

# **Appendix G – References**

Active Healthy Kids Australia (2015). *Progress Report Card on Active Transport for Young People*. Available at: [https://www.activehealthykidsaustralia.com.au/siteassets/documents/ahka\\_reportcard\\_2015\\_web.pdf](https://www.activehealthykidsaustralia.com.au/siteassets/documents/ahka_reportcard_2015_web.pdf)

Active Healthy Kids Australia (2018). *2018 Report card on physical activity for children and young people*. Available at with <https://www.activehealthykidsaustralia.com.au/siteassets/documents/2018/ahka-report-card-long-form-2018-final-for-web.pdf>

Australian Bicycle Council (2011). *National Cycling Participation Survey 2011. Full Report and Fact Sheets*. Available at: <http://www.bicyclecouncil.com.au/publication/national-cycling-participation-survey-2011> and [http://www.bicyclecouncil.com.au/files/publication/NCP2011\\_QLD.pdf](http://www.bicyclecouncil.com.au/files/publication/NCP2011_QLD.pdf).

Australian Bicycle Council (2017). *National Cycling Participation Survey 2017. Full Report and Fact Sheets*. Available at: <http://www.bicyclecouncil.com.au/publication/national-cycling-participation-survey-2017>.

Australian Bureau of Statistics (2007-2008). *National Health Information Survey: Summary of Results, 2007–2008*. Available at: <https://www.abs.gov.au/ausstats/abs@.nsf/mf/4364.0>.

Australian Communications and Media Authority (ACMA) (2015). *Communications Report 2014–2015. Australian Government*. Available at: <https://www.acma.gov.au/sites/default/files/2019-08/ACMA%20Communications%20report%202014-15%20pdf.pdf>

Australian Communications and Media Authority (ACMA) (2017). *Communications Report 2016–2017. Australian Government*. Available at: <https://www.acma.gov.au/sites/default/files/2019-08/Communications-report-2016-17-pdf.pdf>

Australian Institute of Family Studies (2019). *Growing Up In Australia: The Longitudinal Study of Australian Children (LSAC) Web site*. Available at: <https://growingupinaustralia.gov.au>.

Australian Institute of Health and Welfare (AIHW) (2017). *Impact of physical inactivity as a risk factor for chronic conditions: Australian Burden of Disease Study*. Australian Burden of Disease Study series no. 15, Cat. no. BOD 16. Canberra: AIHW. Available at <https://www.aihw.gov.au/getmedia/df392a65-8cf3-4c09-a494-4498ede2c662/aihw-bod-16.pdf.aspx?inline=true>.

Australian Institute of Health and Welfare (AIHW) (2018). *Australia's health 2018*. Available at: <https://www.aihw.gov.au/reports/australias-health/australias-health-2018/contents/table-of-contents>.

Australian Sports Commission (2010). *Participation in Exercise, Recreation and Sport 2010. Annual Report. State and Territory Tables for Queensland*. Australian Government. Available at: [https://www.clearinghouseforsport.gov.au/\\_data/assets/pdf\\_file/0009/599436/ERASS\\_Report\\_2010-QLD.pdf](https://www.clearinghouseforsport.gov.au/_data/assets/pdf_file/0009/599436/ERASS_Report_2010-QLD.pdf)

Australian Sports Commission (2017). *AusPlay: Participation data for the sport sector. Summary of key national findings October to September data*. Australian Government Available at: [https://www.clearinghouseforsport.gov.au/\\_data/assets/pdf\\_file/0011/735239/34648\\_AusPlay\\_summary\\_report\\_accessible2.pdf](https://www.clearinghouseforsport.gov.au/_data/assets/pdf_file/0011/735239/34648_AusPlay_summary_report_accessible2.pdf).

Australian Sports Commission (2017). *Australian Physical Literacy Standard – Draft (2017)*. Explaining the Standard. Australian Government. Available at: [https://www.sportaus.gov.au/physical\\_literacy](https://www.sportaus.gov.au/physical_literacy).

Australian Sports Commission (2019). *Australian Physical Literacy Standard*. Australian Government. Available at: [https://www.sportaus.gov.au/physical\\_literacy](https://www.sportaus.gov.au/physical_literacy).

