



Welcome

Welcome to the IPEN Newsletter.

It is 2013, and we thought it was time to begin regular communication with IPEN members. This is the first IPEN Newsletter. We thank you all for signing up on the website and showing your interest in this critical research area of environments and physical activity. The UN Summit on Non-Communicable Diseases in 2012 highlights the critical role of physical inactivity in the worldwide NCD epidemic, and rapidly growing research indicates that unhealthy decisions about built environments are contributing to low levels of physical activity.

Motivated mostly by not wanting to add unnecessarily to your emails, we have communicated infrequently with IPEN members. But there is so much activity with IPEN that we decided 2013 is a good time to begin regular communication. We plan to send you a newsletter only about twice a year, but we may send additional email alerts if the information is important enough. We will use the IPEN website for more routine announcements. Please [send us](#) news items or announcements that you would like to post on the IPEN website.

- Jim Sallis

Research Updates

IPEN Adult

12 countries have completed data collection for the IPEN Adult study. The survey and accelerometer data are ready for analysis, and the GIS data are in the midst of quality control and comparability checks. Analyses are beginning. In this final year of the NIH-National Cancer Institute grant, our goal is to prepare at least 20 papers for submission. Additional countries are beginning data collection for IPEN Adult. Though they cannot be included in the pooled data analyses, the studies will expand international knowledge of the relation of built environments to physical activity outcomes, and these studies will inform local decision making. Robert Sloan is leading a study in Singapore. Wan Manan is leading a study in Malaysia. Fernando Laino is leading a study in Buenos Aires, Argentina.

IPEN Adolescent

The IPEN Adolescent grant was awarded in 2012 by the NIH-National Heart, Lung, and Blood Institute. This grant will support data collection and pooled analyses with at least 9 countries. An Executive Committee has been formed and is meeting monthly by teleconference. A few countries will be supported for data collection during each of the next 3 years, and there is still time for additional countries to obtain funding from internal sources and join the pooled analyses. Please [contact us](#) if you would like support in applying for funding.

IPEN Senior

In 2012 we succeeded in submitting another IPEN grant to NIH, this time to assess physical activity and walkability in seniors. We had a very positive response from members wishing to be involved in this proposal, including new countries that had not been involved in our adult and adolescent work. This is a great example of IPEN growing. In addition, we were impressed with the number of countries who were able to collect in person functioning data. Unfortunately, the main reviewer was quite negative, though the second reviewer was enthusiastic, and the third reviewer was positive. We will resubmit the proposal in the Fall and will keep you informed.

IPEN at ICDAM in Rome

The International Conference on Diet and Activity Measurement was held in Rome, Italy in the summer of 2012. There was a strong IPEN presence at the meeting. Marc Adams presented preliminary results of IPEN Adult GIS data that showed impressive variation in built environment attributes.

IPEN meetings at ICPAPH in Sydney

The International Congress on Physical Activity and Public Health was held in early November in Sydney, Australia. Because many IPEN investigators planned to attend, we organized 2 days of IPEN meetings prior to the conference. We thank Adrian Bauman for hosting these meetings in his offices at University of Sydney. The first day was a writing retreat for IPEN Adult investigators, organized by Ilse de Bourdeaudhuij. Attendees were busy writing paper prospectuses, planning analyses, and drafting sections of papers. During the morning of the second day, everyone reported on their progress in developing papers, and Ester Cerin presented on the IPEN data analysis approach. Her presentation and other PowerPoints used in Sydney are posted on the [IPEN website](#). The afternoon was devoted to an orientation to the IPEN Adolescent meeting, and it was the first get-together of these investigators. Representatives of 13 countries attended and provided status reports on their planned or completed studies. Jacqueline Kerr led presentations on key components of IPEN methods, with input from Ester Cerin, Ilse de Bourdeaudhuij, and others from the Coordinating Center in the US who joined by teleconference. Rodrigo Reis volunteered to lead a Policy Impact Committee to ensure policy makers in each country are informed of IPEN Adolescent results.

You can see from the photos that these meetings were well attended, and the diversity of countries and depth of commitment to these international studies were inspiring to everyone.



IPEN Adult Group, Sydney 2012



IPEN Adolescent Group, Sydney 2012

IPEN at the World Bank

The American College of Sports Medicine organized a meeting about the need for international action on physical activity at the World Bank in Washington, DC in the Summer of 2012. Rodrigo Reis represented IPEN and presented on the importance of implementing evidence-based strategies in multiple sectors to create more activity-friendly environments worldwide.

