



**Congress
2026**

PROGRAMME AT A GLANCE



**11th International Society for Physical Activity
and Health Congress in Merida, Mexico**



Instituto Nacional
de Salud Pública



The University of Texas at Austin
College of Education



Programme at a Glance

Monday 5 October 2026

Time	Keynote Hall (Rooms 22 & 23)	Breakout Room 24B	Breakout Room 25A	Breakout Room 25B	Poster Hall (Room 21)
08:00–10:00	ISPAH Fun 5K Run/Walk Parque La Plancha				
13:00–19:00	13:00–16:00 Early Career Network (ECN) Workshop Edificio Central UADY				
	—	15:00–19:00 Registration Opens	—	—	—
19:00–21:00	—	Welcome Reception	—	—	—

Programme at a Glance

Tuesday 6 October 2026

Time	Keynote Hall (Rooms 22 & 23)	Breakout Room 24B	Breakout Room 25A	Breakout Room 25B	Poster Hall (Room 21)
09:00–10:30	Congress Welcome & Harold W. (Bill) Kohl III Opening Keynote: “Beyond Steps and Calories: Reimagining Physical Activity for Health, Equity, and Sustainable Futures” (Deborah Salvo)	—	—	—	—
10:30–10:50	Coffee Break Foyer Sur				
10:50–11:50	ISPAH Equity Panel: Advancing Physical Activity Equity: A Critical Dialogue on Who Gets to Be Active - and Why	Parallel Symposia: Physical activity engagement among women in Mexico and the United States: Past, present, and future	Parallel Symposia: GoPA! Country Cards: Development, dissemination, and lessons learned	Parallel Symposia: Are whole-school approaches or targeted PE interventions more effective for increasing physical activity?	—
11:50–13:30	Lunch Break On Your Own				
13:30–15:20	Long Oral: Governance, policy, and systems innovation for active societies	Long Oral: Advancing active living through environmental and urban design	Long Oral: Epidemiology and evidence of physical activity in populations	Long Oral: From inequity to inclusion: population-specific and equity approaches	—
15:20–16:20	—	—	—	—	Poster Session
16:20–17:20	Parallel Symposia: Prospective mortality results from the ProPASS longitudinal data resource	Parallel Symposia: Integrating JEDI and knowledge translation in physical activity surveillance	Parallel Symposia: The next decade of physical activity science: Strategic horizons for JPAH	Parallel Symposia: Physical activity for people with disabilities: Furthering equitable approaches to GAPPA, together	—

Programme at a Glance

Wednesday 7 October 2026

Time	Keynote Hall (Rooms 22 & 23)	Breakout Room 24B	Breakout Room 25A	Breakout Room 25B	Poster Hall (Room 21)
09:00–10:00	Keynote: “Physical activity policy research: A love/hate relationship” (Catherine Woods)	—	—	—	—
10:00–11:00	—	—	—	—	Poster Session
11:00–12:30	Short Oral: Advances in measuring physical activity across contexts and populations	Short Oral: Unlocking the drivers of physical activity	Short Oral: Physical activity in children and youth: evidence, interventions and outcomes	Short Oral: Shaping physical activity through the built and natural environment	—
12:30–14:30	12:30–13:50 Lunch Break On Your Own				
	13:30–14:30 Annual General Meeting (AGM) Keynote Hall (Rooms 22 & 23)	—	—	—	—
14:30–16:20	Moving Together Session - Highlighting Top Latin American Science	Long Oral: Tracking movement: methods, metrics and surveillance	Long Oral: From research to reality: implementing behavior change solutions	Long Oral: Building active futures: children, youth, families and early life movement	—
16:20–16:30	Coffee Break Foyer Sur				
16:30–17:30	Parallel Symposia: Smoke and mirrors: Perspectives on the commercial determinants of physical activity and sport	Parallel Symposia: "What is in a name?" Examining terminology for discussing the 24-hour day	Parallel Symposia: From complexity to regional action: Co-creating a model for youth physical activity in Latin America	Parallel Symposia: Tackling grand challenges in physical activity and health: Launch of the inaugural ISPAH-JPAH special issue	—
19:15–21:30	Congress Dinner Hyatt Regency Merida				

Programme at a Glance

Thursday 8 October 2026

Time	Keynote Hall (Rooms 22 & 23)	Breakout Room 24B	Breakout Room 25A	Breakout Room 25B	Poster Hall (Room 21)
09:00–10:00	Keynote: “The Global Colonization of Physical Activity and Health” (Jennifer Roberts)	—	—	—	—
10:00–11:00	—	—	—	—	Poster Session
11:00–12:00	Parallel Symposia: Rebalancing power in international physical activity research: An equity-centered conversation across Mexico, Canada, and the U.S.	Parallel Symposia: From Evidence to Action: Scaling Physical Activity Policies and Programmes in the Americas (PAHO Symposium)	Parallel Symposia: Global innovations for inclusive active ageing: Scalable strategies across diverse communities	Parallel Symposia: Our story of movement: A call to advance physical activity research, policy, and practice	—
12:00–13:40	Lunch Break On Your Own				
13:40–14:40	Short Oral: Advancing physical activity policy, practice and public health	Short Oral: Device-based physical activity assessment: validity, patterns and inequalities	Short Oral: Healthcare-based physical activity interventions	Short Oral: New Approaches to Supporting Active Living across the Life Course	—
15:00–17:00	Closing Ceremony & Final Keynote: “Physical Activity and Population Health – What have we learnt from 25 years of device-measured physical activity?” (Ulf Ekelund)	—	—	—	—

Monday 5 October 2026

08:00–10:00 | Parque La Plancha

ISPAH Fun 5K Run/Walk

13:00–16:00 | Edificio Central UADY

Early Career Network (ECN) Workshop

Chair: Claudia Maddren

Sherrington, C., Burke, S., Ekelund, U., Bauman, A., Hallal, P., Gradidge, P.

