



The Monthly Newsletter of ISPAH

JULY 2019



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RECENT RESEARCH, POLICY & PROGRAMS



ACSM Scientific Pronouncements: Physical Activity Guidelines for Americans

The American College of Sports Medicine have released the scientific reviews underlying the second edition of the Physical Activity Guidelines for Americans.

[Access the articles here.](#)



Continuous vs accumulated exercise - what's best?

In this meta-analysis, the authors found that splitting a continuous bout of exercise into shorter bouts of equivalent total duration spread over the course of a day does not alter its potential to provide health benefit. However, splitting exercise into multiple bouts spread across the day may be more beneficial for weight loss.

[For the original journal article click here](#)



Blueprint for an Active Australia

The National Heart Foundation of Australia is calling on the Australian Government to fund the development and implementation of a National Physical Activity Action Plan and invest in the heart health of all Australians.

[Read the Blueprint and recommendations covering 13 areas of action here.](#)

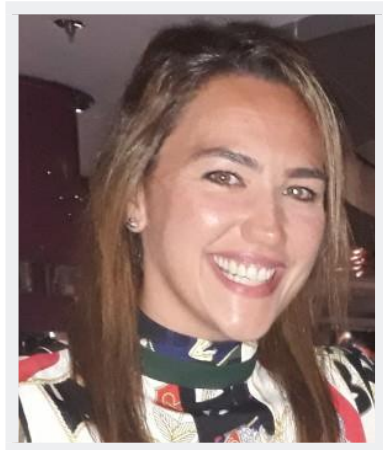


Why physical activity is the single best thing we can do for our health

In this BJSM podcast, BJSM deputy editor Dr Jane Thornton joins Daniel Friedman to discuss the evidence for physical activity prescription in primary care, how to prescribe physical activity to patients, and physical activity counselling.

LISTEN ON
SOUNDCLOUD

MEMBER PROFILE



NAME: PAIGE BROOKER

JOB TITLE: PHD CANDIDATE & SESSIONAL ACADEMIC

LOCATION: UNIVERSITY OF QUEENSLAND, AUSTRALIA

MAIN ROLE? While completing my PhD, I teach undergraduate students enrolled in the Exercise, Nutrition & Sport Science degree programs.

MAIN INTERESTS? My PhD involved training previously inactive adults in the morning and evening to investigate if there is a link between time-of-day and exercise adherence. My main focus (and passion) is behaviour change – not only getting people more active, but keeping them active for long enough to create an exercise habit to stick with long-term.

2 THINGS YOU'D ADVOCATE FOR IN YOUR COUNTRY? (1) Better support to encourage and implement workplace physical activity programs; and (2) I would love to bridge the gap between nutrition and physical activity and see a 'physical activity energy-equivalent' guide on front-of-package labels of foodstuffs.

NEXT BIG THING IN PHYSICAL ACTIVITY? A more personalised approach to physical activity recommendations based on individuals' phenotype, preferences and goals, supported by informatics and machine learning.

FAVORITE PHYSICAL ACTIVITY? I recently completed my first marathon and have now set my sights on tackling an Ironman in 2020... I guess that means you could say I enjoy swimming, cycling and running!



You can also get in touch by emailing Paige at p.brooker@uq.edu.au

JPAH EDITOR'S PICK

Professor Loretta DiPietro shares her pick from the July issue.



Barreira TV et al. Epidemiological Transition in Physical Activity and Sedentary Time in Children



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ISPAH

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The Human Development Index (HDI) is a measure of a country's development status based on a composite measure of life expectancy, education, and per capita income. As countries transition from lower to higher levels of HDI, there are often consequences with respect to lifestyle behaviors. Physical activity often demonstrates a positive association with level of household income; yet this also varies according to level of country HDI. In this issue, we publish data from the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) indicating an interaction between income and HDI in their joint association with objectively measured moderate-to-vigorous intensity physical activity (MVPA). For both boys and girls, MVPA was inversely associated with income at the 10th and 50th percentiles of HDI, and positively associated with income at the 90th percentile for girls only. Similar to what has been observed with obesity, these findings suggest an epidemiologic transition in MVPA that is associated with household income and dependent on the development status of the country.



ISBNPA

International Society of Behavioral
Nutrition and Physical Activity



Prague

CZECH REPUBLIC

4-7 June 2019

Refelctions on ISBNPA 2019

By Jasper Schipperijn

The 2019 edition of ISBNPA took place in Prague, Czech Republic, and was the most attended edition so far with over 1100 participants. The weather, historic city, good food and beer, and the fantastic organisers, Ferdinand Salonna and the whole team from Palacky University Olomouc, made everyone feel very welcome. My overall impression from the conference was that, compared to previous years, there was more focus on 24h guidelines that encourage a holistic view on physical activity, sedentary behaviour and sleep. Furthermore, I had the impression that there were more sessions looking specifically at elderly people.

The first keynote '*Low hanging fruit for optimizing active ageing*', by Professor Greet Cardon from Ghent University in Belgium was a good example of the increased focus on elderly people. Greet showed some great, and at times very funny, examples of how elderly people perceive interventions based on smart technologies. Clearly researchers still have much to learn on how to truly involve the target group in the development of interventions.

