

## ISBNPA Special Interest Group (SIG)

### Socioeconomic inequalities in nutrition, physical activity and sedentary behaviours

#### Knowledge update October 2013

**In this issue:** Profiling our SIG members; ISBNPA symposia and plans for the 2014 San Diego meeting; news & resources

Remember to tweet and follow us on Twitter! Follow and use #ISBNPASIG so other members can follow/converse as well. Any tweets relating to SIG topics – new research, questions, challenges, debates, news – are very welcome!



#### News

Recently the Washington Post released a map showing how different countries around the world compare on a measure of income inequality called the Palmer, which measures the gap between the rich and poor within a country. There were some surprises, including the ranking of the US one position below Nigeria:

<http://www.washingtonpost.com/blogs/worldviews/wp/2013/09/27/map-how-the-worlds-countries-compare-on-income-inequality-the-u-s-ranks-below-nigeria/>



**SIG MEMBERS – we need your help!!**

The success of the SIG depends on the input of its members. We encourage members to consider doing one or more of the following:

- Send us a few lines about who you are, where you work, and the work you do specifically related to the SIG topic of socioeconomic inequalities in nutrition, physical activity and sedentary behaviours. We can circulate amongst members to provide a better sense of who we are and areas of interest and expertise. **See our first member profile on page 2!**
- If you're keen to write more about yourself and your team, please do so, and (optionally) send us a photo too, and we'll 'profile' you in an upcoming newsletter
- Please forward to Kylie ([kylie.ball@deakin.edu.au](mailto:kylie.ball@deakin.edu.au)) any suggestions for pre-conference satellites/workshops, or symposia, and for keynote speakers relevant to the SIG
- Please volunteer to write a short 'hot topic' or opinion/debate piece relevant to the SIG – it doesn't have to be long!
- Please keep other ideas coming! We are always keen to hear your views about how the SIG can better serve its members.

## Profiling our SIG members

In this issue, we begin a new section profiling the work of our SIG members.

One of the key purposes of our SIG is to facilitate knowledge exchange and interaction among members. Many members have commented that they would be keen to hear about the research being conducted by other SIG members in the field of socioeconomic inequalities in nutrition, physical activity and sedentary behaviours.

Professor Cliona Ni Mhurchu, a SIG Member working at the University of Auckland, New Zealand, kicks off our member profiling section. Thank you Cliona – and we look forward to hearing from more members soon!

## SIG member profile

**Name:** Cliona Ni Mhurchu

**Team members/key collaborators (on inequalities-related work):** Dr Helen Eyles (NIHI), Professor Tony Blakely (University of Otago)

**Department/institution:** National Institute for Health Innovation (NIHI), University of Auckland, New Zealand

### Please tell us about the research you do that is related to the SIG

My research programme focuses on evaluating effects of promising population nutrition interventions and policies. Key research themes are: scalable interventions; focus on Māori and Pacific peoples, and health equity; ease of translation to policy action; and use of innovative technologies. Our current research programme is assessing the impact of: (1) introduction of simple front-of-pack nutrition labels; (2) changes in food prices (making healthy foods cheaper and unhealthy foods more expensive); (3) changes to the composition of foods to reduce salt and saturated fat; and (4) restriction of food marketing to children. Given the marked inequalities in nutrition-related disease that exist in New Zealand all our research projects measure the health effects of interventions by ethnic and income groups.

### Key publications relevant to SIG

Gorton D, Ni Mhurchu C, Chen M, Dixon R. Nutrition labels: a survey of use, understanding, and preferences among ethnically diverse shoppers in New Zealand. *Public Health Nutr.* 2008; 12: 1359-65.

Ni Mhurchu C, Blakely T, Funaki-Tahifote M, McKerchar C, Wilton J, Chua S, et al. Inclusion of indigenous and ethnic minority populations in intervention trials: challenges and strategies in a New Zealand supermarket study. *J Epidemiol Commun Health.* 2009; 63: 850-55.

