

Research Focus Areas



- BUILDING HEALTHY COMMUNITIES
- SECURING FOOD, WATER AND THE ENVIRONMENT
- SPORT, EXERCISE AND REHABILITATION
- TRANSFORMING HUMAN SOCIETIES
- UNDERSTANDING DISEASE

La Trobe University is committed to making a difference and addressing the big issues that matter to our world. We have a long and proud history of bold thinking.

ADDRESSING THE BIG ISSUES OF OUR TIME

La Trobe University is committed to solutions to global problems and improvement in the welfare of human societies.

We are focusing on five research areas bringing together top researchers to address issues affecting the future of our national and global community.

Our research focuses on:

- Building healthy communities
- Securing food, water and the environment
- Sport, exercise and rehabilitation
- Transforming human societies
- Understanding disease

BUILDING HEALTHY COMMUNITIES

La Trobe is building health and wellbeing for all

We may know many of the answers to what makes us healthier and happier, yet we face many challenges in translating research into policy and practice.

Particular challenges are our ageing population, the growing complexity of chronic disease and mental health, and the social, emotional and environmental impacts on health.

La Trobe University focuses on research that attacks disadvantage, builds health and wellbeing and provides access to high-quality systems and services.

We have an international reputation for research on health and wellbeing, including a growing reputation in the Asia Pacific region for our work on strengthening equitable health systems and communities at most disadvantage through poverty, poor educational achievement and reduced life opportunities.

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SECURING FOOD, WATER AND THE ENVIRONMENT

La Trobe is helping create a sustainable world

The global environment faces enormous pressure. Urgent action is required to secure our future on a planet that needs to support 9 billion people.

As the world's population grows, land and water management policy and practice have a direct impact on our capacity to secure our food, our water and our environment. La Trobe uses its world class facilities and expertise in agricultural biotechnology, ecological science and water policy to secure our collective future.

Our work helps protect our primary producers, our resources and our environment for future generations.

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SPORT, EXERCISE AND REHABILITATION

La Trobe wants a more physically active Australia

La Trobe's research into human movement and sport science is world class. We have some of the world's best researchers in exercise physiology, physiotherapy, nutrition, sports medicine and sport management. We help to create a healthier Australia, deliver greater wellbeing and improve overall health and performance outcomes through sport, exercise and rehabilitation.

Our work improves physical performance, reduces the burden of disease and enhances community wellbeing across the lifespan.

Our research enables elite sports people to perform at a higher level and more Australians to live longer and stronger, combating inactivity, chronic disease and movement disorders.

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TRANSFORMING HUMAN SOCIETIES

La Trobe is helping create a just and sustainable future

Our research confronts some of the most pressing challenges facing human societies across our mobile, diverse and changing world: human rights, migration, sustainable development, Indigenous issues, rapid economic and political change.

Our work gets to the heart of the causes, impacts and outcomes of transformations in human societies. We help communities understand the mistakes and successes of the past and create a more just and sustainable future.

La Trobe combines a long-standing commitment to understanding national and global problems. Our public intellectuals have an enduring social conscience and our knowledge and our practice transforms public policy and its delivery.

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UNDERSTANDING DISEASE

La Trobe is mitigating and eradicating disease

Recent technologies have revolutionised our molecular understanding of disease. We now know more than ever about the building blocks of life and the long-promised transition to personalised health care is becoming a reality.

La Trobe is in a strong position to contribute to the move to personalised medicine. We develop diagnostic tools for diseases inherited from our parents and help understand the origins of diseases acquired during our lifetime – such as cancer, heart disease and diabetes.

We help develop better treatments and personalised nutrition and lifestyle strategies. Our direct links to clinics and clinicians ensures a rapid translation of our findings to the broader community.

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Your support is crucial

At La Trobe, we value our partnerships and recognise the transformational power of deep collaboration.

By working together with La Trobe, our partners play an active role in finding solutions to the world's pressing issues. Support comes in many forms, but is fundamental to success. Shared resources, co-operative ventures and financial investment all have their role to play.

For further information on how to partner with us to solve your problems, contact us at foundation@latrobe.edu.au

Where to find more information

For more information about our areas of research expertise: latrobe.edu.au/research