



Welcome to ALR 101

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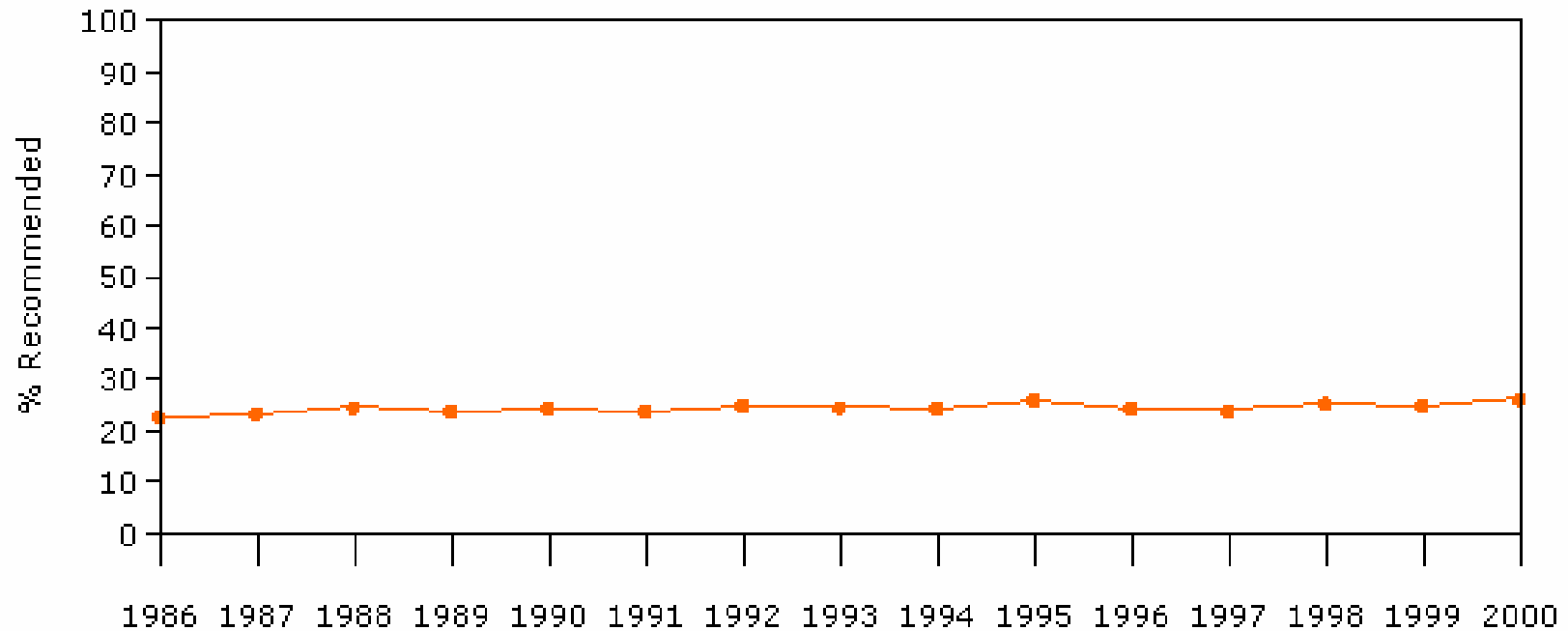
Physical Inactivity—The Evidence Is Clear

- 200,000 deaths attributed to inactivity in the US (Hahn, 1990)
 - Smoking causes about 435,000 deaths
 - Alcohol causes about 100,000 deaths
- 6% of medical costs in Canada, Australia, Switzerland, Netherlands, US
 - comparable to costs due to tobacco (Katzmartzyk 2004)
- Inactivity is playing a role in the obesity epidemic and promoting PA can contribute to solutions



