.masternewmedia.org)

- **Stage 2 (Collaboration planning)**
  - Identified activities that would lead to mutual advantage
  - Trial period
  - Reflection
    - Independent external review

# 2007

- **Stage 3 ('True' collaboration)**
  - Refinement of rules and procedures
  - Strengthening of some relationships
    - Increasing respect and trust
    - Recognition of potential for genuine benefits

**This is the stage we are at now**

**Starting to realize genuine benefits**

# 2007

- **Leverage on ATN Challenge Grant funds 172%**
- **7 publications (mean impact factor 3.79)**
  - 10% of all publications of all researchers
- **\$633,944 in grant income**
  - 8.25% of total grant income of all researchers
- **7 Postgraduate completions**
  
- **All performance indicators are increasing**

# CHOOSE HEALTH

- CBT program developed by RMIT
  - Improve diet and exercise in obese adolescents
- RMIT were willing to share
  - RMIT and UniSA initially collaborate
    - Input to study design from all parties
    - UniSA run intervention with assistance from RMIT
    - Data collection completed December 2006
    - Data analysis and write up of results 2007
    - Accepted for publication December 2007
- QUT join collaboration to further evaluate and extend success of CHOOSE HEALTH

# Omega-3 and ADHD

- UniSA have expertise in omega-3
- QUT have expertise in psychology
- Industry partner interested in omega-3 for ADHD
  
- UniSA would have trouble recruiting on own
- QUT have no expertise in omega-3
  
- UniSA and QUT collaborate
- Successful ARC Linkage grant

# What next?

Continue to grow collaboration in order to:

1) Increase

publications

grant income

post-graduate completions

2) Achieve sustainability



From: <http://trak.in/wp-content/uploads/2007/09/indian-growth-graph-best.gif>

# Thank you