

# Environmental Determinants

## State of the Evidence Review on Urban Health-Healthy Weights (Kim Raine and John Spence, co-PIs)

- This study will synthesize the current evidence base on the relationship between urban environments and health.

## Understanding Influences of the Media on Physical Activity and Nutrition: An Ecological Approach (John Spence, PI)

- This project explores influences of the media on physical activity and nutrition through a systematic review of the literature, a symposium, several pilot projects and the development of grant proposals.

## Neighbourhood Correlates of Walking: The Fitscape Project (John Spence, PI)

- This project will seek to identify the relationships between the characteristics of people's neighbourhood environments and their physical activity habits, and to investigate whether people who live in 'walkable' neighbourhoods are more physically active.

## Policy Analysis

### The Role of Policy Networks in the Development of Policy Responses to the Issue of Childhood Obesity and Healthy Body Weights (John Church, PI)

- In this pilot project we examine public policy processes and policy networks related to childhood obesity in Alberta and identify key lessons about effective policy making related to population health.

### Building Capacity for Policy Analysis: The Obesity Discourse in Canada (John Church, PI)

- In this project we examine the public discourse in Canada around obesity to explore the role of ideas in public policy making in relation to institutions and interests.

## Charting the Foodscape: Dietary Options and Food Imagery in Edmonton (Kim Raine, Karen Tomic, PIs)

- This research involves mapping the location of food opportunities in Edmonton. Selected "food rich" and "food poor" locations will be surveyed to understand the nuances of food options in these contrasting areas.

## Creating an Inventory of Community Interventions for Diabetes Supportive Care (Candace Nykiforuk, Normand Boulé, PIs)

- This project will document and describe the nature of and variation in diabetes supportive care services available to persons accessing Diabetes Education Centres in Canada. A specific focus on services targeted to aboriginals is included.

## Vulnerable Populations

### Health Status of Canadian Immigrants: An analysis of Dietary and Physical activity patterns (Helen Vallianatos, PI)

- This research will analyze the CCHS 2.2 data with respect to variables affecting immigrant nutritional and health status.

### Passage to Canada: How Social Determinants Affect Healthy Eating and Weight Among Immigrants (Helen Vallianatos, PI)

- This project will assess how the migration experience and degree of acculturation affect conceptions of food, body size, and body image in immigrant communities.

### Prevalence and Correlates of Food Insecurity in Aboriginal Peoples Living Off-Reserve (Noreen Willows, PI)

- Using data from the CCHS 2.2, we are exploring the relationship between food insecurity and dietary adequacy, healthy, obesity, sociodemographic factors and healthy behaviours in the Aboriginal population.

### The Active Kids Project - The Emiyuu Ayayaachiit Awaash Project (Noreen Willows, PI)

- The purpose of this study is to understand the risk factors for obesity in elementary school children in 2 Cree communities.

## School Projects

### Web-Survey of Physical Activity and Nutrition - Web-SPAN (Linda McCargar, PI)

- The purpose of this project is to explore behavioural and environmental determinants of obesity and healthy body weights in the adolescent population through a comprehensive web-based survey.

### Behavioural, Nutrition, Exercise and Fitness Investigation of Teens - BENEFIT (Linda McCargar, PI)

- The project will validate the use of a web-based tool designed to assess the diet, physical activity and general health and behavioural patterns of adolescents in grades seven through ten.

### A Feasibility Study for the Development of a Child Health Ecological Surveillance System (CHES) for Obesity/Healthy Body Weights (Ron Plotnikoff, PI)

- The purpose of this project is to develop and test the feasibility of a surveillance system designed to monitor pediatric obesity and healthy body weights in a public health region.

### Female Adolescent's Perceptions of Tobacco and Weight Control (Cam Wild, PI)

- The purpose of this study is to describe the reactions of three groups of adolescent females (non-smokers, current smokers and former smokers) to the idea that tobacco can be used as a weight control strategy.

## Youth Surveillance



POWER conducts a variety of individual research projects to (1) investigate behavioural, environmental, and social determinants of obesity at multiple ecological levels, and (2) examine the impact of interventions for the promotion of healthy weights.

## Interventions

### Healthy Alberta Communities (Kim Raine, Ron Plotnikoff, co-Principal Directors)

- This purpose of this project is to prevent chronic disease by working with groups in 3 intervention communities to remove physical and social barriers that prevent people from making healthy lifestyle choices.

### Alberta Diabetes and Physical Activity Trial - ADAPT (Ron Plotnikoff, PI)

- The project will examine the efficacy of print-based, physical activity stage of readiness messages in a 1-year program for those with type 2 diabetes vs standard care information, and will examine incremental efficacy of pedometer use with the educational package.

### Alberta Diabetes Home-based Resistance Exercise Study - ADHERES (Ron Plotnikoff, PI)

- The purpose of this project is to develop and examine the feasibility of a home-based resistance training (and aerobic) program for obese adults living with type 2 diabetes.

### Diabetes NET Play: A Physical Activity Website and E-counseling Intervention for Individuals with Type 2 Diabetes (Ron Plotnikoff, PI)

- The purpose of this project is to examine the feasibility and preliminary efficacy of an internet-based counseling intervention on physical activity behaviour in individuals with type 2 diabetes.

### Promoting Healthy Eating and Active Living in Schools: One Step at a Time (Linda McCargar, PI)

- This project involves the collection of baseline and post-intervention data (height, weight, 24 hour food recall, and 7 day physical activity log) of elementary school students. The students will be given pedometers and step logs as the intervention.

### The Physical Activity Workplace Study (Ron Plotnikoff, PI)

- The purpose of this project was to test a 12 month physical activity program using low cost and feasible programs in large workplace settings.

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