Built Environment and Active Transport to School: BEATS Study

1-Year Progress Report
(March 2013 to March 2014)

Report prepared by Dr Sandra Mandic on behalf of the BEATS Research Team.

University of Otago, Dunedin, New Zealand
School of Physical Education, Sport and Exercise Sciences
School of Business
School of Surveying
Center for Sustainability

April 2014

www.otago.ac.nz/beats
BEATS Study: 1-Year Progress Report

It has been an exciting and busy year since the initiation of the BEATS Study in March 2013. This progress report is prepared for stakeholders and funding agencies to summarize the activities and achievements on the BEATS Study to date.

It has been an amazing multidisciplinary team effort in the last year that has brought us to where we are today. This report is an opportunity for the BEATS Research Team to share those achievements and outline a plan for the year ahead of us.

I would like to express my gratitude to all project team members, advisory board members, study coordinator, research assistants, students, volunteers, schools and students for your contribution to the BEATS Study to date. Without all of you, your energy and smiles the BEATS Study would not be where it is today. Thank you all!

Sincerely,

Dr Sandy Mandic,
The BEATS Study Principal Investigator
School of Physical Education, Sport and Exercise Sciences
University of Otago
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BEATS STUDY SUMMARY

Background: Despite multiple benefits of physical activity, the lack of physical activity and sedentary lifestyle in school-age children is a global health problem. Active transport to school (ATS) is a convenient way to integrate physical activity into everyday life, maintain or increase physical activity level and may develop into environmentally sustainable travel practices over a lifetime. Adolescents’ transport choices to school are influenced by personal, family, social, and environmental factors as well as school policy on ATS.

Purpose: The overall purpose of the BEATS Study is to examine ATS habits in adolescents using the most contemporary and comprehensive ecological model for active transport\(^1\) which accounts for individual, social, environmental, and policy influences. This study will provide information on students’ and parental motivations and barriers to ATS, students’ and parents’ physical activity habits, weight status, and health behaviours, perceptions and objective measures of neighbourhood and school environment, and school policy. The BEATS Study will use a mixed-method approach incorporating surveys of and focus groups with students, parents, and teachers, interviews with the school principals, anthropometry measurements, objective measurements of physical activity, and Geographic Information System analysis of the built environment (Figure 1).

Figure 1. The BEATS Study: Conceptual framework, outcome measures and assessment procedures

BEATS Study Objectives

Overall Objectives
- To understand the reasons behind adolescents' and their parents' choice of transport mode to school using the ecological approach;
- To examine the interaction between the transport choices, built environment, physical activity levels, fitness and weight status in adolescents;
- To identify policies that promote or limit ATS in adolescents.

Specific Aims
- To investigate correlates of ATS in adolescents, including sociodemographic factors, social factors (peer and parental influences), built environment, physical activity habits, health behaviours, and school policy.
- To compare consistency of ATS messages sent by parents and schools to students.
- To strengthen the validity of the quantitative instruments used for the student, parental, and teacher surveys by use of qualitative research.
- To investigate the same phenomenon with different methods with a multidisciplinary approach to allow triangulation of data sources, methods, investigators and theory and greater trustworthiness of the research findings.
- To provide comprehensive baseline data for future longitudinal follow-up studies that will examine the impact of the built environment changes (e.g., Dunedin Southern Commuter Routes cycleway; developments 2013-2015), community-based interventions (eg. Bike Library in South Dunedin; from February 2014) and school-based interventions in Dunedin (e.g., Cycle Skill Training; from February 2014).

BEATS Study Structure
The BEATS Study we will consist of six different sub-projects:
- BEATS Student Survey
- BEATS Student Focus Groups
- BEATS Parental Survey
- BEATS Parental Focus Groups
- BEATS Teacher Survey
- BEATS Teachers’ Focus Groups and School Principal Interview

Significance and Implications
The BEATS Study will provide a unique contribution to existing knowledge by examining the effects of sociodemographic and biological characteristics of students, health behaviours, parental influences, built environment and school policy on ATS habits in adolescents. The results will provide valuable and unique information for the schools, Dunedin City Council, transport agencies and land planners and will help inform changes to the built environment, education campaigns, school policy development and city policy development. In addition, the BEATS Study will provide comprehensive baseline data for future longitudinal follow-up data to examine the impact of the built environment changes (e.g., Dunedin Southern Commuter Routes cycleway; developments 2013-2015) and school-based interventions in Dunedin (e.g., Cycle Skill Training and Bike Library in South Dunedin; starting in February 2014). Taken together, these findings will provide important information for designing future school-, neighbourhood- and city-wide interventions to encourage active transport among adolescents and use active transport as a means of increasing physical activity in this age group.

Further information about the BEATS Study design can be found on the study website: http://www.otago.ac.nz/beats/information/researchers/
BEATS COLLABORATIONS AND RESEARCH TEAM 2014

BEATS Study Collaborations

The BEATS Study is collaboration between the University of Otago, the Dunedin Secondary Schools’ Partnership and the Dunedin City Council. This study is a multidisciplinary research project designed to extending current knowledge in the area of the built environment and active transport to school. The BEATS Study is also designed to provide service to the community, Dunedin secondary schools and the government. Figure 3 presents current BEATS Study collaborations, inputs and proposed outputs.

Figure 2. The BEATS Study collaborations

BEATS Study Investigators and Collaborators

BEATS research team is multidisciplinary and has representatives from academia, secondary schools and Dunedin City Council.

