



VICTORIA UNIVERSITY
MELBOURNE AUSTRALIA

CENTRE FOR CHRONIC DISEASE PREVENTION AND MANAGEMENT

IMPROVING COMMUNITY HEALTH OUTCOMES



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Victoria University
CRICOS Provider No. 00124K (Melbourne)
CRICOS Provider No. 02475D (Sydney)

INTRODUCTION BY THE VICE-CHANCELLOR AND PRESIDENT

Victoria University is well placed to establish a new world-class research body, the Centre for Chronic Disease Prevention and Management. The Centre reflects the University's strong commitment to academic research leadership, research training, and knowledge exchange with industry, government and the community. It will focus on the physiological, psychosocial, cultural and economic aspects of chronic diseases — from basic findings through to translational research.

The new Centre reinforces Victoria University's strategic direction to be excellent, engaged and accessible. The Centre will actively collaborate with other established research groups and programs within the University, as well as with external collaborators. Most notable of these will be the recently established Mitchell Institute for Health and Education Policy, a national public policy think-tank at Victoria University.

Our rationale for establishing a world-class centre is the urgent need for research action and intervention in chronic diseases and our intention is to address this imperative for international impact.



Professor Peter Dawkins
Vice-Chancellor and President

ABOUT VICTORIA UNIVERSITY

Victoria University is one of Australia's largest universities, and one of only five multi-sector universities offering higher education as well as vocational training (TAFE). Based in the rapidly growing region of Melbourne's west, Victoria University has a strong tradition of excellence in teaching, learning, research and academic success.

The University has seven discipline-specific Colleges offering a broad range of courses, from diplomas to undergraduate and postgraduate coursework degrees, to PhD-level research. Its Trades College provides apprenticeships and traineeships, while VU College offers learning support for traditionally under-represented groups of students at all stages of their education.

Victoria University's *Strategic Plan 2012–2016* embraces a goal for the University to become nationally and internationally renowned for knowledge and expertise in its interdisciplinary 'distinctive specialisations' through its five research institutes and five research centres, as well as through its Colleges and external collaborations with industry and the community.

CENTRE FOR CHRONIC DISEASE PREVENTION AND MANAGEMENT

The Centre for Chronic Disease Prevention and Management was established in January 2013 and is based within Victoria University's College of Health and Biomedicine.

The Centre's goal is to be a world-class research centre focused on fundamental research into chronic disease, and to translate these discoveries into therapeutic results that improve the health and well-being of individuals and communities, particularly in Melbourne's west. Interdisciplinary research and knowledge transfer and exchange provide a unique opportunity for the Centre to make a significant impact on the communities it serves.

Research findings from the Centre for Chronic Disease Prevention and Management will result in better clinical and community health outcomes. The Centre will act as a 'living laboratory' in Melbourne's west, working with and educating the wider community about lifestyle-associated diseases that can lead to reduced life quality and lowered life expectancy.

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RESEARCH FOCUS

The Centre's research focus will be:

- **Lifestyle-influenced diseases** such as obesity, type 2 diabetes, metabolic syndrome and cardiovascular disease. This includes biomedical research as well as behavioural interventions — particularly with nutrition and lifestyle — to prevent diabetes and obesity, pregnancy-related morbidity, and hypertension;
- **Psychosocial health** including mental health problems (depression and anxiety, alcohol and drug misuse, and psychosis) and the broader psychosocial, social and cultural impacts of chronic disease;
- **Cancer and inflammation conditions**, including irritable bowel disease, immune system disorders and allergies.

RESEARCH PARTNERSHIP

Victoria University's College of Health and Biomedicine will develop and drive interdisciplinary teaching and research through two of its distinctive specialisations: health, and food and nutrition. The health specialisation will harness the University's existing and potential strengths in disease prevention and management.

