

ALBERTA CENTRE FOR
Active Living

Promoting active living by bridging
research, practice and decision-making



The Alberta Centre for Active Living (ACAL) was established in 1989 as the Alberta Centre for Well-Being. It transitioned to Alberta Centre for Active Living in 2001 with a focus on the promotion of physical activity in Alberta.

ACAL is unique in Canada and has become known nationally and internationally for effective knowledge mobilization and advocacy.

**2017/18
ANNUAL
REPORT**

Mission:

Promoting active living by bridging research, practice and decision-making.

Vision:

To improve health and quality of life in Alberta by influencing active living policy and practice.

Active Living:

A way of life in which physical activity is valued and integrated into daily living.

Supported by:



Background

The Alberta Centre for Active Living (ACAL) received operational grant support from Alberta Culture and Tourism in 2017-2018.

Governance

Executive Management Group

- Kerry Mummery, Dean, Faculty of Physical Education and Recreation, University of Alberta, Edmonton (Chair)
- Roger Kramers, Executive Director, Recreation and Physical Activity Division, Alberta Culture and Tourism, Edmonton / Yvette Ng, Executive Director, Recreation and Physical Activity Division, Alberta Culture and Tourism, Edmonton
- Amanda Gelinias, Senior Transportation Engineer, City of Edmonton

Advisory Board

- Amanda Gelinias, Senior Transportation Engineer, City of Edmonton (Chair)
- Nicki Armstrong, RN Case Manager, Alberta Health Services, Calgary
- Abena Edugyan, General Manager, The Well, Devon Energy, Calgary
- Susan Given, Director, Alberta Health Services, Grande Prairie
- Dean Kozak, Physical Activity Consultant, Recreation and Physical Activity Division, Alberta Culture and Tourism, Edmonton

Research Advisory Committee

The Research Advisory Committee supports Pan-Alberta research at the four comprehensive, academic and research institutions and supports ACAL's research-related activities.

- Dr W. Kerry Mummery, Faculty of Physical Education and Recreation, University of Alberta (Chair)
- Brad Babiak, Alberta Culture and Tourism
- Dr Tanya Berry, Faculty of Physical Education and Recreation, University of Alberta
- Taranjeet Birdi, Public Health Agency of Canada, Western Region
- Dr Nicole Culos-Reed, Faculty of Kinesiology, University of Calgary
- Dr Jon Doan, Faculty of Kinesiology & Physical Education, University of Lethbridge
- Dr Shawn Fraser, Faculty of Health Disciplines, Athabasca University
- Alim Gillani, Alberta Health, Government of Alberta
- Dr Michelle Helstein, Faculty of Kinesiology and Physical Education, University of Lethbridge
- Dr John Spence, Faculty of Physical Education and Recreation, University of Alberta
- Dr Penny Werthner, Faculty of Kinesiology, University of Calgary
- Lisa Workman, Edmonton Southside Primary Care Network

Research Affiliates

The Centre has Research Affiliates from across Canada and around the world who support the work of ACAL.

- Dr. Adrian Baumann, University of Sydney, Australia
- Dr. Steven Blair, University of South Carolina, USA
- Dr. Guy Faulkner, University of Toronto, Canada
- Dr. Lise Gauvin, University of Montreal, Canada
- Dr. Peter Katzmarzyk, Pennington Biomedical Research Centre, USA
- Dr. Neville Owen, Baker IDI Heart and Diabetes Institute, Australia
- Dr. Ron Plotnikoff, University of Newcastle, Australia
- Dr. Mark Tremblay, Children's Hospital of Eastern Ontario, Canada
- Dr. Hein de Vries, Maastricht University, The Netherlands

Staff

- Nora Johnston, Director
- Betty Lee, Centre Coordinator
- Sultana Macridis, Research Associate and Knowledge Translation Specialist
- Lynda Matthews-Mackey, Administrative Assistant

Research Associates

- John Spence, Senior Research Associate
- Tanya Berry, Research Associate

WellSpring Advisory Committee

The WellSpring Advisory Committee helps to plan and produce ACAL's monthly publication.

- Kathrine Andrews, School of Health Sciences, Northern Alberta Institute of Technology (NAIT)
- Lindsay Clement, Alberta Healthy Living Exercise Program, Alberta Health Services
- Leigh Goldie, Department of Physical Education, Athletics and Kinesiology, Grande Prairie Regional College
- Rhiannon Jacek, Edmonton Southside Primary Care Network
- Graham Matsalla, Population and Public Health, Alberta Health Services
- Lisa Workman, Edmonton Southside Primary Care Network
- Lindsay Wright, Be Fit for Life, Provincial Fitness Unit

Major Projects of 2017-2018

2017 Physical Activity Forum

The Physical Activity Forum is one of the Centre's primary advocacy and knowledge translation vehicles, focusing on a key issue each year.

The 2017 Physical Activity Forum titled *Don't overthink it! Promoting physical activity in a busy media environment* featured Dr. Tanya Berry from the University of Alberta. A total of 159 people attended the forums in Edmonton and Calgary.

Affective messaging

VERSUS

Cognitive messaging



Affective messages have shown to POSITIVELY influence exercise compared to cognitive messages.

Seventy percent (70%) of respondents indicated that physical activity is a major part of their work. When asked about the messaging of physical activity in their work, 67% said it is a major part of their work and 22% said it is a minor part.

Since ACAL began posting our Forum presentations and videos to our YouTube channel in 2011, they have been viewed 9,797 times. This has extended the reach by allowing people, across Alberta and beyond, with the opportunity to see and hear what our speakers presented.

Active Living Research (ALR) Conference 2018

ACAL was the co-host of the ALR Conference 2018 in Banff, February 11 – 14.

This conference brought together active living researchers and champions to advance knowledge and action around active communities. It is the premier venue for policy-relevant research and cross-sector exchange between scientists, practitioners, and policy-makers on how to create and sustain active living environments.

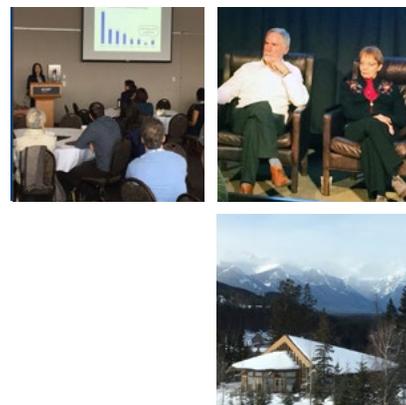
The theme of the 2018 conference, "Future-Proofing Activity: Application Across Sectors" focused on anticipating the future of physical activity and creating environments, programs and policies that will minimize the effects of shocks and stressors of the future state when it comes to physical activity and active living. The theme challenged us to consider the future of activity across all sectors, and reflect upon applications that would minimize the detrimental effects of technology while maximizing the beneficial effects by way of intentional design.

"This conference was more than I could have asked for in terms of networking and discussing the intersection between planning and public health focused around activity, with people who are well informed and on the forefront of the field."

— conference delegate



- 159 attendees
- 120+ tweets, retweets and likes
- 100% agreed that clear physical activity messages can positively influence physical activity, and 95% agreed using clear messages was feasible
- 175 YouTube views



- over 30 disciplines
- over 300 delegates
- 14 different countries

Infographics and Fact Sheets

To make research more easily understood, ACAL developed infographics that are designed to present the summary of the research in a clear and concise format. Our infographics reflect both ACAL's work and the work of researchers in Alberta.

In 2017-2018, ACAL produced four new infographics and one new fact sheet.



Are Edmonton Toddlers Meeting the New 24-Hour Movement Guidelines?

How can parents and the environment play a positive role?

With the recent release of the new Canadian 24-Hour Movement Guidelines for the Early Years (0-4 years), a team of researchers, led by Dr. Valerie Carson at the University of Alberta, investigated whether toddlers (1-2 years) are meeting these guidelines.

This infographic highlights the new guidelines for toddlers and summarizes the key findings from the studies. Suggestions are provided for what parents and practitioners can do to help toddlers meet the new guidelines.



What is Daily Physical Activity?

There are many ways to be physically active. This infographic is designed to help people understand the ways they can accumulate daily physical activity.

This infographic was developed for practitioners to use when counselling clients or patients about daily physical activity. Also, it can be used to assist the public in understanding the wide variety of ways to integrate physical activity into daily life.



What does the Alberta Centre for Active Living do?

Since we have expertise in the creation of infographics, we decided to create one to answer that very question.

Our blue sky includes words to identify other work that keeps practitioners and decision-makers up to date with the work of physical activity researchers and practitioners.

We can't be all things to all people, but we are an excellent place to connect on physical activity,



Sport and Recreation Experiences of Indigenous Youth in Canada

Sport and recreation are popular activities among Indigenous youth in Canada, and participation in such activities can contribute to many holistic benefits for youth.

Through a systematic review, the sport and recreation experiences of over 400 Indigenous youth from various regions of Canada were identified. This infographic provides four main strategies identified by Indigenous youth that can support policy-makers and practitioners in enhancing their sport and recreation experiences.

Benefits of Active Transportation

This fact sheet was created to support practitioners in their work on active transportation. It informs the public and practitioners about the benefits of active transportation.

