

December 21, 2023



Welcome to the December 2023 edition of the Behaviour, Environment and Cognition Research Program's biannual newsletter!

**A message from our
Program Leader**

As we approach the end of another remarkable year, I would like to take a moment to reflect on the incredible achievements and strides that our research team has made. We have faced our fair share of challenges and difficulties, but I am extremely proud to say that the dedication and hard work of each team member has made this year a success.

Over the past six months, we have been busy with international collaborations, grant proposals, visits from our international colleagues, and an abundance of exciting new publications. We were delighted to discover that 21.7% of our publications over the past 5 years have been used to support policy documents and to know that our research is truly making a real-world positive impact.

Looking ahead to the coming new year, I am confident that our team will continue to push boundaries and contribute to the advancement of knowledge.

To all our readers, if you have ideas for future collaborations and partnerships please don't hesitate to reach out. Enjoy what is left of 2023, and we wish you a joyful holiday season and a well-deserved break.

Prof Ester Cerin
Program Leader, BECRP



Website Links

ICHEN Webpage

A networking and resource-sharing platform for those interested in understanding how the characteristics of places where people live influence their ability to clearly think, learn and remember.

[Visit Site](#)

IPEN Webpage

A networking and resource sharing platform for those interested in understanding how our built environment influences our physical activity.

[Visit Site](#)

BECRP Webpage

Learn more about the Behaviour, Environment and Cognition research team and their projects.

[Visit Site](#)

Research Publications Highlight Reel



Published in Environmental Pollution

Improving traffic-related air pollution estimates by modelling minor road traffic volumes

[Read Article](#)



Published in ERJ Open Research

Incident pulmonary hypertension in 13 488 cases investigated with repeat echocardiography: a clinical cohort study.

[Read Article](#)



Published in CITIES

Associations of neighbourhood environmental attributes and socio-economic status with health-related quality of life in urban mid-aged and older adults: mediation by physical activity and sedentary behaviour

[Read Article](#)



Published in Environmental Research

Associations of the neighbourhood built environment with cardiometabolic health indicators: A cross-sectional analysis of environmental moderators and behavioural mediators

[Read Article](#)



Published in Journal of the American Heart Association

Pattern and Prognostic Impact of Regional Wall Motion Abnormalities in 255 697 Men and 236 641 Women Investigated with Echocardiography

[Read Article](#)



Published in Journal of Epidemiology and Community Health

Lifestyle factors as mediators of area-level socioeconomic differentials in mental health and cognitive function: The Tromso Study

[Read Article](#)



Published in BMC Public Health

Socioeconomic characteristics and domestic work as correlates of family satisfaction in Hong Kong mothers of young children

[Read Article](#)



Published in CITIES

How the perceived neighbourhood environment influences active living in older dwellers of an Asian ultra-dense metropolis

[Read Article](#)

If you would like to see the full current list of 2023 publications, [click here.](#)

Publication Resources

Lay Summary

How we perceive our neighbourhoods influences our lives more than we know

Research Article: How the perceived neighbourhood environment influences active living in older dwellers of an Asian ultra-dense metropolis

[Read Summary](#)



Infographic

The Complex effects of our neighbourhoods on quality of life



Research Article: Associations of neighbourhood environmental attributes and socio-economic status with health-related quality of life in urban mid-aged and older adults: mediation by physical activity and sedentary behaviour

[Read Infographic](#)

Research Brief

The Urban Environment and Cardiovascular Health



Research Article: Associations of the neighbourhood built and natural environment with cardiometabolic health indicators: A cross-sectional analysis of environmental moderators and behavioural mediators

[Read Brief](#)

News Reel

BECRP Media Features

Prof. Ester Cerin had her recent study (originally published in [CITIES](#)) featured in the Ageing SIG Newsletter and the UNSW Ageing Futures Institute News Updates. Within each, they discuss the key highlights, takeaways and implications of how perceived neighbourhood environments influence active living in older adults.



[Read article](#)



[Read article](#)

Interviewed by Science!

Dr Govinda Poudel, a researcher at the BECRP was interviewed by Science, where he gave his thoughts on a recent study involving microsleeps in penguins. Dr Poudel was interviewed due to his past work on microsleep detections, which were published in 2021 ([Poudel et al, Journal of Neural Engineering](#)). Similar behavioural recordings were used on the penguins in the study and two of Dr. Poudels papers were cited within the research paper.

The full article which features Govindas comments can be found [here](#).

Dr. Kai Chan attended the 71st Annual Scientific Meeting of the Cardiac Society of Australia and New Zealand, CSANZ 2023 at the Adelaide Convention Centre. This is an annual meeting for cardiologists and those working in the area of cardiology including researchers, scientists, cardiovascular nurses, allied health professionals, and other healthcare workers. Kai presented his work on serial B-type natriuretic peptide (BNP) measurements and their association with short- and long-term prognosis among patients hospitalised with heart failure. He also presented data using the National Echo Database Australia (NEDA) database to study specific early echo markers and risk of developing aortic stenosis and hypertrophic cardiomyopathy, two often undetected conditions until their advanced stages.



Seminar: Dr Kimihiro Hino

In December, the BECRP hosted a seminar together with RMIT, featuring Dr. Kimihiro Hino as the keynote speaker.

Dr. Hino is an associate professor at the Department of Urban Engineering at the Graduate School of Engineering, The University of Tokyo.

Earlier in the year, Dr. Hino visited Melbourne and discussed his project with Prof Ester Cerin, Carl Higgs (RMIT), and Jo O'byrne (Department of Transport and Planning). It was exciting to have him back in the city, this time with two of his students, Moe Takeuchi and Takumi Yamada, to share his research and findings to a wider audience.

Dr. Hino and his students presented their latest research on "Physical Activity Promotion in Urban Planning: A Nationwide Analysis of Japanese Municipalities." The study aimed to assess the state of health promotion within urban planning in Japan.

The presentation had an excellent turnout and sparked insightful discussions, encouraging hopes of future collaborations between the two institutes.



An International Visitor

James F. Sallis, a Professorial Fellow at the Australian Catholic University who currently resides in America, recently made a long overdue trip to Melbourne to visit the BECRP at the MMIHR. His research focuses on promoting physical activity and understanding policy and environmental factors that influence physical activity, nutrition, and obesity. Prof. Sallis is the co-founder of the International Physical Activity and Environment Network (IPEN), which conducts coordinated studies of adults and adolescents in various countries. The BECRP is the current coordinating center of IPEN.



[Read more](#)

Awards and Achievements

Clarivate Highly Cited Researchers 2023

In a momentous achievement, three members of the BECRP have been recognised and named as Clarivate's Highly Cited Researchers for the year 2023. Ester Cerin, Mark Nieuwenhuijsen and James F. Sallis.

The Clarivate's Highly Cited Researchers list is a prestigious annual compilation that identifies scientists and researchers who have demonstrated exceptional influence through the publication of multiple highly cited papers.

These individuals are recognized for producing work that ranks in the top 1% by citations in their field over a recent period. This prestigious honour reflects their significant contributions to their respective fields and underscores their impact on global research.



[Read more](#)

Happy Holidays!

