

#37 ACTIVE LIVING RESEARCH (ALR)

ACTIVE LIVING RESEARCH

Website, ongoing

Topic for advocacy Advocacy / HEPA - Physical Activity and Health and Local Clubs / Cycling, transportation, and active travel

<https://activelivingresearch.org/>

Description of the good example

Since 2001, Active Living Research (ALR) has been at the forefront of building evidence on how to create communities that increase opportunities for physical activity. The main goal is to support, share and put into practice the research that can promote daily physical activity for children and families across the world. The research translates and disseminates evidence for advocacy, decision-makers and practitioners at all levels can learn about the most effective strategies for increasing physical activity, preventing childhood obesity, and promoting active communities.

Target - Who can best use this example or document?

Advocates, educators, media, and policymakers, grantees, researchers, local governments, healthcare and health systems, real estate developers, community organisations, funders.

**All information in this entry is sourced from the link above and contact mentioned in the document.*

Highlights and outcomes

Why could it be useful for your organisation and advocacy?

It builds evidence on how to increase opportunities for physical activity, it is transferable to other communities and countries, and it fosters cross-sectoral collaboration among governments, private sector, and advocacy groups.

Learning points - What can we learn from it?

How to create communities that are designed for activity, and therefore are better for health, economic vitality, and environmental sustainability.

Further information

Active Living Research

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<https://activelivingresearch.org/>