

Research Centre for Clinical and Community Practice Innovation (RCCCPI)

Griffith Health Institute – Developing Healthy Communities

NUTRITION

Optimising nutrition for a healthy lifestyle, disease prevention and peak athletic performance



Optimal nutrition is a fundamental consideration, whether the objective is for a healthy lifestyle, disease prevention or peak athletic performance.

This emerging area of research forms an integral part of Griffith University's Research Centre for Clinical and Community Practice Innovation (RCCCPI) and comprises a number of world class researchers in the fields of nutrition and public health.

This research team is committed to delivering evidence based research, practical nutrition strategies and solutions to contemporary health issues.

The Nutrition research team is undertaking internationally significant research in the areas of:

- Community nutrition and public health
- Clinical nutrition
- Sport and exercise nutrition

RCCCPI

The Research Centre for Clinical and Community Practice Innovation (RCCCPI) was established in 2003 to find solutions to critical healthcare challenges and undertake cutting edge research that results in better health and community care and improved quality of life. Other units of research within RCCCPI include:

Ageing and Older People Unit Innovative aged care research improving healthcare standards and quality of life for older people.

Acute and Critical Care Unit Undertaking acute and critical care research to improve patient outcomes.

Maternity and Family Unit Improving fundamental aspects of maternity services.

NHMRC Centre of Research Excellence in Nursing

The National Health and Medical Research Council (NHMRC) Centre of Research Excellence in Nursing Interventions for Hospitalised Patients (NCREN) sits within RCCCPI.

NCREN focuses on systematic reviews, randomised controlled trials, knowledge transfer and research training.

The rates of obesity and overweight amongst adults have doubled over the past two decades with Australia now being ranked as one of the fattest.



‘Everyone has to eat. Therefore, high quality nutrition research provides critical information that makes a difference to people’s health at a population level and also at an individual level.’

Dr Ben Desbrow
Nutrition Unit Leader

Areas of Research



Community Nutrition and Public Health

Understanding the impact of contemporary nutrition and public health issues and how they affect community and population needs.

Developing strategies for diet related disease prevention and health promotion to improve population health and well being.

Investigating how urbanisation and local food production influence diet and nutrition.

Developing the capacity of doctors and other health professionals to promote nutrition within their workplaces.

Sport and Exercise Nutrition

Understanding the relationship between nutrition, health and exercise.

Understanding the role of food, fluid and nutrition supplements in enhancing exercise performance, training and recovery.

Developing nutrition interventions to improve health and exercise performance.

Developing nutrition strategies to enhance recovery and adaptation after exercise.

Clinical Nutrition

Understanding the clinical disorders in which nutrition plays an integral role.

Developing best practice guidelines for nutrition management in relation to chronic disease.

Improving the quality of life for chronic illness sufferers through better nutrition.

Research Partnerships

This emerging area of research has developed strong collaborative links with organisations including Australian Institute of Sport, Horticulture Australia, Mater Hospital, Queensland Health and The Queensland Academy of Sport.

Getting involved

If you are interested in contributing, there are many opportunities to get involved with RCCCPI and nutrition research:

- Become an industry partner
- Enrol in a nutrition research program
- Undertake a Research Fellowship
- Become a collaborative research partner
- Participate in research programs
- Make a donation or sponsor a specific research



Contact details:

Dr Ben Desbrow

Nutrition Unit Leader,
RCCCPI, Griffith Health Institute
Phone: +61 (7) 5552 9110
Email: b.desbrow@griffith.edu.au
Website: griffith.edu.au/rcccpi