Barnett, L., Morgan, P., Beurden, E. & Beard, J. (2008). Perceived sports competence mediates the relationship between childhood motor skill proficiency and adolescent physical activity and fitness: a longitudinal assessment. *International Journal of Behavioral Nutrition and Physical Activity*, 5 (40). Available at: <https://ijbnpa.biomedcentral.com/articles/10.1186/1479-5868-5-40>

- Barr, M. L., Ferguson, R. A., Hughes, P. J. & Steel, D. G. (2012). Developing a weighting strategy to include mobile phone numbers into an ongoing population health survey using an overlapping dual-frame design with limited benchmark information. *BMC Medical Research Methodology*, 14:102. Available at: <https://bmcmmedresmethodol.biomedcentral.com/track/pdf/10.1186/1471-2288-14-102>
- Benjamin, D. J., Berger, J., Johannesson, M., Nosek, B. A., Wagenmakers, E., Berk, R., ... Johnson, V. (2017). *Redefine statistical significance*. Available at: <https://doi.org/10.31234/osf.io/mky9j>.
- Blumberg, S. & Luke, J. (2014). Wireless substitution: Early Release of Estimates From the National Health Interview Survey. July–December 2014. Division of Health Interview Statistics, National Centre for Health Statistics. Available at: <https://www.cdc.gov/nchs/data/nhis/earlyrelease/wireless201506.pdf>.
- Boreham, C., & Riddoch, C. (2001). The Physical Activity, Fitness and Health of Children. *Journal of Sports Sciences*, 19, (12), 915–929.
- Brockman, R. & Fox, K. R. (2010). The contribution of active play to the physical activity of primary school children. *Preventative Medicine*, 51 (22), 144–147.
- Bruggen, E., van den Brakel, J., Krosnick, J. (2016). *Establishing the accuracy of online panels for survey research. Discussion paper*. Statistics Netherlands. Available at: <https://www.cbs.nl/-/media/pdf/2016/15/2016-dp04-establishing-the-accuracy-of-online-panels-for-survey-research.pdf>
- Canadian Assessment for Physical Literacy (2017). *Canadian Assessment for Physical Literacy 2<sup>nd</sup> Edition 2017*. Available at: <https://www.capl-eclp.ca>.
- Centres for Disease Control and Prevention (2003-2006). *National Health and Nutrition Examination Survey (NHANES) (2003–2004) and (2005–2006)*. National Centre for Health Statistics, CDC. Available at: <https://wwwn.cdc.gov/nchs/nhanes/default.aspx>.
- Clemens, S. L. & Lincoln, D. J. (2018). Where children play most: physical activity levels of school children across four settings and policy implications. *Australian and New Zealand Journal of Public Health*, 42 (6), 575–581. Available at: <https://onlinelibrary.wiley.com/doi/full/10.1111/1753-6405.12833>.
- Cycling and Walking Australia and New Zealand (CWANZ) (2019). *CWANZ web site*. Available at: <https://www.cwanz.com.au>.
- Cycling Promotion Fund (2012). *Active Travel to School (2012) Survey Findings*. Available at: [https://docs.wixstatic.com/ugd/27b1f8\\_2deddde666504304801fce519033cd12.pdf](https://docs.wixstatic.com/ugd/27b1f8_2deddde666504304801fce519033cd12.pdf)
- Das, P., and Horton, R. (2012). Rethinking our approach to physical activity. *The Lancet*. 2012; 380(9838): 189–190.
- Department of Education and Training (2016). *The State of Victoria's Children report 2013-14: A report on resilience and vulnerability within Victoria's children and young people*. Victorian Government. Available at <https://www.education.vic.gov.au/Documents/about/research/sovc201314.pdf>.
- Department of Education and Training (2016). *Victoria Student Health and Wellbeing Survey, 'About You'. Summary Findings 2016*. Victorian Government. Available at: <https://www.education.vic.gov.au/about/research/Pages/studenthealthsurvey.aspx>.
- Department of Health (2019). *Australian 24-hour movement guidelines for children and young people (5–17 years): Guidelines for health growth and development for children and young people (5 to 17 years)*. Australian Government. Available at: [https://www1.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\\$File/brochure-24hr-guidelines-5-17yrs.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/$File/brochure-24hr-guidelines-5-17yrs.pdf)

Department of National Parks, Sport and Racing (2016). Queensland Sport, Exercise and Recreation Survey - Adults (QSERSA) Topline Results Report. Queensland Government. Available at: <https://www.data.qld.gov.au/dataset/queensland-sport-exercise-and-recreation-survey-adults-2016/resource/e5c7eb34-7921-43bf-86f7-00b002e06d36>.

