

**PARG Research Publications  
2015**

1. Aggio D, Smith L, Fisher A, Hamer M: Association of light exposure on physical activity and sedentary time in young people. *Int J Environ Res Public Health* 2015, 12:2941-2949.
2. Aggio D, Smith L, Fisher A, Hamer M: Mothers' perceived proximity to green space is associated with TV viewing time in children: the Growing Up in Scotland study. *Prev Med* 2015, 70:46-49.
3. Bell JA, Hamer M, van Hees VT, Singh-Manoux A, Kivimaki M, Sabia S: Healthy obesity and objective physical activity. *Am J Clin Nutr* 2015, 102:268-275.
4. Buckley JP, Hedge A, Yates T, Copeland RJ, Loosemore M, Hamer M, Bradley G, Dunstan DW: The sedentary office: an expert statement on the growing case for change towards better health and productivity. *Br J Sports Med* 2015, 49:1357-1362.
5. Endrighi R, Steptoe A, Hamer M: The effect of experimentally induced sedentariness on mood and psychobiological responses to mental stress. *Br J Psychiatry* 2015.
6. Gardner B, Smith L, Aggio D, Iliffe S, Fox KR, Jefferis BJ, Hamer M. 'On Your Feet to Earn Your Seat': update to randomised controlled trial protocol. *Trials*. 2015 16:330. doi: 10.1186/s13063-015-0868-x.
7. Gardner B, Smith L, Lorencatto F, Hamer M, Biddle SJ: How to reduce sitting time? A review of behaviour change strategies used in sedentary behaviour reduction interventions among adults. *Health Psychol Rev* 2015,1-24.
8. Hamer M, Bell JA, Sabia S, Batty GD, Kivimaki M: Stability of metabolically healthy obesity over 8 years: the English Longitudinal Study of Ageing. *Eur J Endocrinol* 2015, 173:703-708.
9. Hamer M, Smith L, Stamatakis E: Prospective association of TV viewing with acute phase reactants and coagulation markers: English Longitudinal Study of Ageing. *Atherosclerosis* 2015, 239:322-327.
10. Hollingworth M, Harper A, Hamer M: Dose-response associations between cycling activity and risk of hypertension in regular cyclists: The UK Cycling for Health Study. *J Hum Hypertens* 2015, 29:219-223.
11. Jefferis BJ, Merom D, Sartini C, Wannamethee SG, Ash S, Lennon LT, Iliffe S, Kendrick D, Whincup PH: Physical Activity and Falls in Older Men: The Critical Role of Mobility Limitations. *Med Sci Sports Exerc* 2015, 47:2119-2128.

12. Jefferis BJ, Sartini C, Ash S, Lennon LT, Wannamethee SG, Lee IM, Whincup PH: Trajectories of objectively measured physical activity in free-living older men. *Med Sci Sports Exerc* 2015, 47:343-349.
13. Kivimaki M, Virtanen M, Kawachi I, Nyberg ST, Alfredsson L, Batty GD, Bjorner JB, Borritz M, Brunner EJ, Burr H et al.: Long working hours, socioeconomic status, and the risk of incident type 2 diabetes: a meta-analysis of published and unpublished data from 222 120 individuals. *Lancet Diabetes Endocrinol* 2015, 3:27-34.
14. Matei R, Thune-Boyle I, Hamer M, Iliffe S, Fox KR, Jefferis BJ, Gardner B: Acceptability of a theory-based sedentary behaviour reduction intervention for older adults ('On Your Feet to Earn Your Seat'). *BMC Public Health* 2015, 15:606.
15. Sartini C, Wannamethee SG, Iliffe S, Morris RW, Ash S, Lennon L, Whincup PH, Jefferis BJ: Diurnal patterns of objectively measured physical activity and sedentary behaviour in older men. *BMC Public Health* 2015, 15:609.
16. Smith L, Fisher A, Hamer M: Television viewing time and risk of incident obesity and central obesity: the English longitudinal study of ageing. *BMC Obes* 2015, 2:12.
17. Smith L, Fisher A, Hamer M: Prospective association between objective measures of childhood motor coordination and sedentary behaviour in adolescence and adulthood. *Int J Behav Nutr Phys Act* 2015, 12:75.
18. Smith L, Gardner B, Fisher A, Hamer M: Patterns and correlates of physical activity behaviour over 10 years in older adults: prospective analyses from the English Longitudinal Study of Ageing. *BMJ Open* 2015, 5:e007423.
19. Smith L, Gardner B, Aggio D, Hamer M: Association between participation in outdoor play and sport at 10 years old with physical activity in adulthood. *Prev Med* 2015, 74:31-35.
20. Smith L, Ekelund U, Hamer M: The potential yield of non-exercise physical activity energy expenditure in public health. *Sports Med* 2015, 45:449-452.
21. Smith L, Hamer M, Ucci M, Marmot A, Gardner B, Sawyer A, Wardle J, Fisher A: Weekday and weekend patterns of objectively measured sitting, standing, and stepping in a sample of office-based workers: the active buildings study. *BMC Public Health* 2015, 15:9.
22. Smith L, Gardner B, Hamer M: Childhood correlates of adult TV viewing time: a 32-year follow-up of the 1970 British Cohort Study. *J Epidemiol Community Health* 2015, 69:309-313.
23. Stamatakis E, Rogers K, Ding D, Berrigan D, Chau J, Hamer M, Bauman A: All-cause mortality effects of replacing sedentary time with physical activity and sleeping using