Promoting exercise has not worked

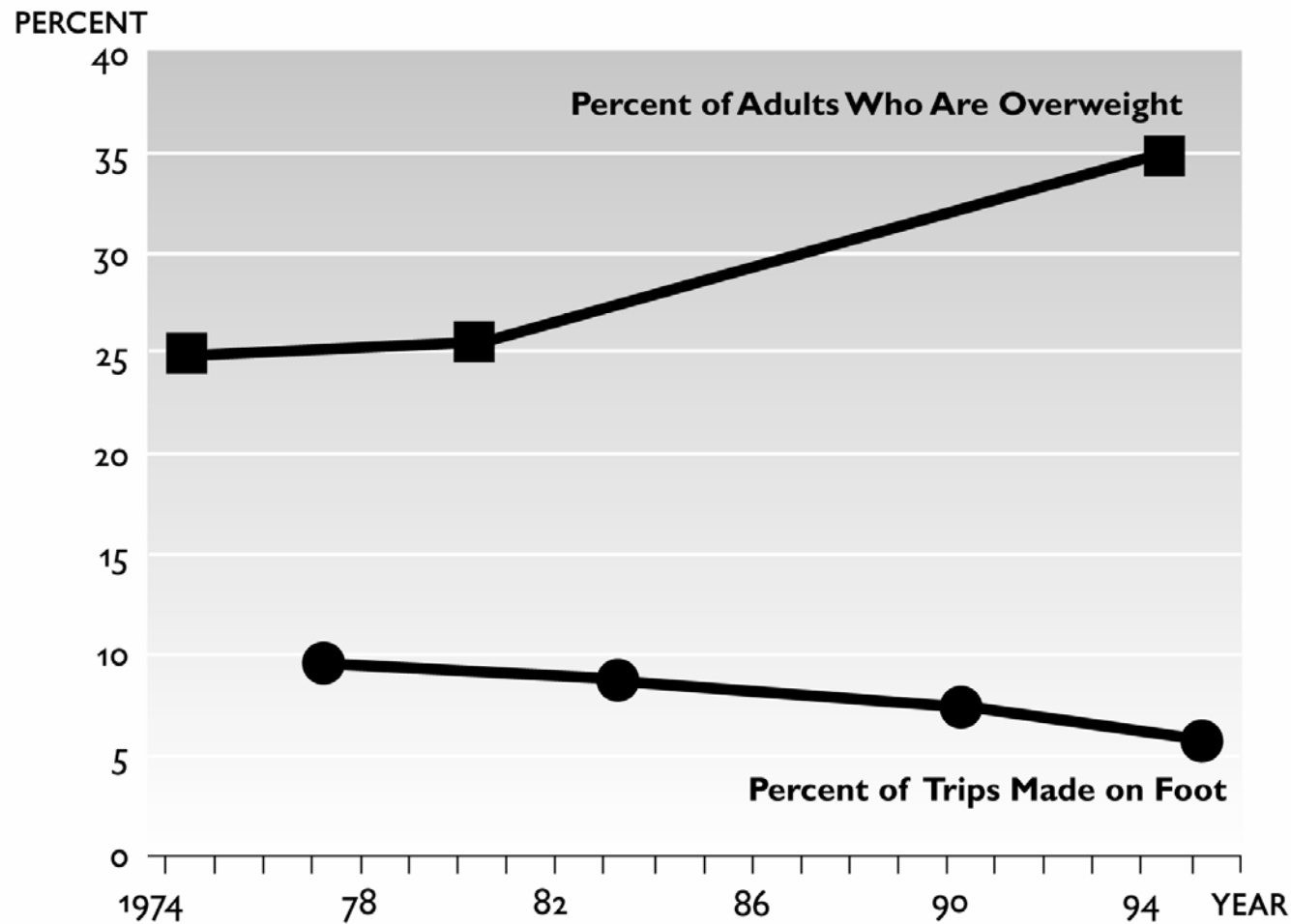
Trend in Recommended Physical Activity for U.S. Overall



Source: Centers for Disease Control and Prevention Behavioral Risk Factor Surveillance System



