



The Monthly Newsletter of ISPAH

A photograph of two male wheelchair athletes racing on a wet street. The athlete on the left is wearing a black long-sleeved shirt with "KIPSTA" on the chest and a white helmet. The athlete on the right is wearing a white long-sleeved shirt with "CORBO" on the chest and a black helmet. They are both leaning forward in a racing position. The background shows orange traffic cones and a wet pavement.

JUNE 2019

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RECENT RESEARCH, POLICY & PROGRAMS



Physical activity guidelines for disabled adults

Despite the benefits of physical activity, in the UK many disabled adults live insufficiently active lifestyles: 43% of disabled people are reported to do less than 30 min per week of activity!

For the original journal article [click here](#), and read our guest commentary by Rowena Naidoo on page 4.



Evidence to Inform a Cycling and Walking Investment Strategy
This study used data from the U.S. Census and the American Community Survey to look at how people ages 16 and older got to and from work over time between 2000 and 2016 in counties with populations of at least 100,000 people.

[Read more here.](#)



Brisk walkers live longer

In a study of over 450 000 participants (A UK Biobank Observational Study), participants that reported brisk walking were found to have longer life expectancies, which was constant across different levels and indices of adiposity (BMI, waist circumference and body-fat percentage).

[Read more here.](#)



ADHD and movement behaviours

This study using data from the National Survey of Child Health presents a compelling argument for the continued examination of movement behaviour interventions as a prevention or intervention or augmentation strategy for children with ADHD.

[Read more here.](#)

MEMBER PROFILE

NAME: MR CHALCHISA ABDETA

PROFESSIONAL TITLE: Physical Activity Expert and Researcher

LOCATION OF WORK: Addis Ababa, Ethiopia

BRIEFLY DESCRIBE YOUR RESEARCH: I'm working on physical activity advocacy, policy, research and surveillance in Ethiopia. My main area of work is human movement behaviours (Physical Activity, Sedentary Behaviour and Sleep).

2 THINGS YOU'D ADVOCATE FOR IN YOUR COUNTRY?

1. Implement the WHO Global Action Plan on Physical Activity 2018-2030.
2. Implement the WHO Guidelines on Physical Activity, Sedentary Behaviour and Sleep for Children Under 5 years of age.

NEXT IMPORTANT DEVELOPMENT IN PHYSICAL ACTIVITY?

1. Integrating physical activity into all health and medical sciences field of study as one subject.
2. Training of human power in the field of physical activity for health starting from undergraduate, postgraduate taught and research degree in Ethiopia.

FAVORITE PHYSICAL ACTIVITY?

I like all types of physical activity. Mostly, I like walking, jogging, running & aerobics workout.

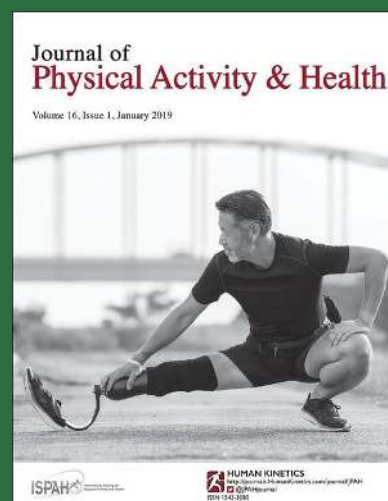


JPAH EDITOR'S PICK

Professor Loretta DiPietro shares her pick from the June issue.

 Nader, PA et al.
First Physical Activity Report Card for Children and Youth in Lebanon

"The global prevalence of physical inactivity (defined as not achieving ≥ 60 min of moderate-to-vigorous physical activity per day) among adolescents 13-15 years old is about 80%. Imagine if this were the proportion of adolescents smoking cigarettes! The call for multiple sector efforts to raise population levels of physical activity in children and adolescents across the world has been sounded; however, evidence on physical activity indicators in this age group are somewhat new. In the June issue of JPAH, Abi Nader and colleagues provide data from the first Physical Activity Report Card for children and youth living in Lebanon. The results indicate that physical activity participation among these children and youth is low. Indeed, three indicators (overall PA, active transportation, and school) received a grade of "D"; and organized sport received an "F". Like clean water, regular physical activity through play, transportation, or sport is a basic human right for children everywhere. Governments need to work harder through policy and practice to ensure that this right is actualized."





