Welcome

Welcome to the IPEN Newsletter.
It is 2013, and we thought it was time to begin regular communication with IPEN members. This is the first IPEN Newsletter. We thank you all for signing up on the website and showing your interest in this critical research area of environments and physical activity. The UN Summit on Non-Communicable Diseases in 2012 highlights the critical role of physical inactivity in the worldwide NCD epidemic, and rapidly growing research indicates that unhealthful decisions about built environments are contributing to low levels of physical activity.

Motivated mostly by not wanting to add unnecessarily to your emails, we have communicated infrequently with IPEN members. But there is so much activity with IPEN that we decided 2013 is a good time to begin regular communication. We plan to send you a newsletter only about twice a year, but we may send additional email alerts if the information is important enough. We will use the IPEN website for more routine announcements. Please send us news items or announcements that you would like to post on the IPEN website.

- Jim Sallis

Research Updates

IPEN Adult

12 countries have completed data collection for the IPEN Adult study. The survey and accelerometer data are ready for analysis, and the GIS data are in the midst of quality control and comparability checks. Analyses are beginning. In this final year of the NIH-National Cancer Institute grant, our goal is to prepare at least 20 papers for submission. Additional countries are beginning data collection for IPEN Adult. Though they cannot be included in the pooled data analyses, the studies will expand international knowledge of the relation of built environments to physical activity outcomes, and these studies will inform local decision making. Robert Sloan is leading a study in Singapore. Wan Manan is leading a study in Malaysia. Fernando Laino is leading a study in Buenos Aires, Argentina.

IPEN Adolescent

The IPEN Adolescent grant was awarded in 2012 by the NIH-National Heart, Lung, and Blood Institute. This grant will support data collection and pooled analyses with at least 9 countries. An Executive Committee has been formed and is meeting monthly by teleconference. A few countries will be supported for data collection during each of the next 3 years, and there is still time for additional countries to obtain funding from internal sources and join the pooled analyses. Please contact us if you would like support in applying for funding.

IPEN Senior

In 2012 we succeeded in submitting another IPEN grant to NIH, this time to assess physical activity and walkability in seniors. We had a very positive response from members wishing to be involved in this proposal, including new countries that had not been involved in our adult and adolescent work. This is a great example of IPEN growing. In addition, we were impressed with the number of countries who were able to collect in person functioning data. Unfortunately, the main reviewer was quite negative, though the second reviewer was enthusiastic, and the third reviewer was positive. We will resubmit the proposal in the Fall and will keep you informed.
IPEN Activities

IPEN at ICDAM in Rome

The International Conference on Diet and Activity Measurement was held in Rome, Italy in the summer of 2012. There was a strong IPEN presence at the meeting. Marc Adams presented preliminary results of IPEN Adult GIS data that showed impressive variation in built environment attributes.

IPEN meetings at ICPAPH in Sydney

The International Congress on Physical Activity and Public Health was held in early November in Sydney, Australia. Because many IPEN investigators planned to attend, we organized 2 days of IPEN meetings prior to the conference. We thank Adrian Bauman for hosting these meetings in his offices at University of Sydney. The first day was a writing retreat for IPEN Adult investigators, organized by Ilse de Bourdeaudhuij. Attendees were busy writing paper prospectuses, planning analyses, and drafting sections of papers. During the morning of the second day, everyone reported on their progress in developing papers, and Ester Cerin presented on the IPEN data analysis approach. Her presentation and other PowerPoints used in Sydney are posted on the IPEN website. The afternoon was devoted to an orientation to the IPEN Adolescent meeting, and it was the first get-together of these investigators. Representatives of 13 countries attended and provided status reports on their planned or completed studies. Jacqueline Kerr led presentations on key components of IPEN methods, with input from Ester Cerin, Ilse de Bourdeaudhuij, and others from the Coordinating Center in the US who joined by teleconference. Rodrigo Reis volunteered to lead a Policy Impact Committee to ensure policy makers in each country are informed of IPEN Adolescent results.

You can see from the photos that these meetings were well attended, and the diversity of countries and depth of commitment to these international studies were inspiring to everyone.

IPEN at the World Bank

The American College of Sports Medicine organized a meeting about the need for international action on physical activity at the World Bank in Washington, DC in the Summer of 2012. Rodrigo Reis represented IPEN and presented on the importance of implementing evidence-based strategies in multiple sectors to create more activity-friendly environments worldwide.

