

International Edition



International Society for
Behavioral Nutrition and Physical Activity



Canada on the Move

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Health research about obesity in Canada just took another "step" in the right direction. The Canadian Institutes of Health Research (CIHR), and its Institute of Nutrition, Metabolism and Diabetes (INMD), have launched *Canada on the Move*, a unique web-based research project that will track how Canadians use pedometers and the steps they take each day. All adult

Canadians can participate by logging onto www.canadaonthemove.ca

The goal of the research is to see what can be learned about the role of pedometers in encouraging physical activity and whether, over time, they are a good support tool for those who want to get more active. Input from Canadians will be captured in a national database that can be analysed by expert researchers. The hope is that thousands of Canadians will log on, register with the program and regularly report their walking steps to this national initiative in health research. Even Canadians without pedometers can

register and provide valuable information to researchers about their walking behaviours via a website survey.

Pedometers, or step counters, are simple devices (with roots in the designs of Leonardo da Vinci) that can be clipped onto a waistband or belt so the movement associated with each step is counted. So, the next time you see a walker with a pedometer, they may well be "donating their steps" to health research.

Under a strategic funding initiative announced in 2002, INMD has set aside over \$3 million annually to fund research projects aimed at the

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Don't forget
ISBNA
Annual
Conference
Washington DC
June 10-13, 2004



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What's up in In Auckland?

Here at Auckland our current research programme has focused on four major areas: exercise and health, rehabilitation psychology, group dynamics and self-presentational issues in exercise and sport. We have built strong research links with leading academics and

clinicians within science and medical faculties at the University of Auckland, the medical community in New Zealand, and with leading people and institutions abroad. In the exercise and health area, our research efforts have focused on trying to better understand and im-

prove exercise behaviour in order to improve people's health and well-being.

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Canada on the Move...

growing epidemic of obesity in Canada. INMD takes the view that the obesity epidemic can only be addressed if health research programs encompass all aspects of obesity and healthy body weight, including social, economic and environmental factors that contribute to its growing incidence.

Recent studies show that between 1981 and 1996, the numbers of Canadians who would be classed as either overweight or obese increased from 48 to 57 percent among men and from 30 to 35 percent among women. Medical practitioners and researchers use the Body Mass Index (BMI) to

classify weight. A BMI between 20 and 25 is considered a healthy body weight. A BMI equal or greater than 25 is considered overweight and equal or more than 30 puts a person in the obese category.

Canada on the Move

is just one of many innovative projects being funded by the federal government in the area of obesity or healthy body weight research. Ultimately, it is INMD's goal to increase the understanding of the measures, causes, prevention, treatment and consequences of obesity and maintenance



of healthy body weight. CIHR and INMD have a knowledge transfer mandate that will ensure research findings are shared with the public and health care practitioners in ways that make a real difference to the lives of people dealing with the ramifications of overweight or obesity.

For more information about Canada on the Move:

www.canadaonthemove.ca

www.canadaenmouvement.ca

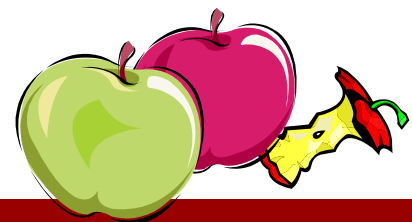
For more information about CIHR and INMD: www.cihr-irsc.gc.ca

What's up in Greece?

Dr. Paul Estabrooks, Kaiser Permanente-Colorado, Clinical Research Unit, visited the Department of Physical Education and Sport Science, University of Athens, and gave a lecture on "Determining the public health impact of a community implemented physical activity program." He also consulted with the graduate students for the implementation of an intervention program to increase physical activity levels in older adults with osteoarthritis.