Edwards, L., Bryant, A., Keegan, R., Morgan, K., Cooper, S. & Jones, A. (2018). *Sports Medicine*, 48 (3), 659–682. Available at: with <https://link.springer.com/article/10.1007/s40279-017-0817-9>

Edwards, L., Bryant, A., Keegan, R., Morgan, K. & Jones, A. (2017). Definitions, Foundations and Associations of Physical Literacy: A Systematic Review. *Sports Medicine*, 47 (1), 113–126.

Farooq, M. A., Parkinson, K. N., Adamson, A. J., Pearce, M. S., Reilly, J. K., Hughes, A. R., Janssen, X., Basterfield, L. & Reilly, J. J. (2018). Timing of the decline in physical activity in childhood and adolescence: Gateshead Millennium Cohort Study. *British Journal of Sports Medicine*, 52 (15), 1002–1006.

Fisher, A., Reilly, J., Kelly, L., Montgomery, C., Williamson, A., Paton, J. & Grant, S. (2005). Fundamental movement skills and habitual physical activity in young children. *Medicine and Science in Sports and Exercise*, 37 (4), 684–688.

Gately, P. (2010). Physical literacy and obesity. In Margaret Whitehead (ed.), *Physical Literacy: Throughout the Lifecourse*. New York Routledge (2010).

Gateshead Millennium Study (GMS) (1999). *Gateshead Millennium Study Web site*. Available at: <https://research.ncl.ac.uk/gms/>.

Hardy, L. L., Kelly, B. P., Chapman, K., King, L. & Farrell, L. 2010, Parental perceptions of barriers to children's participation in organised sport in Australia, *Journal of Paediatrics and Child Health*, 46 (4), 197–203.

Hardy, L.L., Mhrshahi, S., Drayton, B.A., Bauman, A (2016). *NSW Schools Physical Activity and Nutrition Survey (SPANS) 2015: Full Report 2016*. Sydney: NSW Department of Health.

Hesketh, K. R., Lackshman, R. & van Sluijs, E. M. F. (2017). Barriers and facilitators to young children's physical activity and sedentary behaviour: a systematic review and synthesis of qualitative literature. *Obesity Reviews: International Association for the Study of Obesity*, 18 (9), 987–1017.

Holborn, A. T., Reavley, N. J. & Jorm, A. F. (2012). Differences between landline and mobile-only respondents in a dual-frame mental health literacy survey. *Australian and New Zealand Journal of Public Health*, 36 (2) 192–193.

Kwon, S., Janz, K. F., Letuchy, E. M., Burns, T. L. & Levy, S. M. (2015). Active lifestyle in childhood and adolescence prevents obesity development in young adulthood: Iowa Bone Development Study. *Obesity*, 23 (12), 2462–2469.

Levine, J. A. (2002). Non-exercise activity thermogenesis (NEAT). *Best Pract Res Clin Endocrinol Metab*. Dec, 16(4), 679-702.

Lloyd, M. L., Colley, R. C., & Tremblay, M. S. (2010). Advancing the debate on fitness testing for children: Perhaps we're riding the wrong animal. *Pediatric Exercise Science*, 22, 176–182.

Melkevik, O., Torsheim, T., Iannotti, R. J. & Wold, B. (2010). Is spending time in screen-based sedentary behaviors associated with less physical activity: A cross national investigation. *International Journal of Behaviour Nutrition and Physical Activity*, 7–46. Available at: <https://ijbnpa.biomedcentral.com/articles/10.1186/1479-5868-7-46>.

Must A., Barish, E.E. & Bandini, L.G. (2009). Modifiable risk factors in relation to changes in BMI and fatness: what have we learned from prospective studies of school-aged children? *International Journal of Obesity*, 33(7):705–15.

Pennay, D.W., Neiger, P.J., Lavrakas, P.J., & Borg, K. (2018). *The Online Panels Benchmarking Study: a Total Survey Error comparison of findings from probability-based surveys and nonprobability online panel surveys in Australia*. ANU Centre for Social Research and Methods Research School of Social Sciences The Australian National University. Available at [http://csrcm.cass.anu.edu.au/sites/default/files/docs/2018/12/CSRM\\_MP2\\_2018\\_ONLINE\\_PANELS.pdf](http://csrcm.cass.anu.edu.au/sites/default/files/docs/2018/12/CSRM_MP2_2018_ONLINE_PANELS.pdf)

Physical Literacy Canada (2015). *Canada's Physical Literacy Consensus Statement (June 2015)*. Available at: <http://physicalliteracy.ca/physical-literacy/consensus-statement/>.

