



ISBNPA

Socioeconomic Inequalities SIG

Newsletter October 2015

ISBNPA Socioeconomic Inequalities SIG

Following on from the excellent work undertaken by Professor Kylie Ball, we are now delighted to once again formulate a Socioeconomic Inequalities SIG newsletter to keep you up-to-date with the latest events and news in this field.

To ensure the newsletter is meeting your needs we are seeking your assistance with content. If you come across something of interest or are willing assist with profiles or webinars, please contact the following individuals:

Newsletter co-ordinated by Dr Lukar Thornton (lukar.thornton@deakin.edu.au)

- *SIG member profiles*: Natalie Holowko (n.holowko@uq.edu.au)
- *Online resources and news items*: Julianne Williams (julianne.williams@seh.ox.ac.uk)
- *Recent papers*: Estelle Watson (Estelle.Watson@wits.ac.za)

Webinars

Co-ordinated by Anja Mizdrak (anja.mizdrak@dph.ox.ac.uk)

Want to follow other SIG members on Twitter?

Email your twitter handle to Lukar Thornton for inclusion in the next newsletter.

(Email: lukar.thornton@deakin.edu.au; Twitter: [@lukar_t](https://twitter.com/lukar_t))





A message from SIG leader

Frank van Lenthe

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One of the key purposes of our SIG is to facilitate knowledge exchange and interaction among members. A better understanding of the underlying causes of socioeconomic inequalities in dietary intake, physical activity, and sedentary behaviour, and the design and evaluation of approaches aimed at tackling the inequalities remain crucially important. Our Annual ISBNPA Meeting, which was held this year in Edinburgh, offered a good platform for such exchange. In many of the presentations and posters, the specific challenges of conducting research in this field were addressed. Most notably perhaps, Professor Kylie Ball addressed several challenges in her keynote lecture. For example, recruitment of participants from lower socioeconomic groups is a notorious and well-known problem, but we can learn from examples where large numbers of participants were successfully included. It is the exchange of such examples that may move the field forward; it is the exchange of such knowledge for which this SIG is so important.



Professor Kylie Ball delivering her keynote address at ISBNPA 2015

ISBNPA SIG webinar <https://www.isbnpa.org/index.php?r=event/view&id=29>

Tackling multiple behaviour change among vulnerable groups with clusters of poor health behaviours

Wednesday 4 Nov, 15:00 EST (4 nov, 20:00 London, 5 nov, 07:00, Melbourne, 5 nov 04:00 Hong Kong)

Presented by Professor Adrian Taylor

Chair of Health Service Research, Plymouth University Peninsula Schools of Medicine & Dentistry, Devon, UK

Clusters of poor health behaviours, and associated chronic conditions are more common among disadvantaged and vulnerable groups (eg, people with poor mental health). This creates a challenge of tackling multiple behaviours and multiple chronic conditions in a patient-centred integrated way. Psychological theories present mixed views on whether to focus on supporting change in multiple health behaviours sequentially or simultaneously, and the issue is nowhere more apparent than in preventing the typical 7kg of weight gain in the first year after smoking cessation. The webinar will present evidence from studies on how physical activity can acutely influence urges for and actual engagement in other health behaviours including, smoking, alcohol and consumption of high energy food. The talk will then move on to describe the design and evaluation of exercise assisted reduction to stop smoking behavioural support intervention, within a pilot randomised trial, involving disadvantaged smokers who wish to reduce but not quit. Finally, the webinar will consider the design and evaluation of two interventions to promote physical activity among patients being treated for depression. We have tried to overcome barriers to engaging less active patients through subtly integrating a focus on movement within standard behavioural activation psychological therapy.

Note that spaces are limited and will be assigned on a first come first serve basis and in a phased order.

Registration link: https://docs.google.com/forms/d/1UdKTivylisntjkZR0St4ecVEb1aNnL6E_UfCCRFT9oc/viewform

Interested in presenting a socioeconomic inequalities webinar in the future or know if someone else?

Send through your ideas to Anja Mizdrak (anja.mizdrak@dph.ox.ac.uk).

