

CURRICULUM VITAE | Professor Julie Redfern AM | FESC, FCSANZ, FAMHS, GAICD

Position: Professor and Director, Institute for Evidence-Based Healthcare, Bond University

Qualifications: PhD (conferred Dec 2007), BAppSc (Physio Hons 1), BSc (Anatomy and Physiology)

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CAREER SUMMARY

Prof Redfern is a clinician-researcher with a 5-year NHMRC Investigator Grant L2 (winner of the Elizabeth Blackburn Award - Health Services 2022) and new L3 Investigator Grant (will commence Jan 2027). She is a world-leading research, winner of the 2022 NSW Premier's Woman of Excellence. She is Director of the Institute for Evidence-Based Healthcare at Bond University, a physiotherapist and Adjunct Professor in the Faculty of Medicine and Health, University of Sydney. Until moving to the Gold Coast (May 2024), she was Research Academic Director (Researcher Development) in her Faculty at the University of Sydney and a Professorial Fellow at The George Institute for Global Health. In 2025 she was awarded Member of the Order of Australia for "significant service to cardiology, allied health, research, education and the community".

CURRENT EMPLOYMENT

- Professor of Public Health, Director of Institute for Evidence-Based Health, NHMRC Leadership Fellow, Faculty of Health and Medicine, Bond University (tenured)
- Honorary Professor of Public Health and NHMRC Leadership Fellow, Sydney Nursing School, Faculty of Medicine and Health, University of Sydney

EDUCATION

- PhD (Health Sciences), The University of Sydney, 2007
- BAppSc (Physiotherapy) Honours 1, The University of Sydney, 1997
- BSc (Anatomy and Physiology), The University of Sydney, 1993
- Graduate, Australian Institute of Company Directors (GAICD), 2023
- SAID Business School, Oxford, Executive Leadership Programme, 2020

LEADERSHIP AND SERVICE

World Heart Federation and international roles

Prof Redfern is a world-leader in her field of cardiovascular disease prevention. She is currently in an initial 2-year term on the Board of the World Heart Federation (2025-26). She started her journey with WHF as an Emerging Leader in 2015 (Peru). Specific roles include;

- Board Member, World Heart Federation (2025-26)
- Member, Governance and Advocacy Committees, World Heart Federation (2025-26)
- Member Physical Activity and Nutrition Expert Group, World Heart Federation (2025-26)
- Co-Chair, World Heart Federation Cardiac Rehabilitation Roadmap Writing Group (2025-26)
- Co-Chair, Program Advisory Group of the WHF Forum on Sex and Gender Differences Symposium, Geneva 14-15th May 2025
- Member, World Heart Federation Science Committee, 2023-2024
- Member, OCC-WCC.24 International Scientific Committee, Shanghai 2024
- WHF Representative, Reviewer, ESC/ACC/AHA/WHF 5th Universal Definition of Myocardial Infarction, 2024-current.
- Convener, Global Forum Cardiac Prevention and Rehabilitation, London, August 2024
- Local Lead, World Heart Federation Sydney Emerging Leaders Program, October 2023
- European Society of Cardiology and World Heart Federation Joint Session. Invited to launch World Heart Federation Digital Health Roadmap for Cardiology, Barcelona, August 2022
- Member, Expert Writing Group, WHF Roadmap Digital Health, Barcelona, 2022
- Chair, Expanding role of physiotherapy in global cardiovascular health World Confederation of Physical Therapy Congress, 2021
- Invited mentor for 8 mentees, European Society of Cardiology (ESC) Professional Horizons Mentoring Program, 2019, 2020
- Convener and Chair Physiotherapy New Zealand Cardiothoracic Special Interest Group 3-day Workshop, Auckland, New Zealand, 2019
- Member, Program Committee (Prevention) - World Congress of Cardiology (WCC), Mexico 2016
- Member, World Heart Federation Emerging Leaders Programme, Peru, 2015

Examples of Australian leadership

- Member of the Writing Group for the 2025 Australian CSANZ/NHFA ACS Guidelines, 2025
- Chair of the Clinical Trials Council, Cardiac Society of Australia and New Zealand (CSANZ), 2025-
- Chair of Scientific Advisory Committee of Australian Cardiovascular Alliance (ACvA), 2025-
- Member of the Australian Government, NHMRC-MRFF Joint Advisory Committees -Public Health and Health Systems Committee, 2025-
- Previous co-Chair of the Preventive and Allied Health Councils (following 6 years on the Board of the Cardiac Society of Australia and New Zealand (CSANZ), 2012-24
- Previous member of the NSW Ministry of Health Physiotherapy Council, responsible for overseeing registration and complaints relating to all Physiotherapists in NSW, 2020-23
- Member of the Research Committee and has previously sat on ethics and career development committees