15:00–19:00 | Breakout Room 24B

Registration Opens

19:00–21:00 | Breakout Room 24B

Welcome Reception

Tuesday 6 October 2026

09:00–10:30 | Keynote Hall (Rooms 22 & 23)

Congress Welcome & Harold W. (Bill) Kohl III Opening Keynote: “Beyond Steps and Calories: Reimagining Physical Activity for Health, Equity, and Sustainable Futures” (Deborah Salvo)

Chair: Sjaan Gomersall

10:30–10:50 | Foyer Sur

Coffee Break

10:50–11:50 | Keynote Hall (Rooms 22 & 23)

ISPAH Equity Panel: Advancing Physical Activity Equity: A Critical Dialogue on Who Gets to Be Active - and Why

Chair: Sjaan Gomersall

Gomersall, S., Ross, M., Roberts, J., McGuire-Adams, T.

10:50–11:50 | Breakout Room 24B

Parallel Symposia: Physical activity engagement among women in Mexico and the United States: Past, present, and future

Chair: Susie Aguinaga

Aguinaga, S., Jáuregui, A., Munoz, M., Corral, C., Morales, D.

10:50–11:50 | Breakout Room 25A

Parallel Symposia: GoPA! Country Cards: Development, dissemination, and lessons learned

Chair: Michael Pratt

Pratt, M., Mejía-Grueso, J., Kolbe-Alexander, T., Siefken, K., Pratt, M., Hallal, P.C., Bauman, A., Amagasa, S., Inoue, S., Ramirez Varela, A.

10:50–11:50 | Breakout Room 25B

Parallel Symposia: Are whole-school approaches or targeted PE interventions more effective for increasing physical activity?

Chair: Ethan Hunt

Hunt, E., Morgan, K., ng, K., Pfladderer, C.

11:50–13:30 | On Your Own

Lunch Break

13:30–15:20 | Keynote Hall (Rooms 22 & 23)

Long Oral: Governance, policy, and systems innovation for active societies

Chair: Adrian Bauman

1. A Content Analysis of Physical Activity and Priority Climate Action Plans across U.S. States

Franco Silva, M., Gierbolini-Rivera, R., Wang, Y., de Paula da Silva, A.A., Eyler, A., Salvo, D., Siqueira Reis, R.

2. Policy and governance lessons for physical activity promotion in The Americas

Mejía-Grueso, J., Pratt, M., Spence, J.C., Bauman, A., Hallal, P.C., Ramírez Varela, A.

3. Conceptualizing Active Aging through an Indigenous Cultural Framework: An analysis of the Indigenous Peoples Survey

Lee, N., Dogra, S., Bouchard, D.

4. Enabling and Constraining Factors for Park Access Policy Adoption in U.S. Cities

Hughey, M., Zeidler, H., Stewart, K., Leake, L., Yip, J., Friedmann, V.

5. Using IMPAQTs list of Best Practice Exemplars to benchmark implementation of public physical activity policies

Garcia Bengoechea, E., Volf, K., Jankauskienė, R., Kustra, W., Barrero, A., Van Hove, A., Bacevičienė, M., Gobis, A., Wachnicka, J., Żukowska, J., Heuvelman, F., Den Braver, N.R., Birkholz, L., Messing, S., Laszlo, P., Sandu, P., Woods, C.

6. Ambition versus action: Are active transport and health delivered through climate action plans?

Sallis, J., Carson, J., Kedar, V., Heaney, A., Sallis, J., Adlakha, D.

7. Building blocks of equity in physical activity policy: Learnings from six EU member states

Messing, S., Birkholz, L., Tcymbal, A., Heuvelman, F., den Braver, N., Abu-Omar, K., Volf, K., Sandu, P., Peter, L., Zukowska, J., Wachnicka, J., Jankauskienė, R., Bacevičienė, M.

8. National Physical Activity Surveillance Informing Place-Based Public Investment

Mann, S., Bernstein, E.

13:30–15:20 | Breakout Room 24B

Long Oral: Advancing active living through environmental and urban design

Chair: James Sallis

1. "MoveScape": Informing Active Landscape Planning to Improve Physical Activity and Well-Being

Hawes, O.

2. Commuting and Leisure-time Physical Activity in the city of São Paulo: An Intersectional Analysis.

Stefano Goulardins, G., Rodrigues Curi Hallal, P., Pignatti Teixeira, I., Mitie Onita, B., Dias Santana, D., Antonio Florindo, A.

3. Children's Use of Public Open Spaces and Inclusion in Planning for Physical Activity in Low-Income

Tercero-Gómez, F., Hernández-Alcaraz, C., Jáuregui, A., Salvo, D.

4. Adapting 1000 Cities Challenge methods for evaluating active living policies in United States cities

Johnson, A., Johnson, A., Carson, J., Roke, M., Crist, K.

5. Longitudinal relationship between home and neighbourhood physical environment typologies and children's movement behaviours

Zhao, M.X., Christian, H., Budgeon, C., Trost, S., Schipperijn, J., Murray, K., Boruff, B.

6. Happiness Centers in Bogotá as Well-being Environments: Lessons from a Living Urban Laboratory

Quiroga Cruz, A.L., Martínez, M., Ruiz Ríos, J.D., Cuervo, V., Solarte, A., Guzman, P.A., Romero, S., Arango, D., Latorre, M.L., Briceño, S., Chaves, J.C., Correa, J.C.

7. Beyond distance: Uncovering the unrealized potential of bicycling infrastructure to optimize urban cycling for transportation

Garza, C., Karner, A., Salvo, D.

8. Using public participatory GIS to assess neighborhood-level active travel environments in central Texas

Swinney, K., Le, S., Garza, C., Zhang, Y., Ganzar, L.A., Karner, A., Bentley, S., Hoelscher, D., Salvo, D.

