

Professor Anne Tiedemann

Biography of proposed Guidelines Development Group

The University of Sydney

Academic degrees: PhD, BSc (Human Movement), Grad Dip Sci (Exercise Science)

City and country of primary residence: Sydney, Australia

Biography

A/Prof Tiedemann is an NHMRC Career Development Fellow and Principal Research Fellow at Sydney School of Public Health, The University of Sydney. She leads a program of research focused on physical activity for healthy ageing and fall prevention. She completed her PhD at the University of New South Wales, Australia, in 2007.

A/Prof Tiedemann's research aims to bridge the gap between the compelling evidence of the importance of physical activity for maximizing health and the very low rates of participation across the population, particularly in middle to older age. Over the past 10 years Anne has led research exploring the design and evaluation of low cost, sustainable strategies for preventing falls and increasing physical activity for people aged 50 years and over. This research has included seven large scale RCTs and nine systematic reviews (including a recently published Cochrane review) to determine the impact of interventions on outcomes of great importance to older people. Anne's 93 peer-reviewed publications on this topic have been cited 6338 times demonstrating her research significance and impact.

A/Prof Tiedemann's research dissemination and impact is maximized by regular media appearances, contribution to clinical guidelines, conferences and public science communication and delivery of clinician education.