

PAPER 3: TRANSLATING ACTIVE LIVING RESEARCH INTO POLICY & PRACTICE

PAPER FOCUS:

STUDY DESIGN:
Review



STUDY LOCATION:
International



POPULATION:
Researchers & Policymakers



BUILT ENVIRONMENT FEATURES: **Health-enhancing Urban Planning**, Transport, Social Infrastructure, Walkability, Public Transport, Public Open Space, Food, Local Employment, Housing, Crime & Safety

HEALTH & WELLBEING OUTCOMES: **Tobacco use, Inactivity, unhealthy diet**, Walking (Transport & Recreation), Outdoor Recreation, Cycling, Fitness, Sitting Time, Obesity, Mental Health



WHAT WE DID:

- **Creating healthier communities requires the involvement of sectors beyond those responsible for health, including city and transport planning, urban design, property development, finance, landscape architecture, road engineering, parks and recreation, energy, and environmental protection.**
- **We reviewed the literature to identify factors that influence research being used in policy and practice.**

WHAT WE FOUND:

- **We have identified ten strategies to bridge the gap between research and translation into policy and practice. Strategies include: Understanding the ‘policy world’ we are attempting to shift; establishing links with policymakers and practitioners; working with knowledge brokers, advocates, and lobbyists; establishing research agendas jointly with policymakers and practitioners; undertaking interdisciplinary collaborative research; studying the health-economic impacts of active living infrastructure; evaluating policy reform through natural experiments; conducting research focusing on community needs and preferences; highlighting specific policy implications; creating interdisciplinary built environment and health training programmes.**

SO WHAT?

- **Creating cities that facilitate physical activity through active transport and active leisure is now seen as a global priority from both environmental sustainability and health perspectives.**
- **Translation of evidence-based solutions is required for all four leading NCD risk factors: tobacco use, unhealthy diets, physical inactivity, and harmful alcohol use.**
- **To influence policy, active living researchers must work in multidisciplinary teams that generate policy-relevant research.**
- **Conducting more policy-relevant research may require researchers to be trained, as well as different rewards in academia.**

Translating active living research into policy and practice: One important pathway to chronic disease prevention | Billie Giles-Corti, James F. Sallis, Takemi Sugiyama, Lawrence D. Frank, Melanie Lowe, Neville Owen | *Journal of Public Health Policy*, 2015, 36: 231–243. Contact Details: b.giles-corti@unimelb.edu.au | CRE Website: <http://mccaughey.unimelb.edu.au/programs/cre>