Ioanna Tsamita, a doctoral student at the Department of Physical Education and Sport Science, University of Athens, has initiated a research program on the island of Evia, Greece. The main purpose of the study is the examination of parental nutritional orientations, parental support for healthy nutrition, and children's self-efficacy for fruit and vegetable consumption. A total number of 350 high school students along with their parents are participating in the project...page 4

In Evia Greece, researchers are studying parental support for healthy eating and children's self-efficacy for fruit and vegetable consumption.



What's Going on in the WORLD?

This is our first newsletter devoted to research projects and issues from around the world. The purpose of this issue is to raise awareness of what our colleagues from various countries are doing in the areas of behavioural nutrition and physical activity. These submissions include the names and affiliations of the people involved in the research they are reporting so that

you, the reader, can contact them as a way of developing international research networks.

We hope to raise awareness of regional issues and concerns, to promote sharing of research results and potentially 'best practices', to foster sensitivity to specific challenges around the world, and, to facilitate international collaboration. The au-

thors of these pieces have generously donated them, and we hope, if you are interested or inspired by their reports, that you will take the time to contact them. We hope you will be able to meet face-to-face for further discussion at our annual meetings.

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There is no doubt that sedentary behaviour is one of our most serious public health concerns. Projects that we have recently completed in partnership with health sector professionals (e.g., Drs. Ralph Stewart, Chris Hammet, and Peter Ruygrok—Cardiologists at Green Lane Hospital) and leading academics include: (1) Predicting compliance to exercise among patients with ischemic heart disease (2) Understanding adolescent exercise behaviour in New Zealand using the Transtheoretical Model (3) Attitude to exercise in patients with congenital heart disease: An application of the Theory of Planned Behaviour and (4) Examining the effects of exercise and nicotine replacement therapy on smoking withdrawal processes and abstinence rates in women. At the moment we are trying to use self-regulation models such as Protection Motivation Theory as a framework for changing exercise behaviour in obese adolescents as well as in first degree relatives of colon cancer. Some of these projects have received external funding from the National Heart Foundation.

In the rehabilitation psychology our research group has completed several projects investigating the role psychological factors play in the occurrence and prevention of sport injury as well

as the adherence to rehabilitation. We also are collaborating with Dr. Mark Clatworthy (Orthopaedic surgeon Ascot and Middlemore Hospital) on a project examining the effects of modeling on psychological processes and recovery from ACL reconstruction. We also have recently worked with Dr. Peter McNair (School of Physiotherapy) to complete a series of three studies on strategies people use to reduce landing forces. These studies have implications for reducing injury due to impact forces from landing. We also are currently investigating the effects of pre-operative physiotherapy on psychological processes and function in patients with total knee joint replacement. At the moment we are working with Dr. Craig Hall looking at (a) the effects of a guided imagery intervention programme on ACL patients' psychological processes and functional outcomes from rehabilitation and (b) the relationship between self-efficacy, imagery and adherence over an 8 week rehabilitation programme.

Group dynamics is a generic term to describe how groups develop, function and maintain themselves. With Albert Carron (University of Western Ontario) and other colleagues from around the world, we have initiated and completed many projects examining correlates of cohesion in sport and

exercise. Our work offers social scientists useful frameworks (both conceptually and methodologically) to investigate groups and their behaviour.

The fourth and last major area of focus is Self-presentation—a process by which people control and monitor how they are perceived and evaluated by others. Colleagues here at Auckland and around the world (Drs. Richard Fletcher, Craig Hall, Kathleen Martin, Robert Grove and Robert Eklund) have been interested in how

These studies have implications for reducing injury due to impact forces from landing.



self-presentation influences people's behaviour, cognition and emotion in exercise and sport settings. Together we have documented the role that social physique anxiety plays in disordered eating behaviour. In addition, we have shown how self-handicapping tendencies affect competitive anxiety, coping responses, the use of self-handicapping strategies and perceptions of team cohesion. We believe a self-presentation framework could be used to examine a number of health damaging behaviours in society such as substance abuse and failing to seek medical advice. We are definitely interested in exploring these issues further.

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What's Going on in the WORLD?

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If you would like to contribute something to the ISBNPA newsletter regarding behavioural nutrition and physical activity research in your part of the world, please contact Wendy Rodgers, University of Alberta, Canada, wendy.Rodgers@ualberta.ca

or Theresa Nicklas, Baylor College of Medicine, USA,

tnicklas@bcm.tmc.edu.

We look forward to your comments and contributions.



What's up in Greece?...from page 2

A research team at the Department of Physical Education and Sport Science, University of Athens, has started a one-year research project for the examination of functional capacity and physical activity levels in older adults. Participants are 200 older adults aged over 60 that take part in activities organized by community centers in Athens. The purpose of the study is to examine the relationship between habitual physical activity and functional performance of older adults.

The intervention project "ENTER" has started in Trikala, Greece. The ENTER is funded by the Greek General Secretariat of Research and Technology. Its main purpose is to enable Greek researchers who work abroad to collaborate with Greek Institutions in the design and delivery of innovative programs. In collaboration with the Department of Physical Education and Sport Science at the University of Thessaly and the Municipality of Trikala, researchers will develop and deliver a lifestyle intervention specifically designed for older people who

live in the community. The purpose of this project, which will run as a pilot study, is to increase the daily physical activity levels of older people through organized walking activities and workshops that promote a healthier and more active lifestyle. Data collection will involve both quantitative and qualitative data in order to explore older people's motives and barriers for participation in physical activities and to evaluate the effectiveness of the intervention walking program.

The Department of Physical Education and Sport Science at the University of Thessaly, and the Greek Society of Sport Psychology will organize the 3rd International Congress on Sport Psychology in Trikala, Greece, 26-28 November, 2004. The title of the congress is "Measurement of the Psychological Determinants in Physical Activity and Sport."

The main theme of the Congress will be the psychological determinants that influence and are influenced by participation in physical activity and sport. The purpose of the Congress is

to provide a comprehensive presentation of the current psychometric tools used in Greece as well as important research and applications in the field of physical activity and sport.

Thematic symposiums, round tables, seminars, and posters will be organized.

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Researchers at the University of Thessaly are developing and delivering a lifestyle intervention specifically for older people in Trikala, Greece



The HBSC 2001/2002 International Report

The publication of the international report on the 2001/02 HBSC survey originally scheduled for autumn 2003 is now expected to be in **early spring 2004**. A precise publication date will be posted in due course.

The report, entitled '**Young People's Health in Context**' will be published as the fourth volume in the WHO Health Policy for Children and Adolescents (HEPCA) Series.

The report will present an overview of descriptive findings on key health and well-being measures and health related behaviours from HBSC -a 35 country cross-sectional survey of 11,

13 and 15 year olds, highlighting age transitions in health and examining gender differences.

In addition, it will describe the life circumstances of the adolescents surveyed across Europe and North America, and present some preliminary findings on socio-economic influences on adolescent health, and social support and adolescent health. <http://www.hbsc.org/>

A new version of the European health for all database (HFA-DB) now available on www.who.dk This version includes the annually reported health statistics received from 47 European

countries, plus the latest mortality data and the most up-to-date health-related information from other international organizations.

A European Commission funded project for breastfeeding promotion, is coming to an end in June, when there will be a launch of a European "Blueprint for action" for breastfeeding. The event will take place at the Dublin Castle, with invitees from all Member States and candidate countries, as a part of the official Irish EU Presidency programme.

