

## NEW REVIEWS

**Media campaigns for the prevention of illicit drug use in young people:** More high quality studies are needed to assess the effectiveness of media campaigns in preventing illicit drug use in young people. Recommendations for improved methodology are included. [Read more...](#)

**The relationships between active transport to work or school and cardiovascular health or body weight: a systematic review:** Active transport such as cycling and walking to work or school is a promising way to integrate physical activity into daily life and improve health, particularly cardiovascular health. [Read more...](#)

**Pharmacological interventions for smoking cessation: an overview and network meta-analysis:** Pharmacological interventions for smoking cessation currently in use improve the chances of quitting with low risk of harms. Cytisine shows promise as a safe, effective and affordable treatment which warrants further research. [Read more...](#)

**Workplace pedometer interventions for increasing physical activity:** There is a need for further high quality randomised trials to assess workplace pedometer interventions. Recommendations are made for improving the evidence. [Read more...](#)

**Face to face interventions for informing or educating parents about early childhood vaccination:** Incorporating face to face communication about childhood vaccination into healthcare encounters may be more appropriate than as a stand alone activity. [Read more...](#)

**Acculturation and obesity among migrant populations in high income countries – a systematic review:** There appears to be a positive relationship between acculturation and obesity among people migrating from low or middle income countries to high income countries with gender a significant factor. [Read more...](#)

## FORTHCOMING REVIEWS

**Centre-based day care for children under five in high-income countries**

**Virtual reality simulation for reducing pain in children**

**Restricting or banning of alcohol advertising to reduce alcohol consumption**

## NEW REVIEWS

Media campaigns for the prevention of illicit drug use in young people

Media campaigns are a widely used intervention for preventing illicit drug use among young people but few have been formally evaluated. This review aimed to assess the effectiveness of mass media campaigns in preventing or reducing illicit drug use among young people. Twenty-three studies were included and the majority of participants were aged between 10 and 20 years old. Most studies were undertaken in the United States. Differences between the interventions, lack

of comparability and unclear causal relationships between campaign size and its effect reduced the generalisability of the results. While noting some evidence of effect the authors concluded a need for better designed studies undertaken across a broader range of countries. They recommend focus on the components of media campaigns which are effective in specific populations. Further recommendations for improved methodology are included.

Ferri M, Allara E, Bo A, Gasparini A, Faggiano F. Media campaigns for the prevention of illicit drug use in young people. *Cochrane Database of Systematic Reviews* 2013, Issue 6. Art. No.: CD009287. Available from: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD009287.pub2/abstract>

## The relationships between active transport to work or school and cardiovascular health or body weight: a systematic review

This review found that active transport, walking or cycling to work or school, shows promise as way to improve health, particularly cardiovascular health. For other health outcomes a lack of comparability of the studies limited the evidence. Further research is needed using stronger research designs. Research into the effect of public transport on increasing physical activity is also needed. The aim of the review was to systematically examine the relationship between active transport and cardiovascular health, weight or other health outcomes. For improved cardiovascular health the evidence was moderate to strong while for weight evidence was weak to moderate. Weak evidence for mental health and cancer means that conclusions about causal effect cannot be drawn. Public transport was not generally seen as active transport but the reviewers cite recent research showing that public transport use increases walking by between 8 and 33 minutes.

Xu H, Wen LM, Rissel C. The Relationships Between Active Transport to Work or School and Cardiovascular Health or Body Weight: A Systematic Review. *Asia-Pacific Journal of Public Health* July 2013 25:298 Available from: <http://aph.sagepub.com/content/25/4/298.full>

## Pharmacological interventions for smoking cessation: an overview and network meta-analysis

This review found that pharmacological interventions for smoking cessation currently used in high-income countries increase chances of quitting with low risk of harms. Further research is needed into the safety of varenicline and into the potential of cytisine (pharmacologically similar to varenicline) which shows promise as a safe, effective and affordable treatment. Further research into the safety and efficacy of nicotine replacement therapy (NRT) is unlikely to add to existing knowledge. Combination NRT and varenicline were found to be the most effective treatments. This review of 12 Cochrane reviews examined: NRT, bupropion and varenicline compared with placebo and with each other in achieving six months or more abstinence; how other treatments compare with placebo; how the risks of adverse events compare between the treatments, and whether there are instances where harms outweigh benefits.

Cahill K, Stevens S, Perera R, Lancaster T. Pharmacological interventions for smoking cessation: an overview and network meta-analysis. *Cochrane Database of Systematic Reviews* 2013, Issue 5. Art.No.:CD009329. Available from: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD009329.pub2/abstract>

## Workplace pedometer interventions for increasing physical activity

Less than 40% of the world's population undertake adequate physical activity. A pedometer is a simple instrument that can be incorporated into workplace interventions to increase physical activity. The aim of this review was to assess the effectiveness of workplace pedometer interventions for increasing physical activity and improving subsequent health outcomes. However, there was insufficient evidence to assess the effectiveness of pedometer interventions in the workplace. The authors concluded that more high quality randomised controlled trials are

needed. Recommendations are made for improving the quality of the evidence.