See Greet's presentation [here](#).

Another presentation that stood out to me was the invited presentation by Dr Esther van Sluijs on '*Where next for physical activity promotion in young people?*'. Esther has for many years been a critical voice in the debate on how to conduct good school-based intervention studies, and her presentation provided a fantastic overview of the many challenges associated with school-based interventions. Some of the points I took home from her presentation:

- Improved mental health and wellbeing are often more important for schools than physical activity
- Implementation needs to be studied in the real-world using mixed-methods

See Esther's presentation [here](#).

I am already looking forward to ISBNPA 2020, June 17-20 in Auckland, New Zealand. The NZ organising team introduced the conference with an amazing Haka - watch it [here](#)!



Greet Cardon



Esther van Sluijs



Jasper Schipperijn is an Associate Professor at the University of Southern Denmark and ISPAH's President Elect



@ DrSchipperijn

PHYSICAL ACTIVITY IN ASIA: ITS PEOPLE AND CULTURE

In this issue, we highlight two ECN members and physical activity culture in Asia (Japan and Taiwan). Enjoy small stories about their unique cultures!

EARLY CAREER NETWORK CORNER



Shiho Amagasa

PhD Candidate, Department of Preventive Medicine and Public Health,
Tokyo Medical University, JAPAN

Main focus of work: Identifying sociodemographic and environmental factors that influence sedentary and physically-active behaviors

My favourite publication: Amagasa et al., "Light and sporadic physical activity overlooked by current guidelines makes older women more active than older men." IJBNPA, 2017



Hidden secret of physical activity in my country: Japan has a Health Sports Day ('Taiiku no Hi') as a national holiday to promote health and well-being through sports. It was instituted to commemorate the opening of the 1964 Tokyo Olympic Games. In celebration of this holiday, a variety of sporting events are held in schools and communities.



Dr. Hsueh, Ming Chun

Assistant Professor, Institute of Sports Pedagogy, University of Taipei, TAIWAN

Main focus of work: Physical activity, sedentary behavior and health outcomes, with a particular focus on: understanding the relationship of these behaviors' correlate factors, health outcomes, and evaluating interventions to reduce sedentary behavior among older adults.

Latest publication: Hsueh et al. Are older adults without a healthy diet less physically active and more sedentary?" Nutrients, 2019



Hidden secret of physical activity in my country: If you happen to be visiting Taiwan during May-June, you have to see the dragon boat race at our annual celebration. The first dragon boat that gets the flag wins the race. Every year, competitors from all over the world come to Taiwan just for the race and to take part in the celebration.

Join Us!

ECN members are kept up to date with news about exciting events and webinars, and receive priority access to Congress Events which are often FREE for ISPAH ECN members.

To join you must be a current member of ISPAH.

If you are already a member of ISPAH, but not an ECN member, email us at: ispahearlycareer@gmail.com



Masamitsu Kamada

ECN WPRO Regional Rep

Meet the
ECN
Committee

ISPAH COUNCIL UPDATE



Introducing the NEW LMIC Research Council!

The ISPAH Low and Middle-Income Countries Research Council was recently approved as one of the official councils of ISPAH. The aim of ISPAH LMIC research council is to contribute to improving science, advocacy, policy and strengthening research capacity in physical activity in LMIC settings.

The planned activities of the council include setting up a mentoring/coaching scheme for early-mid career researchers affiliated to ISPAH and a database of expertise in LMIC research. These are expected to strengthen research capacity and facilitate the formation of long-term collaborations and 'short term' investigator teams in response to grant calls.

If you have already registered your interest in becoming ISPAH LMIC member, please stay tuned, as we will be reaching out to all of our members shortly. Otherwise, if you are interested in becoming a member and an active contributor to ISPAH LMIC's activities, or learning more about the council, please email me at nana.anokye@brunel.ac.uk.



Nana Anokye
Chair LMIC
Research Council

ARE YOU A MEMBER YET?

Member Benefits

- Option to subscribe to The Journal of Physical Activity and Health (JPAH)
- \$1,000 USD discounted rate for Open Access publications in JPAH
- Social Media promotion of member publications in JPAH
- Free monthly E-Newsletter – ISPAH News
- Access to ISPAH webinars and educational activities
- Discounted ISPAH Congress Registration rates
- Priority access to ISPAH Congress activities
- Membership of ISPAH Councils
- Opportunities to get involved with ISPAH networks and committees

We recently introduced new membership pricing options and we are working hard behind the scenes to bring our members more. Look out for the launch of our brand new website with lots of new member only content. The ISPAH newsletter will also become a member only benefit.

Head to our website and become a member of ISPAH today!



UPCOMING EVENTS



At the University of Southern Denmark, we're thrilled to invite you to the 15th annual meeting and 10th conference of HEPA Europe.

The meeting in Denmark is a unique opportunity to meet experts & influencers face to face; to network, mix and mingle; be inspired by leaders in the field and stay up-to-date with scientific, practice and policy developments in Europe and beyond.

Join us at our campus in the City of Odense and engage in discussions on evidence-informed strategies, programs, and tools to promote active living for health and well-being for all.

Visit the HEPA
Conference
website
for more
information
& registration

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