



*The Monthly Newsletter of ISPAH*

A photograph of two young boys of Asian descent wearing red soccer uniforms with black and white trim. They are standing outdoors on a grassy field with trees in the background. The boy on the left is smiling broadly, while the boy on the right is holding a white soccer ball and looking directly at the camera.

**MARCH 2019**

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## WELCOME TO THE NEW LOOK ISPAH NEWS!

I am very excited to introduce the first ISPAH e-newsletter of 2019. This issue shares some of the recent research and practice developments around the world. We also highlight the Editor's Pick from the March issue of the Journal of Physical Activity and Health, our flagship journal, and are pleased to share a guest commentary on the topic of screen time for children and young people. Finally, we include updates from our Early Career Network, one of our ISPAH Councils, a profile on one of our ISPAH members, and some exciting events taking place soon - all of which will be regular features in the newsletter going forward.

Throughout 2019 we will continue in our efforts to grow the society, make it truly international and inclusive, and see how we can have a significant impact on practice. We are already planning for our 2020 congress, 28-31 October in Vancouver. Get the date in your diary and keep an eye out for updates on twitter @ISPAH2020. We have recently put out a call for expressions of interest to host the 2022 congress, so if you are keen to bring the ISPAH conference to your city, check out the details on our website and social media.

Remember to follow @ISPAH on Twitter to keep up to date with all things physical activity and health across the globe.

Wishing you an active and successful 2019!

Cathi



Catherine Draper  
ISPAH President



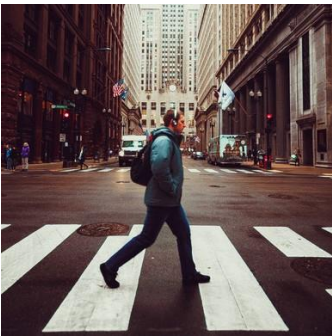


# RECENT RESEARCH, POLICY & PROGRAMS



"Combined aerobic-strength exercise is associated with lowest prevalence of depression"

This article describes the associations between moderate-vigorous physical activity and muscle strengthening exercise with depressive symptom severity among a large sample of U.S. adults.



Are you walking fast enough?

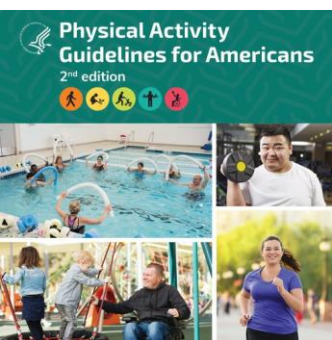
This article reports cadence thresholds representative of moderate and vigorous ambulatory intensity in 21-40 year olds.

Aim for 100 steps/min for moderate intensity and 130 steps/min for vigorous intensity physical activity.



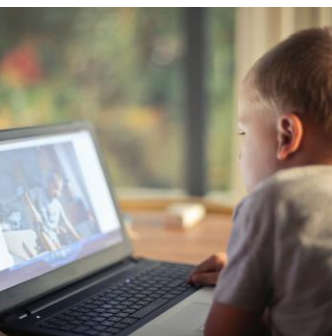
Are we ready for sedentary behaviour guidelines or not?

With new physical activity guidelines being prepared across several countries, the question as to whether we need clearer guidance on levels of sedentary behaviour has been a hot topic for debate. Do we have the evidence to support a quantified sitting time recommendation or does more work need to be done?



Physical Activity Guidelines for Americans - 2nd Edition

The Office of Disease Prevention and Health Promotion has created a PowerPoint Presentation for health professionals to promote the Physical Activity Guidelines.



Guidance on screen time for children and young people

The Royal College of Paediatrics and Child Health have released guidance on screen time for children, but does this align with what the current evidence tells us?

[Read our guest commentary by Anthony Okely and Kar-Hau Chong on page 5.](#)

# MEMBER PROFILE



**NAME:** DR JACQUELINE MAIR

**JOB TITLE:** LECTURER IN EXERCISE PHYSIOLOGY

**LOCATION:** EDINBURGH NAPIER UNIVERSITY, SCOTLAND

**MAIN ROLE?** My main role is to teach on the Sport & Exercise Science and Physical Activity & Health degree programs. I also supervise undergraduate and postgraduate students and carry out research in the field of digital behaviour change.

**MAIN INTERESTS?** I'm interested in how pervasive technologies can be used to increase physical activity and reduce sedentary behaviour in different populations and what impact these strategies have on health outcomes.

