

Active Living Research

Building the Evidence to Prevent Childhood Obesity and Support Active Communities

Newest Research on Built Environment and Health



James Sallis, Ph.D.
Active Living Research
San Diego State University


Robert Wood Johnson Foundation

www.activelivingresearch.org

About this symposium

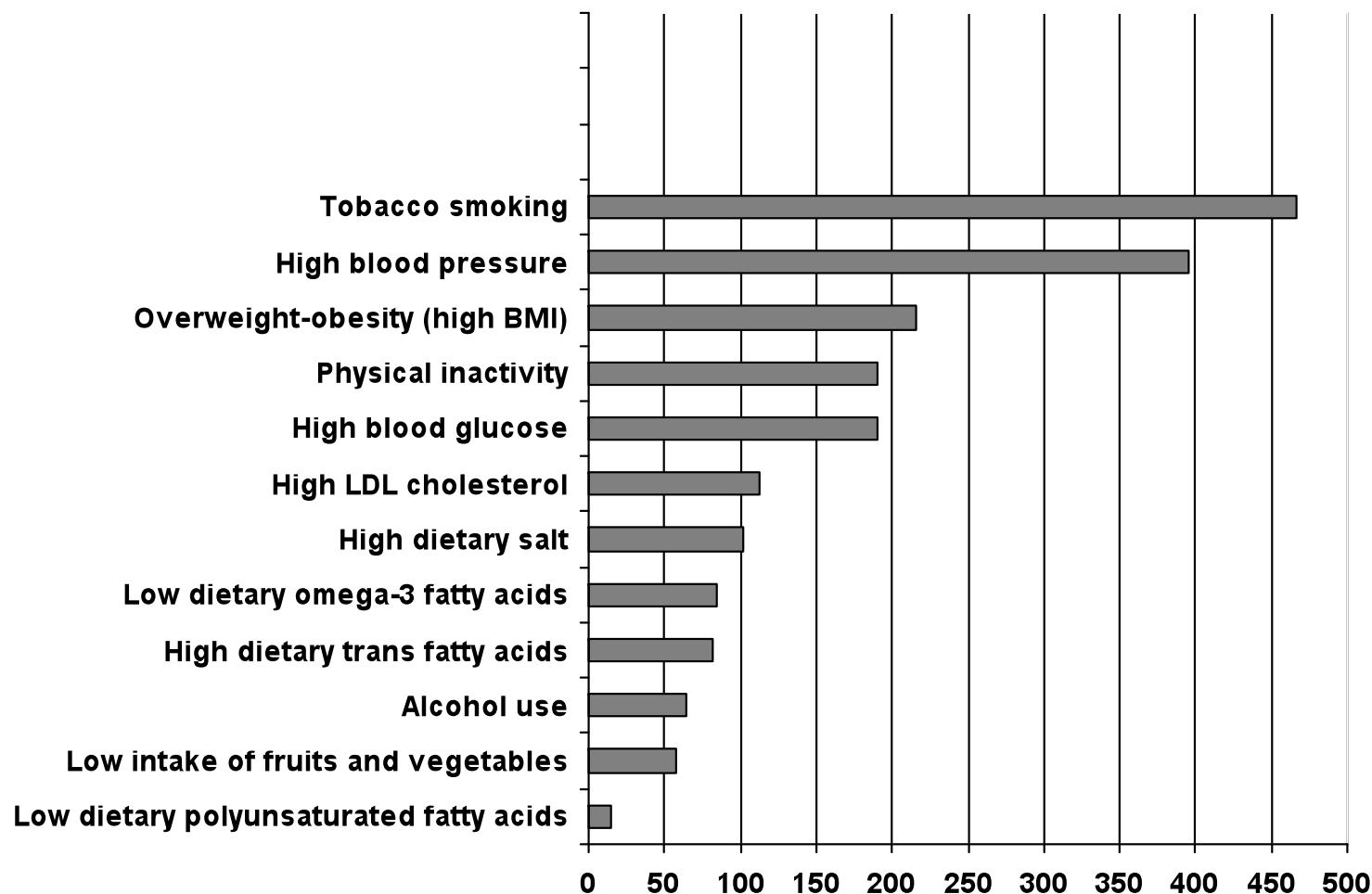
- Increasing recognition of the synergy between smart growth principles and public health, especially as related to physical activity and obesity.
- Planners, pedestrian and bicycle advocates, and government officials are looking for evidence-based strategies that can lead to multiple positive outcomes.
- You will learn about the latest scientific findings on the connections among land use, transportation investments and public health outcomes from leading researchers.
- Topics covered:
 - Update on built environment research on adult physical activity, with a focus on light rail's potential for increasing transport-related walking and biking
 - Built environment factors related to physical activity among children and adolescents
 - Role of multiple types of bicycle facilities in encouraging cycling for transportation.
- Focus on lower-income and underserved communities.



Active Living Research

Building the Evidence to Prevent Childhood Obesity and Support Active Communities

Deaths (thousands) attributable to individual risk factors in both sexes



Danaei G et al, PLoS Medicine, 2009

Robert Wood Johnson Foundation



Active Living Research

Building the Evidence to Prevent Childhood Obesity and Support Active Communities

Active Living Research Mission

Active Living Research supports research that examines how environments and policies impact physical activity and aims to identify promising approaches for preventing childhood obesity, especially among racial and ethnic minorities and children living in low-income communities.



Robert Wood Johnson Foundation

www.activelivingresearch.org

ALR's Goals

- **Establish a strong research base**
 - **(\$28 million research budget-2001 to 2012)**
- **Build a transdisciplinary field of researchers**
- **Inform practice, advocacy, & policy change**

ALR Funding Opportunities

Call for Proposals Round 10 and New Connections– Full proposals due April 14, 2010

- Evaluate policy & environmental interventions
- Environmental correlates of youth PA in high risk populations
- Diversifying the field
- Supporting new investigators
- Dissertation grants

Last major Call for Proposals

Rapid Response CFPs

- Rolling deadlines
- Time sensitive, opportunistic studies to evaluate policy and environmental changes

Come to San Diego next week
ALR Annual Conference
February 9-11, 2010

Themes:

“Engaging Communities to Create Active Living Environments”

And

“Accelerating Progress in Reversing Childhood Obesity”

Save-the-Date:

2011 ALR Conference, February 22-24

San Diego

ALR Tools and Resources

www.activelivingresearch.org

- **Information for researchers, policy makers, advocates, & practitioners**
- **Slides of study results**
- **Quarterly ALR e-newsletter—sign up to get yours**
- **Free access to journals & conference slides**
- **Measures—self-report & environmental audits**
- **ALR Literature Database**
 - **Studies and their results**



Recent and Upcoming Publications

- Research Briefs
 - Making the Link between Transportation, Physical Activity, and Obesity
 - Playgrounds and Children's Active Living
 - Growing Demand for Communities that Promote Health
 - Connection between Community Trails and Participation in Physical Activity
 - Active Transport to School- Impact on Health and How to Increase It
- Research Syntheses
 - Economic Benefits of Walkable Communities & Recreation Areas
 - Parks, Playgrounds and Active Living
 - School Policies to Promote Active Living
- Commissioned Papers
 - Bicycling Interventions
 - Academic Achievement and Physical Activity
 - Climate Change and Active Living



Symposium Presenters

- **Anne Vernez Moudon**
 - School of Urban Design and Planning,
College of Built Environments, University of
Washington
- **Jennifer Dill**
 - Nohad A. Toulan School of Urban Studies
and Planning, Portland State University
- **Brian Saelens**
 - Seattle Children's Hospital & University of
Washington