Policy Guidelines from IPEN

IPEN has always aimed to inform local, national and international policy. In San Diego, Drs Kerr and Sallis are advisors to the local government agency developing regional and transportation plans. A new regional plan is in development and we have a unique opportunity to put public health on the agenda. If you have examples of plans in your city that include public health goals, specific public health related strategies, or examples of evaluation criteria that include public health outcomes PLEASE send them to [Dr. Kerr](#) so she can provide these to the government agency in San Diego.

CEPA (Council on Environment and Physical Activity)

As an official council of ISPAH (International Society of Physical Activity and Health), CEPA held a symposium and network meetings during the 4th International Congress of Physical Activity and Public Health (ICPAPH) in Sydney (October-November 2012). In the symposium, several members showcased activities and findings to date, and discussed new directions to further advocate for evidence-based environmental and policy changes to support physical activity internationally. During the network meetings, the following new leaders were approved: Takemi Sugiyama (Chair); Jacqueline Kerr (Co-chair); Rodrigo Reis (Co-chair); Erica Hinckson (Work Group Coordinator); Delfien van Dyck (Communications Officer). Below is the list of current CEPA work groups (leader): Seniors (Ester Cerin); Children (Erica Hinckson); Latin America (Adriano Akira Hino, Deborah Salvo); Policy and Economic Impact (Billie Giles-Corti); Africa (Rufus Adeyoyin); Urban Green Space (Jasper Schipperijn); Transport-Sector Data (Takemi Sugiyama); Early Career Researchers (Ruth Hunter). Contact [Delfien van Dyck](#) for more information.



GIS Templates

The IPEN Coordinating Center released a guiding set of documents for developing a common set of Geographic Information Systems (GIS) variables across countries for the IPEN Adult study. These templates provided greater specificity to common concepts, clearer definitions, and guidance on required, desired, and speculative variables and GIS procedures. We believe that following these templates closely ensures that the IPEN suite of studies has a common set of comparable GIS variables, and can document any deviations where necessary. This process is important for maximizing comparability across countries. For IPEN adolescent, we will be refining these templates to maximize comparability and proposing additional areas to measure, such as school-based walkability and transit level of service. IPEN Templates are freely available to everyone and can be accessed on the IPEN website following [this link](#). Contact [Marc Adams](#) for more information.

Jim Sallis's Website

You are encouraged to visit Jim Sallis's newly renovated [website](#), masterminded by Carrie Geremia. The new format makes it much easier to find measures and download publications. News of relevance to the field will be updated regularly, and Jim will report on his travels and activities, along with photos. So you may see yourself.



IPEN GPS

IPEN has been a keen supporter of the GPS Health Research Network which includes many international researchers. We had always hoped at some stage to write an international GPS grant. After our IPEN Adolescent meeting in Sydney in November it was clear that several countries were planning to collect GPS on their IPEN adolescent participants. We are therefore trying to respond to this momentum and will be preparing an IPEN GPS grant for submission to NIH, hopefully in June 2013. Contact [Jacqueline Kerr](#) for more information or if you are interested in participating.



Meetings at ISBNPA in Ghent

The International Society of Behavioral Nutrition and Physical Activity conference will be held in Ghent, Belgium, May 22-25, 2013. Because many IPEN investigators will be attending, we are planning another two days of meetings prior to the start of ISBNPA. The first day (Monday May 20, 2013) will be another writing retreat for IPEN Adult investigators. The second day (Tuesday May 21, 2013) will likely be devoted to training sessions for IPEN adolescent investigators. On Wednesday, May 22, Ester Cerin will give an interesting afternoon workshop entitled 'Statistical models that can preserve your sanity when your data aren't normal'. More information and registration options can be found on the ISBNPA 2013 website. Two IPEN-related symposia already have been accepted and a several IPEN investigators have submitted free paper proposals. Contact Delfien van Dyck for more information.

IPEN-Related Publications 2011-2012

The IPEN Adult methods paper is available online. We do not know when it will come out in print, but you can use and cite it now. The IPEN Adult GIS paper is in process. It will report descriptive data on each country's main GIS variables, using graphs to vividly illustrate the range of variation across countries.

Coordinating Center Publications

- Sallis, J.F. (2011). Environmental and policy research on physical activity is going global. *Research on Exercise Epidemiology*, 13(2), 111-117. [Link](#)
- Kerr, J., Sallis, J.F., Owen, N., DeBourdeaudhuij, I., Cerin, E., Frank, L., Reis, R., Fromel, K., Mitáš, J., Troelsen, J., MacFarlane, D., Salvo, D., Schofield, G., Badland, H., Guileen-Grima, F., Davey, R., Bauman, A., Saelens, B., Rid-doch, C., Ainsworth, B., Pratt, M., Schimd, T., Adams, M., Conway, T., Cain, K., Van Dyke, D., and Bracy, N. (in press). Advancing science and policy through a coordinated international study of physical activity and built environments: IPEN methods. *Journal of Physical Activity and Health*. [Link](#)