**2 THINGS YOU'D ADVOCATE FOR IN YOUR COUNTRY?** Better infrastructure and culture for active travel, and better use of outdoor spaces to encourage physical activity, like parks, play areas, and walking trails.

**NEXT BIG THING IN PHYSICAL ACTIVITY?** Personalisation of physical activity interventions using new technologies and AI.

**FAVORITE PHYSICAL ACTIVITY?** As an ex-dancer I have to say dancing! But I love hill walking too.

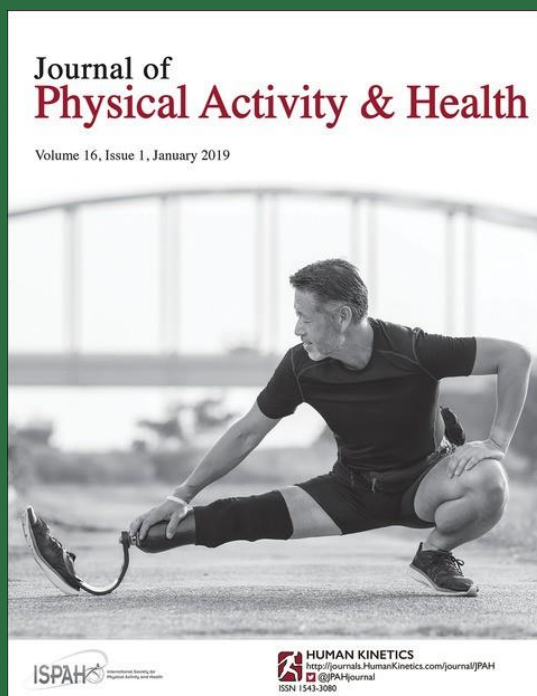


You can get in touch by emailing Jacqueline at [j.mair@napier.ac.uk](mailto:j.mair@napier.ac.uk)



## JPAH EDITOR'S PICK

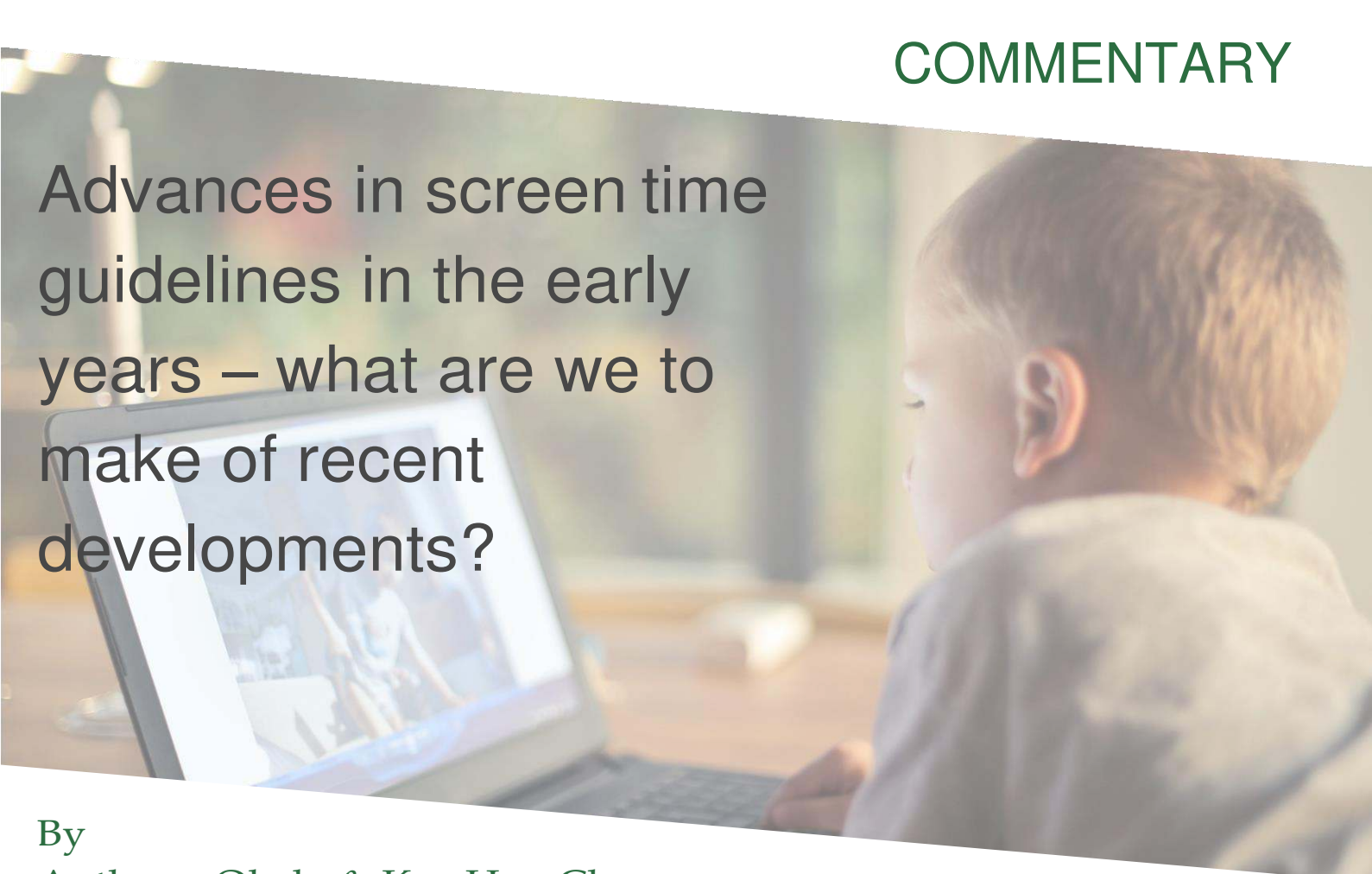
Professor Loretta DiPietro shares her pick from the March issue.