AWARDS, HONOURS AND PRIZES (examples)

- Selected in National Health and Medical Research Council 10 of the Best, 17th Edition, 2026
- Australian Financial Review Women in Leadership List 2026
- awarded Member of the Order of Australia General Division, Jan 26th 2025
- Awarded Fellowship, Cardiac Society of Australia and New Zealand, Nov 2025
- Awarded Fellowship, European Society of Cardiology, 2023
- Awarded Fellowship, Australian Academy of Health and Medical Sciences (FAHMS), October 2023
- Invited Keynote, British Association of Cardiovascular Prevention and Rehabilitation (BACPR) Annual Conference, October 2022
- NHMRC Excellence Award for top-ranked female Investigator Grant in Health Services, 2022
- NSW Premier Woman of Excellence Award (from over 3.7 million women), 2022
- Australian Clinical Trial Alliance - Trial of the Year for Consumer Involvement, 2022
- Australian Cardiovascular Alliance (ACvA) Leadership and Mentoring Award, 2023
- Vice-Chancellor's Award, Leadership and Mentoring, University of Sydney, 2021
- SUPRA Supervisor of the Year (Medicine), 2017
- NSW Young Tall Poppy Science Award, Australian Institute of Policy and Science, 2009
- Affiliates Prize, CSANZ 54th Annual Scientific Meeting, 2006

FUNDING AWARDED

Fellowships/Scholarships: Prof Redfern has held highly competitive Australian Government funded fellowships since 2008. This includes a National Institute for Clinical Studies-National Heart Foundation of Australia Implementation Science Fellowship (2008-10), a NHMRC- National Heart Foundation of Australia Health Professional Fellowship (2010-13), NHMRC Career Development Fellowships Level 1 (2014-17) and Level 2 (2018-21), an NHMRC Investigator Grants Level 2 (2022-26 valued at \$2.97m) and Level 3 (2027-31 valued at \$3.045m). That is, she will be fully supported for WHF activities throughout her tenure.

Research Grants as Principal Investigator: In addition to fellowship funding, Prof Redfern has been awarded \$15 million in funding as principal investigator from the Australian Government (NHMRC and MRFF), National Heart Foundation of Australia, state government.

Research Grants as a Chief Investigator: Prof Redfern has been a co-CI on over 30 investigator-initiated project grants totalling \$29m. These competitive grants have been awarded by Australian Government (NHMRC, MRFF), NSW Health, private health (eg, BUPA, HCF) and National Heart Foundation of Australia.

OUTPUTS SUMMARY

Publications: 320 full scientific manuscripts (H-index 64) attracting 18,221 citations. She is in the top 1% of researchers globally in the field of cardiac rehabilitation (expertscape), one of the most published researcher in the world on the topic of text messaging (WoS) and was named in the Stanford top 2% of scientists (2025). Lead for BBC Storyworks video production featuring a Ross – a patient with lived experience that has attracted 234,000 views on YouTube ([Life after heart disease](#) | [Beats of Change](#) | [BBC StoryWorks](#)) and 3million views on TikTok following release on WHF World Heart Day 2025.

Conferences: An invited speaker at scientific conferences on over 250 occasions (20+ countries). Given keynote address and invited presentations at all major inter/national cardiology conferences including ESC, WCC, ACC, Eur Atherosclerosis Soc, CSANZ, British Assoc of Cardiovascular Prevention and Rehabilitation, World Congress Physical Therapy. She has also been an invited panel member (>60), chairperson (>50) and judge at major inter/national conferences. Her students/team have given approximately 600 presentations.

