Welcome to the fourth issue of the Active Living Laboratory Newsletter! In this issue, we are sharing updates on the International Symposium Active Living and Environment, new scholarship award, new research projects happening in our laboratory, 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 goal of this symposium is to bring together researchers, policy makers, health promoters, urban designers, transport experts and interested members of the public to engage in a multidisciplinary and multi-sector dialogue about Active Living and Environment.

Symposium themes are Health, Transportation, Environment and Sustainability.

Find out more – visit symposium website: www.otago.ac.nz/active-living-2017

As August approaches, the momentum and excitement are quickly building – here are a few details:

- A large number of abstracts have been submitted – both research-focused and practice/policy abstracts.
- We’ve combed through them and there’s some amazing information to be presented, learned and discussed in August.
- We’ve accepted 26 research-focused abstracts and 15 practice/policy abstracts.
- And, all 18 invited speakers are confirmed - 11 from New Zealand and 7 presenters from overseas including UK, Spain, Australia, Canada, & U.S.A. Check it out: http://www.otago.ac.nz/active-living-2017/programme-and-speakers/index.html


Please share this information with relevant networks and colleagues.
Tessa Pocock Wins a Prestigious University of Otago Scholarship

Master’s student Tessa Pocock has been awarded a University of Otago Master’s Scholarship. Tessa’s Master’s project examines the influence of the school neighbourhood environment on rates of walking or cycling to school in Dunedin adolescents. Tessa will be auditing the school neighbourhoods around each of Dunedin’s twelve secondary schools in June and July and aims to finish her Master’s project in December 2017. Tessa’s supervisors are Dr Sandy Mandic and Assoc Prof Antoni Moore (School of Surveying, University of Otago).

Profiling Our Students: Garrick Hately

Garrick is a second-year Master of Physical Education student. Garrick graduated with a Bachelor of Science (majoring in Human Physiology) in 2015. His Master’s research examines the effects community-based cardiac rehabilitation programs on the physical activity levels, physical function and quality of life in elderly individuals with coronary artery disease. Garrick is currently collecting data and aims to complete his Master’s project by December 2017. Garrick is supervised by Dr Sandy Mandic.

Recent BEATS Study Publications

Clustering of (Un)Healthy Behaviors in Adolescents from Dunedin, New Zealand

The findings from the BEATS Study show that few Dunedin adolescents met recommended health behaviour guidelines, yet two-thirds had a healthy weight. This study identified six clusters based on health behaviours and weight status. Clusters had distinct sociodemographic and lifestyle characteristics. These findings suggest that future public health strategies for adolescents should be comprehensive and consider socioeconomic structural factors.


Parental perceptions of cycle skills training for adolescents

This article presents findings from the BEATS Parental Survey. Parents perceived cycle skills training would make adolescents safer in traffic. Parental perceptions of cycling to school as important and unsafe were essential. Having fewer vehicles at home was also associated with favourable perceptions. Parents thought adolescents would benefit from such training at their school. Therefore, interventions should capitalize on parental interest in cycle skills training.


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
2University of Victoria, Melbourne, Australia
3Dunedin School of Medicine, University of Otago, Dunedin, New Zealand
4University of Alberta, Edmonton, Canada
5Dunedin City Council, Dunedin, New Zealand
6University of Granada, Granada, Spain
7Department of Geography, University of Otago, Dunedin, New Zealand

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