



Monthly Newsletter



NOVEMBER 2019

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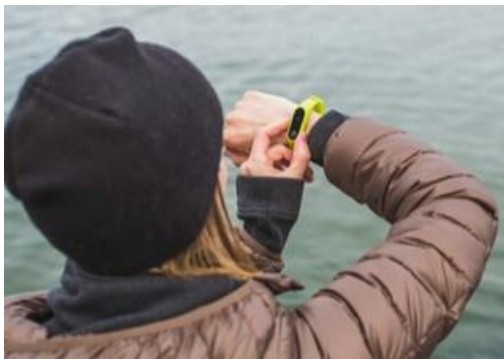
# RECENT RESEARCH, POLICY & PROGRAMS



## Only 5% of NIH prevention research is focused on physical activity

This paper describes the state of prevention science funded by NIH focused on diet and physical activity and compares it to scientific gaps in the field.

[Read the paper here.](#)



## New framework to assess bodyworn devices

Body-worn devices that estimate physical behavior have tremendous potential to address key research gaps. This article provides a phase-based framework for developing and evaluating devices that emphasizes robust validation studies in naturalistic conditions.

[Read the original article here.](#)



## Evidence-informed global actions on physical activity

In the past few decades, the field of physical activity has grown and evolved in scope, depth, visibility and impact around the world. This review summarises lessons learnt and recommendations for future research as 'roadmaps' in progress to encourage moving the field of physical activity towards achieving population-level impact globally.

[Read the original article here.](#)



## Are 24 h movement guidelines the way forward?

This report discusses 24-hour movement guidelines for the early years that combines recommendations for movement behaviors across the whole day, and how the approach is gaining momentum across the globe.

[Access the article here.](#)



## Gait speed is associated with midlife aging and lifelong brain health

In this 5-decade cohort study of 904 participants in New Zealand, physical and biological indicators of accelerated aging, including compromised brain integrity (eg, reduced brain volume and cortical thickness), were associated with slow gait measured at age 45 years

[Access the article here.](#)



**NAME:** SIMONE TOMAZ

**JOB TITLE:** RESEARCH ASSISTANT

**CURRENT LOCATION:** UNIVERSITY OF STIRLING, SCOTLAND

**YOUR ROLE?** Compile evidence to determine the impact of research studies conducted in the Faculty of Health Sciences and Sport. Fill any gaps of time with physical activity research.

**RESEARCH INTERESTS?** The majority of the work I've done to date has been on physical activity, sedentary behaviour and sleep in pre-schoolers. More recently I've done some work with Dr Paul Kelly (University of Edinburgh) on the risks of physical activity, which has got me thinking...

**2 THINGS YOU'D ADVOCATE FOR IN YOUR COUNTRY?** As a South African - and a member of the team that worked on the South African 24-hour Movement Guidelines for children 5 years and younger - I'd advocate for better (and in some geographical areas, just any) support to parents and caregivers of young children, to make movement guidelines achievable. I'd also advocate for bridging the gap between high schools, universities and sports clubs to encourage teenagers to continue playing sport as they become young adults.

**NEXT BIG THING IN PHYSICAL ACTIVITY?**

More noise about moving *more, and more often*, rather than prescribing x minutes of MVPA per week.

**FAVOURITE PHYSICAL ACTIVITY?**

Field hockey is my first love. But I also enjoy swimming, running and cycling.



## JPAH EDITOR'S PICK

Professor Loretta DiPietro shares her pick from the November issue.



Nau T et al. Toward a whole-of-system action to promote physical activity: A cross-sectional analysis of physical activity policy in Australia

Journal of  
**Physical Activity & Health**

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ISPAH

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Systems thinking has become a key element of successful public health practice. Indeed, our ability to engage multiple sectors of our society (many of them non-traditional public health partners, such as transportation, city planners, and business) provides greater bandwidth in addressing a population health issue. Nau and colleagues used conceptual systems thinking to develop a 'cognitive map' of various societal factors affecting physical activity-related policies in Australia. Their audit of 110 policies identified a number of limitations to existing efforts (e.g., lack of focus on physical activity; lack of evaluation actions relevant to physical activity; lack of resource or funding information). Nonetheless, the authors propose that these limitations can serve as strategic opportunities for improving policy coordination, implementation, and evaluation as we continue to scale-up our global efforts to increase population physical activity.

# ANNOUNCING ISPAH 2022 IN ABU DHABI!



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@ISPAH

We are delighted to announce that Abu Dhabi, UAE has been selected as the host city for the ISPAH Congress in 2022. The decision was made by the ISPAH Board after a compelling bid was submitted by the Abu Dhabi Public Health Center under the Department of Health- Abu Dhabi with the support of Abu Dhabi Convention Bureau, Abu Dhabi Sports Council, Department of Community Development, National Health Insurance Company-Daman, Abu Dhabi National Exhibition Centre, and a consortium of universities and public and private sector partners. Key influencing factors were accessibility for delegates, modern infrastructure, and a Team Abu Dhabi approach.

Directed by the Abu Dhabi Economic Vision 2030, the emirate has a unified approach towards the advancement of society. With enthusiastic and highly experienced partners the emirate is spearheading a destination wide approach to creating and operating the event and to the success of its short and long term goals. The vision is to use this conference to transform Public Health through innovative research and practice. Abu Dhabi is the place where we can make the translation from research to real life.