13:30–15:20 | Breakout Room 25A

Long Oral: Epidemiology and evidence of physical activity in populations

Chair: Philippe Gradidge

1. Global patterns of active transportation: the Global Observatory for Physical Activity

Zhang, K., Varela, A.R., Mejía-Gruesso, J., Pratt, M., Hallal, P.R.C.

2. Meeting 24-hour movement behavior guidelines among Canadian post-secondary students: Temporal trends, disparities, and mental health

Hou, M., Beauchamp, M., Kwan, M., Faulkner, G.

3. State-Level Trends in Cardiovascular Deaths Related to Physical Inactivity in Mexico

Ortiz Brunel, J., Pérez Castro, E.

4. Device-measured physical activity, sedentary time, and cardiometabolic risk in youth: harmonized meta-analysis of prospective studies

Ekelund, U., Husøy, A., Tarp, J.

5. Leisure-time physical activity from pre-pregnancy to postpartum in triplet pregnancies. A Norwegian cohort study

Owe, K.M., Andreassen, S.M., Evenson, K.R., Laine, K.

6. Physical Activity and Health in Youth With and Without Chronic Diseases Post-COVID-19 (COMO Study)

Hanssen-Doose, A., Klein, T., Siaplaouras, J., Niessner, C., Reiss, F., Kaman, A., Ravens-Sieberger, U., Reichert, M., Olfermann, R., Worth, A., Volk, C.

7. Impact of a severe climate event on physical activity inequalities: findings of the PAMPA cohort

Feter, N., Feter, J., Caputo, E., Quadros Santos Rocha, J., Cozzensa da Silva, M., Rombaldi, A.J.

8. Assessing the applicability of the Physical Activity Environment Policy Index to the local level

Birkholz, L., van Hove, A., Garcia Bengoechea, E., Volf, K., Jankauskiene, R., Bacevičienė, M., Heuvelman, F., den Braver, N., Sandu, P., Peter, L., Wachnicka, J., Zukowska, J., Tcymbal, A., Abu-Omar, K., Woods, C., Messing, S.

13:30–15:20 | Breakout Room 25B

Long Oral: From inequity to inclusion: population-specific and equity approaches

Chair: Lucie Lévesque

1. Expansion of a parent-focused physical literacy intervention for early childhood to families experiencing vulnerability

Carson, V., Potter, M., Hwang, Y., Buckler, E.J., Boyd, M., Rhodes, R., Liu, S., Naylor, P.J.

2. Adapting interventions to promote muscle-strengthening activity in public spaces of low-income communities: a mixed-methods study

Martínez Cano, A.M., Hernández Alcaraz, C., Salvo, D., Jauregui, A.

3. Playing Sports and Paying Attention: Sports Participation and ADHD Symptoms in Childhood

Ontiveros Cisneros, N., Ekblom, Ö., Wiklund, C.

4. Playscapes: A global platform for assessing children's access to playgrounds

Schipperijn, J., Ståhle, A.

5. Accelerating Physical Activity Opportunities for Vulnerable Children in Brazil: A Path to Sustainable School Policy

Miranda Tassitano, R., Marinho Tenorio, M.C., da Silva, L.C.

6. Effectiveness and usability of a co-designed training package for sport professionals working with autistic youth

Maddren, C., Gomersall, S., Williams, B., Hill, J.

7. Who Benefits Most? Community-Level Predictors of Physical Activity and Wellbeing across National Middle-School Cycling Program

Schuck, L., Walker, E., Wilson, S., Wiafe, S., Brown, C.

8. Priority actions to advance human movement behavior research for effective public policy in Mexico development

Jáuregui, A., Argumedo, G., Ramírez, E., Jáuregui Ulloa, E., Quevedo, K.L., REMIASS, R.M.D.I.E.A.F.S.Y.S.

15:20–16:20 | Poster Hall (Room 21)

Poster session

16:20–17:20 | Keynote Hall (Rooms 22 & 23)

Parallel Symposia: Prospective mortality results from the ProPASS longitudinal data resource

Chair: Matt Ahmadi

Ahmadi, M., Holtermann, A., Hamer, M., Stamatakis, E., Mitchell, J., Bull, F.

16:20–17:20 | Breakout Room 24B

Parallel Symposia: Integrating JEDI and knowledge translation in physical activity surveillance

Chair: Richard Larouche

Larouche, R., Carr, S., Jáuregui, A., Vanderloo, L., Brazo-Sayavera, J.

16:20–17:20 | Breakout Room 25A

Parallel Symposia: The next decade of physical activity science: Strategic horizons for JPAH

Chair: Rodrigo Reis

Reis, R., Ding Ding, M., Mielke, G.

16:20–17:20 | Breakout Room 25B

Parallel Symposia: Physical activity for people with disabilities: Furthering equitable approaches to GAPPA, together

Chair: Cathie Sherrington

Sherrington, C., West, K., Tiedemann, A., Purcell, K.

Wednesday 7 October 2026

09:00–10:00 | Keynote Hall (Rooms 22 & 23)

Keynote: “Physical activity policy research: A love/hate relationship” (Catherine Woods)

Chair: Alejandra Jauregui

10:00–11:00 | Poster Hall (Room 21)

Poster session

11:00–12:30 | Keynote Hall (Rooms 22 & 23)

Short Oral: Advances in measuring physical activity across contexts and populations

Chair: Masamitsu Kamada

1. Assessing the impact of varying accelerometer epoch length on daily active time estimation

Langford, J.

2. Required Days for Reliable Measurement of Physical Activity and Media Parenting Practices in Daily Diaries

De-Jongh Gonzalez, O., Nieuwenhuijs, E.C., Mâsse, L.C.

3. Daily 24-Hour Heart Rate and Health-Lifestyle Ratings over 8 Weeks in Physically Demanding Jobs

Eklom-Bak, E., Olsson, K., Lind, J., Spetz, L., Hallman, D., Södergård, O., Larsen, F., Väisänen, D.