The Centre for Chronic Disease Prevention and Management will connect staff and courses from teaching and research groups within the College. This will deliver a significant contribution to the University's research-informed teaching. It will incorporate Victoria University's current research units — Biomedical and Lifestyle Diseases, and Clinical and Community Health — as well as its Australian Community Centre for Diabetes. It will undertake research across the spectrum, from fundamental through to translational aspects of disease prevention and management. The Centre's long-term goals are to improve health outcomes and health system costs, and to drive public policy.

The Centre will include researchers and academics from all disciplines allied with health and chronic disease prevention and management research. Victoria University has more than 50 academic and post-doctoral researchers, including 10 professors who could become involved with the Centre.

The Centre will actively collaborate with external partners in industry and the community. It will work with Victoria University's internal research groups and programs, including the Mitchell Institute for Health and Education Policy, the Institute of Sport, Exercise and Active Living, and the Centre for Cultural Diversity and Wellbeing. It will also collaborate with the Western Centre for Health, Research and Education at Sunshine Hospital.

A key objective of the Centre is to further develop Victoria University's specialisation in health-related areas with direct relevance to the College of Health and Biomedicine.

STRUCTURE

The Centre will consist of a full-time director and administrative support, with overarching advice and direction from the Centre's management group. It will also have an advisory board to oversee planning and policy activities, and to provide advice on key research and business directions, as well as linkages to external stakeholders.

VICTORIA UNIVERSITY'S RESEARCH STANDING

Victoria University has a national and international reputation for conducting world-class research that is locally relevant and globally significant. Its goal is to be among Australia's top 20 universities for research by 2020. With the establishment of the Centre for Chronic Disease Prevention and Management, Victoria University now includes within its already strong focus on applied and translational research, plans to be world-renowned in disease prevention and management.

Victoria University's growing strength in research activities associated with this research centre, is reflected in the 2012 Excellence in Research for Australia (ERA) rankings, **well above world-standard** for its research in:

- pharmacology and pharmaceutical sciences;
- human movement and sports science;

above world-standard in:

- medical physiology;

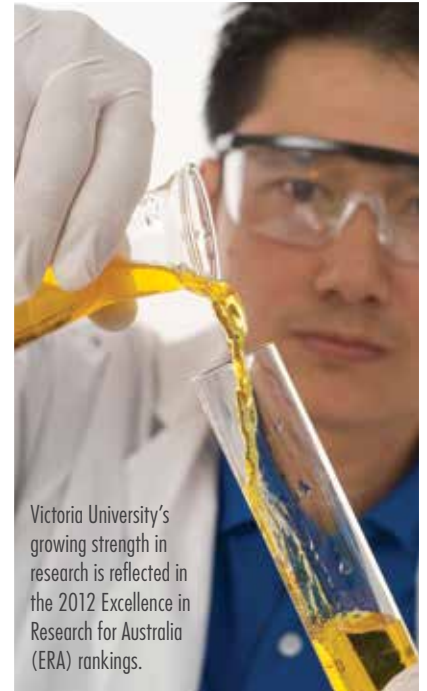
world-standard in:

- nursing;
- food science;
- psychology.

Victoria University is the only university located in Melbourne's west, where there is a high prevalence of chronic diseases, including cardiovascular diseases, cancer, diabetes, obesity and mental illness. Many residents from this region come from culturally and linguistically diverse communities and are at greater risk of developing chronic disease. A high proportion of the population is also affected by low socio-economic standing.

The Centre for Chronic Disease Prevention and Management is well positioned to address the critical need for research, action and intervention to prevent and manage these pervasive diseases. The University has strong and long-held links with communities and organisations in Melbourne's west, increasing its ability to study and translate fundamental and applied research into clinically relevant interventions and meaningful policy.

The Centre is well positioned to address the critical need for research, action and intervention.



Victoria University's growing strength in research is reflected in the 2012 Excellence in Research for Australia (ERA) rankings.

The Centre will work with and educate the wider community about lifestyle-associated diseases.



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