Prochaska, J. O., & DiClemente, C. C. (1982). Transtheoretical therapy: Toward a more integrative model of change. *Psychotherapy: theory, research and practice*, 19, 276–288.

Queensland Health (2016). *The health of Queenslanders 2016. Report of the Chief Health Officer Queensland*. Queensland Government. Available at [https://www.health.qld.gov.au/\\_data/assets/pdf\\_file/0017/537101/cho-report-complete.pdf](https://www.health.qld.gov.au/_data/assets/pdf_file/0017/537101/cho-report-complete.pdf)

Queensland Health (2018). *Queensland Preventative Health Survey. Detailed Queensland and regional Preventative Health Survey results*. Queensland Government. Available at <https://www.health.qld.gov.au/research-reports/population-health/preventive-health-surveys/detailed-data>

Rissel, C., Munro, C. & Bauman, A. (2013). Assessing Cycling Participation in Australia. *Sport*, 1 (1), 1–9. Available at: <https://www.mdpi.com/2075-4663/1/1/1/html>.

Sallis, J. F., Prochaska, J. J. & Taylor, W. C. (2000). A review of correlates of physical activity of children and adolescents. *Medicine and Science and Sports and Exercise*, 32 (5), 963–975.

Sallis J.F., Saelens, B.E. (2000). Assessment of physical activity by self-report: status, limitations, and future directions. *Res Q Exerc Sport*. 2000;71(Suppl 2):1–14.

Schuch F., Vancampfort D., Richards J., Rosenbaum S., Ward P. B. and Stubbs B (2013). *Exercise as a treatment for depression: A meta-analysis adjusting for publication bias*. *Journal of Psychiatric Research*: 77, 42–51.

Tremblay, M., Gray, C., Akinroye, K., Harrington, D., Katzmarzyk, P., Lambert, E., Liukkonen, J., Maddison, R., Ocansey, R., Onywera, R., Prista, A., Reilly, J. Rodriguez, M., Sarmiento, D., Standage, M. & Tomkinson, G. (2014). Physical activity of children: a global matrix of grades comparing 15 countries. *Journal of Physical Activity and Health*, 11 (1), 113–125.

Tremblay M. S. & Lloyd, M. (2010). *Physical literacy measurement – the missing piece*. *Physical and Health Education Canada Journal*, 76 (1), 26–30.

Truter, L., Pienaar, A. & Du Toit, D. (2010). Relationships between overweight, obesity and physical fitness of nine – to twelve year-old South African children. *South Africa Family Practice*, 52 (3), 227–233. Available at: <https://www.ajol.info/index.php/safp/article/viewFile/57389/45770>.

Varma, V., Debangana, D., Leroux, A., Di, J., Urbanek, J., Xiao, L. & Zipunnikov, V. (2017). Re-evaluating the effect of age on physical activity over the lifespan. *Preventive Medicine*, 101, 102–108.

Victorian Department of Education and Training (2015). *Victorian child health and wellbeing survey – Summary findings 2013*. Victorian Government. Available at: <http://www.education.vic.gov.au/Documents/about/research/2013VCHWSSummaryFindings.docx>

Whitehead, M. (ed.) (2010). *Physical Literacy: Throughout the Lifecourse*. New York: Routledge.

Wilks D.C., Besson H., Lindroos A.K., Ekelund, U. (2011). Objectively measured physical activity and obesity prevention in children, adolescents and adults: a systematic review of prospective studies. *Obes Rev*. 2011;12(5):e119–29.

World Health Organisation (2005-2006). *The Health Behaviors in School-age Children (HBSC) 2005/2006 Survey*. Available at: [https://www.nichd.nih.gov/sites/default/files/publications/pubs/documents/HBSC-2005\\_2006-Final.pdf](https://www.nichd.nih.gov/sites/default/files/publications/pubs/documents/HBSC-2005_2006-Final.pdf)

World Health Organization (2010). *Global Recommendations on Physical Activity for Health 2010*. Available at: [https://apps.who.int/iris/bitstream/handle/10665/44399/9789241599979\\_eng.pdf;jsessionid=BB442B113621BB6C06F0DC25ADE8B628?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/44399/9789241599979_eng.pdf;jsessionid=BB442B113621BB6C06F0DC25ADE8B628?sequence=1).