Environmental Determinants

State of the Evidence Review on Urban Health-Healthy Weights
(Kim Raine and John Spence, co-PIs)
- This study will synthesize the current evidence base on the relationship between urban environments and health.

Understanding Influences of the Media on Physical Activity and Nutrition: An Ecological Approach (John Spence, PI)
- This project explores influences of the media on physical activity and nutrition through a systematic review of the literature, a symposium, several pilot projects and the development of grant proposals.

Neighbourhood Correlates of Walking: The Fitscape Project
(John Spence, PI)
- This project will seek to identify the relationships between the characteristics of people’s neighborhood environments and their physical activity habits, and to investigate whether people who live in ‘walkable’ neighborhoods are more physically active.

Policy Analysis

The Role of Policy Networks in the Development of Policy Responses to the Issue of Childhood Obesity and Healthy Body Weights
(John Church, PI)
- In this pilot project we examine public policy processes and policy networks related to childhood obesity in Alberta and identify key lessons about effective policy making related to population health.

Building Capacity for Policy Analysis: The Obesity Discourse in Canada
(John Church, PI)
- In this project we examine the public discourse in Canada around obesity to explore the role of ideas in public policy making in relation to institutions and interests.

Interventions

Healthy Alberta Communities (Kim Raine, Ron Plotnikoff, co-Principal Directors)
- This purpose of this project is to prevent chronic disease by working with groups in 3 intervention communities to remove physical and social barriers that prevent people from making healthy lifestyle choices.

Alberta Diabetes and Physical Activity Trial – ADAPT
(Ron Plotnikoff, PI)
- The project will examine the efficacy of print-based, physical activity stage of readiness messages in a 1-year program for those with type 2 diabetes vs standard care information, and will examine incremental efficacy of pedometer use with the educational package.

Alberta Diabetes Home-based Resistance Exercise Study – ADHERES
(Ron Plotnikoff, PI)
- The purpose of this project is to develop and test the feasibility of a home-based resistance training (and aerobic) program for obese adults living with type 2 diabetes.

Diabetes NET Play: A Physical Activity Website and E-counseling Intervention for Individuals with Type 2 Diabetes
(Ron Plotnikoff, PI)
- The purpose of this project is to develop and test the feasibility of a home-based resistance training (and aerobic) program for obese adults living with type 2 diabetes.

Promoting Healthy Eating and Active Living in Schools: One Step at a Time (Linda McCargar, PI)
- This project involves the collection of baseline and post-intervention data (height, weight, 24 hour food recall, and 7 day physical activity log) of elementary school students. The students will be given pedometers and step logs as the intervention.

The Physical Activity Workplace Study
(Ron Plotnikoff, PI)
- The purpose of this project was to test a 12 month physical activity program using low cost and feasible programs in large workplace settings.

Youth Surveillance

A Feasibility Study for the Development of a Child Health Ecological Surveillance System (CHESS) for Obesity/Healthy Body Weights
(Ron Plotnikoff, PI)
- The purpose of this project is to develop and test the feasibility of a surveillance system designed to monitor pediatric obesity and healthy body weights in a public health region.

Female Adolescent’s Perceptions of Tobacco and Weight Control
(Carm Wild, PI)
- The purpose of this study is to describe the reactions of three groups of adolescent females (non-smokers, current smokers and former smokers) to the view that tobacco can be used as a weight control strategy.

Promotion of Optimal Weights through Ecological Research

POWER conducts a variety of individual research projects to (1) investigate behavioural, environmental, and social determinants of obesity at multiple ecological levels, and (2) examine the impact of interventions for the promotion of healthy weights.

CROSS-THEME LINKAGE

Funding for POWER is provided by a New Emerging Team Grant from the Canadian Institutes for Health Research – Institute of Nutrition, Metabolism and Diabetes and the Heart and Stroke Foundation of Canada. Please see our website for a complete list of projects and funders.

www.power.ualberta.ca