

ISBNPA Special Interest Group (SIG)

Socioeconomic inequalities in nutrition, physical activity and sedentary behaviours

Knowledge update February 2014

In this issue: Plans for the 2014 San Diego meeting; reflecting on past year; profiling our SIG members; 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!



Plans for 2014 San Diego Meeting

For your diary: We have requested a session in the program for the 2014 San Diego meeting to be set aside for a face-to-face meeting of the SIG. More on this in future communications.

Reflection on past 12 months

With the new year well underway and this being our SIG's first update of 2014, it is a good time to reflect on the progress of the SIG over the past 12 months. During this time, we held our first face-to-face meeting in Ghent, where we also enjoyed our first SIG-aided symposium, convened by Professor Nanna Lien. We exchanged views, ideas, news and resources via our quarterly SIG communication updates and on Twitter. And we commenced featuring our SIG member profiles to help members get to know more about one another. We've also been held up as an example for ISBNPA in their resolution to introduce new SIGs, with two potential new groups starting very soon, modelled on the approach and successes of our own SIG.

As always, I am keen to hear your feedback on the newsletter and any other SIG activities, so please continue to send me your thoughts, contributions, ideas or resources of relevance to our SIG.

I look forward to further discussions and being in touch with you all throughout 2014.

Kylie

Profiling our SIG members

One of the key purposes of our SIG is to facilitate knowledge exchange and interaction among members. In this issue, we present the second SIG member profile, featuring Dr Dorota Zarnowiecki from the University of South Australia. Thank you Dorota, and to other SIG members, please consider sending me your profile for our 2014 updates!



Name: Dr Dorota Zarnowiecki

Team members/key collaborators: Associate Professor Jim Dollman (UniSA), Dr Natalie Parletta (UniSA), Professor Kylie Ball (Deakin Uni)

Department/institution: School of Population Health and Exercise for Health and Human Performance Research Group, University of South Australia, Australia.

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

In collaboration with Jim Dollman, my research has investigated why socioeconomically related differences in children's dietary intake and physical activity occur (REACH study), in order to gain better understanding of how to intervene to improve health behaviours in socioeconomically disadvantaged children. My PhD research investigated factors underlying socioeconomically-related differences in 9-13 year old children's food intake. The key research themes were (1) to understand how different socioeconomic indicators may differentially impact on children's eating; and (2) to determine whether socioeconomic position interacted with dietary predictors, and if so, how dietary predictors varied for different socioeconomic groups.

In collaboration with Natalie Parletta, I have recently begun post-doctoral research into developing lifestyle interventions combined with fish-oil supplementation to improve health behaviours and cardiometabolic and mental health outcomes in adults with mental illness. This population group have poorer eating behaviours, lower physical activity and are at higher risk of metabolic syndrome compared to the general population. Poor lifestyle behaviours may be exacerbated by poor mental health, as well as socioeconomic challenges such as low income, lack of employment and lower education level.

Relevant publications:

Zarnowiecki DM, Sinn N, Petkov J, Dollman J (2012). 'Parental nutrition knowledge and attitudes as predictors of 5-6 year old children's healthy food knowledge', *Public Health Nutrition*, 15(7), pp.1284-1290.

Zarnowiecki DM, Dollman J, Parletta N. 'Correlates of children's dietary intake differ by socioeconomic position. A systematic review of literature', *Obesity Reviews* (in press).

Zarnowiecki DM, Ball K, Parletta N, Dollman J. 'Describing socioeconomic gradients in children's diets – does the socioeconomic indicator used make a difference?', *International Journal of Behavioral Nutrition and Physical Activity* (under second review).

The following resources may be of interest to SIG members.

Journal papers

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

[Socioeconomic Disparities in Elementary School Practices and Children's Physical Activity During School.](#) Carlson JA, Mignano AM, Norman GJ, McKenzie TL, Kerr J, Arredondo EM, Madanat H, Cain KL, Elder JP, Saelens BE, Sallis JF. Am J Health Promot. 2014 Jan-Feb;28(3 Suppl):S47-53. doi: 10.4278/ajhp.130430-QUAN-206.

[Walking to Work: The Roles of Neighborhood Walkability and Socioeconomic Deprivation.](#)

Kelly CM, Lian M, Struthers J, Kammrath A. J Phys Act Health. 2013 Dec 20.

[Rationale and study protocol for the 'Active Teen Leaders Avoiding Screen-time' \(ATLAS\) group randomized controlled trial: An obesity prevention intervention for adolescent boys from schools in low-income communities.](#)

Smith JJ, Morgan PJ, Plotnikoff RC, Dally KA, Salmon J, Okely AD, Finn TL, Babic MJ, Skinner G, Lubans DR.

