

Sjabloon English. See <http://www.bewegingswetenschappen.org/stagebank/> for examples

Title

POSITION OF CYCLING IN PHYSICAL ACTIVITY BEHAVIOR AMONG THE DUTCH POPULATION

Background

The Dutch National institute for Public Health and the Environment (RIVM, Bilthoven) is appointed by the Ministry of Health, Welfare and Sport to coordinate, at a national level, the information (e.g. how is data collected, prevalence and trends) regarding a set of key indicators describing sports and physical activity.

Type of internships

Background: The Netherlands are widely known for their cycling culture. There's a strong legacy of cycling for transport and recreation. At the same time Dutch inhabitants are in the lead in Europe when looking at sedentary behavior.

Aim: To study the current position of cycling in physical activity behavior among the Dutch population.

Research question:

1. What is the importance of cycling in adherence to physical activity recommendations among the Dutch population?
2. What is the contribution of cycling to the total amount of physical activities?

Data source: The Dutch 'Lifestyle Monitor', is a sustainable tool by which national representative information on lifestyle is collected (www.rivm.nl/leefstijlmonitor). This monitor is a product of cooperation between nine Dutch Institutes in the lifestyle area, coordinated by the RIVM. From 2014 onwards, data on a limited set of core indicators is collected annually through online surveys by Statistics Netherlands. This core survey includes amongst others the Short Questionnaire to Assess Health Enhancing Physical Activity (SQUASH) and is indicated by the Dutch Ministry of Health, Welfare and Sports (VWS) as primary data source to monitor population adherence to physical activity recommendations. Besides the annual core set, a module for detailed investigation on physical activity behavior is carried out biannually from 2015 onwards and includes an adapted version of the Marshall questionnaire to assess sedentary behavior.

Research activities:

- Study relevant literature
- Data analysis:
 - o Analyze cycling and other physical activities performed at moderate and/or high intensity and the relevance of those activities to adherence to physical activity recommendations (NNGB: www.kernindicatorenspportenbewegen.nl)
 - o Analyze cycling and other physical activities (minutes per week) and their relative contribution to the total amount of physical activity per week.
 - o Analyze sedentary activities

Analysis needs to be performed for children (4-12 year), adolescents (12-18 year) and adults (18-55 year and 55 year and above) separately and for total cycling and cycling for commuting and during leisure time separately.

- Write a scientific (draft) paper (in English) or article for www.Allesoversport.nl (in Dutch)

Type of students and duration of projects

Type of student: master level.

Area of Interest: physical activity, public health, sports, epidemiology

Start: 2017

Duration: 4-6 months, full time.

Prerequisite: knowledge about data-analysis with SAS or SPSS

Contact



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www.kernindicatorenspportenbewegen.nl

