

Professor David Dunstan PhD



Professor Dunstan is a VicHealth Public Health Research Fellow and is the Head of the Physical Activity laboratory in the Division of Metabolism and Obesity at the Baker IDI Heart and Diabetes Institute.

His research focuses on the role of physical activity and sedentary behaviour in the prevention and management of chronic diseases. His research program has attracted considerable external funding from the NHMRC, VicHealth and the National Heart Foundation and he has been an invited speaker at international conferences, including the American Diabetes Association.

Prof Dunstan leads a collaboration consisting of key researchers in the field of physical activity, sedentary behaviour and health to analyse the lifestyle risk factor data collected from the Australian Diabetes Obesity and Lifestyle (AusDiab) study.

He is also the creator of the purposefully developed physical activity program titled 'Lift for Life[®]', which has been designed to facilitate widespread uptake of strength training in community facilities such as gyms and community health centres.

In 2007, he was awarded a prestigious young Tall Poppy Science award (Victoria) from the Australian Institute of Policy and Science which recognises the achievements of Australia's outstanding young scientific researchers.