3-Country Papers led by Delfien VanDyck

- Van Dyck, D., Cerin, E., Conway, T.L., De Bourdeaudhuij, I., Owen, N., Kerr, J., Cardon, G., Frank, L.D., Saelens, B.E., and Sallis, J.F. (2012). Associations between perceived neighborhood environmental attributes and adults' sedentary behavior: Findings from the USA, Australia, and Belgium. *Social Science and Medicine*, 74, 1375-1384.
- Van Dyck, D., Cerin, E., Conway, T.L., De Bourdeaudhuij, I., Owen, N., Kerr, J., Cardon, G., Frank, L.D., Saelens, B.E., and Sallis, J.F. (2012). Perceived neighborhood environmental attributes associated with adults' transport-related walking and cycling: Findings from the USA, Australia, and Belgium. *International Journal of Behavioral Nutrition and Physical Activity*, 9, 70. Posted online June 12, 2012. [Link](#)
- Van Dyck, D., Cerin, E., Conway, T.L., De Bourdeaudhuij, I., Owen, N., Kerr, J., Cardon, G., Frank, L.D., Saelens, B.E., and Sallis, J.F. (2013). Perceived neighborhood environmental attributes associated with adults' leisure-time physical activity: Findings from Belgium, Australia, and the USA. *Health and Place*, 19, 59-68.

Australia

- Gebel, K., Bauman, A., Sugiyama, T., & Owen, N. (2011). Mismatch between perceived and objectively-assessed neighborhood walkability attributes: Prospective relationships with walking and weight gain. *Health & Place*, *17*(2), 519–524.
- Ding, D., Sugiyama, T., & Owen, N. (2012). Habitual active transport, TV viewing, and weight gain: A four year follow-up study. *Preventive Medicine*, *54*(3–4), 201–204.
- Ding, D., Sugiyama, T., Winkler, E., Cerin, E., Wijndaele, K., & Owen, N. (2012). Correlates of change in adults' television viewing time: A four-year follow-up study. *Medicine & Science in Sports & Exercise*, *44*(7), 1287–1292.
- Shimura, H., Sugiyama, T., Winkler, E., & Owen, N. (2012). High neighborhood walkability mitigates declines in middle-aged and older adults' walking for transport. *Journal of Physical Activity and Health*, *9*(7), 1004–1008.
- Sugiyama, T., Ding, D., & Owen, N. (2013). Commuting by car: Weight gain among physically active adults. *American Journal of Preventive Medicine*, *44*(2), 169–173.
- Sugiyama, T., Inoue, S., Cerin, E., Shimomitsu, T., & Owen, N. (in press). Walkable area within which destinations matter: Differences between Australian and Japanese cities. *Asia-Pacific Journal of Public Health*. (Accepted 8 September 2012)

Belgium

- Van Dyck D, Cardon G, Deforche B, Giles-Corti B, Sallis JF, Owen N, De Bourdeaudhuij I. Environmental and psychosocial correlates of accelerometer-assessed and self-reported physical activity in Belgian adults. *International Journal of Behavioral Medicine* 2011; 18:235-245.
- Van Dyck D, Cardon G, Deforche B, Owen N, De Bourdeaudhuij I. Relationships between neighborhood walkability and adults' physical activity: how important is residential self-selection. *Health & Place* 2011; 17: 1011-1014.

Brazil

- Reis RS, Hino AAF, Parra DC, Hallal PC, Brownson RC. Bicycling and Walking for Transportation in Three Brazilian Cities. *American Journal of Preventive Medicine* 2013;44(2):e9–e17. [Link](#)
- Hino AAF, Rech CR, Gonçalves PB, Hallal PC, Reis RS. Projeto ESPAÇOS de Curitiba, Brasil: aplicabilidade de métodos mistos de pesquisa e informações georreferenciadas em estudos sobre atividade física e ambiente construído. *Revista Panamericana de Salud Publica*. 2012;32(3):226–33. [Read Paper](#)
- Kienteka M, Rech CR, Fermino RC, Reis RS. Validity and reliability of an instrument to measure barriers to bike use in adults. *Revista Brasileira de Cineantropometria Desempenho Humano* 2012, 14(6):624–635. [Read Paper](#)