CONSUMER AND COMMUNITY INVOLVEMENT

In the past 5 years, Prof Redfern has published 20+ papers on co-design with consumers, established consumer advisory groups within her Institute and SOLVE-CHD as well as formal partnerships with Heart Support Australia, Her Heart, Heartbeat Vic (1000+ consumer reach). She led the team that won the 2022 Australian Clinical Trial Alliance Consumer Involvement award. She also led a public awareness campaign via a BBC Storyworks (240,000+ views on YouTube and 3.2million views on TikTok since Nov 2025). Prof Redfern has facilitated 15 heart health workshops and initiatives for 100+ consumers including CPR training. She has also been the invited speaker at Heart Foundation Donor and DoorKnock Forums (2011, 2017) and is an active leader and in surf lifesaving. She won the 2023 NSW Surf Life Saving Volunteer of the year for her leadership and volunteerism in Australian surf lifesaving.

SUPERVISION AND MENTORING

Higher Degree Research: Since completing her PhD, Prof Redfern has supervised 21 HDRs (18 PhDs, 3 MPhil, 15 complete), 20 Honours and 22 visiting scholars with 40% of them being awarded scholarships or postdoctoral funding. These include NHMRC (G Enright, G Coorey), Heart Foundation (xx) scholarships and awards such as Universities Australia Pitch-it-Clever (A Singleton), American Heart Association Best International Abstract (S Munot and K Santo); Cardiac Society of Australia and New Zealand (CSANZ) nursing (L Neubeck), allied health (N Lowres), Rising Star (J Weddell).

Postdoctoral fellows/Early-mid career: Prof Redfern has/is primary supervisor of 26 postdoctoral researchers. One-third of her EMCRs have secured Cat 1 Fellowships (6 NHMRC Investigator Grants) and won major prizes (eg Eureka Emerging Leader in Science, NSW Tall Poppy, NSW Cancer Institute ECR of the Year, Telstra Women in Digital Health). She has supported her postdocs to be CIA on grants (herself as as CIB) securing them \$6.3m+ in Cat 1 funds since 2021 to lead their own flagship research programs.

Mentoring programs: Prof Redfern has volunteered her time as a mentor over 30+ clinician-researchers and consumer advocates through her SOLVE-CHD program and has been a formal mentor to 20+ multidisciplinary researchers via the Australian Academy of Health and Medical Sciences, Franklin Women, European Society of Cardiology and ACvA mentoring programs. She also established EMCR Development Programs at both the University of Sydney (600+ EMCRs, 2019) and Bond University (100+ EMCRs, 2025)

RESEARCH CONTRIBUTIONS

Prof Redfern has strategically built a world-leading program of health services research in preventive cardiology. She has **led 9 RCTs and 4 cohort studies** (recruiting 24513 people) with CIA grants (\$12.2M in past 5 years) from NHMRC (Investigator, Synergy, Partnership), 2x Medical Research Future Fund, Heart Foundation and NSW Health and a career total of \$40M+ funding as CI). This includes the QUEL cluster RCT in primary care (n=15000 published in *Circ: Popul Health Outcomes* 2025;PMID 41983290). Prof Redfern has successfully **led the NHMRC-funded SOLVE-CHD program** and expanded to her research to include peer support, breast cancer survivorship, respiratory disease, primary care, youth wellbeing and flu vaccination. She is a member of the Board, Governance and Advocacy Committees of the World Heart Federation (WHF) and is current Co-Chair of the current **WHF Cardiac Rehabilitation Roadmap** and has been invited to give named keynotes at Australian and UK cardiac rehabilitation conferences. The SOLVE-CHD program has attracted \$35 million in funding, delivered 22 projects and established a network of over 500 people from 30 countries including people with lived experience, clinicians (medical doctors, allied health, nursing, pharmacy, psychology etc), researchers and policymakers.

PEER REVIEW CONTRIBUTIONS

Editorial contributions: Associate Editor for npj Digital Medicine and Heart Lung Circ journals. She has been Guest Editor for 4 journal special editions and a previous editor board member for an addition 6 journals including PLOS One, Rehabilitation Research and Practice.

Peer review panels: Since 2012, Prof Redfern has been a member of 50 grant review panels. This has involved 20x NHMRC including Partnership (Chair in 2026) , Project, Development, CRE and Investigator Grants; 11x National Heart Foundation (Chair in 2024, 2025) 8x NSW Health as well as MRFF, Gold Coast Health and Health Research Council of NZ. She has also been an ERA and ARC expert reviewer and member of the NHMRC Assigners Academy (2015, 2016, 2017) for Project, Program and Development Grants.

Abstracts/Manuscript review: She has reviewed abstracts for 40+ inter/national conferences and manuscript reviewer for major journals such as JAMA, Cochrane, Lancet, Circulation, MJA among many others.