an isotemporal substitution model: a prospective study of 201,129 mid-aged and older adults. *Int J Behav Nutr Phys Act* 2015, 12:121.

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24. Bell JA, Hamer M, Batty GD, Singh-Manoux A, Sabia S, Kivimaki M: Combined effect of physical activity and leisure time sitting on long-term risk of incident obesity and metabolic risk factor clustering. *Diabetologia* 2014, 57:2048-2056.
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26. Gardner B, Thuné-Boyle I, Iliffe S, Fox KR, Jefferis BJ, Hamer M, Tyler N, Wardle J. On Your Feet to Earn Your Seat<sup>1</sup>. An exploratory, 12-week randomised controlled trial of a habit-based intervention to reduce sedentary behaviour in older adults: Study protocol. *Trials.* 2014, 20;15(1)368. doi: 10.1186/1745-6215-15-368.
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28. Hamer M, Coombs N, Stamatakis E. Associations between objectively assessed and self-reported sedentary time with mental health in adults: an analysis of data from the Health Survey for England. *BMJ Open.* 2014 Mar 20;4(3):e004580. doi: 10.1136/bmjopen-2013-004580.
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30. Hamer M, Hackett RA, Bostock S, Lazzarino AI, Carvalho LA, Steptoe A: Objectively assessed physical activity, adiposity, and inflammatory markers in people with type 2 diabetes. *BMJ Open Diabetes Res Care* 2014, 2:e000030.
31. Hamer M, de OC, Demakakos P: Non-exercise physical activity and survival: English longitudinal study of ageing. *Am J Prev Med* 2014, 47:452-460.
32. Hamer M, Stamatakis E, Steptoe A: Effects of substituting sedentary time with physical activity on metabolic risk. *Med Sci Sports Exerc* 2014, 46:1946-1950.
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34. Hamer M, Stamatakis E. Prospective study of sedentary behavior, risk of depression, and cognitive impairment. *Med Sci Sports Exerc.* 2014 Apr;46(4):718-23. doi: 10.1249/MSS.0000000000000156.
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36. Jefferis BJ, Sartini C, Shiroma E, Whincup PH, Wannamethee SG, Lee IM. Duration and breaks in sedentary behaviour: Accelerometer data from 1566 community-dwelling older men (British Regional Heart Study). *British Journal of Sports Medicine* 2014, pii: bjsports-2014-093514. doi:10.1136/bjsports-2014-093514
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38. Jefferis, B. J., Whincup, P. H., Lennon, L. T., Papacosta, O., & Goya Wannamethee, S. Physical Activity in Older Men: Longitudinal Associations with Inflammatory and Hemostatic Biomarkers, N-Terminal Pro-Brain Natriuretic Peptide, and Onset of Coronary Heart Disease and Mortality. *J Am Geriatr Soc.* 2014. doi:10.1111/jgs.12748
39. Jefferis, B. J., Papacosta, O., Wannamethee, S. G., & Whincup, P. H. Protective effect of time spent walking on risk of stroke in older men. *Stroke*, 2014;45 (1): 194-199. doi:10.1161/Strokeaha.113.002246/-/DC1
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41. Sadarangani KP, Hamer M, Mindell JS, Coombs NA, Stamatakis E. Physical activity and risk of all-cause and cardiovascular disease mortality in diabetic adults from Great Britain: pooled analysis of 10 population-based cohorts. *Diabetes Care.* 2014 Apr;37(4):1016-23. doi: 10.2337/dc13-1816.
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behaviour in a large population sample of Australian middle and older-aged adults: The Social, Economic, and Environmental Factor (SEEF) Study. *Prev Med.* 2014 Mar 18;63C:72-80. doi: 10.1016/j.ypmed.2014.03.009.

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