

## References

### Sitting Less: An Important Ingredient in our Recipe for Health

- Clark, B.K., Sugiyama, T., Healy, G.N., Salmon, J., Dunstan, D.W., & Owen, N. (2009). Validity and reliability of measures of television viewing time and other non-occupational sedentary behaviour of adults: A review. *Obesity Reviews*, 10, 7-16.
- Dunstan, D.W., Salmon, J., Owen, N., Armstrong, T., Zimmet, P.Z., Welborn, T.A., et al. (2005). Associations of TV viewing and physical activity with the metabolic syndrome in Australian adults. *Diabetologia*, 48, 2254-2261.
- Hamilton, M.T., Healy, G.N., Dunstan, D.W., Zderic, T.W., & Owen, N. (2008). Too little exercise and too much sitting: Inactivity physiology and the need for new recommendations on sedentary behaviour. *Current Cardiovascular Risk Reports*, 2, 292-298.
- Healy, G.N., Dunstan, D.W., Salmon, J., Cerin, E., Shaw, J.E., Zimmet, P.Z., et al. (2008). Breaks in sedentary time: Beneficial associations with metabolic risk. *Diabetes Care*, 31, 661-666.
- Healy, G.N., Dunstan, D.W., Salmon, J., Shaw, J.E., Zimmet, P.Z., & Owen, N. (2008). Television time and continuous metabolic risk in physically active adults. *Medicine & Science in Sports & Exercise*, 40, 639-645.
- Owen, N., Bauman, A., & Brown, W. (2009). Too much sitting: A novel and important predictor of chronic disease risk? *British Journal of Sports Medicine*, 43, 81-83.

### Osteoporosis: Improving Screening and Management Strategies

- Brown, J.P., & Josse, R.G. (2002). 2002 clinical practice guidelines for the diagnosis and management of osteoporosis in Canada. *Canadian Medical Association Journal*, 167, S1-S34.
- Goeree, R., O'Brien, B., Pettitt, D., Cuddy, L., Ferraz, M., & Adachi, J.D. (1996). An assessment of the burden of illness due to osteoporosis in Canada. *Journal of Obstetrics and Gynaecology Canada*, 18(Supplement July), 15-24.
- Giangregorio, L., Papaioannou, A., Cranney, A., Zytaruk, N., & Adachi, J.D. (2006). Fragility fractures and the osteoporosis care gap: An international phenomenon. *Seminars in Arthritis and Rheumatism*, 35, 293-305.
- National Osteoporosis Foundation. (2008). *Clinician's guide to prevention and treatment of osteoporosis*. Washington, DC: National Osteoporosis Foundation.
- Osteoporosis Canada. (2009). What is osteoporosis? Retrieved January 21, 2009, from [http://www.osteoporosis.ca/index.php?ci\\_id=5526](http://www.osteoporosis.ca/index.php?ci_id=5526)
- Papaioannou, A., Giangregori, L., Kvern, B., Boulos, P., Ioannidis, G., & Adachi, J.D. (2004). The osteoporosis care gap in Canada. *BMC Musculoskeletal Disorders*, 5, 1-6.
- Papaioannou, A., Kennedy, C.C., Ioannidis, G., Gao, Y., Sawka, A.M., Goltzman, D., et al. (2008). The osteoporosis care gap in men with fragility fractures: The Canadian Multicentre Osteoporosis Study. *Osteoporosis International*, 19(4), 581-587.

#### The Alberta Centre for Active Living

11759 Groat Road  
Edmonton, AB T5M 3K6  
Phone: 780-427-6949  
Alberta toll-free: 1-800-661-4551  
[active.living@ualberta.ca](mailto:active.living@ualberta.ca)  
[www.centre4activeliving.ca](http://www.centre4activeliving.ca)

Supported by:

