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Title: Methods for Examining Environmental Factors in Physical Activity and Nutrition

Category: Research/Epidemiologic

Track(s):

Creating Policy and Environmental Change

Research and Evaluation Methods for Chronic Disease Prevention Initiatives

Abstract:

Objective: To discuss methodological issues in environmental assessment for physical activity and nutrition promotion across the lifespan.

Purpose of the Program: To provide an overview of methods from different disciplines for use by state or local jurisdictions.

Setting: Two CDC research networks are incorporating environmental assessment to better understand barriers and facilitators in physical activity. The Obesity Prevention Network reviewed recent literature on Obesity and the Environment and will present a summary of the literature review. One member of the network will present a recent community inventory of policies and environments supporting physical activity and nutrition. The Healthy Aging Network reviewed literature on Physical Activity among Older Americans and is incorporating community-level indicators of the built environment in surveys of physical activity programs available to the elderly. Methods covered in this session can be used to examine both the physical activity and nutrition environments in communities. Members of the 2 networks will report on recent activities of the networks that relate to environmental assessment.

Interventions: Available data and gaps in research were investigated. A local community needs assessment tool will be covered as a model for use of these methods.

Conclusions: Environmental Assessment tools can be incorporated into local community projects and into research projects.

Learning Objectives:

Attendees will learn potential methods for use of environmental data. Attendees will be able to incorporate data from the community environment to create plans for improving physical activity and nutrition behaviors in the community.