Blakely T, Ni Mhurchu C, Jiang Y, Matoe L, Funaki-Tahifote M, Eyles H, et al. Do effects of price discounts and nutrition education on food purchases vary by ethnicity, income and education? Results from a randomised, controlled trial. *J Epidemiol Commun Health.* 2011; 65: 902-08.

Ni Mhurchu C, Gorton D, Turley M, Jiang Y, Michie J, Maddison R, et al. Effects of a free school breakfast programme on children's attendance, academic achievement, and short-term hunger: results from a stepped wedge, cluster randomised controlled trial. *J Epidemiol Commun Health.* 2013; 67: 257-64.

Eyles H, Ni Mhurchu C, Nghiem N, Blakely T. Association between food pricing strategies, population diets and non-communicable disease: a systematic review of simulation studies. *PLoS Med.* 2012; 9: e1001353.

Ni Mhurchu C, Eyles H, Schilling C, Yang Q, Kaye-Blake W, Genc M, et al. Food prices and consumer demand: differences across income levels and ethnic groups. *PLOS ONE.* In press.

## ISBNPA symposia and plans for 2014 San Diego Meeting

Several SIG members have been discussing potential plans for a SIG-related symposium, to be submitted for presentation at the 2014 meeting of the ISBNPA in San Diego. We are hopeful to have at least one symposium accepted and presented.

We have also requested a session in the meeting program to be set aside for another face-to-face meeting of the SIG. More on this in future communications.

**The following resources may be of interest to SIG members.**

### News

#### Non-communicable disease (NCD) Alliance

The NCD Alliance was founded by four international NGO federations representing the four main NCDs – cardiovascular disease, diabetes, cancer, and chronic respiratory disease. The Alliance unites a network of over 2,000 organisations in more than 170 countries. The mission of the NCD Alliance is to combat the NCD epidemic by putting health at the center of all policies.

Given the key roles of nutrition and physical activity behaviours in NCDs, and demonstrated inequalities in both NCDs and their behavioural risk factors, Alliance campaigns may be of interest to SIG members. For more information, see <http://www.ncdalliance.org/>

### Journal papers

Please let us know if you have published your SIG-related research recently – we would love to profile it.

Hyytinen A, Lahtonen J. [The effect of physical activity on long-term income](#). Soc Sci Med. 2013 Nov;96:129-37. doi: 10.1016/j.socscimed.2013.07.019. Epub 2013 Aug 6. PubMed PMID: 24034960.

Deweese RS, Yedidia MJ, Tulloch DL, Ohri-Vachaspati P. [Neighborhood perceptions and active school commuting in low-income cities](#). Am J Prev Med. 2013 Oct;45(4):393-400. doi: 10.1016/j.amepre.2013.04.023. PubMed PMID: 24050414.

Kershaw KN, Droomers M, Robinson WR, Carnethon MR, Daviglus ML, Monique Verschuren WM. [Quantifying the contributions of behavioral and biological risk factors to socioeconomic disparities in coronary heart disease incidence: the MORGEN study](#). Eur J Epidemiol. 2013 Oct;28(10):807-14. doi: 10.1007/s10654-013-9847-2. Epub 2013 Sep 14. PubMed PMID: 24037117.

Lampard AM, Jurkowski JM, Davison KK. [The family context of low-income parents who restrict child screen time](#). Child Obes. 2013 Oct;9(5):386-92. doi: 10.1089/chi.2013.0043. Epub 2013 Sep 4. PubMed PMID: 24004326; PubMed Central PMCID: PMC3791034.

Whitley E, Batty GD, Hunt K, Popham F, Benzeval M. [The Role of Health Behaviours Across the Life Course in the Socioeconomic Patterning of All-Cause Mortality: The West of Scotland Twenty-07 Prospective Cohort Study](#). Ann Behav Med. 2013 Sep 26. [Epub ahead of print] PubMed PMID: 24072618.

Kim K, Park SM, Oh KW. [The impact of nutritional policy on socioeconomic disparity in the unhealthy food intake among Korean adolescents.](#) *Appetite*. 2013 Sep 19;71C:388-395. doi: 10.1016/j.appet.2013.09.010. [Epub ahead of print] PubMed PMID: 24056208.

