

# Evidence-Based Solutions for Healthy and Active Living

## Event details

**Date:** 9 May 2024

**Time:** 9.00am – 12.00pm

**In-person:** Deakin Downtown,  
Tower 2 level 12/727 Collins St,  
Melbourne VIC 3008

**Online:** Link provided upon request

To register: Scan QR code or go to  
<https://bit.ly/3xcorUj>

**Please register by 2 May 2024**



The WHO Global Action Plan for Physical Activity says to improve population and health and wellbeing, we must reduce physical inactivity by 15% by 2030. This free event will showcase some of IPAN's latest research on healthy and active living. It's suitable for policy-makers, practitioners and others working to increase physical activity in the community.

## Program

**9am** Tea and coffee

**9:30am** Welcome and Acknowledgement of Country

**9:45am** IPAN Healthy and Active Living Domain overview

**9:55am** Snapshot presentations

*A/Prof Natalie Lander: Using video-based machine learning to automate motor competence assessment*

*Prof Lisa Barnett: Applying concepts and measurement of physical literacy in practice*

*Dr Claudia Strugnell: TransformUs Wellbeing – working with PHUs and health services on a whole of school systems approach to children's health and wellbeing*

*A/Prof Luana Main: Understanding the impacts of extreme weather events on physically demanding occupations*

*Dr Shannon Sahlqvist: Evaluating active travel interventions*

**10.20am** Spotlight presentations

*Dr Jiani Ma & A/Prof Harriet Koorts: A systems thinking approach to understanding physical activity*

*Prof Jenny Veitch: Working together to create parks that support healthy active living for everyone*

*Dr Jaime Tait: Impact of ageing and chronic pain on cognition and well-being, and how we reduce these effects*

**11:05am** Morning tea & networking

**11:25am** Panel discussion: *Using evidence in policy and practice*

*Experts from government, NGOs, statutory bodies and local councils to discuss use of evidence to improve healthy active living.*

**11:55am** Wrap up and close