Principal Investigator:
Dr Sandy Mandic, School of Physical Education, Sport and Exercise Sciences, University of Otago

Associate Investigators:
Dr John Williams, Department of Marketing, University of Otago
Dr Antoni Moore, School of Surveying, University of Otago
Prof John C Spence, Faculty of Physical Education and Recreation, University of Alberta, Edmonton, Canada

www.otago.ac.nz/beats
Assoc Prof Enrique Garcia Bengoechea, Department of Kinesiology and Physical Education, McGill University, Montreal, Canada

Other Investigators:

Mrs Charlotte Flaherty, Safe and Sustainable Transport Coordinator, Dunedin City Council  
Dr Debbie Hopkins, Postdoctoral Research Fellow, Centre for Sustainability: Agriculture, Food, Energy, Environment  
Dr Tara Duncan, Lecturer, Department of Tourism  
Dr Harriette Carr, Ministry of Health, Wellington

Study Coordinator:

Mrs Ashley Mountfort, BSc, School of Physical Education, Sport and Exercise Sciences

Advisory Board:

Dr Janet Stephenson, Director, Centre for Sustainability: Agriculture, Food, Energy, Environment  
Mr Gordon Wilson, Chair, Dunedin Secondary Schools’ Partnership  
Mr Andrew Lonie, Recreation Planning Officer, Dunedin City Council  
Ms Ruth Zeinert, Project Manager, Getting Dunedin Active

Details on research expertise of BEATS Research Team members can be found on the study website: [http://www.otago.ac.nz/beats/staff/](http://www.otago.ac.nz/beats/staff/)

BEATS Study Students, Research Assistants and Volunteers

The BEATS Study has been set up to provide an excellent opportunity for students to experience research first-hand, work within a multidisciplinary research team, interact with secondary school students in a research setting and add a valuable work experience to their CV. The BEATS Research Team welcomes graduate students, honours students, research assistants and volunteers.

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ashley Mountfort</td>
<td>Study Coordinator</td>
</tr>
<tr>
<td>Becky Howe</td>
<td>Honour Student</td>
</tr>
<tr>
<td>Lauren Keaney</td>
<td>Honour Student</td>
</tr>
<tr>
<td>Kim Lamond</td>
<td>Admin Support</td>
</tr>
<tr>
<td>Kritsana Boontha</td>
<td>Volunteer/PhD Student</td>
</tr>
<tr>
<td>Daria Gibbons</td>
<td>Volunteer</td>
</tr>
<tr>
<td>Tegan McNeish</td>
<td>Volunteer</td>
</tr>
<tr>
<td>Alana Cannistraci</td>
<td>Volunteer</td>
</tr>
<tr>
<td>Rachel Storer</td>
<td>Volunteer</td>
</tr>
<tr>
<td>Candice Perring</td>
<td>Volunteer</td>
</tr>
<tr>
<td>Nykia Miles</td>
<td>Volunteer</td>
</tr>
<tr>
<td>Paige Aitcheson</td>
<td>Volunteer</td>
</tr>
<tr>
<td>Emily Brook</td>
<td>Volunteer</td>
</tr>
<tr>
<td>Claire Hodge</td>
<td>Study coordinator (2013)</td>
</tr>
</tbody>
</table>

[www.otago.ac.nz/beats](http://www.otago.ac.nz/beats)
## FUNDING

### Funding Received to Date

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Project Title</th>
<th>Investigators</th>
<th>Funding Body and Amount</th>
</tr>
</thead>
</table>
| 03/2013    | Built Environment and Active Transport to School: South Dunedin Study          | S Mandic                   | $5,000
| 9 months   |                                                                              |                            | School of Physical Education, Sport and Exercise Sciences   |
| 05/2013    | Built Environment and Active Transport to School: BEATS Pilot Project (Accelerometers) | S Mandic, A Moore          | $8,200
| 1 month    |                                                                              |                            | Dunedin City Council                                        |
| 08/2013    | Built Environment and Active Transport to School: BEATS Study Website         | S Mandic                   | $3,000
| 4 months   |                                                                              |                            | School of Physical Education, Sport and Exercise Sciences   |
| 09/2013    | Built Environment and Active Transport to School (BEATS) Study: Accelerometers | S Mandic, A Moore, J Williams | $7,000
| 9 months   |                                                                              |                            | Dunedin City Council                                        |
| 01/2014    | Built Environment and Active Transport to School: BEATS Parental Survey (Expression of Interest) | S Mandic, A Moore, J Williams, J Spence, E Garcia Bengoechea | $30,000
| 12 months  |                                                                              |                            | University of Otago Research Grant                         |
| 04/2014    | Built Environment and Active Transport to School: BEATS Student Survey        | S Mandic, A Moore, J Williams, J Spence, E Garcia Bengoechea | $30,000
| 24 months  |                                                                              |                            | Lottery Health Research Grant                               |

### Funding Decisions Pending

<table>
<thead>
<tr>
<th>Decision date</th>
<th>Project Title</th>
<th>Investigators</th>
<th>Funding Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>04/2014</td>
<td>Built Environment and Active Transport to School: Teacher Survey and Focus Group</td>
<td>S Mandic</td>
<td>School of Physical Education, Sport and Exercise Sciences (internal grant)</td>
</tr>
<tr>
<td>04/2014</td>
<td>Built Environment and Active Transport to School: BEATS Parental Survey (Expression of Interest)</td>
<td>S Mandic, A Moore, J Williams, J Spence, E Garcia Bengoechea</td>
<td>Marsden Fund (Fast-Start Grant)</td>
</tr>
<tr>
<td>06/2014</td>
<td>Built Environment and Active Transport to School: BEATS Parental Survey</td>
<td>S Mandic, A Moore, J Williams, J Spence</td>
<td>Health Research Council (Emerging Researcher Grant)</td>
</tr>
<tr>
<td>06/2014</td>
<td>Built Environment and Active Transport to School: BEATS Student Survey</td>
<td>S Mandic, A Moore, J Williams, J Spence, E Garcia Bengoechea</td>
<td>The Maurice &amp; Phyllis Paykel Trust (Project Grant)</td>
</tr>
<tr>
<td>07/2014</td>
<td>Built Environment and Active Transport to School: BEATS Parental Survey</td>
<td>S Mandic, A Moore, J Williams, J Spence, E Garcia Bengoechea</td>
<td>National Heart Foundation of New Zealand (Project Grant)</td>
</tr>
</tbody>
</table>
PREPARATION FOR THE BEATS STUDY: THE BIG PICTURE

The BEATS Research Team was working throughout 2013 to design and plan this study. The figure below outlines the segments of the BEATS Study planning that needed to be completed before data collection for this project could start.