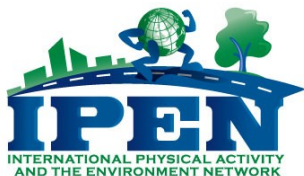
Nigeria

- Oyeyemi, A.L., Adegoke, B.O.A., Oyeyemi, A.Y., and Sallis, J.F. (2011). Perceived environmental correlates of physical activity and walking in African young adults. *American Journal of Health Promotion*, *25*(5), e10–e19. Online only. DOI: 10.4278/ajhp.090918-QUAN-304
- Oyeyemi, A.L., Adegoke, B.O., Oyeyemi, A.Y., Deforche, B., De Bourdeaudhuij, I., and Sallis, J.F. (2012). Environmental factors associated with overweight among adults in Nigeria. *International Journal of Behavioral Nutrition and Physical Activity*, *9*, 32. [Link](#)
- Oyeyemi, A.L., Adegoke, B.O., Sallis, J.F., Oyeyemi, A.Y., and De Bourdeaudhuij, I. (2012). Perceived crime and traffic safety is related to physical activity among adults in Nigeria. *BMC Public Health*, *12*, 294. Published online April 21, 2012. [Link](#)

United States

- Lachapelle, U., Frank, L.D., Saelens, B.E., Sallis, J.F., and Conway, T.L. (2011). Commuting by public transit and physical activity: Where you live, where you work, and how you get there. *Journal of Physical Activity and Health* 8 (suppl 1), S72-S82.
- Crespo, N.C., Sallis, J.F., Conway, T.L., Saelens, B.E., and Frank, L.D. (2011). Worksite physical activity policies and environments in relation to employee physical activity. *American Journal of Health Promotion*, 25, 264-271.
- Adams, M.A., Sallis, J.F., Kerr, J., Conway, T.L., Saelens, B.E., Frank, L.D., Norman, G.J., and Cain, K.L. (2011). Neighborhood environment profiles related to physical activity and weight status: A latent profile analysis. *Preventive Medicine*, 52, 326-331.
- Sallis, J.F., Slymen, D.J., Conway, T.L., Frank, L.D., Saelens, B.E., Cain, K., and Chapman, J. (2011). Income disparities in perceived neighborhood built and social environment attributes. *Health and Place*, 17(6), 1274-1283. [doi:10.1016/j.healthplace.2011.02.006](https://doi.org/10.1016/j.healthplace.2011.02.006). [Link](#)
- Buman, M.P., Hekler, E.B., Haskell, W.L., Pruitt, L., Conway, T.L., Cain, K.L., Sallis, J.F., Saelens, B.E., Frank, L.D., and King, A.C. (2010). Objective light-intensity physical activity associations with rated health in older adults. *American Journal of Epidemiology*, 172, 1155-1165.
- Kerr, J., Carlson, J.A., Sallis, J.F., Rosenberg, D., Leak, C.R., Saelens, B.E., Chapman, J.E., Frank, L.D., and King, A.C. (2011). Assessing health-related resources in senior living residences. *Journal of Aging Studies*, 25, 206-214. In special issue, "Age and the Cultivation of Place." [doi:10.1016/j.jaging.2011.03.004](https://doi.org/10.1016/j.jaging.2011.03.004)
- King, A.C., Sallis, J.F., Frank, L.D., Saelens, B.E., Cain, K., Conway, T.L., Chapman, J.E., Ahn, D.K., and Kerr, J. (2011). Aging in neighborhoods differing in walkability and income: Associations with physical activity and obesity in older adults. *Social Science and Medicine*, 73(10), 1525-1533.
- Saelens, B.E., Sallis, J.F., Frank, L.D., Cain, K.L., Conway, T.L., Chapman, J.E., Slymen, D.J., and Kerr, J. (2012). Neighborhood environmental and psychosocial correlates of adults' physical activity. *Medicine and Science in Sports and Exercise*, 44(4), 637-646. Epub ahead of print September 16, 2011. DOI: 10.1249/MSS.0b013e318237fe18
- Kozo, J., Sallis, J.F., Conway, T.L., Kerr, J., Cain, K., Saelens, B.E., Frank, L.D., and Owen, N. (2012). Sedentary behaviors of adults in relation to neighborhood walkability and income. *Health Psychology*, 31(6), 704-713. Online First Publication, April 30, 2012. [doi: 10.1037/a0027874](https://doi.org/10.1037/a0027874)
- Carlson, J.A., Sallis, J.F., Conway, T.L., Saelens, B.E., Frank, L.D., Kerr, J., Cain, K., and King, A.C. (2012). Interactions between psychosocial and built environment factors in explaining older adults' physical activity. *Preventive Medicine*, 54(1), 68-73. [doi: 10/1016/j.ypmed.2011.10.004](https://doi.org/10.1016/j.ypmed.2011.10.004)
- Adams, M.A., Sallis, J.F., Conway, T., Frank, L.D., Saelens, B.E., Kerr, J., Cain, K.L., and King, A.C. (2012). Neighborhood environment profiles for physical activity among older adults. *American Journal of Health Behavior*, 36(6), 757-769. [doi: 10.5993/AJHB.36.6.4](https://doi.org/10.5993/AJHB.36.6.4)
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