Freak-Poli RLA, Cumpston M, Peeters A, Clemes SA. Workplace pedometer interventions for increasing physical activity. Cochrane Database of Systematic Reviews 2013, Issue 4. Art. No.: CD009209 Available from: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD009209.pub2/abstract>

### Face to face interventions for informing or educating parents about early childhood vaccination

The aim of this review was to assess the effectiveness of face to face interventions for informing or educating parents about childhood vaccination. The evidence found was limited and of low quality, however, the available evidence suggests that these interventions have little to no impact on immunisation status, or knowledge or understanding of vaccination. The authors concluded that it may be feasible and appropriate to incorporate communication about vaccination into a healthcare encounter, rather than conduct it as a separate activity. This review found seven studies with a total of 2978 participants that looked at the effects of face to face vaccination information or education for parents in a mix of high- and low-income countries. It was not possible to comment on the cost of implementing the intervention, parent intention to vaccinate, parent experience of the intervention, or adverse effects.

Kaufman J, Synnot A, Ryan R, Hill S, Horey D, et al. Face to face interventions for informing or educating parents about early childhood vaccination. Cochrane Database of Systematic Reviews 2013, Issue 5. Art. No.: CD010038. Available from: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD010038.pub2/abstract>

### Acculturation and obesity among migrant populations in high income countries – a systematic review

Acculturation is the process of adopting or borrowing traits from another culture. People from low to middle income countries who migrate to high income countries appear to be more susceptible to obesity due to changes in behaviour associated with acculturation. This review aimed to examine the evidence on the relationship between acculturation and overweight/obesity in this population using a standardised acculturation scale. Although a small number of studies was found these were considered to be of moderate to high quality and the authors propose a number of hypotheses to explain the relationship between migration and obesity. It appears a number of factors influence this relationship including 'the healthy migrant effect', gender, time in host country, age and country of origin. Future research should focus on the effect of gender.

Delavari M, Larrabee Sønderlund A, Swinburn B, Mellor D, Renzaho A. Acculturation and obesity among migrant populations in high income countries – a systematic review. BMC Public Health 2013, 13:458 Available from: <http://www.biomedcentral.com/1471-2458/13/458>

## **FORTHCOMING REVIEWS – PROTOCOLS**

### Centre-based day care for children under five in high-income countries

This review will assess the effects of centre-based day care on the development and well-being of children and their families in high-income countries. Randomised controlled trials and quasi-randomised controlled trials which include participants under five years attending centre based day care and their families in high income countries will be included. Primary outcome measures will be intellectual and psychosocial development. Secondary outcome measures will be maternal and family outcomes (employment and household income) and child long term outcomes (high school completion and income).

Van Urk FC, Brown TW, Waller R, Mayo-Wilson E. Centre-based day care for children under five in high-income countries (Protocol). Cochrane Database of Systematic Reviews 2013, Issue 5. Art. No.: CD010544. Available from: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD010544/full>

## Virtual reality simulation for reducing pain in children

This review will examine the effectiveness of virtual reality, a computer generated simulated environment in which the child is an active participant, for reducing pain in children undergoing health care examinations and interventions. Reducing both pain intensity and the distress caused by pain is important, particularly in children. In the long term inadequate pain relief may affect future pain tolerance and responses while pain related anxiety and stress negatively impact on a child's ability to cope with treatment and on their recovery. Studies included will be randomised controlled trials (RCTs), including cross-over and cluster RCTs. Participants will be children from birth to 18 years with acute or chronic pain in any healthcare setting. Included interventions will be any technology aimed at creating a simulated virtual world with the purpose of reducing pain. Passive interventions (i.e. watching rather than actively participating) will be excluded. The primary outcome measure will be child pain. Secondary outcomes will include adverse effects, child satisfaction, pain related distress and cost.

Lambert V, Matthews A, Hicks P, Boran L, Devane D. Virtual reality simulation for reducing pain in children (Protocol). Cochrane Database of Systematic Reviews 2013, Issue 8. Art. No.: CD010686. Available from: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD010686/full>

## Restricting or banning of alcohol advertising to reduce alcohol consumption in adults and adolescents

This review will evaluate the benefits and harms of reducing or banning alcohol advertising in any format. This will include in the press, on television, on the Internet, via social media and product placement in films. Randomised controlled trials, controlled clinical trials, prospective and retrospective cohort studies, controlled before and after cross-sectional studies and interrupted time series studies at both the general population level and the individual level will be included. Study participants will be adults and adolescents (10-19 years). Interventions will be a reduction, restriction or banning of alcohol advertising and related products in any format. The primary outcome measure will be reduction in alcohol consumption. Secondary outcome measures will be delayed age of initiation of alcohol use, reduction in risk behaviour, reduction in alcohol-related injury and reduction in individual spending on alcohol. Adverse events will include loss of revenue from alcohol industry, loss of advertising revenue, reduction in GDP attributable to alcohol sales, loss of employment from alcohol industry and reduction in taxes received.

Siegfried N, Pienaar DC, Ataguba JE, Volmink J, Kredo T, et al. Restricting or banning of alcohol advertising to reduce alcohol consumption in adults and adolescents (Protocol). Cochrane Database of Systematic Reviews 2013, Issue 9. Art. No.: CD010704. Available from: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD010704/full>

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