4. Time use patterns among LGBQ adolescents: Longitudinal evidence from a national cohort in Australia

Ross, M., Thomas, G., O'Flaherty, M., Gomersall, S., Perales, F., Fortnum, K., Maddren, C., Woodforde, J., Stylianou, M.

5. The ‘Measure It!’ RCT: Is frequent measurement of physical activity in cardiac rehabilitation attendees (cost)-effective?

Freene, N., Seymour, J., McPhail, S., Tyack, Z., Patterson, K., Niyonsenga, T., Kunstler, B., Hartono, S., Gallagher, R., Abhayaratna, W., Verdicchio, C., Davey, R.

6. Timing of 24-hour movement behaviours and type II diabetes risk

Koemel, N., Chong, K.H., Sabag, A., Ahmadi, M., Stamatakis, E.

7. Prospective Acceptability of a Primary Fall Prevention app for Canadians age 50+: A National Survey

Bouchard, D.R., Fuentes Diaz, M.F., Trinita Ugwuegbulem, C.O., Delbeare, K., Sibley, K.

8. Measuring Built Environment Change: A Scoping Review of Methods

Lungu, A., Barnett, T., Fuller, D., Kestens, Y.

9. Developing and validating spatial indicators of cycling access and connectivity across diverse urban contexts globally

Higgs, C., Abdollahyar, M., Jafari, A., Turner, R., Liu, S., Saghapour, T., Delclòs-Alió, X., Queralt, A., Molina-García, J., Borello Vargas, J.C., Resendiz Bontrud, E., Hernández Alcaraz, C., Peraza Mues, G., Adlakha, D., Lin, L., Droin, A., Msilanga, M., Heikinheimo, V., Willberg, E., Schifanella, R., Schipperijn, J., Hinckson, E., Salvo, D., Boeing, G., Lowe, M.

10. Area-level socioeconomic inequalities in active travel in the Greater Tokyo Metropolitan Area: Does age matter?

Abe, T., Dogra, S., Sugiyama, T., Owen, N., Chandrabose, M.

11:00–12:30 | Breakout Room 24B

Short Oral: Unlocking the drivers of physical activity

Chair: Scherezade Mama

1. Social inequalities influence in physical activity, sedentary behavior and dietary patterns among Colombian adolescents

Tonguino Rosero, S., Vergara-González, M.D.M., Zapata-López, J.S., Mendez-Paz, F.

2. Can gender gap in physical activity be closed by 2030? A systems modelling approach

Luo, M., Nguyen, B., Nau, T., Owen, K., Clare, P., Chiu, S., Gary, S., Ding, D.

3. Association of unmet social needs with longitudinal physical activity in a chronic care management population

Reininger, B., Heredia, N., Yang, Z., Lee, M., Lee, S., Mitchell-Bennett, L., Lopez, J., Zolezzi, M.

4. Don't know what you've got until it's gone: The impact of COVID-19 on sport

Szczepanowski, M., Ferro, M.A., Potwarka, L.R., Patte, K.A., Leatherdale, S.T.

5. Contextual determinants of implementing Acti-Pair in prostate cancer care: a CFIR-based qualitative study

Baudot, A., Collange, F., Fayolle, E., Hupin, D.

6. Three Decades of Sustained Community-Led Diabetes Prevention in Kahnawà:ke Mohawk Territory

McBeath, B., Delormier, T., McComber, A.M., Hare, C., Macaulay, A.C., Baillie, C.P., Taylor, V., Lévesque, L.

7. Physical activity and asthma management: uncovering climate-related barriers and developing an assessment instrument

Nyenhuis, S., Cavalier, A., Salvo, D., Sharp, L.

8. Running on empty? Fatigue, recovery, and health status in adults with physically demanding occupations

Lind, J., Vaisanen, D., Olsson, K., Södergård, O., Spetz, L., Larsen, F., Ekblom-Bak, E.

9. Relationship characteristics and autonomy support for physical activity among inactive women in a dyad-based study

Strong, L., McNeill, L., Reitzel, L., Li, Y., Wang, J., Basen-Engquist, K.

10. Dogs and physical activity: a decade of analysis with adults from São Paulo city, Brazil

Antonio Florindo, A., Santana, D.D.

11. Participatory systems thinking to elucidate drivers of active living disparities in Durham, North Carolina

Serrano, N., O'Connor, Á., Bosch, R., Bagans, C.

11:00–12:30 | Breakout Room 25A

Short Oral: Physical activity in children and youth: evidence, interventions and outcomes

Chair: Jasper Schipperijn

1. Measuring interpersonal determinants of adolescents' physical activity in digital and social media: The INDEEP study

Quevedo, K., Toosinezhad, S., Martens, L., Christianson, L., Hebestreit, A.

2. Sex differences in hourly timing of physical activity across the week in 3–4-year-old children

Uusitalo, K., del Pozo-Cruz, J., Haapala, E.A., Wackström, N., Roos, E., Engberg, E.

3. Children's Perceptions of Physical Activity Opportunities Following School Food Policy Implementation in Mexico

Garduño-Alanis, A., Contreras-Manzano, A., Jáuregui de la Mota, A., Barquera, S., Argumedo-García, G.

4. Exploring childcare educator and parent engagement for children's healthy eating and physical activity

Francis, J., Wenden, E., Yoong, S., Pearce, N., Thornton, A., Wallace, R., Grady, A., Villa, E., Christian, H., Zhao, M.

5. Urbanicity attenuates relationships between Child Opportunity Index and physical activity among Texas, USA adolescents

Pfledderer, C., Brown, D., Salvo, D., Hunt, E., Mullane, E., Kapfhammer, M., Johnson, A., Ranjit, N., Hoelscher, D.