"Regular physical activity is important to women's health over the entire life course. Previous studies show that resistance exercise improves bone mineral density (BMD) in women who are not pregnant or lactating; however, the long-term effects of exercise on BMD during lactation have not been reported. Colleran and colleagues recently evaluated the effect of 16 weeks of home-based, weight-bearing aerobic and resistance exercise (3 days/week, from 4- to 20-weeks postpartum) on lumbar spine, total body, and hip BMD at 1-year postpartum in a selected sample of lactating women. After controlling for prolactin concentration and dietary calcium, lactating women in the exercise group lost significantly less BMD in the lumbar spine compared with those in the control group ( $-1.1\%$  vs  $-2.6\%$ , respectively). These findings add to a growing body of literature citing the health benefits of exercise to maternal health during the antenatal, perinatal, and the postpartum periods."



Colleran HL, Hiatt A, Wideman L and Lovelady CA. The Effect of an Exercise Intervention During Early Lactation on Bone Mineral Density During the First Year Postpartum

A young child with light brown hair is seen from the side, sitting at a desk and looking at a laptop. The laptop screen shows a video of a person. The background is softly blurred, showing a desk with some items and a window with light coming through.

# Advances in screen time guidelines in the early years – what are we to make of recent developments?

By

Anthony Okely & Kar-Hau Chong

Technology is advancing at a rapid pace. In no age group is this more apparent than the early years (ages birth to 5). This advancement has made it challenging for the evidence around these newer technologies to inform the development of guidelines. Those responsible for this task have relied on an evidence base that has largely encompassed older technologies such as television viewing and computer gaming.

The public historically have looked to organisations such as the American Academy of Pediatrics (AAP) for guidance. As early as 2001, the AAP have recommended no screen time for children under 2 years and up to one hour per day for those aged 2-5 years (1). Their update in 2016 maintained these recommendations but acknowledged that newer uses of technology such as video-chatting and high-quality programming/applications on a touch-screen device might be exempt if co-viewed with a parent/caregiver to promote learning from digital media (2).

Their rationale was that intuitively these newer technologies may (or may not) have different relationships with a child's health and development, depending on a number of factors such as the child's characteristics, how the technologies are used and the amount and extent of use. Around this time leading researchers also opined that because new technologies (e.g. touch-screen devices) differ from the traditional passive media in their reactivity, interactivity, and progressiveness they should be reconsidered in the AAP recommendations for children under 2 years of age (3).

Guideline developers in New Zealand, Canada, Australia, and South Africa approached this conundrum slightly differently. They believed that in the absence of evidence for these newer technologies, a "first do no harm" approach should be taken. That is, until we have evidence that their relationships with health are different from the older technologies, changes to the guidelines should not be made.