Member profiles

Professor Eva Roos

Key research interests: Energy balance-related behaviours (EBRBs), health inequality, children, health promotion

Future directions: Presently, we are starting up a large project DAGIS (Increased Health and Wellbeing in Preschools) focusing on preschool children's EBRBs and stress regulation, and on social and physical environmental determinants within the preschool/family settings. The main aim is to reduce socioeconomic inequalities in EBRBs among children. In order to develop an effective intervention we start with a needs assessment - a survey where we examine which EBRBs have the largest SES differences and also identify the most important and modifiable environmental mediators explaining these differences (www.dagis.fi)

Pivotal moment in my career: One pivotal moment was my postdoc (1998-2003) where I worked in Prof. Eero Lahelma's group (medical sociology) and started up the Helsinki Health Study, focusing on health inequalities among employees. I was also a guest researcher at CHES, Stockholm, Sweden (2003-04). Another highlight was obtaining a senior research position at Folkhälsan Research Center in health promotion (2004). This non-governmental organization has offered excellent opportunities to combine health inequality research with health promotion, including a number of school interventions promoting healthy behaviours.

Little gem: For early and mid-career researchers in the field of health inequalities, I would advise to remain very open minded to the different research disciplines, methods, theories etc. By doing interdisciplinary research we can create something new by crossing boundaries and thinking across them.



eva.roos@folkhalsan.fi

Institution: Folkhälsan Research Center, Helsinki, Finland & Department of Public Health, University of Helsinki, Finland

Team members: Carola Ray, Reetta Lehto, Elviira Lehto, Teija Nuutinen, Suvi Määttä, Riikka Kaukonen

Key collaborators: Maijaliisa Erkkola, Nina Sajaniemi, Leila Hopsu, Johan Eriksson, Jorma Tynjälä, Lasse Kannas, Nanna Lien, Ester Sleddens, Jessica Gubbels, Kylie Hesketh, Jo Salmon, Stef Kremers, Stefaan De Henauw, Nathalie Michels

Dr Sandrine Lioret

Key research interests: Social and behavioural epidemiology, Public Health; social inequalities in health; developmental origins of health and disease (DOHaD); Social and behavioural determinants of child growth and obesity; development, implementation and assessment of family-based child obesity prevention interventions; assessment of dietary and lifestyle patterns.

Future directions: Observational research: Study of the social and behavioural determinants of child growth and obesity, including dietary intake, physical activity and sedentary behaviours.

Intervention research: interventions to prevent obesity or improve obesity related behaviours in children (0-5yr) from socioeconomically deprived backgrounds.

Pivotal moment in my career: My postdoctoral project at C-PAN (Centre for Physical Activity and Nutrition Research, Deakin University, Victoria, Australia), entitled "Nutrition in infancy and childhood: implications for obesity prevention" (Deakin University Alfred Deakin Postdoctoral Research Fellowship award).

Little gem: I would encourage those in the field to travel, network and collaborate.



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Institution: INSERM, UMR1153 Epidemiology and Biostatistics Sorbonne Paris Cite Center (CRESS). Early Origin of the Child's Health and Development Team (ORCHAD), Paris, France. Paris Descartes University, Paris

Team members: J. Botton, M.A. Charles, P. Darget-Molina, B. Heude, B. de Lauzon-Guillan, S. Plancoulaine,

Key collaborators: A. Cameron, P. Chauvin, N. Darmon, I. Huybrechts, M. Melchior, S. Nicklaus, M.J. Saurel-Cubizolles, M. Touvier, S. Vandentorren, J.L. Volatier, & researchers at C-PAN, Deakin University

Professor Adrian Taylor

Key research interests: My research has mainly focused on the acute and chronic effects of physical activity on various dimensions of mental health and well-being, but also on understanding how best to facilitate increases in physical activity among people with mental health conditions or low mood. I am particularly interested in how best to support multiple health behaviour change, such as preventing weight gain after smoking cessation and promoting physical activity for patients with depression.

Future directions: Over 25 years in Sport and Exercise Science departments in universities, I have supervised 17 PhD students on projects such as the acute effects of exercise on cravings and withdrawal symptoms for cigarettes, snack food and alcohol. This work has helped shape the focus of interventions we have developed to be tested in clinical trials e.g., we showed in a pilot trial that a client-centred exercise assisted reduction to stop smoking (EARS) intervention could increase physical activity and help reduce smoking and facilitate short-term cessation among smokers from one of the most disadvantage communities in the UK.

Pivotal moment in my career: Two years ago, based on the experiences accumulated over 20 years in conducting randomized controlled trials (almost in the background of teaching and doing acute studies), I took on a new role as Professor of Health Services Research in a Medical School. Now I am Chief Investigator for two RCTs and co-applicant on two other diverse trials (unrelated to physical activity). One multi-centred RCT has brought me back to the first trial I conducted (back in 1993-95) to examine the effectiveness of primary care exercise referral schemes (ERS); this time we are testing the effectiveness of a bespoke web-based system to increase accelerometer assessed physical activity after 12 months, in addition to ERS for people with chronic conditions. Another trial is aimed at testing if a client-centred intervention can change lifestyle and enhance well-being among offenders attending community probation services.

