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## Bicycle Studies & Reports

### Provided by Alta Planning

**Bike Sharing/Public Bikes: A Summary of Programs, Vendors and Technologies** (01/09)

**Oregon Bike Related Business Study** (09/08)

**Report on Bicycle Interaction with Streetcars** (10/08)

**Cycle Tracks: Lessons Learned** (11/08)

**From Cycletracks to Singlespeeds: A Comparison of Bicycle Facilities and Cycling Culture between North America and Europe** (12/08)

Cost-Effective Ways to Fight Insomnia

<http://www.nytimes.com/2009/06/06/health/06patient.html>

Too little sleep may raise blood pressure

<http://www.msnbc.msn.com/id/31186808/>

'Phantom fat' can linger after weight loss

[http://www.msnbc.msn.com/id/31489881/ns/health-womens\\_health/](http://www.msnbc.msn.com/id/31489881/ns/health-womens_health/)

In Some Insomnia Patients, Brain Just Won't Shut Down

<http://health.yahoo.com/news/healthday/insomeinsomniapatientsbrainjustwontshutdown.html>

Early Bedtime May Help Stave Off Teen Depression

<http://health.yahoo.com/news/healthday/earlybedtimemayhelpstaveoffteendepression.html>

The other active Living newsletter

WASHINGTON POST

A Breath of Fresh Sleep

<http://www.washingtonpost.com/wp-dyn/content/article/2009/06/12/AR2009061203267.html>

YAHOO

Have a Purpose in Life? You Might Live Longer

<http://health.yahoo.com/news/healthday/haveapurposeinlifeyoumightlivelonger.html>

Fruits and Veggies May Improve Sperm Quality

<http://health.yahoo.com/news/healthday/fruitsandveggiesmayimprovespermquality.html>

## Conferences

### Active Living Research Annual Conference

The seventh Active Living Research Annual Conference will be held February 9-11, 2010 at [The US Grant Hotel](#) in downtown San Diego, CA.

The theme for the 2010 conference is *Engaging Communities to Create Active Living Environments*. The theme encompasses multiple research areas that are related to ALR's goal of reversing the childhood obesity epidemic. To enhance the relevance and impact of research, it is important to engage communities in defining research questions, identifying promising environmental and policy solutions, and ensuring results are meaningful to the people who are affected. The theme also includes research on communicating research to communities and engaging communities in using research to advocate for improved conditions to support active living.

A secondary theme of the conference is *Accelerating Progress in Reversing Childhood Obesity*. The Robert Wood Johnson Foundation and ALR have a goal of reversing the epidemic by 2015, which is just a few years away. Slow, steady change will not be sufficient to meet this goal, so we'll examine potential solutions that can be implemented both rapidly and widely. Creative thinking, unexpected partnerships, bold communication strategies, and innovative research and evaluation methods will be explored.

**The preliminary 2010 conference agenda is now posted.** Click on each day of the conference to view the agenda.

- [Tuesday, February, 9, 2010](#)
- [Wednesday, February 10, 2010](#)
- [Thursday, February 11, 2010](#)

### CALL FOR ABSTRACTS

The call for abstracts for both oral and poster presentations at the 2010 conference is open. Abstracts deadline is July 29, 2009. Visit the [2010 Call for Abstracts](#) web page for more information

### CALL FOR NOMINATIONS

The third annual *Translating Research to Policy Award* recognizes innovative teams or individuals representing research, policy and/or advocacy who have had success in catalyzing policy or environmental change of relevance to youth physical activity, sedentary behavior and obesity prevention. The deadline for nominations is August 26, 2009. For more information on the nomination process, please visit the [2010 Call for Nominations](#) web page.

Adding a Big Dash of 'Health' to Low-Carbohydrate Diets  
<http://www.nytimes.com/2009/06/09/health/09diet.html>