COMMENTARY

INFOGRAPHICS: A BRIGHT IDEA

By Rowena Naidoo

Guidelines for physical activity across the lifespan has been well-documented. This includes manuals, reports, policy documents, textbooks etc. in either electronic or paper (hard copy) formats. Electronic versions via the internet and social media have been generally seen as convenient and easy accessible. At the click of a button, information is readily available.

However, access to the internet and other electronic formats are not always accessible to everyone. In areas, where for example internet access is limited and the costs for such services is a problem, alternative methods to disseminate vital information is necessary. More so, as simple, concise documents.

Smith et al's article titled Infographic. Physical activity for disabled adults provides such an alternative, namely, infographics. The term "infographics" has become popular over the past decade. But more recently, in a technological world of information, policy, and guidelines, infographics is recommended as the primary output style.

Their article draws on literature relating to physical activity, specifically for adults with disabilities. This leads on to the development of an infographic relaying physical activity guidelines and the associated benefits. But the following is an important aspect of its development which must be highlighted: "This is the first infographic that has been co-produced with disabled adults to communicate evidence-based physical activity recommendations for a range of experiences of disability."

The production of the infographic was in collaboration with its intended audience.



This practice should be commended, as in the authors opinion, many studies are based on what the researcher believes is best for the participant without actively taking into consideration the participants' input. This in turn may affect the sustainability of a project or programme.

The infographic is an excellent resource which can be shared both as electronic and paper-based formats, the latter been recommended as a cost-effective, key message resource.



Rowena is an Academic Leader at the University of KwaZulu-Natal, South Africa



@R0wena28

EARLY CAREER PROFESSIONALS & THE GLOBAL ACTION PLAN ON PHYSICAL ACTIVITY

In 2018, the World Health Organization launched the first Global Action Plan on Physical Activity (GAPPA). The GAPPA gives guidance for increasing physical activity and requires engagement from everyone for successful implementation of the proposed actions and reduce inactivity by 15% by 2030.



How can we - early career professionals, including researchers, practitioners and policy-makers - play a role in helping “all people being regularly active”?

- Do you understand the GAPPA and its ACTIVE technical tool?
- What do you need to better advocate the GAPPA?
- Do these needs differ per region?

We aim to undertake an assessment of early career professionals' needs to better advocate GAPPA. Please email us to share thoughts or express your interest to contribute: ISPAHearlycareer@gmail.com

EARLY CAREER NETWORK CORNER

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: ispahearlycareer@gmail.com

DO YOU HAVE SOMETHING TO SHARE?

We are working to enhance the networking and learning opportunities for early career professionals & students from around the globe. Keep an eye on the 'ECN corner' of the ISPAH newsletter as this space will be used to promote students & early career professionals' work and to facilitate connections between the broader ISPAH membership.

If you have not already, follow @ISPAH on twitter and use #ISPAHECN for ISPAH ECN related tweets. Also, do get in touch with comments or suggestions to improve our activities or if you have any questions. If you would like to be profiled in future ISPAH newsletters, have a publication to highlight, or would like more information, please email us!

WEBINAR RECORDING NOW AVAILABLE

If you missed our latest ISPAH-ISBNPA joint webinar “Getting the most out of a conference: What to do before, during and after”, you can access the webinar recording and subscribe to ISPAH's channel here:

Early, mid and senior researchers Dr. Joey Murphy (University of Limerick, Ireland), Dr Lauren Sherar (Loughborough University, UK), and Prof Amanda Daley (Loughborough University, UK) shared their perspectives and tips & tricks to capitalise conference attendance.



ISPAH COUNCIL UPDATE



Recognising the important and complementary roles of reducing sedentary behaviour and increasing physical activity for improving global public health, the Sedentary Behaviour Council (SBC) was established in 2016 as one of the official councils of ISPAH (<http://www.ispah.org/sbc>).