Walking for Transport Is Declining

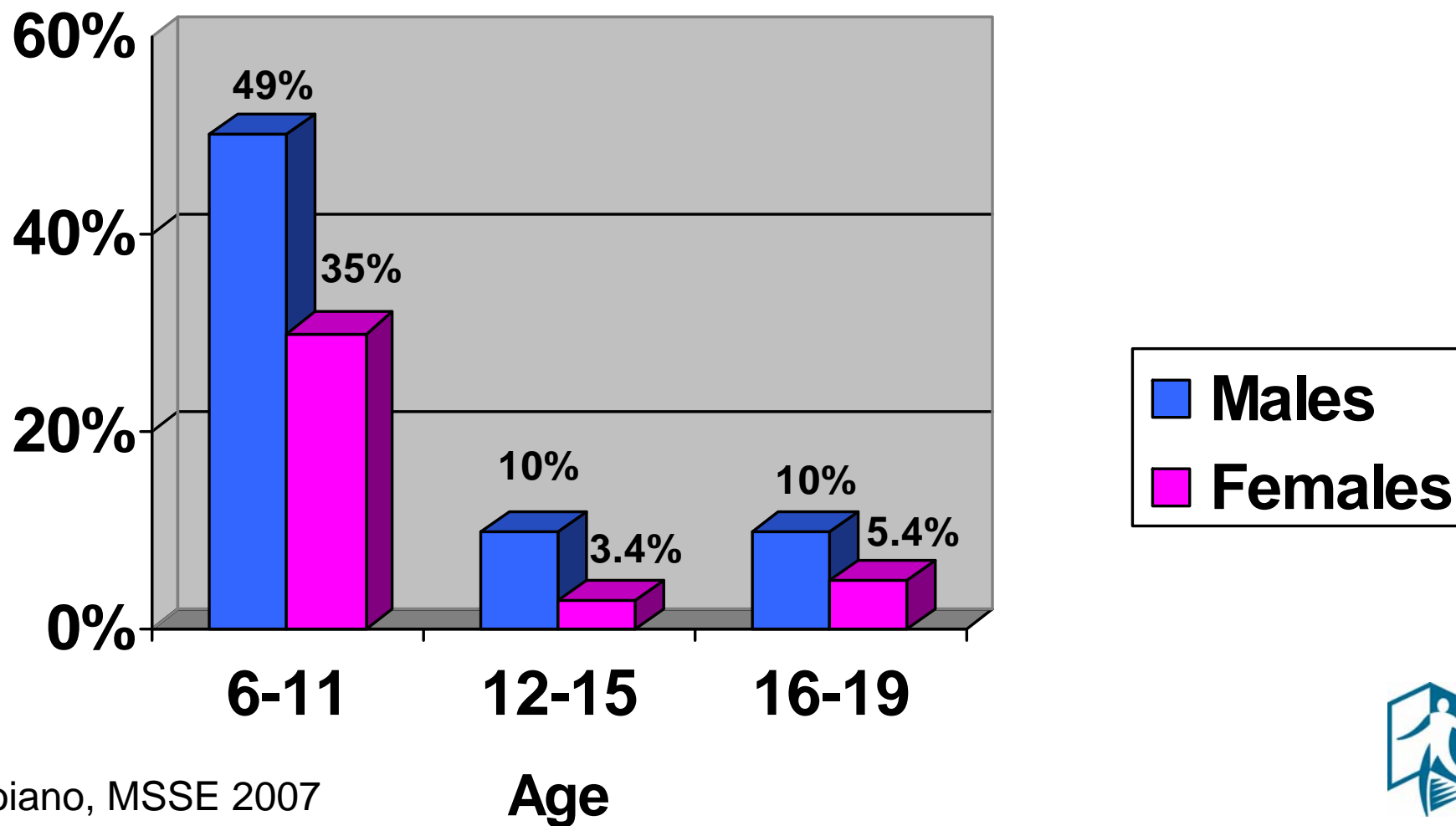


Based on data from the Nationwide Personal Transportation Survey and the Centers for Disease Control and Prevention.



Percentage of youth ages 6-19 meeting 60 min/day physical activity guidelines.

Based on accelerometers. NHANES 2003-4



Troiano, MSSE 2007

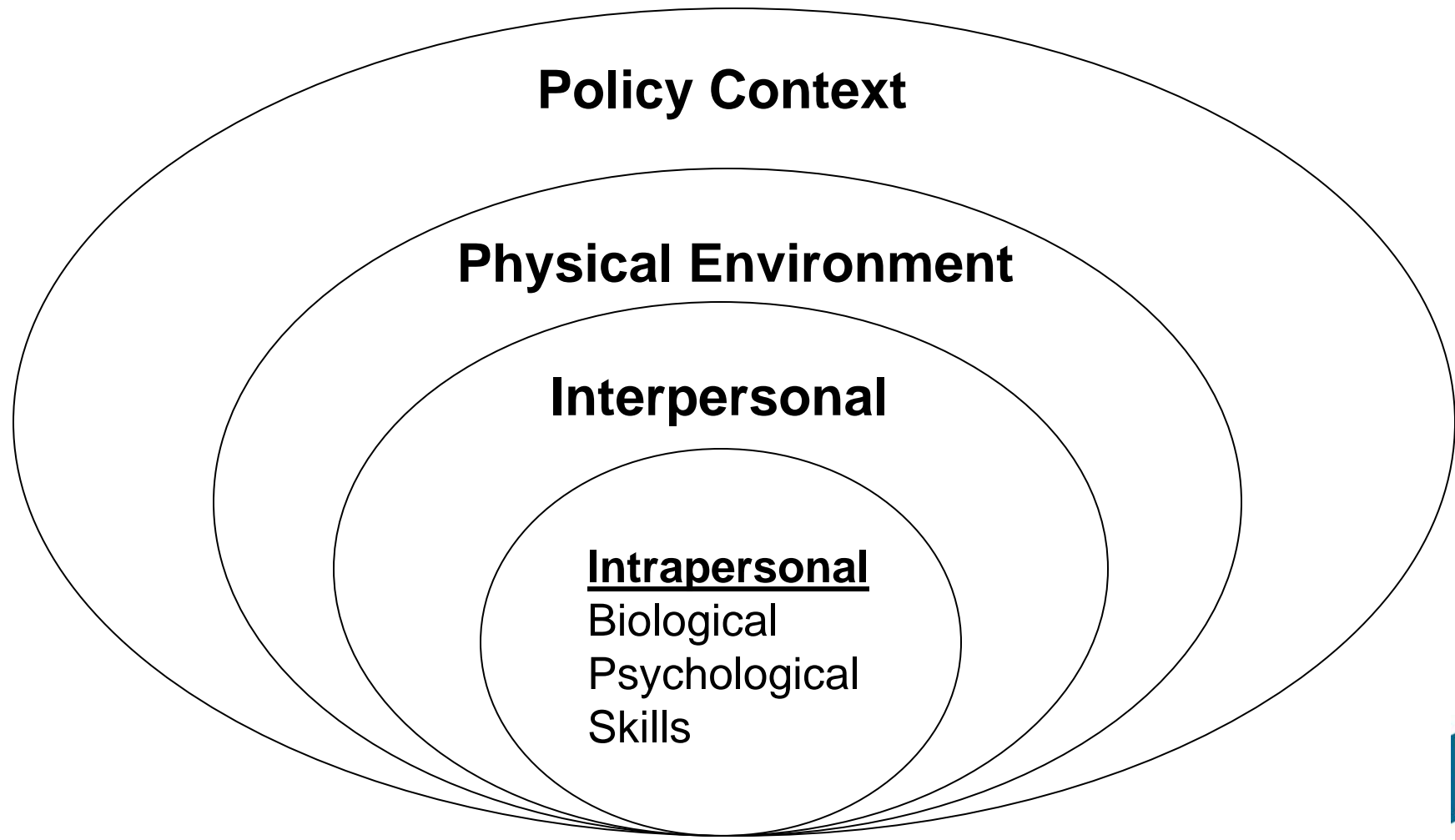


What are we doing about inactivity? What should we do?