Contemp Clin Trials. 2013 Nov 26;37(1):106-119. doi: 10.1016/j.cct.2013.11.008. [Epub ahead of print]

[Reported consumption of takeaway food and its contribution to socioeconomic inequalities in body mass index.](#) Miura K, Turrell G, Appetite. 2013 Dec 17. pii: S0195-6663(13)00484-4. doi: 10.1016/j.appet.2013.12.007. [Epub ahead of print]

[Association between neighborhood deprivation and fruits and vegetables consumption and leisure-time physical activity: a cross-sectional multilevel analysis.](#)

Alves L, Silva S, Severo M, Costa D, Pina MF, Barros H, Azevedo A.

BMC Public Health. 2013 Dec 1;13(1):1103. [Epub ahead of print]

[Environmental and school influences on physical activity in South Asian children from low socioeconomic backgrounds: A qualitative study.](#)

Eyre EL, Duncan MJ, Birch SL, Cox V.

J Child Health Care. 2013 Nov 21. [Epub ahead of print]

[Controlling parental feeding practices and child body composition in ethnically and economically diverse preschool children.](#)

Wehrly SE, Bonilla C, Perez M, Liew J.

Appetite. 2013 Nov 20;73C:163-171. doi: 10.1016/j.appet.2013.11.009. [Epub ahead of print]

[A Randomized Controlled Trial of a Community-Based Nutrition Education Program for Low-income Parents.](#)

Dollahite JS, Pijai EI, Scott-Pierce M, Parker C, Trochim W.

J Nutr Educ Behav. 2013 Nov 20. pii: S1499-4046(13)00628-3. doi: 10.1016/j.jneb.2013.09.004. [Epub ahead of print]

[Physical Activity and Nutritional Weight Loss Interventions in Obese, Low-Income Women: An Integrative Review.](#)

Moredich CA, Kessler TA.

J Midwifery Womens Health. 2013 Nov 20. doi: 10.1111/jmwh.12061. [Epub ahead of print]

[12Month changes in dietary intake of adolescent girls attending schools in low-income communities following the NEAT Girls cluster randomized controlled trial.](#)

Collins CE, Dewar DL, Schumacher TL, Finn T, Morgan PJ, Lubans DR.

Appetite. 2013 Nov 12;73C:147-155. doi: 10.1016/j.appet.2013.11.003. [Epub ahead of print]

[Family ecological predictors of physical activity parenting in low-income families.](#)

Lampard AM, Jurkowski JM, Lawson HA, Davison KK.
Behav Med. 2013;39(4):97-103. doi: 10.1080/08964289.2013.802215.

[Monetary matched incentives to encourage the purchase of fresh fruits and vegetables at farmers markets in underserved communities.](#)

Lindsay S, Lambert J, Penn T, Hedges S, Ortwine K, Mei A, Delaney T, Wooten WJ.
Prev Chronic Dis. 2013 Nov 14;10:E188. doi: 10.5888/pcd10.130124.

[Dietary behaviour and socioeconomic position: the role of physical activity patterns.](#)

Finger JD, Tylleskär T, Lampert T, Mensink GB.
PLoS One. 2013 Nov 6;8(11):e78390. doi: 10.1371/journal.pone.0078390.

[Effects of Changes in Lunch-Time Competitive Foods, Nutrition Practices, and Nutrition Policies on Low-Income Middle-School Children's Diets.](#)

Alaimo K, Oleksyk SC, Drzal NB, Golzynski DL, Lucarelli JF, Wen Y, Velie EM.
Child Obes. 2013 Dec;9(6):509-23. doi: 10.1089/chi.2013.0052. Epub 2013 Nov 11.

[Economic Differences in Risk Factors for Obesity Among Overweight and Obese Children.](#)

Kim HS, Ham OK, Jang MN, Yun HJ, Park J.
J Sch Nurs. 2013 Nov 6. [Epub ahead of print]

[Dietary habits among adolescent girls and their association with parental educational levels.](#)

Alavi M, Eftekhari MB, Noot R, Rafinejad J, Chinekesh A.
Glob J Health Sci. 2013 Jul 23;5(5):202-6. doi: 10.5539/gjhs.v5n5p202.

[Higher food prices may threaten food security status among American low-income households with children.](#)

Zhang Q, Jones S, Ruhm CJ, Andrews M.
J Nutr. 2013 Oct;143(10):1659-65. doi: 10.3945/jn.112.170506. Epub 2013 Aug 14.

[The price of access: capitalization of neighborhood contextual factors.](#)

Brown HS 3rd, Yarnell LM.
Int J Behav Nutr Phys Act. 2013 Aug 8;10:95. doi: 10.1186/1479-5868-10-95.

[Area-based variations in obesity are more than a function of the food and physical activity environment : area-based variations in obesity.](#)

Oka M, Link CL, Kawachi I.
J Urban Health. 2013 Jun;90(3):442-63. doi: 10.1007/s11524-012-9715-5.