- The SBC–GoPA! Sedentary Behaviour Global Monitoring Initiative is now in Phase 2, with the aim to collate country-level nationally representative data on sedentary behaviour and surveillance activity for all global regions. To date we have 217 countries searched by the Working Group and reviewed by the Project Team. We have so far extracted data on sitting time for 58 countries and identified 32 countries with potentially relevant TV viewing time data. Check out our oral presentation presenting TV viewing time data at HEPA Europe (Odense, August 2019). Special thanks to the 25 members who form the Working Group!
- Until recently MeSH terminology did not incorporate any indicators which relate to sedentary behaviour in a specific way. The SBC submitted recommendations to the National Library of Medicine (US) and we are pleased to say that since January 2019 ‘sedentary behaviour’, ‘sitting position’ and ‘screen time’ exist as new MeSH Headings (Lynch BM, Matthews CE, Wijndaele K, on behalf of the Sedentary Behaviour Council of the International Society for Physical Activity and Health, New MeSH for Sedentary Behavior. J Phys Act Health, 2019, 16, 305).
- Following our successful ISPAH 2018 SBC Satellite meeting in Cambridge, we are planning to host a second SBC Satellite meeting for ISPAH 2020. We will soon circulate a survey to ask SBC members for their ideas on the topic of this meeting.

JOIN THE SBC TODAY!

You can become a SBC member to learn more about our ongoing projects or to actively contribute to these projects. Simply select to join the SBC when initiating or renewing your ISPAH membership. Current ISPAH members can join the SBC council by contacting the secretary: Paul Mackie (paul.i.mackie@uon.edu.au).

ARE YOU AN ISPAH MEMBER YET?

What are the benefits of being a member?

- Option to subscribe to The Journal of Physical Activity and Health (JPAH)
- \$1,000 USD discounted rate for Open Access publications with 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

Not a member yet? Visit our website and sign up today to receive these great benefits!



We are working hard behind the scenes to bring our members more. Very soon we will have a new look website with lots of new member-only content. The ISPAH newsletter will also become a member-only benefit.

HAVE YOU HEARD...

...ABOUT THE PRAGMATIC EVALUATION IN PHYSICAL ACTIVITY COURSE?

The first Pragmatic Evaluation in Physical Activity course of 2019 took place in Wellington, New Zealand from 6-8 May. This was attended by 19 participants from Sports New Zealand and Regional Sports Trusts. The objective was capability building in evaluation for practitioners and policy makers who work in sport and physical activity promotion and delivery. The course was commissioned by Sport New Zealand, which is the entity that leads the governments initiatives in community sport promotion in New Zealand.

The course was delivered by Paul Kelly and Karen Milton (both ISPAH Board), and Justin Richards (ISPAH Board 2016-2018). We also welcomed Alexandra Wright (University of Edinburgh) and Lindsey Reece (University of Sydney) as guest faculty – Lindsey is an alumni from the first Pragmatic Course (Edinburgh 2015). Pragmatic Evaluation has now trained 129 participants from 33 countries and we were pleased to welcome the latest attendees to our Alumni Network. This course was endorsed by ISPAH.

If you have any questions about Pragmatic Evaluation please contact us at pragmatic.evaluation@gmail.com or on Twitter:



@Pragmatic_Eval



UPCOMING EVENTS



JUNE 25-28, 2019
Maastricht, Netherlands

[MORE INFO](#)



The International Society for the Measurement of Physical Behaviour is a non-profit scientific society which focuses on the issues related to ambulatory monitoring, wearable monitors, movement sensors, physical activity, sedentary behaviour, movement behaviour, body postures, sleep and constructs related to physical behaviours.

On-site and daily registration is still an option for those wishing to attend!

ISPAH News Editorial Team
Jacqueline Mair, Edinburgh Napier University
Sjaan Gomersall, University of Queensland
Shannon Montgomery, Queen's University Belfast
Elroy Aguiar, University of Massachusetts Amherst
Nicolas Aguilar-Farias, Universidad de La Frontera
Gregore Ivan Mielke, University of Queensland
Rowena Naidoo, University of KwaZulu-Natal
Simone Tomaz, University of Cape Town



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