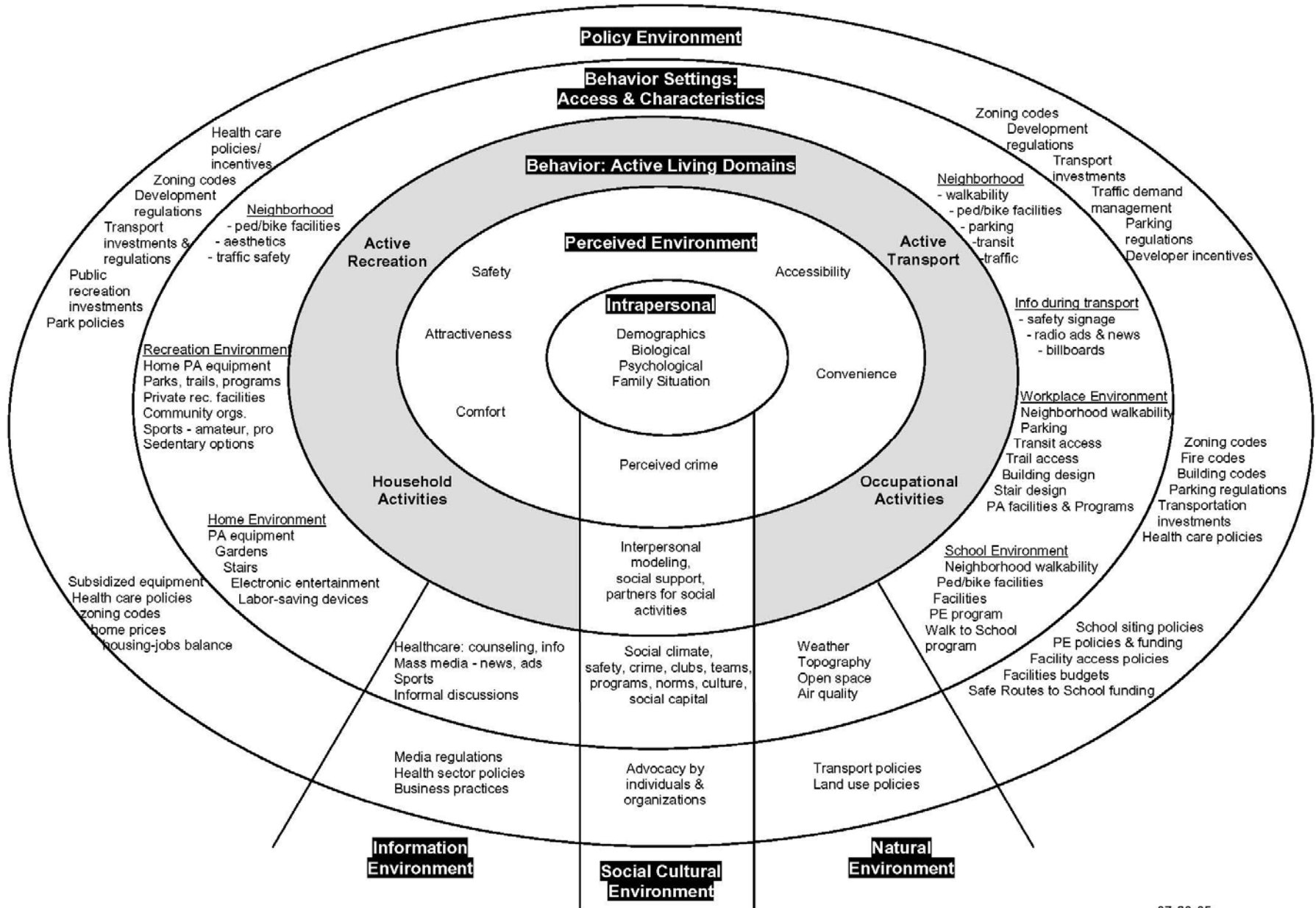
- Minor investment in programs
- Primary goals are education and behavior change skills training of individuals & small groups
- The program approach will never be sufficient, because few people participate, effects are small, & maintenance is poor
- Recommended approach
 - First, create activity-friendly environments & policies that make the health choice easy
 - Then, implement programs to motivate people to use the resources



