

## Nutrition, physical activity, and alcohol publications

### Big snack

Gage R, Girling-Butcher M, Joe E, Smith M, Ni Mhurchu, C, McKerchar C, Puloka V, McLean R, Signal, L. The Frequency and Context of Snacking among Children: An Objective Analysis Using Wearable Cameras. *Nutrients*, 2020. 13(1). [Access publication here](#)

O'Toole C, Gage R, McKerchar C, Puloka V, McLean R, Signal L. (2020). Is snacking the new eating norm for New Zealand children? An urgent call for research. Letter to the Editor. *New Zealand Medical Journal*, 133(1517), 131-132. [Access publication here](#)

### Public awareness of link between nutrition, alcohol and cancer

Peniamina, R., McNoe, B., Signal, L. (2023). Public awareness of cancer risk factors & support for prevention policies in Aotearoa New Zealand: A focus on alcohol and diet. Te Rōpū Rangahau ō Te Kāhui Matepukupuku (Cancer Society Research Collaboration), University of Otago, Dunedin, New Zealand. [Access full report \(PDF\) here](#)

Peniamina, R., McNoe, B., Kerr, J., Cleghorn, C., & Signal, L. (2024). Strong public support for healthy food policies in Aotearoa. *The Briefing*, (15 January). [Access publication here](#)

### Reducing childhood obesity in New Zealand

Freeman N, Gage R, Chambers T, Blaschke P, Cook H, Stanley J, Pearson A, Smith M, Barr M, Signal L. Where do the children play? An objective analysis of children's use of green space. *Health Promotion International*. 2020; 36:846-853. doi: 10.1093/heapro/daaa106

Liu W, Barr M, Pearson AL, Chambers T, Pfeiffer KA, Smith M, Signal L. Space-time analysis of unhealthy food advertising: New Zealand children's exposure and health policy options. *Health Promotion International* 2020;35(4):812-20. doi: 10.1093/heapro/daz083

Liu W, Gage R, Park H, Pearson AL, Chambers T, Smith M, Barr M, Shortridge A, Signal L. The distribution of harmful product marketing in public outdoor spaces and effectiveness of marketing bans. *Health & Place*. 2022;76:102861. doi: 10.1016/j.healthplace.2022.102861. [Access publication here](#)

McKerchar C, Gage R, Smith M, Lacey C, Abel G, Ni Mhurchu C, Signal L. Children's Community Nutrition Environment, Food and Drink Purchases and Consumption on Journeys between Home and School: A Wearable Camera Study. *Nutrients*. 2022 May 10;14(10):1995. [Access publication here](#)

Park, H., Liu, W., Gage, R., Chambers, T., Smith, M., Barr, M., ... Signal, L., & Pearson, A. L. (2022). Do bans on harmful marketing protect children equally?: A geospatial analysis of harmful product marketing in public outdoor spaces. *Proceedings of the American Association of Geographers (AAG) Annual Meeting*.

Watkins L, Gage R, Smith M, McKerchar C, Aitken R, Signal L. An objective assessment of children's exposure to brand marketing in New Zealand (Kids' Cam): a cross-sectional study. *The Lancet Planetary Health*. 2022;6, e132-e138. doi: 10.1016/S2542-5196(21)00290-4. [Access publication here](#)

Gage, R., Gurtner, M., Keall, M., Smith, M., McKerchar, C., Howden-Chapman, P., Shaw, C., Chambers, T., Pearson, A. L., ... Signal, L. Fun, food and friends: A wearable camera analysis of children's school journeys. *Journal of Transport & Health*. 2023;30, 101604. doi: 10.1016/j.jth.2023.101604. [Access publication here](#)

Lowe, B. M., Smith, M., Jaine, R., Stanley, J., Gage, R., & Signal, L. Watching the watchers: Assessing the nature and extent of children's screen time using wearable cameras. *New Zealand Medical Journal/Te ara tika o te hauora hapori*. 2023; 136 (1578), 12-31. [Access publication here](#)

Gage R, Liu W, Pearson AL, Smith M, Barr M, Shortridge A, Signal L. Comparison of ten policy options to equitably reduce children's exposure to unhealthy food marketing. *Public Health Nutr*. 2024 Apr 29;27(1):e130. doi: 10.1017/S1368980024000958. [Access publication here](#)

### **Supporting advocacy for effective nutrition and alcohol policy**

Gage, R., Connor, J., Jackson, N., McKerchar, C., & Signal, L. Generating political priority for alcohol policy reform: A framework to guide advocacy and research. *Drug & Alcohol Review*. 2024;43:381-392. doi: 10.1111/dar.13782. [Access publication here](#)

Peniamina, R., McNoe, B., Kerr, J., Cleghorn, C., & Signal, L. (2024). Strong public support for healthy food policies in Aotearoa. *The Briefing*, (15 January). [Access publication here](#)

### **Local and regional government action on alcohol and food**

McNoe, B., Peniamina, R., McKerchar, C., Jackson, N., Delany, L., Signal L. 2024. Local Government alcohol environmental policy initiatives (EPI) tool. *Te Rōpū Rangahau o Te Kāhui Matepukupuku (Cancer Society Research Collaboration)*, University of Otago: Dunedin, New Zealand

Peniamina, R., McNoe, B., McKerchar, C., Mackay, S., Delany, L., Signal L. 2024. Local Government healthy and sustainable food environmental policy initiatives (EPI) tool. *Te Rōpū Rangahau o Te Kāhui Matepukupuku (Cancer Society Research Collaboration)*, University of Otago: Dunedin, New Zealand.

### **Regulation of marketing of junk food, sugary drinks, and alcohol**

Garton, Kelly; Mackay, Sally; Sing, Fiona; Egli, Victoria; Signal, Louise. (2022): Unhealthy food and drink marketing in Aotearoa New Zealand: Evidence Snapshot 2022. *The University of Auckland*. Report. [Access publication here](#)