

U of A Workplace study- Summary of Results of University of Alberta Healthy Eating and Active Living Electronic Messaging Project

The University of Alberta, under the direction of co-principal investigators, Ron Plotnikoff PhD and Linda McCargar PhD RD, piloted 12 weeks of healthy living messages to workplaces in Alberta in a controlled study during September to November, 2002. A total of 2599 employees received the messages. Results of this research will be published and presented by Drs. McCargar and Plotnikoff in the upcoming year. The research group has also prepared a technical report based on this evaluation for publication in NIN's Rapport. Citations for these publications will become available on the NIN website when they become available.