6. Obesity and High Blood Pressure in Mexican Youth Aged 5–19: Statewide Screening Findings

Jauregui, E., Pérez-Maravilla, J.M., López-Taylor, J.R., Soria-Rodríguez, R., Elizalde-Villarreal, M., González-Navarro, E., Ocampo-Chavarría, A.

7. Cultural adaptation of the Spanish version of the Global Adolescent and Child Physical Activity Questionnaire

Argumedo, G., Benavides-Castro, J.K., Sarmiento, O.L., Angulo, G., Brazo-Sayavera, J., Zavala Crichton, J.P., Larouche, R., Yañez Sepulveda, R.A.

8. 24-hour movement behaviors and cognitive functions in vulnerable Children: Play & Cognition baseline.

Bustamante-Ara, N.

9. Integrating Physical Literacy into the 24-Hour Movement Behavior among Young Adults

Dhasmana, A., Singh, K., Sahu, D.K., yadav, S.

10. Bridging the Gap in Early Childhood Motor Development: Preliminary Evidence from a Public Preschool Program

Chuhdry, A., Freire, G., da Silva, J., de Lira, C., Marques, M., Tassitano, R., Chuhdry, A.

11. Group-Based and One-On-One Physical Activity for Post-Secondary Student Mental Health: Examining Effectiveness and Implementation

deJonge, M., deJonge, M., Thibodeau, D., Quesnel, D., Yuen, S., Sabiston, C.

11:00–12:30 | Breakout Room 25B

Short Oral: Shaping physical activity through the built and natural environment

Chair: Olga Lucia Sarmiento

1. Safety, Streets, and Stations: Environmental and Safety Dimensions of Pedestrian Experiences in Monterrey, Mexico

Resendiz, E., Resendiz, E., Legaria Peña, J.U., Basu, R., Ponce-López, R., Escobedo Ruíz, N., Placencia Vega, C.J., Martínez Santillán, A., Ferreira, J.

2. Applying a complex systems approach to the evaluation of traffic restriction schemes outside schools

Alliott, O., Ogilvie, D., Anderson, L., Patterson, R., Garrott, K., Carey, E., Guell, C., Panter, J.

3. Associations of nature visits with early childhood physical activity and motor skills across sociodemographic groups

Wackström, N., Uusitalo, K., Simonsen, N., Aaltonen, S., Karppinen, T., Luoma, U.M., Launistola, H., Roos, E., Engberg, E.

4. Optimizing Physical Activity in Public Open Spaces: Assessing the Adaptability of Place-Activation Strategies for Mexico

Montero-Zamora, P., López-Soto, A., Hernández, C., Garza, C., Kepper, M., Brownson, R.R., Martínez, A.M., Martínez, M., González, O., Orozco-Lapray, D., Brown, S., Jáuregui, A., Salvo, D.

5. Developing and testing globally relevant indicators of healthy, active cities for early childhood

Lowe, M., Schipperijn, J., Christian, H., Zhao, M., Villanueva, K., Hinckson, E., Resendiz, E., Krstikj, A., Adlakha, D., Higgs, C., Salvo, D., Cerin, E., Schifanella, R., Boeing, G., Liu, S.

6. Housing Type and Tenure as Structural Barriers to Cycling for Active Transport

Harrington, D., Calvillo Munoz, C.

7. Playground Design Features and Children's Active Play: An Exploratory Study Across Neighborhood Income Levels

Miao, F., Le, S., Garza, C., Morrison, B., Reininger, K., Pellerin, B., Hunt, E., Jowers, E., Salvo, D.

8. Physical activity security: is it time to "change the conversation" for environmental justice in LMICs?

Lambert, E.V., Kolbe-Alexander, T., Mielke, G.

9. Who benefits most from Renovated Open Public Spaces in Mexican Cities?

Hernandez-Alcaraz, C., Resendiz, E., Flores-Pimentel, D., Garza, C., Le, S., Montero-Zamora, P., Kepper, M., Brownson, R., Martinez, A.M., Martinez, M., Gonzalez, O., Lopez-Soto, A., Orozco-Lapray, D., Brown, S., Salvo, D., Jauregui, A.

10. Built environment impacts on physical activity in Canada: A systematic review of natural experiments

Prince, S., Lang, J., Lawrason, S., Vallières, E., Butler, G., Lake, A., McCormack, G.

12:30–13:50 | On Your Own

Lunch Break

13:30–14:30 | Keynote Hall (Rooms 22 & 23)

Annual General Meeting (AGM)

14:30–16:20 | Keynote Hall (Rooms 22 & 23)

Moving Together Session - Highlighting Top Latin American Science

Chairs: Alejandra Jauregui and Deborah Salvo

1. Association between 24-Hour Movement Behavior Composition and Motor and Executive Development among Mexican Preschoolers

Pineda Hernández, A., Corral, C.J., Quezada Sanchez, A.D., Argumedo García, G., Olvera, A.G., Aguilar, N., Salvo, D., Okely, A.D., Jáuregui, A.

2. Pandemic excess mortality and post-pandemic physical activity trajectories: Evidence from urban Mexico

Ruiz García de la Cadena, C.G.

3. Active and Healthy Lifestyle Habits in Chilean Schoolchildren

Ibarra Mora, J., Urra, K.

4. Mexican guidelines on physical activity, sedentary behaviors and sleep

Medina, C., Jauregui, A., González, C., Blas, N., Argumedo, G., Hernández, C., Martínez, M.

5. Exploring the Feasibility of a 24-Hour Movement Behaviour Data Collection Protocol using Fitbits in Mexico

Jauregui, E., Harden, S., López y Taylor, J., Jáuregui, E., Lévesque, L.

6. Changes in physical activity and active living barriers following migration in emerging U.S. Latino communities

O'Connor, A., Jacob, R., Andrade, C., Edmond Taylor, K., Howell, C., Salvo, D., De La Garza, L.