Policy Guidelines from IPEN

IPEN has always aimed to inform local, national and international policy. In San Diego, Drs Kerr and Sallis are advisors to the local government agency developing regional and transportation plans. A new regional plan is in development and we have a unique opportunity to put public health on the agenda. If you have examples of plans in your city that include public health goals, specific public health related strategies, or examples of evaluation criteria that include public health outcomes PLEASE send them to Dr. Kerr so she can provide these to the government agency in San Diego.
CEPA (Council on Environment and Physical Activity)

As an official council of ISPAH (International Society of Physical Activity and Health), CEPA held a symposium and network meetings during the 4th International Congress of Physical Activity and Public Health (ICPAPH) in Sydney (October - November 2012). In the symposium, several members showcased activities and findings to date, and discussed new directions to further advocate for evidence-based environmental and policy changes to support physical activity internationally. During the network meetings, the following new leaders were approved: Takemi Sugiyama (Chair); Jacqueline Kerr (Co-chair); Rodrigo Reis (Co-chair); Erica Hinckson (Work Group Coordinator); Delfien van Dyck (Communications Officer). Below is the list of current CEPA work groups (leader):

Seniors (Ester Cerin); Children (Erica Hinckson); Latin America (Adriano Akira Hino, Deborah Salvo); Policy and Economic Impact (Billie Giles-Corti); Africa (Rufus Ade-doyin); Urban Green Space (Jasper Schipperijn); Transport-Sector Data (Takemi Sugiyama); Early Career Researchers (Ruth Hunter). Contact Delfien van Dyck for more information.

GIS Templates

The IPEN Coordinating Center released a guiding set of documents for developing a common set of Geographic Information Systems (GIS) variables across countries for the IPEN Adult study. These templates provided greater specificity to common concepts, clearer definitions, and guidance on required, desired, and speculative variables and GIS procedures. We believe that following these templates closely ensures that the IPEN suite of studies has a common set of comparable GIS variables, and can document any deviations where necessary. This process is important for maximizing comparability across countries. For IPEN adolescent, we will be refining these templates to maximize comparability and proposing additional areas to measure, such as school-based walkability and transit level of service. IPEN Templates are freely available to everyone and can be accessed on the IPEN website following this link. Contact Marc Adams for more information.

Jim Sallis’s Website

You are encouraged to visit Jim Sallis’s newly renovated website, masterminded by Carrie Geremia. The new format makes it much easier to find measures and download publications. News of relevance to the field will be updated regularly, and Jim will report on his travels and activities, along with photos. So you may see yourself.

IPEN GPS

IPEN has been a keen supporter of the GPS Health Research Network which includes many international researchers. We had always hoped at some stage to write an international GPS grant. After our IPEN Adolescent meeting in Sydney in November it was clear that several countries were planning to collect GPS on their IPEN adolescent participants. We are therefore trying to respond to this momentum and will be preparing an IPEN GPS grant for submission to NIH, hopefully in June 2013. Contact Jacqueline Kerr for more information or if you are interested in participating.
Meetings at ISBNPA in Ghent

The International Society of Behavioral Nutrition and Physical Activity conference will be held in Ghent, Belgium, May 22-25, 2013. Because many IPEN investigators will be attending, we are planning another two days of meetings prior to the start of ISBNPA. The first day (Monday May 20, 2013) will be another writing retreat for IPEN Adult investigators. The second day (Tuesday May 21, 2013) will likely be devoted to training sessions for IPEN adolescent investigators. On Wednesday, May 22, Ester Cerin will give an interesting afternoon workshop entitled ‘Statistical models that can preserve your sanity when your data aren’t normal’. More information and registration options can be found on the ISBNPA 2013 website. Two IPEN-related symposia already have been accepted and a several IPEN investigators have submitted free paper proposals. Contact Delfien van Dyck for more information.

IPEN-Related Publications 2011-2012

The IPEN Adult methods paper is available online. We do not know when it will come out in print, but you can use and cite it now. The IPEN Adult GIS paper is in process. It will report descriptive data on each country’s main GIS variables, using graphs to vividly illustrate the range of variation across countries.

Coordinating Center Publications


3-Country Papers led by Delfien VanDyck


IPEN-Related Publications 2011-2011

Australia


Belgium


Brazil


Nigeria


United States


Send us your IPEN-related publications (with pdf’s) for posting on the website and in our next newsletter.

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