Figure 3. Preparation for the BEATS Study: The big picture

Ethics Approval

The BEATS Study has been approved by the University of Otago Ethics Committee (Ethics reference number: 13/203).
# INITIAL PROJECT TIMELINES

<table>
<thead>
<tr>
<th>Month / Year</th>
<th>Stage of the process</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEATS Pilot Project:</strong></td>
<td></td>
</tr>
<tr>
<td>May 2013</td>
<td>✔ Ethics approval obtained for BEATS Pilot Project</td>
</tr>
<tr>
<td>June-December 2013</td>
<td>✔ BEATS Pilot Project: Data collection in 4 schools</td>
</tr>
<tr>
<td><strong>BEATS Study:</strong></td>
<td></td>
</tr>
<tr>
<td>June-August 2013</td>
<td>✔ Consultations with schools to provide input into the BEATS Study design/questionnaires/focus groups</td>
</tr>
<tr>
<td>July 2013</td>
<td>✔ Submit ethics application</td>
</tr>
<tr>
<td>August 2013</td>
<td>✔ Finalize ethics approval with input from schools. Present study to the Dunedin Secondary Schools’ Partnership</td>
</tr>
<tr>
<td>September-October 2013</td>
<td>✔ The BEATS Study school recruitment&lt;br&gt;✔ Schools feedback/input on finalized study documents&lt;br&gt;✔ Preliminary BEATS School Teachers Focus Groups</td>
</tr>
<tr>
<td>October 2013</td>
<td>✔ BEATS Student Survey funding results announced</td>
</tr>
<tr>
<td>November 2013</td>
<td>✔ Scheduling Term(s)/weeks for data collection in individual schools in 2014 (aiming to survey up to 100-150 students per week due to limited availability of the physical activity measurement devices (accelerometers))</td>
</tr>
<tr>
<td>January-February 2014</td>
<td>✔ Employment of study coordinator and research assistants</td>
</tr>
<tr>
<td>February-December 2014 and February-June 2015</td>
<td>The BEATS School Teachers Focus Groups will be conducted 3 to 6 months before the main study is conducted in a particular school. Recruitment and data collections for five other BEATS individual projects will be happening at the same time within each school within 1-2 consecutive school terms (Student Survey, Students Focus Groups, Parental Survey, Parental Focus Groups, School Teachers Survey). (1-3 schools per school term).</td>
</tr>
<tr>
<td>February 2014 - December 2015</td>
<td>Ongoing data cleaning and data analysis, particularly during the school holidays throughout the year.</td>
</tr>
<tr>
<td>Jan 2015 – Dec 2016</td>
<td>Manuscript writing</td>
</tr>
<tr>
<td>June to December 2016</td>
<td>Reports to Schools</td>
</tr>
</tbody>
</table>
BEATS STUDY: 1-YEAR PROGRESS REPORT (March 2013 to March 2014)

List of Completed Tasks and Achievements

<table>
<thead>
<tr>
<th>Year</th>
<th>Month</th>
<th>Completed tasks</th>
<th>Responsible individuals</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>March</td>
<td>Submitted internal grant application to the School of Physical Education, Sport and Exercise Sciences for BEATS Pilot Project</td>
<td>Sandy</td>
</tr>
<tr>
<td></td>
<td>April</td>
<td>Obtained internal research grant from the School of Physical Education, Sport and Exercise Sciences for BEATS Pilot Project</td>
<td>Sandy</td>
</tr>
</tbody>
</table>
|      | May   | Ethics approval obtained for BEATS Pilot Project  
BEATS Research Team established - initial meeting  
Submitted application to the National Heart Foundation - Small Project Grant  
Obtained research grant from Dunedin City Council to purchase accelerometers | Sandy, Tony (Charlotte)  |
|      | June  | BEATS Research Team developed overall BEATS Study research proposal  
Initiated consultations with the schools to provide input into the BEATS Study design/questionnaires/focus groups  
Prepared ethics application  
Submitted application to the University of Otago Research Grant | Sandy, John W, Tony (with input from Charlotte, Gordon, Debbie and Tara) Team |
|      | July  | Submit ethics application  
Continued consultations with schools to provide input into the BEATS Study design / questionnaires / focus groups  
Submitted expression of interest for Health Research Council Project Grant | Sandy, Gordon           |
|      | August| Finalized ethics approval with input from schools.  
Presented study to the Dunedin Secondary Schools’ Partnership  
BEATS Pilot Project data collection in two schools  
Submitted grant application to the Lottery Health Research Grant (BEATS Student Survey)  
Obtained internal research grant from the School of PESES for development of the BEATS Study website | Sandy, Tony, John S      |
|      | September| BEATS Pilot Project data collection in two additional schools and completed data collection  
Obtained research grant from Dunedin City Council to purchase more accelerometers  
Submitted appl. to the Maurice and Phyllis Paykel Trust (BEATS Parental Survey - Pilot study)  
Submitted two abstracts to the World Congress of Cardiology  
Submitted an abstract to the Sport and Exercise Science New Zealand conference | Sandy, Tony, John W (Andrew L, Ruth Z)  
Sandy, Tony, John W, John S  
Sandy  
Sandy |
### October
- The BEATS Study school recruitment
- Schools feedback/input on finalized study documents
- Obtained University of Otago Research Grant for the BEATS Student Survey
- Developed the BEATS Study website