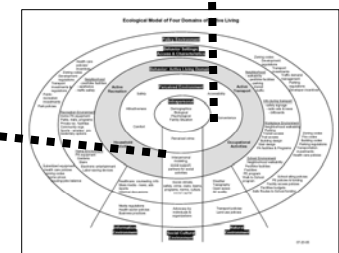
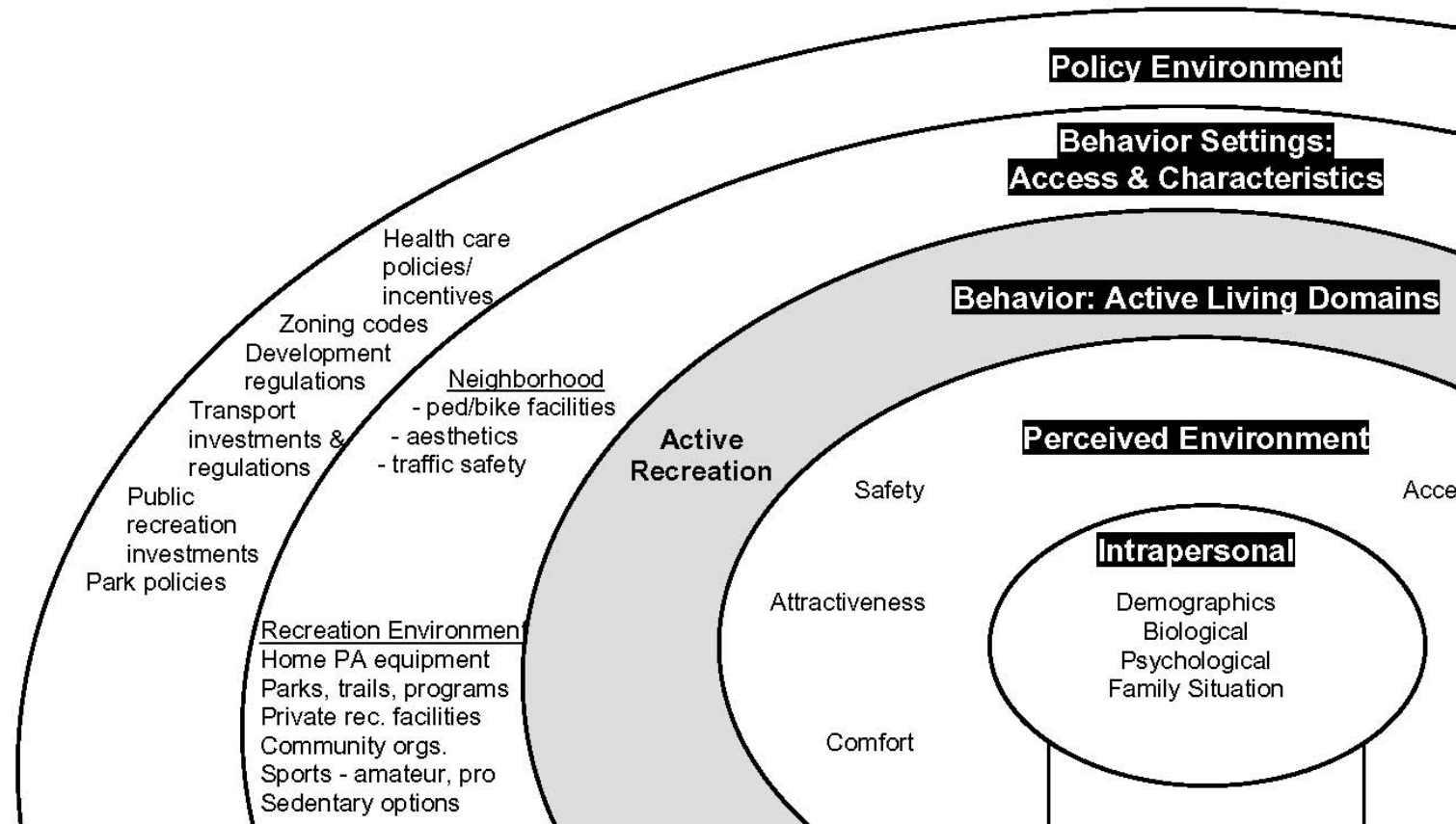
An Ecological Model of Health Behavior



Ecological Model of Four Domains of Active Living



Ecological Model of Four Domains of Active Living



Sallis, J.F., Cervero, R.B., Ascher, W., Henderson, K.A., Kraft, M.K., and Kerr, J. (2006). An ecological approach to creating more physically active communities. *Annual Review of Public Health*, 27, 297-322.



Robert Wood Johnson Foundation's vision, circa 1999

- Physical inactivity was a major health challenge with an inadequate response
- Key leaders: Michael McGinnis, Tracy Orleans
- RWJF commitment to environmental & policy strategies to improve active living: \$80 million
 - Build evidence: [Active Living Research](#)
 - Community demonstrations: [Active Living by Design](#)
 - Build demand for change: [Active Living Leadership](#)



Rationale for Environment & Policy Focus

- IOM, Healthy People, CDC urged multi-level solutions, including environmental change
- Little evidence about environment & policy influence, so research was high priority
- Multi-level interventions
 - First, create environments & policies that make healthy choices easy
 - Then, educate & motivate people to make those choices



Active Living Research

Goals: 2001-2007

- Establish a strong research base
 - Administer a \$12.5 million research budget
- Build a transdisciplinary field of researchers
- Stimulate & inform policy change



Framework for Research Priorities

- Settings

- Community design
- Transport facilities
- Public recreation
- Private recreation
- Schools
- Building siting & design
- Media

- Study Types

- Measure development (environment & policy)
- Environmental correlates (special populations)
- Policy analysis
- Evaluation of interventions
- Case studies of policy & environment change
- Environmental perceptions



Building Evidence

- Calls for proposals attracted over 900 applicants
 - Funding rates, 8%-25%. Higher for dissertations
 - 121 grants funded
- Conference
 - Highly competitive abstract selection
 - Best papers in journal supplement with wide distribution
- Website
 - Free access to journals & conference slides
 - Measurement resources
 - Literature searches, reference lists; article database
 - About 12,000 visits per month



Field Building

Cultivating New Relationships

- Architecture
- Environment & Behavior
- Geography
- Landscape Architecture
- Parks & Recreation
- Planning
- Transportation
- Criminology
- Economics/Law/Policy
- Advocates/ Policymakers



Building a Transdisciplinary Field: Academic Diplomacy

- Multidisciplinary advisory committee
- Recruiting non-traditional partners through talks at conferences
- Broad distribution of Calls for Proposals
- Seminar grants to organizations to bring speakers from other fields
 - 15 seminar programs



ALR Conference Evaluation: % rated 4 or 5

Item	2004	2005	2006
Stimulated ideas likely to lead to changes in my research	86	88	74
Learned new concepts from another discipline likely to enhance my work	89	79	84
New contacts might lead to collaboration	94	91	93
Builds capacity to conduct transdisciplinary studies	93	93	88