Little gem: If you are based in a sport and exercise science environment it can be difficult to find the time to step beyond the requirements to support undergraduate/postgrad students. The complexity and time involved to find funding, gain ethical approval and contribute to or conduct clinical trials can seem too much. If you want to do work with clinical populations and those with the greatest care need or greatest risk of developing unhealthy lifestyles, then talk to as many researchers as you can to find the best way to make small or larger career shifts, and seek to develop experience, interest and expertise in working with vulnerable groups.

My interest began as a PhD student in Toronto, by volunteering to provide physical activity opportunities for young people attending a substance misuse inpatient programme.



adrian.taylor@plymouth.ac.uk

Institution: Plymouth University Peninsula Schools of Medicine & Dentistry, Devon, UK

Team members/Key collaborators: I have worked with many people over 26 years in higher education, but particularly Guy Faulkner (as founding co-editor in chief of the internal journal, *Mental Health and Physical Activity*). Now, in large clinical trials, we have multidisciplinary teams of over 20 people.

Catch Adrian's ISBNPA SIG webinar in November (details on page 2)

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<https://www.isbnpa.org/index.php?r=event/view&id=29>

Member profiles wanted

If you are interested in submitting a profile please contact: Natalie Holowko (n.holowko@uq.edu.au)

Online resources

The equality trust

The equality trust was launched in 2009 by Bill Kerry, Richard Wilkinson and Kate Pickett (writers of 'The Spirit Level: Why more equal societies almost always do better'. The trust's site is a good resource, providing definitions about inequality, including scales and trends, drivers, impacts, attitudes, latest research, news and links to other resources.

<https://www.equalitytrust.org.uk/faq>

WHO Equity

On this site, you will find reports on Equity and Development, Health Evidence and Equity and other resources related to Social Determinants.

<http://www.who.int/healthsystems/topics/equity/en/>

Tools and Resources identified from "ACTION: Social Determinants of Health"

This is an electronic platform which was launched in Rio, Brazil, at the World Conference on Social Determinants of Health. It aims to foster discussion and debate among a community of people interested in health equity.

http://www.actionsdh.org/Tools_and_Resources.aspx

Data and evidence related to equity and health.

Here is a web-based resource from the WHO which allows users to look up actions addressing socially determined health inequalities around the world. Users can search for actions according to the level of the action (national, subnational and local), the type of action (policy, programme project, practice) the health system context or the type of 'lens' (e.g. how equity is categorised, what the health system functions or critical features include, etc.).

<http://data.euro.who.int/equity/hidb/Resources/List.aspx>

Health Statistics

This is a link to WHO Europe's portal to health statistics and to detailed monitoring/assessment tools for key areas of health policy.

<http://www.euro.who.int/en/data-and-evidence/databases>

Interactive atlases

Here are some interactive atlases showing sub-national patterns of health and their determinants

<http://www.euro.who.int/en/data-and-evidence/equity-in-health-project/interactive-atlases>

<http://www.euro.who.int/en/data-and-evidence/equity-in-health-project/interactive-atlases/atlases-of-social-inequalities>

Case studies on social determinants of health

http://www.who.int/sdhconference/resources/case_studies/en/

Know of other useful websites that would be of interest to the Socioeconomic SIG members?

Forward the details to: Julianne Williams (julianne.williams@seh.ox.ac.uk)

Summary of recent papers

Hilmers, A., Bernabe-Ortiz, A., Gilman, R., McDermott, A., Smeeth, L., & Miranda, J. (2015). The Direct and Indirect Effects of Socioeconomic Status and Acculturation on Physical Activity and BMI within Country Rural-to-Urban Migrants. The FASEB Journal, 29(1 Supplement), 902-27.

This cross sectional study looked at 587 Peru migrants that moved from a rural to urban setting. Their main finding was that socioeconomic status was the main predictor for risk of overweight/obesity. In fact, people with a lower SES had a 51.4% decreased odds of being overweight/obese. This research shows the underlying relationship between SES and overweight/obesity cannot be ignored in various populations.

Elgar, F. J., Pfortner, T. K., Moor, I., De Clercq, B., Stevens, G. W., & Currie, C. (2015). Socioeconomic inequalities in adolescent health 2002–2010: a time-series analysis of 34 countries participating in the Health Behaviour in School-aged Children study. The Lancet, 385(9982), 2088-2095.