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Dieting and restrained eating are the focus of two very different Canadian programs of behavioural research. The model of self change represented in the “false hope syndrome” (Polivy & Herman, 2002) is one of the cornerstones of **Dr. Janet Polivy**’s work at the University of Toronto. This paradigm focuses on the unrealistic expectations that promote repeated unsuccessful attempts at self-change as the cause of the cycle of failure and renewed effort at change. The model suggests that those who begin with unachievable goals are doomed to fail. As one example, Polivy has found that young women beginning an exercise program have an impractical view of their likelihood of succeeding and, indeed, this is associated with increased failure and self-blame. Polivy’s work, funded by the Social Sciences and Humanities Research Council of Canada, has clearly shown that weight loss dieting is a prime example of false hope. Dieters generally try to lose more weight than is feasible, in a shorter time than is possible, expecting that it will be easy to do, and that they will reap huge rewards if they succeed. In particular, her recent work has provided evidence that chronic dieters (restrained eaters) have these unrealistic expectations

about the outcome of dieting. On the positive side, Polivy and her collaborator, **Peter Herman**, have also shown that it is possible to inoculate girls and young women against these unrealistic expectations and reduce their intent to diet in an unhealthy manner. Looking more directly at eating behaviour, Polivy and Herman have provided evidence that depriving restrained eaters of a favorite food (chocolate) for a week results in elevated craving for chocolate and overeating when chocolate foods are made available. Similarly, when exposed to tempting food aromas, restrained eaters crave the food they smelled and overeat it (but not similarly attractive other foods, and only if they are expecting to eat that food).



At the University of British Columbia, **Dr. Susan Barr** is examining the physiological correlates of women’s cognitions about eating and body

weight. The specific focus of her work concerns potential health implications of high levels of *cognitive dietary restraint* in women whose weight is in the healthy range (cognitive dietary restraint is the *perception* that one is constantly monitoring and attempting to limit food intake in an effort to control body weight; actual food intake, however, may be quite similar in those with high and low restraint scores). She has shown that women with high dietary restraint scores are more likely to experience subclinical disturbances of the menstrual cycle and irregular cycles, despite having similar BMI to those with low restraint scores. She has shown that women with high dietary restraint scores are more likely to experience subclinical disturbances of the menstrual cycle and irregular cycles, despite having similar BMI to those with low restraint scores. *To Page 6...*



Upcoming Meetings of Interest

5th International Conference on Nutrition & Fitness

June 09, 2004 to June 12, 2004
Athens, Greece
Nereus Congress and Conferences
Phone: 30-210-452-4842
Fax: 30-210-418-2308
Email:
fitness2004@synedria.gr



8th Nordic Public Health Nutrition Conference

June 20, 2004 to June 23, 2004
Tønsberg, Norway
Anne C. Hunn
47-31-290-285
achunn@frisurf.no



Behavioural Nutrition Research in Canada ...from page 5

Working from the hypothesis that high cognitive dietary restraint represents a subtle but frequently-invoked stressor, she found significantly higher 24-hr urinary excretion of the stress hormone cortisol in women with high restraint scores, who were similar in age, relative weight, and other psychosocial parameters to women with low restraint scores. Cortisol is known to have adverse effects on bone, and is also a peripheral marker for activation of the hypothalamic-pituitary-adrenal (HPA) axis. HPA activation is believed to contribute to disturbances of the menstrual cycle, which can also lead to bone loss.

*High Dietary Restraint
can lead to bone loss in
women...postmenopausal
women are being studied*

Supporting this association, Dr. Barr and her colleagues have found that high levels of restraint in normal-weight women may contribute to reduced bone mass: In university women, dietary restraint was an inde-

pendent (negative) predictor of total body bone mineral density and content; in girls, eating attitudes negatively predicted the gains in bone mineral content during 2-3 years of the pubertal transition; and in women runners, those with a recent stress fracture had higher restraint scores than those without a stress fracture. Current work is focusing on postmenopausal women, who may have experienced high levels of dietary restraint for many years.

