In this issue...

Welcome to the second issue of the Active Living Laboratory Newsletter! In this issue, we are sharing the updates on ongoing participant recruitment for the BEATS Parental Survey, summer research projects in our laboratory, international symposium that we are organizing next year and recent BEATS Study publications.

Please feel free to share this newsletter with others.
Thank you again for your interest in our work!

Dr Sandy Mandic
Academic Leader, Active Living Laboratory

The BEATS Parental Survey: Still Recruiting

We are making progress with the recruitment of parents with 300 parents completing the survey to date. But we are still recruiting…

We continue to invite Dunedin parents of secondary school students (Year 9 to Year 13) to complete the online survey (also available in a paper format). This 15- to 20-minute survey examines parental perceptions of driving, busing, walking and cycling to school, safety of the route and neighbourhood environment.

Please forward this information to your friends and colleagues.

Summer Research Projects at the Active Living Laboratory

The Active Living Laboratory awarded four Summer Research Scholarships for the summer 2016/2017. The students are working under supervision of Dr Sandy Mandic on projects related to the BEATS Study and the Evaluation of Cycle Skills Training Programme. Two of the scholarship recipients are profiled here:

Dana Lawrie: Dana volunteered to assist with the BEATS Parental Survey recruitment and data entry in the Active Living Laboratory during 2016. In November, Dana started her summer research scholarship to work on the Cycling Skills Training project. Her summer project compares cycling habits, confidence, knowledge and social support in children versus adolescents who participate in cycle skills training programme. The results will be included in the technical report for the Dunedin City Council. Dana is also helping with the BEATS Parental Survey recruitment and data entry.

Siobhan McArthur: Siobhan is a student at the University of Otago and has recently completed her fourth year of a Bachelor of Arts (Major: Geography) and a Bachelor of Laws. Siobhan’s summer research scholarship is also related to the evaluation of cycle skills training programme. Her summer project looks specifically at the effects of cycle skills training on increasing knowledge of road rules, improving confidence and practical cycling skills and increasing rates of cycling in children.

Did you know...

All parents who complete the survey enter into a draw for an iPad or one of three $250 grocery or petrol vouchers.
Survey is available online: http://goo.gl/aubw4u
International Symposium:
“Active Living and Environment: Towards a Healthier and More Sustainable Future”

University of Otago, Dunedin, 28-30 August 2017

We are currently organizing this international symposium to gather international and national experts from multiple disciplines including public health, urban design, transportation and environment, to exchange ideas.

Symposium themes will include: Health, Transportation, Environment and Sustainability.

Abstract submission deadline: 27 February 2017

Conference website is coming soon. Watch this space! See poster

Recent BEATS Study Publications

Adolescents Perceptions of Walking versus Cycling to School
The findings from the BEATS Study show that low rates of cycling to school in New Zealand adolescents may be context-specific. This article shows that compared to walking, cycling to school among Dunedin adolescents was less common and perceived as less safe. Cycling also received less social and infrastructure support. Therefore, more supportive physical and social environments are required for promoting cycling to school among New Zealand adolescents.


Perceptions of Cycling among High School Students and Their Parents
This article presents findings from BEATS Study focus groups with adolescents and parents. Key findings relate to perceived safety, implicit messages, and social norms. A complex range of factors contributed to perceptions of cycling safety, including features and perceptions of the built environment, traffic safety, previous cycling experiences and adolescents’ cycling skills and on-road experiences. Overcoming concerns through behavioural and cultural interventions coupled with up-skilling and infrastructure changes may present a pathway to increasing rates of cycling.


And this is where the authors of these BEATS Study publications come from:

1Active Living Laboratory, School of Physical Education, Sport and Exercise Science, University of Otago, Dunedin, New Zealand
2Oxford University, Oxford, United Kingdom
3McGill University, Montreal, Canada
4Dunedin City Council, Dunedin, New Zealand
5Department of Marketing, School of Business, University of Otago, Dunedin, New Zealand
6School of Surveying, School of Business, University of Otago, Dunedin, New Zealand
7University of Alberta, Edmonton, Canada

Contact Details and Sign Up

Active Living Laboratory
School of Physical Education, Sport and Exercise Sciences, University of Otago, Dunedin, NEW ZEALAND
Phone: +64 3 479 9112 | Email: active.living@otago.ac.nz | Web: www.otago.ac.nz/active-living

BEATS Study
Phone: +64 3 479 9112 | Email: beats@otago.ac.nz | Web: www.otago.ac.nz/beats

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