Gordon, Sandy
Sandy, John W, Tony
Sandy

### November
- Employment of a study coordinator (Ashley Mountfort, Summer Research Scholarship)
- Conducted BEATS Teachers’ Focus Groups in Queen’s High School
- The BEATS Study school recruitment

Sandy
Debbie
Gordon, Sandy

### December
- Created four individual school reports from the BEATS Pilot Project for the participating schools
- Submitted school reports to four schools and closed BEATS Pilot Project
- Developed BEATS Research Manual

Ashley, Sandy
Sandy
Sandy, Ashley

### 2014
#### January
- Prepared documents and procedures for the BEATS Study data collection
- Finalized BEATS Student Survey
- Developed BEATS Parental Survey
- Work with Ashley on finalizing BEATS Coordination
- Finalized BEATS Research Manual

Ashley, Sandy
Sandy
Sandy
Sandy
Ashley, Sandy

#### February
- Started BEATS Student Survey data collection (Logan Park High School)
- Submitted BEATS Marsden application (BEATS Parental Survey)
- Submitted Health Research Council grant rebuttal response (BEATS Parental Survey)
- Submitted National Heart Foundation grant appl. (BEATS Parental Survey)
- Submitted Maurice and Phyllis Paykel Grant appl. (BEATS Student Survey)

Ashley, Sandy
Sandy, John S, Tony, John W, Enrique
Sandy, John S, Tony, John W
Sandy, John S, Tony, John W, Enrique
Sandy, John S, Tony, John W, Enrique

#### March
- BEATS Student Survey data collection:
  - Logan Park High School (n=104)
  - Columba College (n=20)
  - Otago Girls High School (n=15)
- Abstract presentation at the National Energy Research Institute Conference
- Finalized BEATS Parental Survey

Ashley, Sandy, team
Ashley, Sandy, team
Ashley, Sandy, team
Debbie
Sandy

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**Summary of Individual Contributions**

Please refer to the table starting on the next page for details.

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<table>
<thead>
<tr>
<th>Member</th>
<th>Sandy Mandic</th>
<th>John Williams</th>
<th>Tony Moore</th>
<th>Debbie Hopkins</th>
<th>Tara Duncan</th>
<th>Charlotte Flaherty</th>
<th>Ashley Mountfort</th>
</tr>
</thead>
<tbody>
<tr>
<td>Role in BEATS</td>
<td>Principal investigator</td>
<td>Associate investigator</td>
<td>Associate Investigator</td>
<td>Associate Investigator</td>
<td>Associate Investigator</td>
<td>Associate Investigator</td>
<td>Study coordinator</td>
</tr>
<tr>
<td>Research expertise</td>
<td>Physical activity Epidemiology Clinical exercise physiology Cardiac rehabilitation</td>
<td>Consumer behaviour and research methods, particularly questionnaire design and statistics</td>
<td>Geographical Information Science, including spatial analysis, geovisualisation and cartography</td>
<td>Environmental sociology &amp; human geography; Human-environment relationships; Energy &amp; transportation systems; Travel behaviours; Climate change perceptual studies; Qualitative research methods</td>
<td>Lifestyle mobilities Backpacker/ Gap Year/ Young budget travel Mobilities</td>
<td>Active transport in youth</td>
<td>Project coordination</td>
</tr>
<tr>
<td>Research expertise relevant to BEATS</td>
<td>PI for the Otago School Students Lifestyle Survey (OSSLS) (2009, 2011); PI for the BEATS Pilot Study; Working with DCC and Dunedin Secondary Schools’ Partnership (DSSP)</td>
<td>Consumer behaviour and research methods, particularly questionnaire design and statistics</td>
<td>So far, spatial analysis part of GIS</td>
<td>Qualitative research methods (focus groups) Travel and transport behaviours Energy related expertise</td>
<td>My work using the mobilities paradigm/concept, including work on mobile methods</td>
<td>Contribution to Young People’s Bus Survey design for Otago School Students Lifestyle Survey; Working with Sandy Mandic on concept of the BEATS study; Input into design and implementation of BEATS Pilot Project</td>
<td>Volunteer for the BEATS Pilot Project; Research Coordinator for the BEATS Study 2014/2015.</td>
</tr>
<tr>
<td>What would you like to contribute to the BEATS Study?</td>
<td>Conceptualization of the overall BEATS Study; study design; writing grant</td>
<td>Research design and quantitative data analysis, especially</td>
<td>Continue to provide spatial analysis support, perhaps exploring</td>
<td>Development of survey questions related to licensing, car use</td>
<td>Study design; Data collection; Focus groups; Proof-reading</td>
<td>Efficient and organized coordination of tasks, roles and</td>
<td>14</td>
</tr>
</tbody>
</table>

