In This Issue...
Welcome to the seventh issue of the Active Living Laboratory Newsletter! In this issue, we are sharing information about our busy summer projects, an extension of the BEATS Study to the rural Otago region and the latest publications from our research team. Feel free to share this newsletter with others.

Thank you again for your interest in our work!

Associate Professor Sandy Mandic

Sharing News about Our Research Team Members
It has been a busy New Zealand summer at the Active Living Laboratory with research staff and student updates and extensive preparation underway for the BEATS Rural Study data collection...

In December 2017...
- Mr Gordon Wilson officially retired from his role as manager of Dunedin Secondary Schools' Partnership. Gordon provided great support for the BEATS Study since its inception in 2013.
- Kek Chiew Ching returned home to Singapore after submitting her Master's thesis.
- Long Chen started his PhD on the BEATS Study (supervised by Assoc Profs Tony Moore and Sandy Mandic).
- Preparation for the BEATS Rural Study started. Charlotte Flaherty joined us as a research assistant for the summer to coordinate recruitment of rural Otago secondary schools.

In January 2018...
- Angela Findlay joined us as the new BEATS Study Coordinator for 2018.
- Mr Gavin Kidd, a newly appointed manager of the Dunedin Secondary Schools’ Partnership, joined the BEATS Study Advisory Board.

In February 2018...
- Summer research students, Olivia Eyles and Isobelle Lane, completed their summer projects on busing and driving to school (supervised by Dr Christina Ergler and Assoc Prof Sandy Mandic).
- Two international students joined us for their 8- to 14-week internships: Roman Keller (ETH Zurich, Switzerland) and Mike Jensen (University of Alberta, Canada).
- Jess Calverley started her Master's degree and Brittany White and Chris Tait started their Honours programme working on the BEATS Rural Study.
- Ann-Maree Fox, formerly a coordinator of the Health Promoting Schools Programme, retired and joined the BEATS Research Team to assist with data collection in 2018.
BEATS Rural Study Update

The BEATS Rural Study (BEATS-R) examines active transport to school in adolescents living in rural Otago using the BEATS Study methodology. BEATS-R will generate valuable rural-specific data to inform future interventions for built environment change, education campaigns, and policy development in rural areas.

This study has been funded by the University of Otago Research Grant. To date, we have recruited 12 out of 15 secondary schools in the rural Otago region (80% school recruitment rate). Data collection has started in February 2018, with students from one school participating in an online survey and focus group and mapping sessions. We would like to thank all participating schools for supporting this research project.

Latest Publications

**Cycle Skills Training in Children**

This article shows that cycling dominated as children’s preferred mode of transport to school. Cycle skills training improved children’s cycling-related knowledge. Training also improved confidence to cycle in parks and on the road but not to school. The on-road cycle training had small positive effects on increasing cycling to school. Additional interventions targeting parents, schools and built environment changes may be necessary to achieve long-term behavioural change.


**Cycle Skills Training in Adolescent Girls**

This is the first article to examine the effects of cycle skills training in adolescents. In this study, cycle skills training improved cycling-related knowledge in adolescent girls. The on-road cycle training improved confidence to cycle on the road but not to school. The training did not change cycling habits in adolescent girls. Future cycle skills training should be tailored to adolescents’ needs. To achieve behavioural change, additional interventions may be necessary.

*Sandra Mandic, Charlotte Flaherty, Christina Ergler, Chiew Ching Kek, Tessa Pocock, Dana Lawrie, Palma Chillón, Enrique García Bengoechea. Effects of cycle skills training on cycling-related knowledge, confidence and behaviour in adolescent girls. Journal of Transport and Health. (in press; E-pub: 15 Feb 2018) DOI: [https://doi.org/10.1016/j.jth.2018.01.015](https://doi.org/10.1016/j.jth.2018.01.015) [Full article](https://doi.org/10.1016/j.jth.2018.01.015)

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