



International
Physical Activity & the
Environment
Network

I P E N

The Network

Common Methods



Why IPEN?

- Encourage PA research in many countries
- Full variability in environments requires research in multiple countries
- If data are to be pooled, common measures needed
- IPS was good start, but measures were limited
- NQLS and PLACE studies provide a starting point for common design & measures
- Results are relevant for science and to inform advocacy



The Key Requirements

- To be able to participate in the pooled analysis members must conduct a study which:
 - Maximizes environmental variability by selecting study sites using the walkability index.
 - Uses the NEWS or ANEWS
 - Uses the long IPAQ
 - And if possible, includes Actigraph data at 2 time points



IPEN – so far

- August 2004
- NQLS & PLACE
- 129 members, 28 countries
- ALR meeting, ACSM meeting, ISBNPA meeting
- 21 proposals (hand out) & applications for funding
- NEWS
 - Belgium, Portugal, Brazil, Hong Kong, Perth
- ANEWS
 - Abbreviated version based on NQLS & PLACE data
- European collaboration
- www.ipenproject.org



Future aims

- Develop European NEWS
- Increase collaboration
- Contact ALR grantees
- Collect ACSM presentations, ISBNPA presentations
- Target new members
 - Asia
 - South America
 - Africa
- Use experience and translations from IPS E-module
- Apply for International funding



Future aims cont!!

- GIS recipe book on website
- PLACE report on website
- Develop member, proposal and publication databases
- Work on cultural adaptation guidelines
- Develop translation guidelines
- Develop pre-test and test-retest guideline
- Report on experience recruiting for NQLS senior (65+ year olds)
- Share new Youth version of NEWS for parents of children & adolescents
- Develop data cleaning, screening and analysis protocols and syntax
- Make available an IPEN powerpoint presentation



Network Levels

- Network
- Developmental work
- Self report data
- GIS data
- Accelerometer
- Neighborhood observations
 - (ALR website – Saelens et al.)
 - Pedestrian infrastructure
 - Quality of parks



Network - You

- Promote IPEN
- Contribute to development of network
- Provide contacts
- Share findings, publications, resources
 - Abstracts, papers, courses, conferences, presentations, groups
- Use common IPEN methods in studies



Network - Us

- Databases
 - Publications/presentations
 - Researchers/experts
 - Studies/results
- Support
 - Letters
 - Advice
 - Proposals
 - Materials



Network - Us

- Promotion
- Publication
 - Symposia
 - Special issues
- Funding
- Pooled analysis (2010)



Getting started

- Form a transdisciplinary team
- Assess GIS and Census data
- Translate materials
- Identify cultural differences
- Identify potential neighborhoods
- Apply for funding



With limited funding

- Expert panels
- Translation
 - Cul de sacs (Brazil)
 - Neighborhoods (HK)
 - Intersections (Portugal)
- Pre-tests/formative work
 - Cultural differences
- Maps
 - Identify km of bike paths
 - Eyeball intersection density
- Neighborhood audits
 - Observations (ALR Saelens)
 - Park quality
 - Pedestrian infrastructure
- Walkability index
 - Cross checks
- Facility access
 - Phone books, internet



Materials

- Surveys
- Walkability index
- Grant proposals
- Recruitment manual
- Neighborhood observation manual
- Accelerometer protocol
- ALR conference presentations etc.

In future

- Accelerometer software & manual
- Syntax
- Data handling procedures



Common methods

- See the website www.ipenproject.org
- THERE WILL BE CULTURAL DIFFERENCES!
- It is important to adapt to these and add country specific measures!
- BUT let's agree on best approach for changes & keep track of differences
- Learn from IPS experiences



International
Physical Activity & the
Environment
Network

www.ipenproject.org



International
Physical Activity & the
Environment
Network

Common questions & concerns



International Physical Activity & the Environment Network

- America has terrible environments, what do they know?
- Things are different in my country!
- GREAT! This is precisely what we want.
- Try to keep the core items the same but add your own country specific items.
- Let's be flexible but keep track of any adaptations.



GIS

- Find a software expert (Arcview)
- Find an urban planning expert who can interpret the data
- Budget for a GIS consultant (e.g. Larry Frank)
- The GIS recipe book on ALR website (Anne Forsythe)
- Do Arcview tutorials
- Density & connectivity may be easier than mixed land use and retail floor area ratio



Actigraph

- IPEN discount
- GT256
- New model GT1M
- Leasing options from CDC and Actigraph
- Product details (handouts)
- MSSE supplement in October 2005
- Protocols for use (now) and analysis (in future)



International Physical Activity & the Environment Network

- We are making **RAPID** but **SCIENTIFIC** progress, but we don't have all the answers yet!
- We will **SHARE** openly, based on evidence, and provide appropriate advice
- We are open to suggestions!
- Let's hear about your experiences of the **NEWS** or other environmental work



International
Physical Activity & the
Environment
Network

What you can do...

- Tell more people about IPEN
- Advertise the website when you make talks about PA and the environment
- Send me your publications and presentations to post on the website.