[www.otago.ac.nz/beats](http://www.otago.ac.nz/beats)
<table>
<thead>
<tr>
<th>Date joined the team</th>
<th>Contributions up to date (March 2014)</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 2013 (initiator)</td>
<td>Initiated and conceptualised the BEATS Study in March 2013; Established BEATS Research Team; Led the design of the BEATS study; Drafted the overall study proposal; Prepared the Ethics application; Prepared and submitted 15 research grant applications; Designed, Research design and data analysis; Some data gathering help; Helped prepare research grant applications; Contributed data analysis for three papers.</td>
</tr>
<tr>
<td>May 2013</td>
<td>Helped design the GIS part of the BEATS Study; Helped draft the overall proposal for the BEATS Study; Helped with writing/revising 8 grant applications; Helped with 1 journal article and 2 conference abstracts (1 first-author) from the results of the</td>
</tr>
<tr>
<td>May 2013</td>
<td>Developing survey questions (Energy) for student and parental survey; Led a teacher focus group; Helped at some data collection sessions; Developed abstracts and presented at conferences; Basic data analysis; Written a couple of</td>
</tr>
<tr>
<td>June 2013</td>
<td>Helped in schools with surveys; Proof-read proposals/abstract when time permitted; Attended meetings</td>
</tr>
<tr>
<td>June 2013</td>
<td>Provided first impetus for concept of BEATS Study; Contributed to design of BEATS Pilot Project 2013; Volunteer on BEATS Pilot Project</td>
</tr>
<tr>
<td>March 2013</td>
<td>Volunteer on the BEATS Pilot Project Coordinated BEATS Study since Nov 2013; Data analysis and preparation of 4 school reports; Volunteer recruitment; Training, coordination and supervision of students, research assistants and</td>
</tr>
<tr>
<td>Responsibilities</td>
<td>BEATS Pilot Project; Helping draft another journal article</td>
</tr>
<tr>
<td>---</td>
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</tr>
<tr>
<td>Conceptualization of the overall BEATS Study; Establishment and leading of the BEATS Research Team; Research grant writing; Design, implementation and coordination of the BEATS Pilot Project (2013) and the main BEATS Study (2014-2015);</td>
<td>I'd like to lead the investigation into influential factors on ATS, including my original question that got me involved in the first place: why don't people who fit the criteria for ATS (especially close to school) do it?</td>
</tr>
<tr>
<td>Designing, implementing and coordinating the BEATS Pilot Project in 2013; Prepared 4 conference abstracts and 4 individual school reports from the BEATS Pilot Project; Gave 5 research presentations; Developed the BEATS Study website; Coordinated work with the Dunedin City Council, Dunedin Secondary Schools’ Partnership and schools</td>
<td></td>
</tr>
<tr>
<td>Coordination of communications with stakeholders (DCC, DSSP, schools); Hiring, training and management of the research personnel</td>
<td>Time commitment</td>
</tr>
<tr>
<td>---</td>
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<tr>
<td></td>
<td>0.80 EFTs</td>
</tr>
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</table>
BEATS STUDY DATA COLLECTION

Data Collection Plan

Data collection for the BEATS Study will be conducted over a 1.5-year period (February 2014 to June 2015).

The BEATS School Teachers Focus Groups will be conducted 3 to 6 months before the main study is conducted in a particular school. Recruitment and data collections for five other individual BEATS projects will be happening at the same time within each school within 1-2 consecutive school terms:

- BEATS Student Survey (~15 classes per school; 4-8 classes per week × 2-4 weeks)
- BEATS Students Focus Groups (1-2 focus groups per school; 8-10 students each)
- BEATS Parental Survey (~80-100 parents per school; over 2-3 weeks)
- BEATS Parental Focus Groups (1 focus group per school; 8-10 parents each)
- BEATS School Teachers Survey (~10-15 teachers per school; over 2-3 weeks)
- BEATS School Teachers Focus Group (1 focus group per school; ~3-4 teachers each)

Data collection will be conducted in 2-3 schools per school term.

Data Collection Calendar 2014/2015

Table 4. BEATS Study planning calendar 2014/2015 for testing dates in schools (as of March 2014)

<table>
<thead>
<tr>
<th>School</th>
<th>2014</th>
<th>2015</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Term 1</td>
<td>Term 2</td>
</tr>
<tr>
<td>Bayfield High School</td>
<td>Confirmed</td>
<td></td>
</tr>
<tr>
<td>Columba College</td>
<td>In progress</td>
<td></td>
</tr>
<tr>
<td>John McGlashan College</td>
<td></td>
<td>Confirmed</td>
</tr>
<tr>
<td>Kaikorai Valley College</td>
<td></td>
<td>Confirmed</td>
</tr>
<tr>
<td>Kavanagh College</td>
<td>Confirmed</td>
<td></td>
</tr>
<tr>
<td>Kings High School</td>
<td>Confirmed</td>
<td></td>
</tr>
<tr>
<td>Logan Park High School</td>
<td>Completed</td>
<td></td>
</tr>
<tr>
<td>Otago Boys’ High School</td>
<td></td>
<td></td>
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<tr>
<td>Otago Girls’ High School</td>
<td></td>
<td>In progress</td>
</tr>
<tr>
<td>Queens High School</td>
<td>Confirmed</td>
<td></td>
</tr>
<tr>
<td>St Hildas Collegiate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Taieri College</td>
<td>Confirmed</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>3 schools</td>
<td>3 schools</td>
</tr>
</tbody>
</table>

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OUTPUTS TO DATE

Abstracts and Conference Presentations

Mandic S, Hodge C, Flaherty C, Horwood H, Mountfort A, Hopkins D, Brook E, Duncan T. Comparison of sociodemographic, family and environmental factors as motivations and barriers for walking to school among adolescents in Dunedin, New Zealand. World Congress of Cardiology, May 2014; Melbourne, Australia (Accepted for poster presentation)


Research Publications

None to date.

Individual School Reports

Mandic S. BEATS Pilot Project: Individual School Reports. Reports created for four participating schools. December 2013 (Bayfield High School, King’s High School, Queen’s High School and Taieri College)

Seminar Presentations


Mandic S. Built Environment and Active Transport to School: BEATS Study Design and Methodology. (June, 2013). Academic Staff Research Seminar Series; School of Physical Education, Sport and Exercise Science. Dunedin, New Zealand.