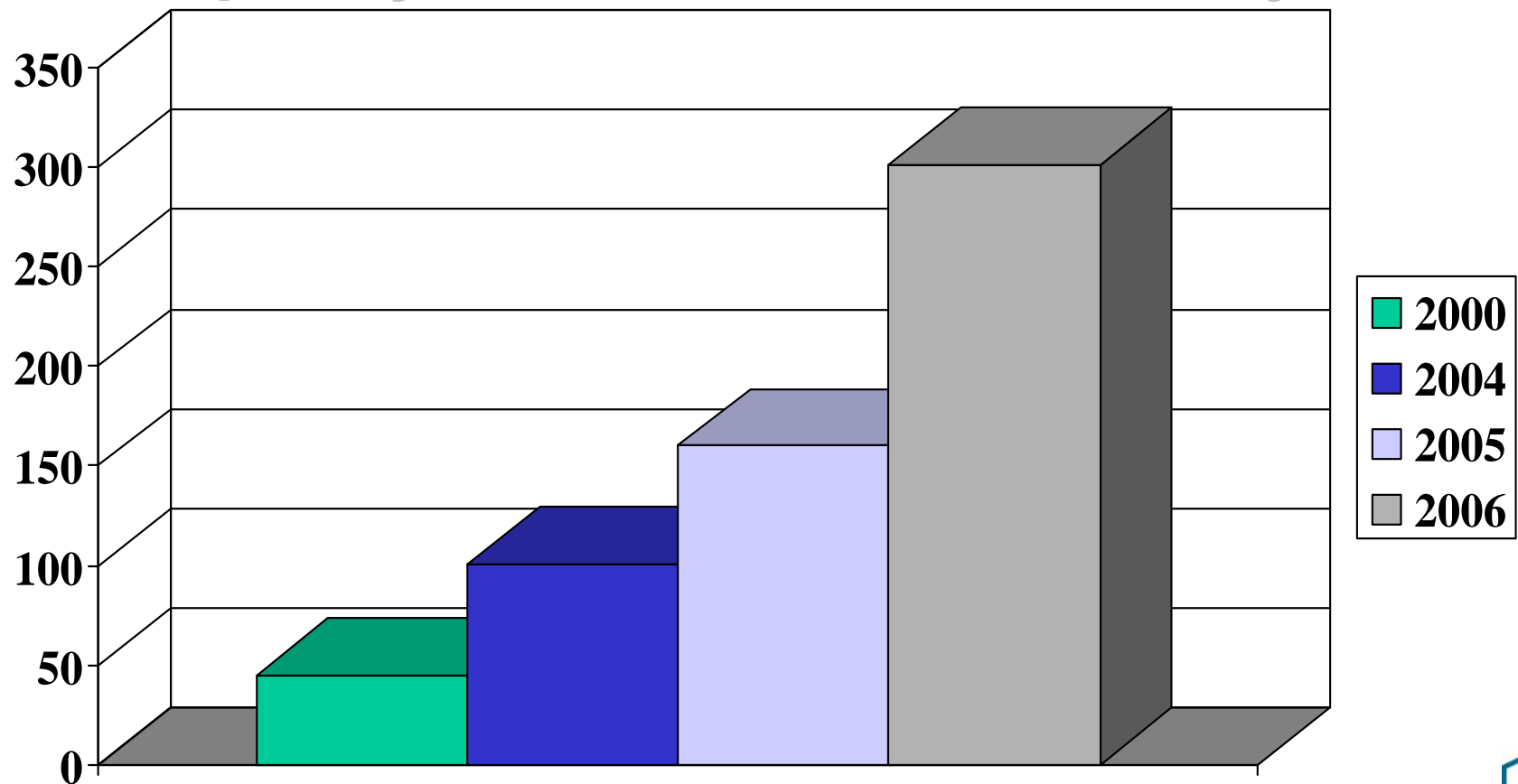


Translating Research into Policy

- Regular input from Active Living Leadership grantees & others on research priorities & communication strategies
- CFPs for case studies & policy studies—targeting policymakers
- Research summaries for policymakers—20,000+ hard copies distributed
- Sessions at ALR Conference with policymakers to show how they use research



