Results: Individual covariates positively associated to MVPA perceived were male, live more than a year in the neighborhood, visit the park from 6:00 to 10:00 in the morning and number of weekly visits to the park; also among BE covariates we founded the availability of equipment inside the parks and entropy index. Only walkability index showed a negative association.

Conclusion: This is the first study that provides evidence on park use in an intermediate city from Latin America (LA) that evaluated individual and BE attributes associated to MVPA. More studies are necessary to understanding and contribute to the planning of our cities.

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Is change in physical activity related to change in exercise self-efficacy? Results from the Examining Neighbourhood Activities in Built Living Environment in London (ENABLE London) study.

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Background: Individuals' physical activity (PA) has been shown to be related to self-efficacy. However, few studies have assessed change in PA related to change in self-efficacy. We examined this in the ENABLE London study, a natural experiment which recruited adults seeking to move to social, intermediate and market-rent accommodation in East Village, a neighbourhood designed for healthy active living.

Methods: 1278 participants were recruited. Self-report exercise self-efficacy (mean score over nine questions) and objective measures of PA from 7-day accelerometry (average daily step count and daily minutes of moderate-to-vigorous PA in ≥10 minute bouts (MVPA bouts)) were obtained at baseline and 2-year follow-up. Associations between change in PA and change in self-efficacy were assessed by regressing 2-year PA outcome on baseline value, change in self-efficacy and adjusted for age, sex, ethnicity, housing sector and whether the participant had moved to East Village.

Results: 877 (69%) participants provided data at 2-year follow-up. Change in each PA outcome was positively associated with change in self-efficacy: a SD increase in self-efficacy (SD = 0.8) was associated with an extra 253 steps per day (95% CI 74,431 p = 0.006) and an extra 11 minutes per week of MVPA bouts (95% CI 3,18 p = 0.005).

Conclusion: An increase in an individual's exercise self-efficacy was related to an increase in PA. Whilst the increases in PA were modest, interventions designed to increase self-efficacy could be effective in increasing PA levels.

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Light physical activity and quality of life after colorectal cancer: A longitudinal analysis.

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Introduction: Emerging evidence suggests that light-intensity physical activity (LPA) may be beneficial for the quality of life of colorectal cancer survivors. We performed a longitudinal analysis to investigate associations of LPA with quality of life, between 6 weeks until 2 years after colorectal cancer treatment.

Methods: Colorectal cancer patients (n = 325) were included at diagnosis at three hospitals in the South-Eastern region of the Netherlands, with measurements at 6 weeks (n = 267), 6 months (n = 215), 1 year (n = 169), and 2 years post-treatment (n = 72). Time spent on LPA (hours/week) and relevant quality of life outcomes were measured by validated questionnaires. Linear mixed regression was performed to analyze overall longitudinal associations, as well as independent inter-individual (between participant differences) and intra-individual (within participant changes over time) associations of LPA with quality of life.

Results: In confounder-adjusted analyses, more time spent in LPA was overall significantly ($P < 0.05$) associated with better global quality of life and physical, role and social functioning, and with less fatigue. Significant intra-individual associations over time were observed of LPA with all these outcomes, and significant inter-individual associations with physical functioning and fatigue.

Conclusion: We found that a higher level of LPA during the first two years after colorectal cancer treatment was associated with better quality of life outcomes. Further research is necessary to unravel the underlying biological mechanisms and to establish LPA as a potential target for lifestyle interventions.

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Nutritional status, physical activity and eating habits of university students from the Midwest of Brazil

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Background: To assess university students nutritional status and habits and determine the association with physical activity practice.

Method: Cross-sectional study with 2.163 undergraduate students from the health area (Nursing, Physical Education and Pharmacy) from a private institution in the city of Brasília, Brazil. A self-administered questionnaire was used with questions related to health-related life habits, where all these questions were taken from the questionnaire on Surveillance of Risk Factors and Protection for Chronic Diseases by Telephone Inquiry.

Results: Of the 2.163 students, 69.3% were women, 65.4% were between 20 and 29 years of age, 66.8% were alcoholic drinkers and 44.2% did not perform physical activity above 150 min/week. Regarding dietary habits, women presented significant differences in bean consumption ($p < 0.04$) and whole milk with fat ($p < 0.01$) when compared to men, and were also more sedentary than men ($p < 0.01$) and presented a higher prevalence of

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