This was a cross-sectional study spanning 8 years and 34 North American and European countries. The focus of the study was adolescent health, and they found that socioeconomic inequality has increased in many areas of adolescent health. Specifically, the found that inequalities had increased over time for physical activity, psychological and physical symptoms. They call for policy action to reduce these gaps in health in this vulnerable population group.

Juneau, C. E., Benmarhnia, T., Poulin, A. A., Côté, S., & Potvin, L. (2015). Socioeconomic position during childhood and physical activity during adulthood: a systematic review. International journal of public health, 1-15.

This systematic review found 42 publications related to socioeconomic position in early life and physical activity in later life. 61.9% of the studies found a significant association, particularly for physical activity during leisure time. Therefore, researchers should not underestimate the life course association between SES and physical activity. However, better quality research in this area is warranted.

Blok DJ, Vlas SJ de, Bakker R, Lenthe FJ van. How to reduce socioeconomic inequalities in healthy food consumption? Explorations with HEBSIM, an agent-based model. Am J Prev Med 2015; 49: 605-613.

Because it is often suggested that people and places influence each other, systems-based models attract increasing attention. In this study, an agent-based model was developed, and the equity-impact of three hypothetical interventions were assessed.

Want your work featured here?

Forward a short summary (not the abstract!) to: Estelle Watson (Estelle.Watson@wits.ac.za)

Recent journal articles

- Elgar, F. J., Pfortner, T. K., Moor, I., De Clercq, B., Stevens, G. W., & Currie, C. (2015). Socioeconomic inequalities in adolescent health 2002–2010: a time-series analysis of 34 countries participating in the Health Behaviour in School-aged Children study. *The Lancet*, 385(9982), 2088-2095.
- Kivimäki, M., Virtanen, M., Kawachi, I., Nyberg, S. T., Alfredsson, L., Batty, G. D., ... & Jokela, M. (2015). Long working hours, socioeconomic status, and the risk of incident type 2 diabetes: a meta-analysis of published and unpublished data from 222 120 individuals. *The Lancet Diabetes & Endocrinology*, 3(1), 27-34.
- España-Romero, V., Wijndaele, K., Tuxworth, W., Fentem, P. H., Wareham, N., & Brage, S. (2015). Self-Rated Perceptions of Health, Physical Activity and Fitness as predictors of All-Cause Mortality: a 23-year follow-up of the England National Fitness Survey. *Revista Andaluza de Medicina del Deporte*, 8(1), 28-29.
- Tate, N. H., Dillaway, H. E., Yarandi, H. N., Jones, L. M., & Wilson, F. L. (2015). An examination of eating behaviors, physical activity, and obesity in African American adolescents: gender, socioeconomic status, and residential status differences. *Journal of Pediatric Health Care*, 29(3), 243-254.
- Echeverría, S. E., Ohri-Vachaspati, P., & Yedidia, M. J. (2015). The Influence of Parental Nativity, Neighborhood Disadvantage and the Built Environment on Physical Activity Behaviors in Latino Youth. *Journal of Immigrant and Minority Health*, 17(2), 519-526.
- Collins, P., Al-Nakeeb, Y., & Lyons, M. (2015). Tracking the Commute Home From School Utilizing GPS and Heart Rate Monitoring: Establishing the Contribution to Free-Living Physical Activity. *Journal of Physical Activity and Health*, 12, 155-162.
- Mama, S. K., McCurdy, S. A., Evans, A. E., Thompson, D. I., Diamond, P. M., & Lee, R. E. (2015). Using Community Insight to Understand Physical Activity Adoption in Overweight and Obese African American and Hispanic Women A Qualitative Study. *Health Education & Behavior*, 42(3), 321-328.
- Teuscher, D., Bukman, A. J., Meershoek, A., Renes, R. J., Feskens, E. J., & van Baak, M. A. (2015). Adapting an effective lifestyle intervention towards individuals with low socioeconomic status of different ethnic origins: the design of the MetSLIM study. *BMC public health*, 15(1), 125.
- Lucumí, D. I., Gomez, L. F., Brownson, R. C., & Parra, D. C. (2015). Social Capital, Socioeconomic Status, and Health-Related Quality of Life Among Older Adults in Bogotá (Colombia). *Journal of aging and health*, 27(4), 730-750.
- Sotos-Prieto, M., Santos-Beneit, G., Pocock, S., Redondo, J., Fuster, V., & Peñalvo, J. L. (2015). Parental and self-reported dietary and physical activity habits in pre-school children and their socio-economic determinants. *Public health nutrition*, 18(02), 275-285.
- Fradkin, C., Wallander, J. L., Elliott, M. N., Tortolero, S., Cuccaro, P., & Schuster, M. A. (2015). Associations between socioeconomic status and obesity in diverse, young adolescents: Variation across race/ethnicity and gender. *Health Psychology*, 34(1), 1.
- Han, T. S., Lee, D. M., Lean, M. E. J., Finn, J. D., O'Neill, T. W., Bartfai, G., ... & EMAS Study Group. (2015). Associations of obesity with socioeconomic and lifestyle factors in middle-aged and elderly men: European Male Aging Study (EMAS). *European Journal of Endocrinology*, 172(1), 59-67.
- Holmes, L., Jackson, S., LaHurd, A., Oceanic, P., Grant, K., & Dabney, K. (2015). Racial-ethnic differences in childhood higher body mass index: insurance status explanatory model. *International Journal of Human Rights in Healthcare*, 8(1), 45-56.
- Fotso, J. C. (2015). Child health inequities in developing countries: differences across urban and rural areas. *International Journal for Equity in Health*, 5, 10.
- McCarthy, H. D., Van Eeden, C., & Samani-Radia, D. (2015). Influence of socioeconomic status on measures of skeletal muscle mass in children. *Proceedings of the Nutrition Society*, 74(OCE2), E153.
- King, K. M., & Ling, J. (2015). Results of a 3-year, nutrition and physical activity intervention for children in rural, low-socioeconomic status elementary schools. *Health education research*, 30(4), 647-659.