Chau N, Chau K, Mayet A, Baumann M, Legleye S, Falissard B. [Self-reporting and measurement of body mass index in adolescents: refusals and validity, and the possible role of socioeconomic and health-related factors.](#) *BMC Public Health*. 2013 Sep 8;13(1):815. [Epub ahead of print] PubMed PMID: 24011121.

Nackers LM, Appelhans BM. [Food Insecurity Is Linked to a Food Environment Promoting Obesity in Households With Children.](#) *J Nutr Educ Behav*. 2013 Sep 7. doi:pii: S1499-4046(13)00581-2. 10.1016/j.jneb.2013.08.001. [Epub ahead of print] PubMed PMID: 24021456.

Pulsford RM, Griew P, Page AS, Cooper AR, Hillsdon MM. [Socioeconomic position and childhood sedentary time: evidence from the PEACH project.](#) *Int J Behav Nutr Phys Act*. 2013 Sep 4;10(1):105. [Epub ahead of print] PubMed PMID: 24007492.

Li K, Wen M. [Racial and Ethnic Disparities in Leisure-time Physical Activity in California: Patterns and Mechanisms.](#) *Race Soc Probl*. 2013 Sep 1;5(3):147-156. PubMed PMID: 24069092; PubMed Central PMCID: PMC3779616.

Yaktine AL, Murphy SP. [Aligning nutrition assistance programs with the Dietary Guidelines for Americans.](#) *Nutr Rev*. 2013 Sep;71(9):622-30. doi: 10.1111/nure.12046. Epub 2013 Aug 15. PubMed PMID: 24032366.

Flint E, Cummins S, Matthews S. [Do perceptions of the neighbourhood food environment predict fruit and vegetable intake in low-income neighbourhoods?](#) *Health Place*. 2013 Aug 3;24C:11-15. doi: 10.1016/j.healthplace.2013.07.005. [Epub ahead of print] PubMed PMID: 23999578.

Koivusilta LK, West P, Saaristo VM, Nummi T, Rimpelä AH. [From childhood socio-economic position to adult educational level - do health behaviours in adolescence matter? A longitudinal study.](#) *BMC Public Health*. 2013 Aug 2;13:711. doi: 10.1186/1471-2458-13-711. PubMed PMID: 23915293; PubMed Central PMCID: PMC3750376.

Méjean C, Droomers M, van der Schouw YT, Sluijs I, Czernichow S, Grobbee DE, Bueno-de-Mesquita HB, Beulens JW. [The contribution of diet and lifestyle to socioeconomic inequalities in cardiovascular morbidity and mortality.](#) *Int J Cardiol*. 2013 Jul 29. doi:pii: S0167-5273(13)01413-7. 10.1016/j.ijcard.2013.07.188. [Epub ahead of print] PubMed PMID: 23998549.

Totland TH, Gebremariam MK, Lien N, Bjelland M, Grydeland M, Bergh IH, Klepp KI, Andersen LF. [Does tracking of dietary behaviours differ by parental education in children during the transition into adolescence?](#) *Public Health Nutr*. 2013 Apr;16(4):673-82. doi: 10.1017/S1368980012003060. Epub 2012 Jul 9. PubMed PMID: 22874120.

Mullany B, Neault N, Tsingine D, Powers J, Lovato V, Clitso L, Massey S, Talgo A, Speakman K, Barlow A. [Food insecurity and household eating patterns among vulnerable American-Indian families: associations with caregiver and food consumption characteristics.](#) *Public Health Nutr*. 2013 Apr;16(4):752-60. doi: 10.1017/S136898001200300X. Epub 2012 Jul 5. PubMed PMID: 22874098.

Harley AE, Sapp AL, Li Y, Marino M, Quintiliani LM, Sorensen G. [Sociodemographic and social contextual predictors of multiple health behavior change: data from the Healthy Directions-Small Business study](#). *Transl Behav Med*. 2013 Mar;3(1):131-9. doi: 10.1007/s13142-013-0196-1. PubMed PMID: 24073163; PubMed Central PMCID: PMC3717993.

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