More recently, the Royal College of Paediatrics and Child Health in the UK decided to abandon completely any guidelines on the amount of time a young child should spend using electronic media (4). Despite evidence from their own systematic reviews supporting the adverse effects of large amounts of screen time on child health, their view was that parents should be given the responsibility to determine how much time a child should spend depending on the individual need of the child and how screen use would interfere with other positive activities (e.g. socialising, exercise and sleep). The Chief Medical Officers in the UK also decided to not adopt their own guideline development group's advice on including screen time recommendations in the recent update of the Early Years Guidelines.

So, are the paediatric associations of America and the UK right in recommending a more nuanced approach that takes into consideration some of the specific uses of newer technologies? Or are the other Commonwealth countries right in challenging researchers to come up with the evidence first that these newer technologies are not just as harmful?

This is not easy to answer. Proponents of the former view will state that parents and caregivers are already using these newer technologies with their young children so we should provide them with some guidance on how to do it safely, that is, a “harm minimisation” approach. They also question how reading a book on a tablet or video-chatting with grandparents is any different to reading or chatting via non-screen based alternatives. Supporters of the latter view would argue that new technologies are being unleashed on millions of young children (and their parents)

with very little evidence that they are beneficial, or at the very least, not harmful. Another important viewpoint is that screen time may displace participation in other activities (e.g. sleep, free play, social interactions) that are crucial for optimal child development. This has been addressed by the recently released Canadian, Australian, and South African 24-Hour Movement Guidelines for the Early Years which promote the concept of having an appropriate balance between sleep time, sedentary behaviour and physical activity everyday to achieve optimal health and development.

So, what are we to make of this? As individuals who have contributed to the guideline development process in the above countries, it is important to reinforce that the guidelines must be based on the best available evidence, and lack of evidence of harms does not mean no harms. Perhaps we should look to those who, at this point in time, know these technologies better than most – those working in technology companies, especially in Silicon Valley. Many articles we have recently read (5, 6, 7) have reported that they set very clear limits on their own children's screen time, with many not wanting their young children to be using them at all – perhaps they know something we don't!

1) American Academy of Pediatrics Committee on Public Education. 'Children, adolescents, and television'. Pediatrics 2001;107:423-426.

2) AAP Council on Communications and Media. Media and Young Minds. Pediatrics 2016;138(5):e20162591.

3) Christakis, DA. Interactive Media Use at Younger Than The Age of 2 Years. Time to Rethink the American Academy of Pediatrics Guideline? JAMA Pediatrics 2014;168(5):399-400.

4) Royal College of Paediatrics and Child Health. The Health Impacts of Screen Time: A Guide for Clinicians and Parents. 2019

5) The New York Times. A Dark Consensus About Screens and Kids Begins to Emerge in Silicon Valley. 2018

6) The New York Times. Silicon Valley Nannies Are Phone Police for Kids. 2018

7) The New York Times. The Digital Gap Between Rich and Poor Kids Is Not What We Expected. 2018



Anthony (Tony) Okely is a Senior Professor and Director of Research at Early Start at the University of Wollongong Australia



Kar-Hau Chong is a PhD Candidate at the University of Wollongong Australia

# HELLO TO ALL EARLY CAREER PROFESSIONALS!



Matthew (Tepi) McLaughlin  
ECN Chair  
 @HealthTepi

Welcome to this first edition of the 'ECN corner' of ISPAH News. We are delighted that we are now more easily able to communicate the fabulous array of **conference events**, **webinars**, and opportunities we have as part of the ECN, as we now have a dedicated space in the ISPAH newsletter.

We recently submitted our work plan from 2019-2020 to the ISPAH Board. We expect to hear the outcome of this in the coming months. This will direct some of our work in organising events for the next congress in Vancouver 2020, as well as future webinars and other activities!

We hope you have a great month and check back to hear about our activities next month!

## HIGHLIGHTS FROM ISPAH 2018



We hosted four free Early Career Events at the ISPAH2018 Congress in London last year. Check out our webpage for highlights, pictures, and a blog from one of our ECN members, Laura Wilde.

## OUR NEXT WEBINAR

If you haven't already, it's time to sign up to the next (free!) webinar! All the details are on page 9 below.

We continue our fantastic collaboration with ISBNPA to bring you webinars. Please let us know via email if you have any suggestions for webinar topics, including suggested speakers, especially when the speaker is yourself. Provide us with a very brief snapshot of what the outline of the webinar could look like and we'll get back to you!