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DEVELOPMENT OF THE STUDY MATERIAL

BEATS Website
The BEATS Study website provides comprehensive information about the study for adolescents, parents, schools, researchers, policy makers, prospective students, research assistants and volunteers. The website also contains link to the study material such as study pamphlets for students and parents as well as information sheet, consent forms and links for online consents for all study participants.

http://www.otago.ac.nz/beats/

BEATS Study Surveys
BEATS Research team and collaborators can see the up-to-date versions of the study surveys on the links below. These links are also shared with the school principals of the participating schools. Please note that BEATS School Teacher Survey design is still in progress and will be finalized by July 2014.

BEATS Student Survey (link for collaborators): http://goo.gl/IBFjY
BEATS Parental Survey (link for collaborators): http://goo.gl/bTtwc
BEATS School Teachers Survey (link for collaborators): http://goo.gl/b5C5j

BEATS Study Dropbox
We have set up a folder on Dropbox for our research team to share relevant documents for the study.

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

We have established a number of professional development opportunities for research assistants, students and volunteers working on the BEATS Study.

BEATS Training for New Research Staff
Ashley Mountfort, BEATS Study Coordinator runs training for new staff joining the BEATS data collection team. This training includes orientation to the school visits procedures, anthropometry measurements, set up and downloading of physical activity monitor data (accelerometers), data management and administrative work related to the BEATS Study.

BEATS Research Seminar Series
In February 2015, Dr Sandy Mandic initiated a monthly research seminar series addressing different aspects of the research process. These seminars are designed to provide research-related training to the BEATS Study students, research assistants and volunteers. By the end of March 2014, two seminars (“How to write a literature review” and “How to write a research proposal”) were offered. Monthly seminars are planned for the rest of 2014.
BEATS STUDY: PLAN FOR NEXT 12 MONTHS (April 2014 to March 2015)

Project Milestones for Next 12 Months

<table>
<thead>
<tr>
<th>Month / Year</th>
<th>Milestone</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 2014</td>
<td>Complete data collection for BEATS Student Survey from 3 schools that we surveyed in Term 1</td>
</tr>
<tr>
<td>May 2014</td>
<td>Start data collection for the BEATS Parental Survey</td>
</tr>
<tr>
<td>July 2014</td>
<td>Complete data collection for BEATS Student Survey from 3 additional schools that are scheduled to be surveyed in Term 2</td>
</tr>
<tr>
<td>August 2014</td>
<td>Start data collection for the BEATS Teacher Survey</td>
</tr>
<tr>
<td>September 2014</td>
<td>Complete data collection for BEATS Student Survey from 3 additional schools that are scheduled to be surveyed in Term 3</td>
</tr>
<tr>
<td>November 2014</td>
<td>Offer BEATS Study Symposium (scheduled on 05 November 2014)</td>
</tr>
<tr>
<td>January 2015</td>
<td>Prepare individual school reports for nine schools that complete BEATS Student Survey in 2014</td>
</tr>
<tr>
<td>April 2015</td>
<td>Complete data collection for BEATS Student Survey from 3 schools that are scheduled to be surveyed in Term 1 2015</td>
</tr>
</tbody>
</table>

Detailed Plan of Project Timelines for Next 12 Months

<table>
<thead>
<tr>
<th>Year</th>
<th>Month</th>
<th>BEATS Timeline</th>
<th>Responsible individuals</th>
</tr>
</thead>
</table>
| 2014 | April | BEATS Student Survey data collection:  
- Columba College  
- Otago Girls High School  
Employed two research assistants for the BEATS Student Survey (Candice and Daria)  
Finish the first school term with the BEATS Student Survey data collection  
Start BEATS Parental Survey data collection  
Send study material to a new participating school in Christchurch (Unlimited Discovery Merged School)  
BEATS Research Seminars (3) | Ashley, Sandy, team  
Ashley, Sandy, team  
Ashley, Sandy, team  
Sandy  
Sandy  
Sandy  |
| May  |       | BEATS Student Survey data collection:  
- Bayfield High School  
- Kaikorai Valley College  
- Taieri College  
Present two abstracts at the World Congress of  | Ashley, Sandy, team  
Ashley, Sandy, team  
Ashley, Sandy, team  
Sandy |
Cardiology (Melbourne)
Submit application to the National Heart Foundation - Small Project Grant (GIS analysis)
BEATS Parental Survey data collection
BEATS Teachers’ Focus Groups
BEATS School Principals Interviews

June
BEATS Student Survey data collection
- Bayfield High School
- Kaikorai Valley College
- Taieri College
- Christchurch: Unlimited Discovery Merged School
Health Research Council Emerging Researcher Grant results announced
BEATS Parental Survey data collection
BEATS Teachers’ Focus Groups
BEATS School Principals Interviews
BEATS Research Seminar

July
BEATS Student Survey data collection
- Bayfield High School
- Kaikorai Valley College
- Taieri College
BEATS Parental Survey data collection
BEATS Teacher Survey
BEATS School Principals Interviews
BEATS Research Seminar

August
BEATS Student Survey data collection:
- King's High School
- Queen's High School
- John McGlashan College
BEATS Parental Survey data collection
BEATS Teacher Survey
BEATS School Principals Interviews
BEATS Research Seminar

September
BEATS Student Survey data collection:
- King's High School
- Queen's High School
- John McGlashan College
BEATS Parental Survey data collection
BEATS Teacher Survey
BEATS School Principals Interviews

October
BEATS Student Survey data collection 2014 completed
BEATS Parental Survey data collection
BEATS Teacher Survey
Draft individual school reports for nine participating schools (student, parental and teacher surveys)
BEATS School Principals Interviews
Prepare report on school choice for Dunedin Secondary Schools’ Partnership