The Fact Sheet includes information about how active transportation can help to:

- increase physical activity levels,
- reduce the risk of developing chronic health problems,
- provide economic benefits for individuals and the broader community,
- increase social relations and sense of community,
- reduce emissions, and
- prevent active transportation injuries.

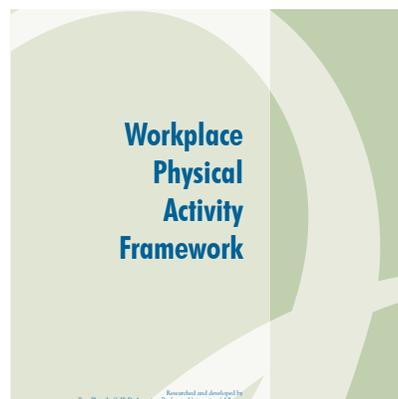


Workplace Physical Activity

Working in collaboration, ACAL and Alberta Health Services (AHS) are developing an assessment tool for workplace champions, human resource professionals, and health and wellness promoters to identify how to support employees to move more and sit less. The tool will focus on office-based employees, their commute, time at work, as well as relevant policies and aspects of their employee benefit plan.

More specifically, the project team will update an existing workplace assessment tool, the *Workplace Physical Activity Framework*, developed by ACAL in 2003. It will also build upon the *Increasing Physical Activity and Decreasing Sedentary Behaviour in the Workplace Systematic Review* developed in 2015.

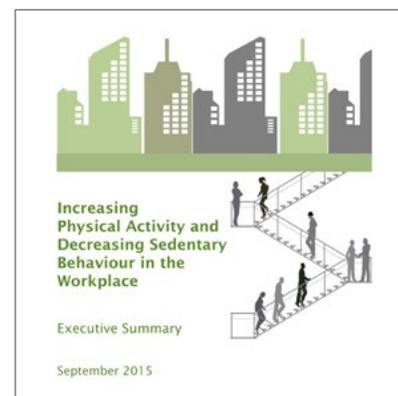
The current project involves updating the audit tool structure, physical activity information, and current workplace practices based on the most recent peer-reviewed research and promising practices. It will also add appropriate sedentary behaviour information to the tool. The newly developed audit tool will be piloted in workplaces of varying sizes.



Presentations

Knowledge translation (KT) is a process that includes synthesis, dissemination, exchange and ethically-sound application of knowledge to improve health, provide more effective health services and products, and strengthen the healthcare system. As part of the KT process, ACAL provided oral and poster presentations at academic and non-academic conferences and meetings:

- International Society of Behavioral Nutrition and Physical Activity Conference in Victoria, BC, Jun 2017.
 - Poster presentation: Demographic and behavioural correlates of consumer physical activity tracker use among a population-based sample of adults.
- Walk21 Conference in Calgary, AB, Sept 2017.
 - Poster presentation: Understanding planning and implementation of school active transportation initiatives across Alberta: champions' perspectives.
 - Poster presentation: Using Walk Score® to aid understanding of walking patterns in Alberta: Patterns from 2010-2016.
- Active Living Research Conference in Banff, AB, Feb 2018.
 - Poster Presentation: Utility of Walk Score® in the Context of Alberta, Canada: Implications for research, practice, and policy.
 - Oral Presentation: School active transportation planning and implementation: Experiences from champions across Alberta, Canada.
 - Poster Presentation: An environmental scan of physical activity and sedentary behaviour workplace audit tools.



Ongoing Work

The Centre continues to work with researchers, decision-makers and practitioners to disseminate, exchange and translate physical activity knowledge.



Most popular issue in 2017/18:
June 2017 — Outdoor fitness equipment
in public parks: Is it an effective physical
activity intervention?



WellSpring publication

Knowledge is shared regularly through our popular, monthly publication for practitioners on topical issues, best practices, recent research, and policy. This year, the most popular issue was *Outdoor fitness equipment in public parks: Is it an effective physical activity intervention?* (June 2017). Our 12 issues of WellSpring received

- 7,382 page views (vs. 6,772 last year)
- plus over 3,500 archived issues were downloaded

Dissemination

The Centre has 2,173 people who have opted-in to receive our regular communications, *Active Living E-News*, a monthly e-publication that delivers physical activity news, education, and research from our Centre and other active living organizations. Also by popular request, we have revived our weekly *Media Summaries* which delivers recent news in mainstream media about physical activity and sedentary behaviour.