7. Factors influencing midlife Hispanic women's physical activity maintenance: A grounded theory study

Lorenzo, E., Aguillon, L., Lyons, E., Wong, R., Wood, L.

8. Exploring a Combined Vulnerability Socioenvironmental Stratifier for Leisure-Time Physical Activity Inequalities

Wendt, A., Siqueira Reis, R., Ferreira Hino, A.A.

9. Development of "Lideres en movimiento", a school-based intervention to promote physical activity among Mexican adolescents

Argumedo, G., Gillison, F., Standage, M., Curran, T.

10. Identifying Contextually-Relevant Place-Activation Strategies for Promoting Active Leisure in Mexico: An AI-Assisted Mixed Methods Study

Garza, C., Montero-Zamora, P., Le, S., Hernandez, C., Kepper, M., Brownson, R., Martínez, A.M., Martinez, M., Gonzalez, O., Lopez-Soto, A., Orozco-Lapray, D., Brown, S., Jauregui, A., Salvo, D.

11. Valued but vulnerable: Can place-activation strategies promoting active leisure in communities support older adult participation?

Orozco-Lapray, D., Hernández, C., Martinez, A.M., Martinez, M., Gonzalez, O., Lopez-Soto, A., Montero-Zamora, P., Garza, C., Le, S., Kepper, M., Brownson, R., Brown, S., Jauregui, A., Salvo, D.

12. Effects of an urban cable-car on physical activity and quality of life

Sarmiento, O., Baldovino-Chiquillo, L., Pasos, D.S., O'Donovan, G., Cantillo, V., Martinez, L., Arellana, J., Guzmán, L.A., Sarmiento, O.L.

13. Urban policies for walking in peripheries: Children's access to walkable environments in Atizapán de Zaragoza

Resendiz, E., Redendiz, E., Krstik, A.

14. Value of scaling-up interventions to reduce physical inactivity in PAHO frontrunner countries to stop obesity

Macholz, A., Soeteman, D., Vejar-Renteria, L., Fernando Alarcon, L., Gomes, F., Garcia-Larsen, V.

14:30–16:20 | Breakout Room 24B

Long Oral: Tracking movement: methods, metrics and surveillance

Chair: Ulf Ekelund

1. Association of Step Metrics with Quality of Life in Individuals with versus without Cardiovascular Diseases

Schootemeijer, S., Kroesen, S., Stens, N., Netten, M., Salzmann, I., Koster, A., Eijsvogels, T., Bakker, E.

2. Waking-time movement behaviours and multimorbidity in Malawi: a compositional data analysis

Warner, B., Nkoka, O., Mwandira, K., Mwakabanga, M., Munthali, S., Price, A., Gray, S., Crampin, A.

3. How Large-Scale Retail Closures Affect Step Counts Among Local Residents: A Difference-in-Differences Analysis in Japan

Arai, K., Kamada, M., Yoshida, T., Yamada, I., Ding, D., Hino, K.

4. How industrialisation reshapes 24-hour movement and sleep patterns: wearables-based comparisons with hunter gatherers

Stamatakis, E., Ahmadi, M., Koemel, N., Chong, K.H., Sayre, K., Hamer, M., Biswas, R., Salali, G.D., Raichlen, D.

5. Moving time matters: differential effects of movement behaviors reallocations on multiple domains of development

Miranda Tassitano, R., Lemos, L., Clark, C., Henrique, R., Tassitano, R., Lemos, N., Luz, L., Gaya, A., Mota, J., Pacheco, A.

6. Long-term device-based physical activity measurement in adolescents: Analysis of SCAMP cohort assessing its additional value

Ricardo, L., Cheng, L., Shen, C., Larsen, S., Hindocha, C., Stanley-Haga, J., B. Smith, R., B Toledano, M., van Sluijs, E.

7. Ethnographic Methodologies in Physical Activity Research: Opportunities, Challenges, and Future Adventures

Hoy, S.

8. Sitting more, moving less? Fourteen years of device-measured physical activity among Norwegian adults

Teinung, E., Teinung, E., Steene-Johannessen, J., Hansen, B.H., Kolle, E., Dalene, K.E., Ekelund, U., Anderssen, S.A.

14:30–16:20 | Breakout Room 25A

Long Oral: From research to reality: implementing behavior change solutions

Chair: Kaitlyn Swinney

1. Identifying Implementation Strategies to Enhance Tele-exercise Participation in a Community-based Fall Prevention Program

Fuentes Diaz, M.F., Sibley, K., Bouchard, D.

2. Why Choose to Move?: Participant motivations for engaging with a behaviour change program

Tiedemann, A., O'Rourke, S., Ramsay, B., Melgaard, L., Earls, T., West, C., Sherrington, C.

3. Understanding effective implementation of Physical Activity Programmes: The I-PARC experience

Roccliffe, P., Escolme, S., Barrero, A., O'Brien, S., O'Hehir, C., D'Arcy, L., H Murphy, M., O'Donoghue, G., Corry, M., Murphy, N., Woods, C.

4. Digital physical activity-related health care in Germany: Status quo of regulatory quality requirements and synthesized

Lange, M., Barisch-Fritz, B., Peters, S., Baumann, H., Eckert, K., Gabrys, L., Heub, A., Kernebeck, S., Maas-Möhlmann, L., Morf, H., Richter, J., Schaller, A., Streber, R., Sudeck, G., Tallner, A., Thiel, C., Voelcker-Rehage, C., Wollesen, B.

5. Impact of three broadcasts of a social marketing campaign on parental support and physical activity

fassier, P., Tano, M., Tessier, D., Rostan, F., Escalon, H., Serry, A.J.

6. “Ponte de Pie” computer-prompts in office workers: pragmatic mixed-methods cluster randomized trial

Leppe, J., Roa, S., Aguila, P., Alvarez, G., Sarmiento, O.L.

7. Barriers and Facilitators for Implementing Evidence-Based Place-Activation Strategies for Physical Activity in Mexico

Lopez-Soto, A., Montero-Zamora, P., Hernández-Alcaraz, C., Garza, C., Le, S., Kepper, M., Brownson, R., Martínez, A.M., Martinez, M., Gonzalez, O., Orozco-Lapray, D., Brown, S., Jáuregui, A., Salvo, D.

8. “Futbolito for All” Program: Promoting Physical Activity Among Latino Youth

Mejía-Grueso, J., Kulesza, C., McKay, S.L., Ramírez Varela, A.

14:30–16:20 | Breakout Room 25B

Long Oral: Building active futures: children, youth, families and early life movement

Chair: Ashleigh Johnson

1. Comparing implementation of Whole-of-school components by school level in the United States

Walker, T., Craig, D., Lanza, K., Pfladderer, C., Lee, M., Pavlovic, A.

2. The role of physical activity in the relationship between stressful life events and mental health

Lenze, L., Lenze, L., Bélanger, M., Doré, I.

3. International Comparison of Parental Tolerance of Potential Risk in Children's Active Play

Faulkner, G., Jelleyman, C., Jerebine, A., Nesbit, R., Barnett, L., Belanger, M., Brussoni, M., Dodd, H., Duncan, S., Gunnell, K., Fitzgibbon, L., Tremblay, M., Larouche, R.

4. Co-Creating a Systems Map with Adolescents: Combining Participatory Research and Systems Thinking in YoPA Denmark

Madsen, L., Skau Pawlowski, C., Schipperijn, J., Chinapaw, M.J., Altenburg, T.M.

5. Prioritizing action for Active Middle School Communities: A blended Delphi and Group Concept Mapping study

Hoelscher, D., Ganzar, L.A., Swinney, K., Springer, A., Karner, A., Hunt, E., Garza, C., Le, S., Bentley, S., Salvo, D.

6. Who knows best? Essential Playground Features to Maximize Active Play according to Stakeholders versus Parents

Reininger, K., Garza, C., Le, S., Morrison, B., Miao, F., Hunt, E., Jowers, E., Salvo, D.

7. Do parental perceptions of public playgrounds influence children's levels of active and social play?

Le, S., Garza, C., Morrison, B., Hunt, E., Jowers, E., Salvo, D.

8. Physical Activity and Sedentary Behaviors as Personal Resources in Teacher Well-being: A Longitudinal Study

Lentillon-Kaestner, V., Guillet-Descas, E., Gudin, M., Cece, V., Bourdillon, N.

16:20–16:30 | Foyer Sur

Coffee Break

16:30–17:30 | Keynote Hall (Rooms 22 & 23)

Parallel Symposia: Smoke and mirrors: Perspectives on the commercial determinants of physical activity and sport

Chair: Adrian Bauman

Bauman, A., Bauman, A., Kolbe-Alexander, T., Pedersen, C.B., Lambert, E.V.

16:30–17:30 | Breakout Room 24B

Parallel Symposia: "What is in a name?" Examining terminology for discussing the 24-hour day

Chair: Ryan Falck

Falck, R., Schipperijn, J., Ding, M., Gradidge, P., Tornberg, Å., Gomersall, S.

16:30–17:30 | Breakout Room 25A

Parallel Symposia: From complexity to regional action: Co-creating a model for youth physical activity in Latin America

Chair: Angelica Ochoa

Ochoa, A., Jáuregui, A., Ochoa Avilés, C., García, I., Molina, M.J.

16:30–17:30 | Breakout Room 25B

Parallel Symposia: Tackling grand challenges in physical activity and health: Launch of the inaugural ISPAH-JPAH special issue

Chair: Pedro Hallal

Hallal, P., Stamatakis, E., Mitchell, J., Firth, J., Hallal, P., Gradidge, P.

19:15–21:30 | Hyatt Regency Merida

Congress Dinner

Thursday 8 October 2026

09:00–10:00 | Keynote Hall (Rooms 22 & 23)

Keynote: “The Global Colonization of Physical Activity and Health” (Jennifer Roberts)

Chair: Deborah Salvo

10:00–11:00 | Poster Hall (Room 21)

Poster session

11:00–12:00 | Keynote Hall (Rooms 22 & 23)

Parallel Symposia: Rebalancing power in international physical activity research: An equity-centered conversation across Mexico, Canada, and the U.S.

Chair: Alejandra Jauregui, Tricia McGuire

Jáuregui, A., McGuire-Adams, T., Salvo, D., Jáuregui, E., Argumedo, G., Lévesque, L.

11:00–12:00 | Breakout Room 24B

Parallel Symposia: From Evidence to Action: Scaling Physical Activity Policies and Programmes in the Americas (PAHO Symposium)

Chair: Sjaan Gomersall

Macholz, A., Garcia-Larsen, V., Vejar Renteria, L.S.

11:00–12:00 | Breakout Room 25A

Parallel Symposia: Global innovations for inclusive active ageing: Scalable strategies across diverse communities

Chair: Afroditi Stathi

Stathi, A., Tiedemann, A., De la Vega-Taboada, E., King, A., Lambert, V.

11:00–12:00 | Breakout Room 25B

Parallel Symposia: Our story of movement: A call to advance physical activity research, policy, and practice

Chair: Joe Piggin

Piggin, J., Matias, T., Karloh, M., Hawes, O., Flemons, M.

12:00–13:40 | On Your Own

Lunch Break

13:40–14:40 | Keynote Hall (Rooms 22 & 23)

Short Oral: Advancing physical activity policy, practice and public health

Chair: Estelle V. Lambert

1. Who Meets MVPA Guidelines? School Type Differences in Antigua and Barbuda

Nord-Leth, J., Kemnele, K., Walwyn, L., Walwyn, D., Thomas, A., Airall, A., Janssen, I., Storey, K., Levesque, L.