Sandy, Tony, John S, John W, Enrique
Ashley, team
Debbie
Debbie
Ashley, Sandy, team
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<table>
<thead>
<tr>
<th>Month</th>
<th>Activity</th>
<th>Responsible Party</th>
</tr>
</thead>
<tbody>
<tr>
<td>November</td>
<td>BEATS Study Symposium (05 November 2014)</td>
<td>Debbie</td>
</tr>
<tr>
<td></td>
<td>BEATS Parental Survey data collection</td>
<td>Ashley, team</td>
</tr>
<tr>
<td></td>
<td>BEATS Teacher Survey</td>
<td>Ashley</td>
</tr>
<tr>
<td></td>
<td>BEATS School Principals Interviews</td>
<td>Debbie</td>
</tr>
<tr>
<td></td>
<td>Finalize data entry and data cleaning to date</td>
<td>Ashley, Sandy, team</td>
</tr>
<tr>
<td></td>
<td>Draft individual school reports for nine participating schools</td>
<td>Ashley, Sandy</td>
</tr>
<tr>
<td></td>
<td>Preliminary data analysis</td>
<td>John, Sandy</td>
</tr>
<tr>
<td>December</td>
<td>Preliminary data analysis and manuscript drafting</td>
<td>Sandy, John, team</td>
</tr>
<tr>
<td></td>
<td>Finalize individual school reports for nine participating schools</td>
<td>Ashley, Sandy</td>
</tr>
<tr>
<td>2015</td>
<td>Deliver individual school reports to school principals of nine participating schools from 2014</td>
<td>Sandy</td>
</tr>
<tr>
<td>January</td>
<td>Prepare for BEATS Student Survey data collection in Term 1 2015</td>
<td>Ashley, Sandy</td>
</tr>
<tr>
<td></td>
<td>Preliminary data analysis and manuscript drafting</td>
<td>Sandy, John, team</td>
</tr>
<tr>
<td>February</td>
<td>Employ 3 research assistants to assist with BEATS Student Survey in 3 schools</td>
<td>Sandy</td>
</tr>
<tr>
<td></td>
<td>BEATS Student Survey data collection</td>
<td>Ashley, Sandy, team</td>
</tr>
<tr>
<td></td>
<td>- Kavanagh College</td>
<td>Ashley, Sandy, team</td>
</tr>
<tr>
<td></td>
<td>- St Hilda’s Collegiate</td>
<td>Ashley, Sandy, team</td>
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<tr>
<td></td>
<td>- Otago Boys High School</td>
<td>Ashley, Sandy, team</td>
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<td>Preliminary data analysis and manuscript drafting</td>
<td>Sandy, John, team</td>
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<td>March</td>
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<td>- St Hilda’s Collegiate</td>
<td>Ashley, Sandy, team</td>
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<td>- Otago Boys High School</td>
<td>Ashley, Sandy, team</td>
</tr>
<tr>
<td></td>
<td>BEATS Parental Survey data collection</td>
<td>Ashley, team</td>
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<tr>
<td></td>
<td>BEATS Teacher Survey data collection</td>
<td>Ashley, team</td>
</tr>
<tr>
<td></td>
<td>Preliminary data analysis and manuscript drafting</td>
<td>Sandy, John, team</td>
</tr>
<tr>
<td>April</td>
<td>Finish BEATS Student Survey data collection</td>
<td>Ashley, Sandy, team</td>
</tr>
<tr>
<td></td>
<td>- Kavanagh College</td>
<td>Ashley, Sandy, team</td>
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<td>- St Hilda’s Collegiate</td>
<td>Ashley, Sandy, team</td>
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<tr>
<td></td>
<td>- Otago Boys High School</td>
<td>Ashley, Sandy, team</td>
</tr>
<tr>
<td></td>
<td>Finalize data entry and data cleaning</td>
<td>Ashley, Sandy, team</td>
</tr>
<tr>
<td></td>
<td>Prepare data for data analysis</td>
<td>Ashley, team</td>
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<tr>
<td></td>
<td>BEATS Parental Survey data collection</td>
<td>Ashley, team</td>
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<tr>
<td></td>
<td>BEATS Teacher Survey data collection</td>
<td>Ashley, team</td>
</tr>
<tr>
<td></td>
<td>Preliminary data analysis and manuscript drafting</td>
<td>Sandy, John, team</td>
</tr>
</tbody>
</table>

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BEATS Research Team for Next 12 Months

Our research team will remain open for further national and international research collaborations and new members joining the BEATS Advisory Board.

Principal Investigator:
Dr Sandy Mandic, School of Physical Education, Sport and Exercise Sciences, University of Otago

Associate Investigators:
Dr John Williams, Department of Marketing, University of Otago
Dr Antoni Moore, School of Surveying, University of Otago
Prof John C Spence, Faculty of Physical Education and Recreation, University of Alberta, Edmonton, Canada
Assoc Prof Enrique García Bengoechea, Department of Kinesiology and Physical Education, McGill University, Montreal, Canada

Other Investigators:
Mrs Charlotte Flaherty, Safe and Sustainable Transport Coordinator, Dunedin City Council
Dr Debbie Hopkins, Postdoctoral Research Fellow, Centre for Sustainability: Agriculture, Food, Energy, Environment

Study Coordinator:
Mrs Ashley Mountfort, BSc, School of Physical Education, Sport and Exercise Sciences

Advisory Board:
Dr Janet Stephenson, Director, Centre for Sustainability: Agriculture, Food, Energy, Environment
Mr Gordon Wilson, Chair, Dunedin Secondary Schools’ Partnership
Mr Andrew Lonie, Recreation Planning Officer, Dunedin City Council
Ms Ruth Zeinert, Project Manager, Getting Dunedin Active
Dr Tara Duncan, Lecturer, Department of Tourism
Dr Harriette Carr, Ministry of Health, Wellington
Dr Susan Sandretto, Senior Lecturer, College of Education

Proposed Individual Contributions for Next 12 Months

Please refer to the table starting on the next page.
<table>
<thead>
<tr>
<th>Member</th>
<th>Sandy Mandic</th>
<th>John Williams</th>
<th>Tony Moore</th>
<th>Debbie Hopkins</th>
<th>Charlotte Flaherty</th>
<th>Ashley Mountfort</th>
<th>John C Spence</th>
<th>Enrique Garcia Bengoechea</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Role in BEATS</strong></td>
<td>Principal investigator</td>
<td>Associate investigator</td>
<td>Associate Investigator</td>
<td>Associate Investigator</td>
<td>Associate Investigator</td>
<td>Study coordinator</td>
<td>Associate Investigator</td>
<td>Associate Investigator</td>
</tr>
<tr>
<td><strong>Research expertise</strong></td>
<td>Physical activity Epidemiology Clinical exercise physiology Cardiac rehabilitation</td>
<td>Consumer behaviour and research methods, particularly questionnaire design and statistics</td>
<td>Geographical Information Science, including spatial analysis, geovisualisation and cartography</td>
<td>Environmental sociology &amp; human geography; Energy &amp; transportation systems; Travel behaviours; Qualitative research methods (Selected)</td>
<td>Active transport in youth</td>
<td>Project coordination</td>
<td>Behavioural medicine; Measurement and determinants of physical activity and sedentary behaviour; environmental influences</td>
<td>Physical activity and health promotion</td>
</tr>
<tr>
<td><strong>Date joined the team</strong></td>
<td>March 2013 (initiator)</td>
<td>May 2013</td>
<td>May 2013</td>
<td>June 2013</td>
<td>March 2013</td>
<td>Nov 2013</td>
<td>July 2013</td>
<td>March 2014</td>
</tr>
<tr>
<td><strong>Proposed contributions</strong></td>
<td>Continue to lead the following aspects of the BEATS Study: Lead the BEATS Research Team; Coordinate hiring, training and management of the study personnel; Oversee data collection; Communicate with stakeholders (DCC, DSSP), schools and Advisory Board members; Analyse data and help draft manuscripts; Help with data gathering; Help with focus groups; Lead investigation into factors behind ATS.</td>
<td>Coordinate and help with GIS network analysis when data collection has finished; Help with grants, papers, as appropriate</td>
<td>Continue attending data collection sessions as much as possible; Attend work team meetings; Searching for possible grants (that could cover sections of the work); Help writing grant applications, where applicable; Contribute to</td>
<td>Input at team meetings; Data collection; Focus groups; Manuscript proof-reading</td>
<td>I would really like to make the school reports, starting in Term 4 when data collection for 2014 is complete. I would also like to finalise instructions for how we will do analysis for the physical activity assessments (on ActiLife software).</td>
<td>Contribute to research study design, data analysis, and manuscript writing</td>
<td>Contribute to data analysis, results interpretation and manuscript writing</td>
<td></td>
</tr>
</tbody>
</table>

[www.otago.ac.nz/beats](http://www.otago.ac.nz/beats)
| Proposed responsibilities | Leading the BEATS Research Team; Overseeing data collection and data management for the BEATS Study; Communicating with stakeholders and participating schools; Writing of research grants; Writing conference abstracts and manuscripts | Analyse data and help draft manuscripts. | Coordinating GIS analysis when the collection has finished | Basic data analysis; Leading focus group sessions and analysing transcripts; Writing up data from surveys and focus groups into conference presentations and journal articles; Organising a BEATS Symposium in Nov 2014 | Attendance at team meetings; Proof-reading manuscripts; Providing mechanism for dissemination of BEATS; Study updates to School Traffic Safety Group; Data collection duties | Continue to coordinate research assistants and volunteers for testing sessions. Ensuring they are trained for their tasks and roles; Monitor communication with participants, particularly those participating in the physical activity assessment. | Contribute to research study design, data analysis, and manuscript writing | Collaborating in the conceptualization and drafting of manuscripts, and data analysis and interpretation, as needed |
|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Proposed time commitment | 0.50 FTE (full time equivalent; 0.50 FTE = 50%) | 0.05 FTE (5%) | 0.05 FTE (5%) | 0.20 FTE (20%) | 0.1 – 0.15 FTE (10%-15%) | 0.75 to 0.90 FTE (75%-90%) | 0.05 FTE (5%) | 0.02 FTE (2%) |

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FUTURE INITIATIVES

BEATS Research Team is currently looking into expanding the survey component of the BEATS Study (specifically, student and parental surveys) to other cities in New Zealand. We will pilot this expansion of the BEATS Study with Unlimited Discovery Merged School in Christchurch in April-June 2014.

Our team is currently planning the BEATS Symposium on 05 November 2014 to share the work behind the scene on this project and preliminary findings. Further information will be circulated to all stakeholders and Dunedin secondary schools in the upcoming months.

SUMMARY

Overall, it has been an exciting and a very busy year of establishing collaborations, building our research team, designing the overall study, applying for research grant funding, conducting a pilot project, recruiting schools and starting data collection for the BEATS Student Survey.

The next year will be primarily focused on data collection for different aspects of the BEATS Study.

The BEATS Research Team would like to thank all funding agencies who have provided funding for the BEATS Study to date. We would also like to thank all participating schools, students, parents and teachers for helping us to make this study a success. Finally, we would like to acknowledge fantastic multidisciplinary teamwork, vibrant and positive working environment and great contributions from each member of the BEATS Research Team including investigators, advisory board members, study coordinator, research assistants, students, and volunteers.

Our research team looks forward to another exciting and productive year of the BEATS Study! We thank you for your support.

Should you have any questions regarding this report or the BEATS Study, please do not hesitate to contact our research team.

Sincerely,

Dr Sandy Mandic,
The BEATS Study Principal Investigator
School of Physical Education, Sport and Exercise Sciences
University of Otago

Report prepared by Dr Sandy Mandic on 27 April 2014.