Other forms on dissemination include:

- Posting of information, *events* and *resources* on the Centre website and social media channels (*Facebook, Twitter, YouTube, LinkedIn, Pinterest*)
- Responding to *information requests*
- Permissions to use or reprint ACAL resources



Meetings and collaboration

Collaboration

ACAL collaborates with organizations, coalitions and networks to share and promote physical activity information. In 2017/18, ACAL participated on the following committees:

- Safe Kids Week group with the Injury Prevention Centre
- Alberta Policy Coalition for Chronic Disease Prevention
- Alberta Policy Coalition for Chronic Disease Prevention – Active Transportation Sub-Committee
- Alberta Provincial Transportation Network
- Alberta Workplace Wellness Network
- Chronic Disease Prevention Coordinating Committee
- Chronic Disease Prevention Coordinating Committee – Action Plan Working Group
- Surveillance and Monitoring Work Group
- Active Alberta Coalition
- Centre for Health and Nutrition Advisory Board
- Communities Choosewell Advisory Committee
- ParticipACTION Advisory Network



Pedometer loan program

ACAL has pedometers available for loan to practitioners. Each kit contains either 18 or 36 pedometers and are available free of charge. This year, over 230 pedometers were borrowed by schools, older adult groups, and workplaces.

Statistics

Website

The **Centre website** is our main vehicle for distributing our work and resources, such as *WellSpring*, the Physical Activity Counselling Toolkit, research reports and knowledge translation information.

The **Resources section** contains 906 *selected* advocacy/policy documents, grey literature, academic journal articles, quick facts, key websites, and programs/resources from the Centre and other organizations. These resources are divided into the categories of:

- Active play
- Active outdoors
- Active transportation
- Adults
- After school
- Built environment
- Children/youth
- Chronic Diseases
- Communities
- Indigenous peoples
- Mental health
- Older adults
- People with disabilities
- Physical activity counselling
- Physical literacy
- Population-health approach
- Rural
- Schools
- Sedentary behaviour
- Walking/pedometers
- Women/girls
- Workplace

Website Reach

The Centre website continued to experience increased international attention in 2017–2018. People from 145 countries around the world have accessed our website. This interest may be due to GlobalPANet (by International Society for Physical Activity and Health) picking up and sharing our information internationally, as well as by co-hosting the international 2018 Active Living Research Conference.

Social Media

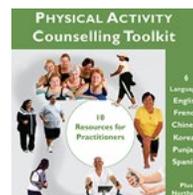
The Centre utilizes social media to make physical activity information accessible to as many people as possible. Our Twitter and YouTube channels have the greatest reach.

- 5,050 (and 34k lifetime) views on **YouTube: Centre4ActiveLiving!**
- 2,034 followers and 152k impressions on **Twitter @AC4AL**
- 946 connections on **LinkedIn**
- 470 likes on **Facebook: centre4activeliving**
- 363 followers on **Pinterest: 4activeliving**

Academic Journals

This year, ACAL was part of the publication of four journal articles published in international journals:

- Macridis, S., Johnston, N., Johnson, S., & Vallance, J. (2018 January). Consumer physical activity tracking device ownership and use among a population-based sample of adults. *PLOS ONE*. 18 Jan 2;13(1):e0189298. doi: 10.1371/journal.pone.0189298
- Nykiforuk, C. I., Campbell, E. J., Macridis, S., McKennitt, D., Atkey, K., & Raine, K. D. (2018). Adoption and diffusion of zoning bylaws banning fast food drive-through services across Canadian municipalities. *BMC public health*, 18(1), 137.
- Salsberg, J., Macridis, S., Bengoechea, E.G., Macaulay, A.C., and Moore, S. On behalf of the KSDPP School Travel Planning Committee. (2017 June) Engagement strategies that foster community self-determination in participatory research: Insider ownership through outsider championship. *Family Practice*, Volume 34, Issue 3, 1 June 2017, Pages 336–340, <https://doi.org/10.1093/fampra/cmx001>
- Loitz, C.C., Stearns, J.A., Fraser, S.N., Storey, K., & Spence, J.C. (2017 August) Network analysis of inter-organizational relationships and policy use among active living organizations in Alberta, Canada. *BMC Public Health BMC series – open, inclusive and trusted* 2017 17:649



The most frequently visited pages were:

- **Measurement of Physical Activity and Sedentary Behaviour**
- **Physical Activity Counselling Toolkit**
- **Resources** — over 3,000 visits with over 7,600 downloads



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Twitter: [@AC4AL](https://twitter.com/AC4AL)

LinkedIn: [Alberta Centre for Active Living](https://www.linkedin.com/company/alberta-centre-for-active-living)

Pinterest: [4activeliving](https://www.pinterest.com/4activeliving)

YouTube: [Centre4ActiveLiving1](https://www.youtube.com/channel/UC...)