The development of the United Arab Emirates, and Abu Dhabi in particular, has been largely focused on bringing the very best to its people. Whether this is in the realm of environment, art and culture, or education, Abu Dhabi strives to be a world leader with an emphasis on excellence throughout. From a policy perspective, the congress will support to mobilize resources to ensure that promotion of physical activity is a public health priority. Hopefully, this collective efforts of hosting and presenting state of the art research about physical activity will help to initiate progressive, large-scale, multilevel interventions, and help implement physical activity promoting policies, interventions and activities both in Abu Dhabi and in the wider region.

With three diverse destinations in just one Emirate, Abu Dhabi is a truly extraordinary destination. It is a destination where respect for the past informs the present and shapes the future. This is a diverse emirate with desertscapes, oases, mountain heights, fabulous beaches, warm, clear waters, desert islands, an ancient heritage city and a modern, cosmopolitan capital city. It's a destination of historic buildings, thrilling headline attractions, engaging tours and a packed calendar of headline events covering the arts, culture, sports, and concerts.

# UPDATES FROM THE AMERICAS!

## EARLY CAREER NETWORK CORNER

By  
Edtna Jauregui  
ECN PAHO Regional Rep

### Exercise is Medicine in Latin America

The American College of Sports Medicine (ACSM) global health initiative 'Exercise is Medicine', which focuses on incentivizing primary care physicians and other health care providers to include physical activity in treatment plans, is being delivered at National Centers in Argentina, Brasil, México, Nicaragua, Perú, Puerto Rico y República Dominicana.



### RAFA-PANA XVIII World Meeting 2019

The Physical Activity Network of the Americas, RAFA-PANA, organized from 22 to 23 August the II International Course on Physical Activity and Public Health in León, Mexico.



See more at: [rafapana.org](http://rafapana.org)

### Seminars in Physical Activity and Health

During the last 10 years the Organization of the International Congress on advances on Medicine by the Civil Hospitals include a three day seminar focus on Physical Activity and Health.



More from [CIAMHCG.com](http://CIAMHCG.com)

### Master Degree in Physical Activity and Lifestyle - Centro Universitario de Ciencias de la Salud

The Master's Degree in Physical Activity and Lifestyle aims to develop professionals who go from theory to practice with national and international presence and who respond with actions to current problems such as: 1) physical activity in health and in the line of life, community physical activity, alternative physical activities and policies in physical activity at the clinics and community; 2) sports medicine where adapted sport is addressed, injuries and rehabilitation sports and sport in older adults; 3) the ecological dimension of the lifestyle where PA plays an important role in biopsychosocial environment, social and socio-emotional benefits.

For more info visit: [cucs.udg.mx](http://cucs.udg.mx)

or email: [maestriaenactividadfisica.ev@academicos.udg](mailto:maestriaenactividadfisica.ev@academicos.udg)

## Join Us!

#ISPAH-ECN

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.

Email us at: [ispahearlycareer@gmail.com](mailto:ispahearlycareer@gmail.com)

Meet the  
ECN  
Committee

# HAVE YOU SEEN...

WE LOOK FORWARD TO SEEING YOU  
IN VANCOUVER IN 2020!

## 8th ISPAH Congress

October 28-31, 2020

See you in October 2020!



...key dates for ISPAH2020 in Vancouver:



November 2019 - Launch of Congress Website - [www.ispah2020.com](http://www.ispah2020.com)

30 Nov 2019 - Satellite meetings and symposia submissions open

27 Jan 2020 - Abstract submissions open

3 Feb 2020 - Deadline for satellite meetings and symposia submissions

18 Mar 2020 - Registration opens!

2 March 2020 - Notification of satellite meetings

1 April 2020 - Notification of symposia acceptance

5 April 2020 - Deadline for abstract submissions

15 April 2020 - Late breaking abstract submissions open

15 July 2020 - Notification of abstract acceptance

23 June 2020 - Deadline for late breaking abstract submissions

29 July 2020 - Notification of late breaking abstract acceptance

31 July 2020 - Early bird registration deadline

10 October 2020 - Regular registration deadline



# UPCOMING EVENTS

**TIDIRH**

**Newcastle, Australia, 2020**



Training Institute for  
Dissemination &  
Implementation  
Research in Health  
Australia

**What is TIDIRH?**

Training Institute for Dissemination and Implementation Research in Health (TIDIRH) is the US National Institute of Health Implementation and Dissemination Training. This is the most seminal implementation training within the field providing post-docs/clinical researchers with knowledge/skills to undertake high quality implementation research.

**Who is delivering the course?**

For TIDIRH Australia, we have some of the leading implementation scientists internationally whom will be paired with Australian mentors (See below). All the faculty are TIDIRH Alumni.

**How do participants enrol?**

Participants submit a project proposal (approx. 2 pages) to enter the course and if accepted they are placed into small groups where they will be mentored by two of the mentors above (one international and one Australian based).

**What is involved?**

Participants complete approx. 5 online lectures over 3 months which focus on key aspects of implementation methodology. Following each lecture participants revise/ reflect on the relevant section of their proposal and submit to their mentor who provides advice/ guidance of how their project may be enhanced. Participants and mentors then come to a 2 day residential in Newcastle where they will have face to face lectures and meet with their mentors to continue to work on/ polish their project proposal.

**What does it cost?**

\$880- the course is not for profit, this is simply to contribute to some of the costs of the international guests

**APPLICATIONS CLOSE NOVEMBER 24 2019**



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Rachel Sutherland : Rachel Shelton : Jamie Bryant : Taren Swindle : Jed Duff : Serene Yoong

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