Publication trends: Papers on environment & policy related to PA & obesity



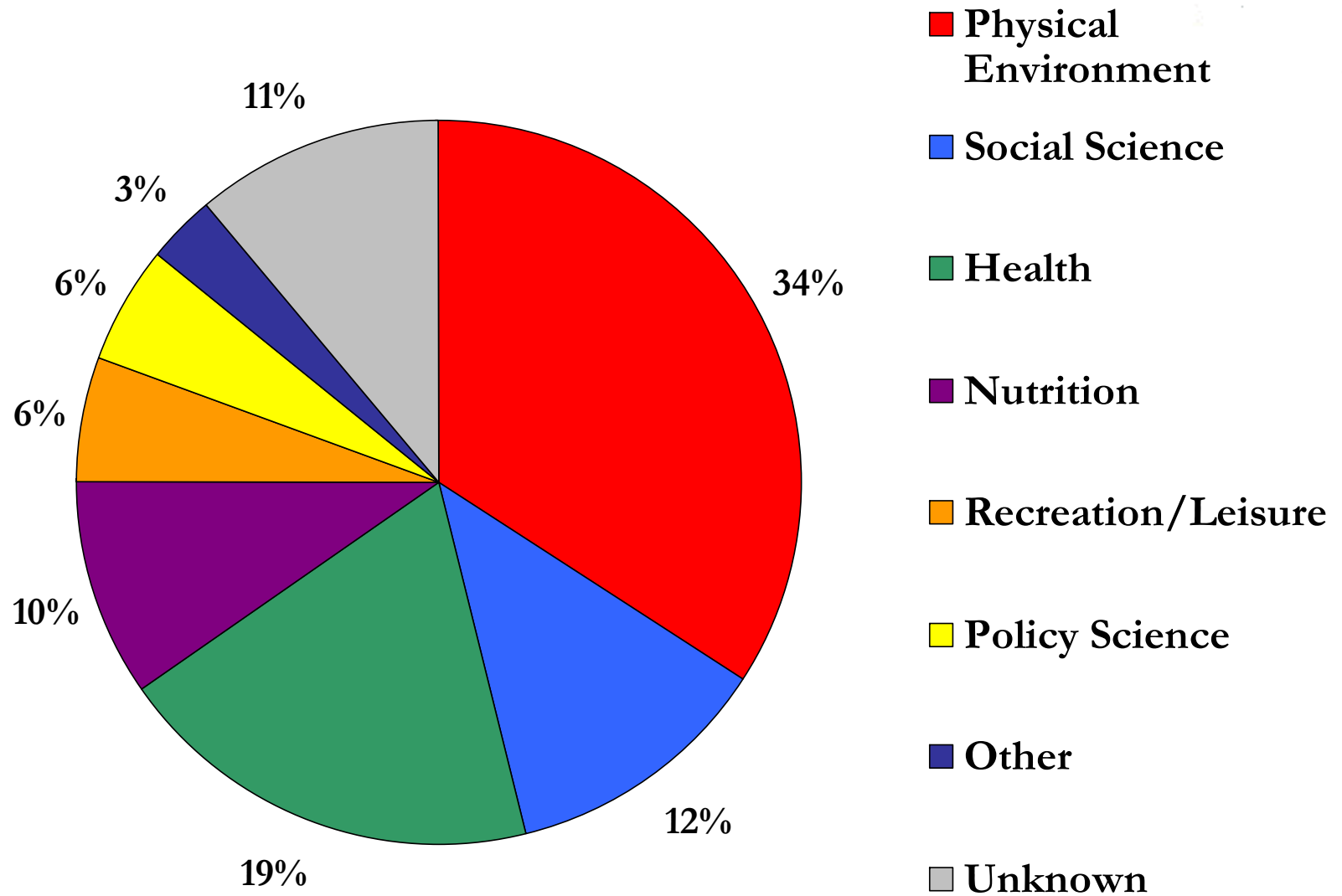
Evaluation of Active Living Research

Marjorie Gutman, PhD

Dianne Barker, MHS

Faith Samples-Smart, PhD

Investigator Disciplines



Growing Human Capital

- **Attracted, nurtured new/young researchers**
- **31% of PIs had 5 years or less research experience**
- **77% of all investigators reported professional advancement**
- **Dissertation and other small grants led to pilot data, preparation for larger grants**
- **Diversity - 26% of PIs are persons of color**

Summary Conclusions

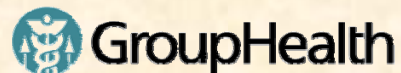
Nature	Progress	Potential
Knowledge Base	Major	High
Transdisciplinary Field	Major	High
Financial Capital	Minor	Some
Contribution to policy & practice	Minor	High*
Niche	Unique	Unique

* Under optimal conditions

Group Health Community Foundation

**Evaluation:
RWJF Active Living Research Program**

Bill Beery, Judith Ottoson, Lawrence
Green, Sandra Senter,
Dave Pearson, Carol Cahill, Howard
Greenwald



Awareness of ALR

Key Informant Interviews

	State KI (n=50)	Policy KI (n=26)
Heard of Active Living Research	88%	77%
Aware of at least 1 ALR study	66%	↓
Had contact with an ALR researcher	42%*	70%**
Visited ALR Web site (last 6 mo.)	70%	35%

