

“Active Living Research has helped to spark a change in the paradigm for population health improvement—not only for physical activity, but much more broadly.”

—C. Tracy Orleans, senior scientist,
Robert Wood Johnson Foundation

Visit us online to learn more about our work with healthcare organizations, city and county governments, universities, schools, and community organizations.
www.activelivingresearch.org



ACTIVE LIVING RESEARCH Key Accomplishments

- Our findings have appeared in 400+ peer-reviewed journal articles.
- ALR-funded researchers have reported dozens of contributions that resulted in actual policy or practice change.
- Program staff have built strong ties with representatives of agencies not traditionally focused on health—city planning and zoning officials, transportation agencies, parks leaders, and school officials.
- ALR hosts an annual conference that is the only place where all 30+ disciplines and sectors related to active living come together to improve research, policy, and practice. This conference has created an international impact.



 **ACTIVE LIVING RESEARCH**
3900 5th Ave, Suite 310
San Diego, CA 92103
alr@ucsd.edu
619-260-5534
www.activelivingresearch.org

 /activelivingresearch  @AL_Research

**PROMOTING
ACTIVITY-FRIENDLY
COMMUNITIES**

Moving research
into action

www.activelivingresearch.org

WHAT DOES ACTIVE LIVING RESEARCH OFFER?

Whether you represent a city or county government, a healthcare or community organization, a school district, a planning or design firm, or a real estate developer, engaging Active Living Research will help you to create or improve your active living community. We help you identify:

The Right Vision.

From the pie in the sky dream to measurable and achievable goals, we will help you identify what is feasible while maximizing health, economic, social, and environmental benefits.

The Right Partners.

No matter what setting you are trying to “activate,” you will need to bring people together from various sectors, agencies, departments, and the community. We can help build successful collaborations, identify appropriate roles, and ensure that the right people are engaged throughout your decision-making process.

The Right Strategy.

ALR has spent over a decade researching effective strategies and tools that will benefit your project! Use our validated audit and surveys to assess your community and to guide the planning process. Let us give you the resources to communicate about your efforts to build support and momentum to achieve your vision.

Are you seeking excellence in designing active communities?

Contact us for
Consultation Services.
619-260-5534
alr@ucsd.edu

WHAT DOES AN ACTIVE COMMUNITY LOOK LIKE?

An active community is one in which people are able to be physically active during their daily routines.

It means the community supports and promotes active living by making walking or bicycling to work, school, or the store safe and preferred options. It means there are parks and recreational facilities that are attractive and accessible. It means policies and incentives are in place to encourage healthy behaviors; like taking the stairs at work and ensuring active, enjoyable physical education and recess at school.



ASK US ABOUT:

- Community Audits
- Project Evaluations
- Community & Stakeholder Engagement
- Entitlement Support
- Strategy Justification
- Custom Research

WHO ARE WE?

Since 2001, Active Living Research has been at the forefront of building evidence about how to create communities that encourage physical activity.

Our strength is our expertise in all the components of active living communities—community design, active transportation facilities, streetscape design, parks, schools, and workplaces.

Our mission is to apply the lessons of research to create highly successful communities that are active-friendly, healthy, environmentally sustainable and economically vibrant.

Active Living Research is part of the University of California, San Diego School of Medicine. James F. Sallis, PhD, is Distinguished Professor of Family Medicine and Public Health and Director of Active Living Research. He is an author of over 600 scientific publications and an international leader in research and advocacy on active living. Sallis and his talented team at ALR have expertise and deep connections in public health, city planning, recreation, and school physical activity.

For more information, visit www.activelivingresearch.org