## DISSEMINATION TIP

Have you ever written a plain language summary?

Register for a free platform, for example [www.growkudos.com](http://www.growkudos.com) - and start claiming your publications and sharing a plain language summary! In Kudos, you're able to write about what your publications are about, and why they are important.

**Here's** an example of what a plain language summary can look like, and if you presented at ISPAH 2018, you could contribute!



## EARLY CAREER NETWORK CORNER

### Who does our network comprise of?

We are a self-defined group of Early Career professionals, inclusive of researchers and practitioners.

### Who's involved with the ECN committee?

Click [here](#) find out more about who's involved in the

**ECN committee**

Interested in joining the committee? Get in touch at: [ispahearlycareer@gmail.com](mailto:ispahearlycareer@gmail.com)

### 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, then make sure to email: [ispahearlycareer@gmail.com](mailto:ispahearlycareer@gmail.com)

# ISPAH COUNCIL UPDATE



Deborah Salvo  
CEPA Chair

 @DeborahSalvoD

The Council of the Environment and Physical Activity (CEPA) is one of the official councils of ISPAH. CEPA is composed of five thematically-centered working groups:

- Children and Adolescent (leader: Erica Hinckson),
- Older Adults (leader: Ester Cerin),
- Transportation (leader: Takemi Sugiyama),
- Green Spaces (leader: Jasper Schipperijn),
- Policy (leader: Billie Giles-Corti),
- Africa (leader: Adewale Oyeyemi), and
- Latin America (leaders: Alejandra Jauregui & Jaime Leppe)

Our council is actively working in research and practice efforts to continue to build the evidence on the influence of the environment on physical activity, as well as for translating this evidence to best practices. If you are a currently registered CEPA member, please stay tuned as we will be reaching out to all of our members shortly via an online survey, to identify better approaches to engage with you. Otherwise, if you are interested in becoming an active contributor to CEPA's activities, or learning more about the council, please email me at [dsalvo@wustl.edu](mailto:dsalvo@wustl.edu).

## HAVE YOU SEEN...

### ...our new YouTube channel?

Featuring our Highlights from the ISPAH2018 Congress, previous webinars, and our ECN 'Ask the Expert' series...with more coming soon!



Subscribe now!



GLOBAL ACTION PLAN ON PHYSICAL ACTIVITY 2018-2030

**MORE ACTIVE  
PEOPLE FOR  
A HEALTHIER  
WORLD**

**RESOURCES & TRAINING**

### ...our Resources and Training info?

Our website has several physical activity resources available in many different languages, including the Bangkok Declaration on Physical Activity for Global Health and Sustainable development.

[More info here](#)



# UPCOMING EVENTS

## Pragmatic Evaluation 2019

The Pragmatic Evaluation course has been developed to build capacity in pragmatic evaluation skills for physical activity actions in multiple stakeholders from different cultures and contexts.

This year, the Course is taking place in Olomouc, Czech Republic prior to the ISBNPA 2019 Conference and has been approved as an official ISBNPA satellite meeting with ISPAH endorsement.

[More Info Here](#)

Application deadline: 15<sup>th</sup> March 2019  
Download the application form from [www.ispah.org/coming-soon/](http://www.ispah.org/coming-soon/)



Logos of participating institutions: UEA (University of East Anglia), THE UNIVERSITY OF SYDNEY, THE UNIVERSITY OF EDINBURGH, Faculty of Physical Culture, Palacký University Olomouc.

### Webinar: Mentoring in health behavior research: what's in it for mentors and mentees?

#### Speakers

- Dr. Megan Mueller (University of Minnesota)
- Dr. Jayne Fulkerson (University of Minnesota)
- Christie Martin (University of Minnesota)
- Dr. Holly Harris (Penn State University)
- Elna Järvelä-Reijonen (University of Eastern Finland)

#### Date/Timezone 1hr webinar:

- March 19th 15:00 London/GMT
- March 20th 02:00 Melbourne

Register Now!

## ISBNPA-ISPAH webinar

This webinar will review the benefits of mentoring throughout your research and professional career. There will be discussions on why pursuing good mentoring relationships can be vital to professional and personal success, the benefits of being a mentor/mentee, and the potential challenges faced in mentoring relationships. You will also be able to find out more about the ISBNPA mentoring program.

19th March 2019 3:00 PM in London

[Register Now!](#)

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



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