*n=31; **n=20

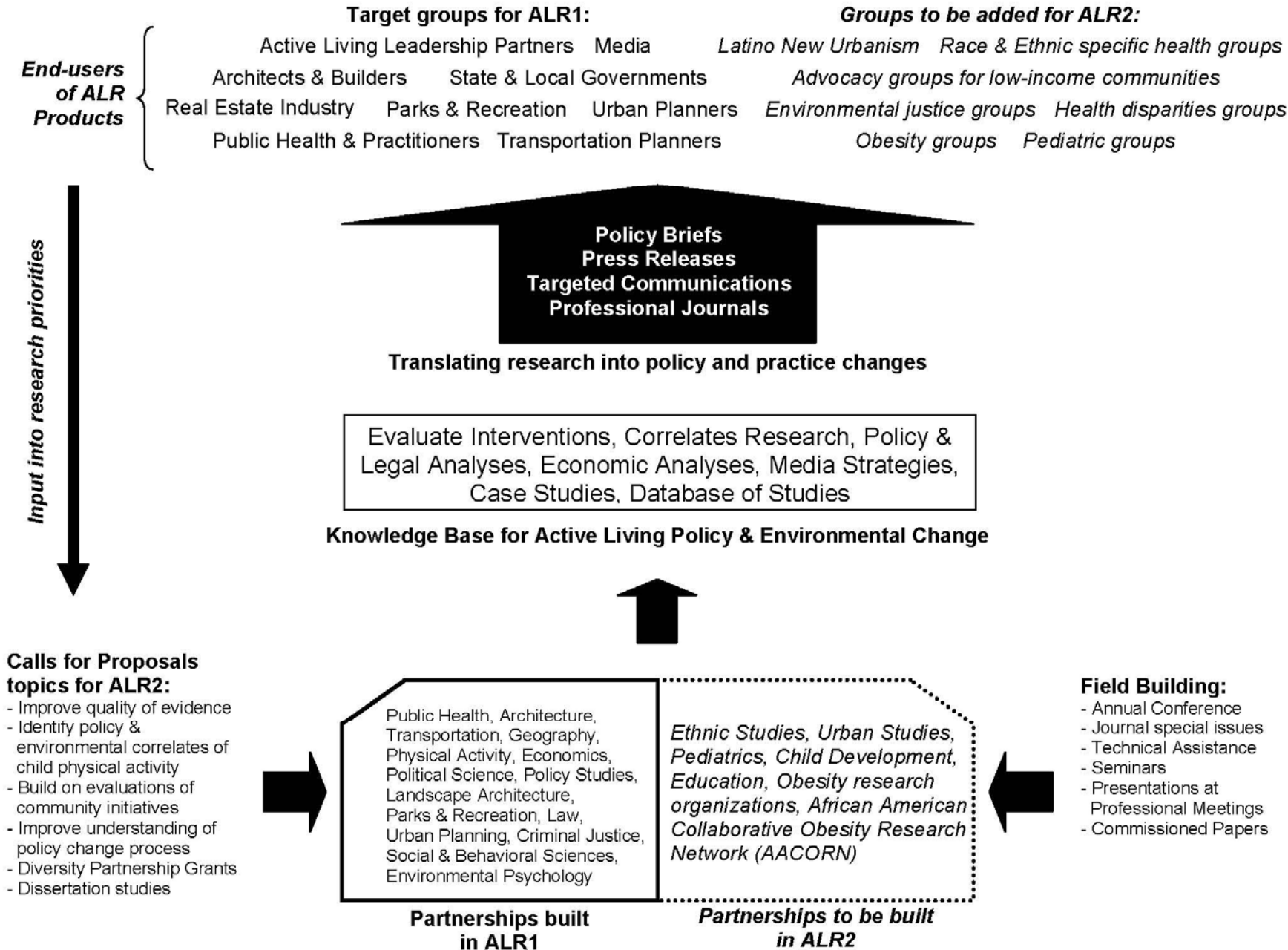


Renewal of Active Living Research 2007-2012

- Contribute to RWJF's goal of reversing the childhood obesity epidemic by 2015
- \$15.4 research budget
- Focus on groups at highest risk
 - African American, Latino, Native American, Asian/Pacific Islander, lower income



Conceptual Model for the Active Living Research Transition from ALR1 to ALR2



Funding Priorities for ALR Renewal

- **Theme 1**: Establish a strong research base regarding policy and environmental factors that influence physical activity and body weight in children, especially in populations at highest risk
 - Evaluations of policy & environmental interventions (CFP8)
 - Rapid response evaluations, in collaboration with Healthy Eating Research
 - Correlational studies of social & built environments for high risk populations (CFP8)
 - Role of media environments



Funding Priorities for ALR Renewal

- **Theme 2.** Strengthen, grow, and diversify the field of environmental and policy research for childhood obesity prevention.
 - ALR—New Connections diversity grants
 - Seminars to reach out to additional disciplines
 - Economists
 - Policy scientists & political scientists
 - Urban & ethnic studies
 - Criminology
 - Environmental justice



Funding Priorities for ALR Renewal

- **Theme 3**: Maximize & accelerate application of research results to change policies & practices that will result in preventing childhood obesity
 - Economic studies of land use, transportation, recreation, and school policies (CFP8)
 - Demonstrations of Health Impact Assessments
 - Evaluating advocacy promotion



Funding Priorities for ALR Renewal

- **Theme 4**: Coordinate activities with other RWJF Childhood Obesity Programs, especially Healthy Eating Research and Bridging the Gap
 - Evaluate policies relevant to both healthy eating & active living
 - Evaluate RWJF-funded interventions



An Active Living Program supported by The Robert Wood Johnson Foundation
and administered by San Diego State University.



www.activelivingresearch.org

Policy Opportunities for Research & Advocacy

- No Child Left Behind reauthorization
 - Include PE & PA
- Federal transportation bill—SAFETLU
 - Evaluate pedestrian & bike improvements
- Statewide PE initiatives
 - Improve quantity AND quality
- Local zoning ordinances to allow & promote walkable developments
- Joint use agreements between schools & parks



Policy Opportunities for Research & Advocacy

- Head Start reauthorization
 - Need to encourage/require PA
 - Same for all daycare facilities
- Urban renewal policies
 - Impact of walkable design & play areas on children
- Policies to reduce disparities in park access & quality



Building the Evidence

Policy Evaluations--ongoing

- Implementation of School Physical Education Policies in Mississippi and Tennessee
 - John Amis
- Impacts of Federal Transportation Legislation on Local Investments in Bikeways, Pedestrian Facilities and Active Living Improvements
 - Angie Cradock; Susan Handy
- Disparities in Access to Public Recreation Facilities
 - Jennifer Wolch