Behavioural studies exploring themes related to cultural aspects of eating and food choice reflect Canada's growing multiethnic population. At the University of British Columbia, Associate Professor **Gwen Chapman**, is examining how gender, culture, social roles, and health concerns shape food-related decision making within the family context. She and Dr. **Brenda Beagan** from Dalhousie University, supported by a grant from the Canadian Institutes of Health Research, are using qualitative methods to compare the food decision-making process in African-Canadian,



Punjabi-Canadian and Caucasian-Canadian families. Using a combination of participant observation and individual interviews with multiple family mem-

bers, they are exploring who makes decisions about what food will be available in the home, how family members influence each other, and how food practices are influenced by health beliefs and concerns. They will be looking at how these processes differ within and between each of the ethnocultural groups included in the study. This study builds on previous work that Dr. Chapman has conducted examining how food practices are shaped by health and nutrition beliefs, and culturally ascribed meanings of food, health, and body image. Her past studies have explored these issues in a variety of population groups, including teen-aged women, young female athletes, Filipino-Canadian women, and breast cancer survivors.

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The SBSC 2001/2002 International Report

From Page 4...Sweden is currently producing a *Draft plan of action for nutrition and physical activity*. The task is shared between the Public Health Institute and the National Food Administration. More info at www.fhi.se and www.slv.se. For this task, two persons are being recruited, one for each partner, to work on the

issue for 1-2 years.

ProChildren project: The EU funded project for promotion of fruit and vegetables in schools, is currently working on data entering and some first data analysis attempts. More information on the cross-sectional survey results as well as the intervention effectiveness, will be produced

during 2004. More info can be obtained from Knut-Inge Klepp. klepp@epi.umn.edu

Summer School run by the European Network for Public Health Nutrition. The 6th European ...page 8

At Ryerson University in Toronto, Associate Professor **Judy Paisley** is also exploring the social and cultural dimensions of food and eating. With expertise in various systematic qualitative methodologies, Dr. Paisley's goal is to expand our understanding of peoples' lived experiences and perceptions regarding food, eating, and healthy eating advice. She has recently completed studies examining the cultural appropriateness of dietary assessment tools and the perceived links between diet and cancer among samples of adults from various ethnocultural communities in the To-

ronto area. As co-principal investigator of research funded by the Danone Institute of Canada, Dr. Paisley and a multidisciplinary team of investigators examined the social impact and context of dietary change through in-depth interviews with people who live and eat together. This study also examined the links between media messages and



participants' dietary concerns.

Susan Crawford, RDN, PhD

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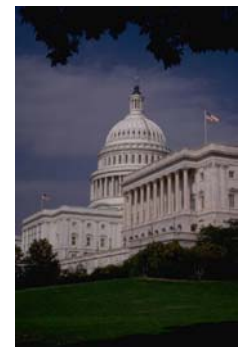
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ISBNPA 3rd Annual Conference

ISBNPA Annual Conference

June 10-13, 2004

Washington, DC, USA



Get Ready: The third annual conference of the ISBNPA will be held at the Omni Shoreham Hotel in Washington, DC, USA. Register on line at <http://www.isbnpa.org/meeting.cfm> The preliminary program can be found at: http://www.isbnpa.org/pdf/preliminary_program_DC.pdf

The Omni Shoreham Hotel is proud of its recognition as one of Washington, DC's most modern, historic landmark hotels. Hotel services and amenities include: outdoor heated swimming pool, fitness center, saunas in men's and women's locker rooms, 100,000 square feet of meeting space, courtyard and several terraces, multilingual concierge, dual phone line with data port, free high speed Internet access, ATM in hotel lobby, dry-cleaning and laundry, Robert's Restaurant, Bar & Lounge.



Close-by attractions: 10-minute Metro ride to the National Mall, its Monuments and the Smithsonian Museums, 10-minute Metro ride to the White House and Capital, 10-minute walk to the National Zoo (free entrance), 10-minute walk to the National Cathedral.

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The ABSC 2001/2002 International Report...from page 6

Summer School called EU Basics in Public Health Nutrition, will be held in Dublin from 28th of June to 3rd of July this summer. Deadline for application will be 15th of March. More info from

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European Commission Directorate General Research: A large number of proposals were submitted to the 6th Framework programme on the 5th of February. The call included behavioural lifestyle interventions in the area of nutrition, primarily targeted towards children and adolescents.