2. A decade of French physical activity policies: analysing evolution, characteristics and coordination (2015–2025)

Noel Racine, A., Vuillemin, A.

3. Three Country Pilot Testing of the CATCH PE program in India, Kenya, and Colombia

Pfledderer, C., Kelder, S., Hunt, E., Hoelscher, D.

4. Mental Health Promotion at Paris 2024: Olympic and Paralympic Sponsor Communication Across Four Countries

Hale, G., Piggan, J., Ooms, L., Algurén, B., Sevdalis, V., Furtado, S.

5. Sex inequities in physical activity and health research: the Global Observatory for Physical Activity

Lamas, A., Kohn, E., Mejia-Grueso, J., Hallal, P., Pratt, M., Ramirez-Varela, A.

6. A practice-informed Planning for Liveability Toolkit supporting health equity in planning

Davern, M., Delahey, L., Dunn, K.

13:40–14:40 | Breakout Room 24B

Short Oral: Device-based physical activity assessment: validity, patterns and inequalities

Chair: Philippe Gradidge

1. Advancing communication and visualisation of accelerometer-based 24/7 movement behaviour data: a multi-method study

Paiva Marchiori, M., Schipperijn, J.

2. Comparing self-report and accelerometer-defined physical activity guideline adherence - preliminary ROC Analyses from two Danish surveys

Björk Petersen, C., Heidler, J., Eghøj, M., Breum Skov Christiansen, L., Koch, S., Schipperijn, J., Bauman, A.

3. Inequalities in device-measured physical activity among people with physical and mental multimorbidity in Malawi

Warner, B., Nkoka, O., Mwandira, K., Mwakabanga, M., Munthali, S., Price, A., Gray, S., Crampin, A.

4. Multi-Method Analysis of Physical Activity and Sleep Duration in Young to Older Adults

Corral, C., Aguinaga, S., Arpin, D., Huibregtse, M., Webb, A., Damon, B.

5. A Critique of Sample Diversity in Device Based Physical Behaviour Research and Future Recommendations

Baumgart, J.K., Coyle-Asbil, H., Vallis, L.A., Milton, K., Atkin, A.

6. Achievement of moderate-to-vigorous cadence-intensity thresholds using real-time visual feedback from a wearable device

Aguiar, E., Lucas, K., Crombie, K., Man, K., MacDonald, H.

13:40–14:40 | Breakout Room 25A

Short Oral: Healthcare-based physical activity interventions

Chair: Susie Aguinaga

1. Exercise Prescription Characteristics Targeting Chronic Inflammation in People Living with HIV: A Scoping Review

García Basto, L.D.

2. Evaluation of a national programme delivering symptom-focused exercise rehabilitation to adults with long term conditions

Marshall, Z., Parmley, J., France-Ratcliffe, M., Price, B., Michael, P., Heaton, S., Innes, A.Q., Deniszczyc, D., Harwood, A., Yeowell, G., Fatoye, F., Doherty, P., Cable, N.T.

3. Acceptability of a Pilot Transdiagnostic Exercise Programme for Long-Term Conditions.

Michael, P., Alexanders, J., Yeowell, G., Price, B., Parmley, J., Marshall, Z., Quinn Innes, A., Elizabeth Harwood, A., Fatoye, F., Doherty, P., Timothy Cable, N., Deniszczyc, D., France-Ratcliffe, M.

4. Continuous Participation in a CEP-Led Exercise Program Improves and Maintains Physical Function in Older Adults

Leadbetter, B., Kendall, K.D., Shields, C., Fowles, J.R.

5. Physiotherapy-led group exercise with behaviour change to improve physical activity in Parkinson's disease: a RCT

Brauer, S., Lamont, R., O'Sullivan, J.

6. Implementing Physical Activity on Prescription in Primary Care: A Scalable Support and Evaluation Model

Dohrn, I.M., Hagströmer, M.

7. Operationalizing Behaviour Change Theory in Brief Physical Activity Counselling: A COM-B and BCT-Informed 5As Framework

Cadri, A., Barnett, T., Bélanger-Gravel, A., team, G.

13:40–14:40 | Breakout Room 25B

Short Oral: New Approaches to Supporting Active Living across the Life Course

Chair: Cesar Hernandez

1. Associations of caregiver smartphone use and technoference with movement behaviours in early childhood

Engberg, E., Hietajärvi, L., Uusitalo, K., Wackström, N., Roos, E.

2. Youth-led, Community-supported: A 'nothing about us without us' approach to active living

Fox, G., Dumo, J., Tandy, S., Pelletier, C., Manyanga, T.

3. Moving Towards Inclusive and Equitable Physical Activity: An Evaluation of a Peer-Based Post-Secondary Mentorship Program

Sunderji, S., deJonge, M.L., Sabiston, C.M.

4. Objectively Measured Physical Activity and Sleep Changes and Their Impact on Mental Health following a

Bai, Y., Fu, L., Song, D., Zhuo, Q., Burns, R., Brusseau, T., Lucero, J.

5. Physical activity outcomes of a teaching kitchen multisite trial

Heredia, N., Lee, C., Massa, J., Janisch, K., Hoelscher, D., McClure, A., Moin, T., Malik, S., Slusser, W., Eisenberg, D.

6. Identifying Factors Related to Long-Term Engagement of Aging Volunteer Leaders in Fall Prevention Exercise Programs

Ugwuegbulem, C., Fuentes Diaz, M.F., Bouchard, D.

7. Promoting Workplace Physical Activity in Mexico: Results of the "Evaluate-Educate-Activate-Transform" Model in 145,504 Employees

Hawley, M.

15:00–17:00 | Keynote Hall (Rooms 22 & 23)

Closing Ceremony & Final Keynote: "Physical Activity and Population Health – What have we learnt from 25 years of device-measured physical activity?" (Ulf Ekelund)

Chairs: Pedro Hallal, Deborah Salvo, and Sjaan Gomersall