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Professor of Physical Activity and Public Health

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### Summary

I am currently Professor in Physical Activity and Public Health and my research interests include physical activity, sedentary behaviour and health outcomes. My research also focuses on the determinants of children's physical activity and eating behaviour. Understanding and being able to measure the factors that influence health behaviours is crucial to the health prevention research agenda as it informs what to change for effective intervention. I also lead the 'determinants of physical activity and eating behaviour module', a key component of the successful [MSc in Nutrition, Physical Activity and Public Health](#) programme and am the Research Director in the School for Policy Studies.

### Expertise

My research interests focus on the behaviours linked to childhood obesity and the determinants of children's physical activity and eating behaviour. Understanding and being able to measure the factors that influence health behaviours is crucial to the health prevention research agenda as it informs what to change for effective intervention. My reputation in this area has led to me being one of the lead investigators on The PEACH Project, a founder member of the European Youth Heart Study (EYHS), a Scientific Collaborator for the DECIPHER Public Health Research Centre and The International Children's Accelerometry Database (ICAD). My most recent work is based on a new approach to investigating children's independent mobility (their ability to go out unsupervised) and how this is strongly linked to physical activity behaviour and time spent outdoors.

- childhood obesity
- obesity
- physical activity
- eating behaviour
- mobility
- children

### Memberships

#### Organisations

[School for Policy Studies](#)

#### Other sites

- [Populationhealth](#)

#### Research centres

- [Exercise, Nutrition and Health Sciences](#)

## Recent publications

- Wijndaele, K, White, T, Andersen, LB, Bugge, A, Kolle, E, Northstone, K, Wedderkopp, N, Ried-Larsen, M, Kriemler, S, Page, AS, Puder, J, Reilly, JJ, Sardinha, LB, van Sluijs, E, Sharp, SJ, Brage, S & Ekelund, U, 2019, '[Substituting prolonged sedentary time and cardiovascular risk in children and youth: a meta-analysis within the International Children's Accelerometry Database \(ICAD\)](#)'. *International Journal of Behavioral Nutrition and Physical Activity*.
- Kwon, S, Andersen, LB, Grøntved, A, Kolle, E, Cardon, G, Davey, R, Kriemler, S, Northstone, K, Page, AS, Puder, JJ, Reilly, JJ, Sardinha, LB, Van Sluijs, EM & Janz, KF, 2019, '[Correction to: A closer look at the relationship among accelerometer-based physical activity metrics: ICAD pooled data \(Int J Behav Nutr Phys Act \(2019\) 16:40 DOI: 10.1186/s12966-019-0801-x\)](#)'. *International Journal of Behavioral Nutrition and Physical Activity*, vol 16.
- Kwon, S, Andersen, LB, Grøntved, A, Kolle, E, Cardon, G, Davey, R, Kriemler, S, Northstone, K, Page, AS, Puder, JJ, Reilly, JJ, Sardinha, LB, Van Sluijs, EM & Janz, KF, 2019, '[A closer look at the relationship among accelerometer-based physical activity metrics: ICAD pooled data](#)'. *International Journal of Behavioral Nutrition and Physical Activity*, vol 16.
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- Searle, A, Ranger, E, Zahra, J, Tibbitts, B, Page, A & Cooper, A, 2019, '[Engagement in e-cycling and the self-management of type 2 diabetes: a qualitative study in primary care](#)'. *British Journal of General Practice Open*.
- Procter, DS, Page, AS, Cooper, AR, Nightingale, CM, Ram, B, Rudnicka, AR, Whincup, PH, Clary, C, Lewis, D, Cummins, S, Ellaway, A, Giles-Corti, B, Cook, DG & Owen, CG, 2018, '[An open-source tool to identify active travel from hip-worn accelerometer, GPS and GIS data](#)'. *International Journal of Behavioral Nutrition and Physical Activity*, vol 15.
- Hansen, BH, Anderssen, SA, Andersen, LB, Hildebrand, M, Kolle, E, Steene-Johannessen, J, Kriemler, S, Page, A, Puder, JJ, Reilly, JJ, Sardinha, LB, van Sluijs, EM, Wedderkopp, N, Ekelund, U & , 2018, '[Cross-sectional associations of reallocating time between sedentary and active behaviours on cardiometabolic risk factors in young people: an International Children's Accelerometry Database \(ICAD\) analysis](#)'. *Sports Medicine*.
- Nightingale, CM, Rudnicka, AR, Ram, B, Shankar, A, Limb, ES, Procter, D, Cooper, AR, Page, AS, Ellaway, A, Giles-Corti, B, Clary, C, Lewis, D, Cummins, S, Whincup, PH, Cook, DG & Owen, CG, 2018, '[Housing, neighbourhood and sociodemographic associations with adult levels of physical activity and adiposity: Baseline findings from the ENABLE London study](#)'. *BMJ Open*, vol 8.
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