Recent journal articles

- Levasseur, P. (2015). Causal effects of socioeconomic status on central adiposity risks: Evidence using panel data from urban Mexico. *Social Science & Medicine*, 136, 165-174.
- Shaikh, R. A., Siahpush, M., Singh, G. K., & Tibbits, M. (2015). Socioeconomic Status, Smoking, Alcohol use, Physical Activity, and Dietary Behavior as Determinants of Obesity and Body Mass Index in the United States: Findings from the National Health Interview Survey. *International Journal*, 4(1), 22-34.
- Dahlgren, D., & Whitehead, M. (2015). European Strategies for tackling social inequalities in health: levelling up part 2. *World Health*.
- Fouweather, T., Gillies, C., Wohland, P., Van Oyen, H., Nusselder, W., Robine, J. M., ... & Jagger, C. (2015). Comparison of socio-economic indicators explaining inequalities in Healthy Life Years at age 50 in Europe: 2005 and 2010. *The European Journal of Public Health*, ckv070.
- Ranjit, N., Wilkinson, A. V., Lytle, L. M., Evans, A. E., Saxton, D., & Hoelscher, D. M. (2015). Socioeconomic inequalities in children's diet: the role of the home food environment. *International Journal of Behavioral Nutrition and Physical Activity*, 12(Suppl 1), S4.
- Juneau, C. E., Benmarhnia, T., Poulin, A. A., Côté, S., & Potvin, L. (2015). Socioeconomic position during childhood and physical activity during adulthood: a systematic review. *International journal of public health*, 1-15.
- Wijtzes AI, Jansen W, Jaddoe V, Franco O, Hofman A, Lenthe FJ van, Raat H. (2015) Social inequalities in young children's meal skipping behaviors: the Generation R Study. *Plos One* 2015; 10: e0134487
- Kamphuis CBM, Jansen T, Mackenbach JP, Lenthe FJ van. Bourdieu's cultural capital and food choices: a systematic review of cultural capital indicators, and development of the Rotterdam Cultural Capital (ROCC) questionnaire. (2015) *Plos One* 2015: 10: e0130695.
- Ball K, Lamb KE, Costa C, Cutumisu N, Ellaway A, Kamphuis CBM, Mentz G, Pearce J, Santana P, Santos R, Schulz AJ, Spence JC, Thornton LE, Lenthe FJ van, Zenk SN. (2015) Neighbourhood socioeconomic disadvantage and fruit and vegetable consumption: a seven countries comparison. *International Journal of Behavioral Nutrition and Physical Activity*, 12:68.
- Blok DJ, Vlas SJ de, Bakker R, Lenthe FJ van. How to reduce socioeconomic inequalities in healthy food consumption? Explorations with HEBSIM, an agent-based model. (2015) *American Journal of Preventive Medicine*; 49: 605-613.