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in this issue

- 02 Recent Research, Policy & Programs
- 03 ISPAH Member Profile
JPAH Editor's Pick
- 04 This month's commentary by Rowena Naidoo
- 05 The Early Career Network Corner
Expression of Interest to host ISPAH2024
- 06 Visit our new website!
- 07 Have you seen...
- 08 Upcoming Events

RECENT RESEARCH, POLICY & PROGRAMS



Descriptive Epidemiology of Screen-Based Devices by Children and Adolescents

This systematic scoping review synthesizes the descriptive epidemiology of newer screen-based devices, such as smartphones and tablets, and explores their contribution towards health-related screen time guidelines (≤ 2 h/day) in children and adolescents.

[Read the original article here.](#)



Are all METs the same for health benefits?

Accumulated daily metabolic equivalents (METs; expressed in, for example, MET-hours or MET-minutes) are probably the most common in health-related measure of physical activity. But do daily METs really 'tell the whole story' of the health effects from PA?

[Read the original article here.](#)



Does the Use of Absolute or Corrected Intensity Matter?

This study compares two intensity-weighted physical activity volume estimation methods (absolute vs corrected METs) on the direction and magnitude of physical activity–mortality associations using an established pooled data set of population cohorts.

[Read the original article here.](#)



Launch of a new Active Workplace Audit toolkit

A new toolkit for workplace champions, human resource professionals, and health and wellness promoters to identify ways of supporting office-based employees to move more and sit less throughout the work day.

[Access the toolkit here](#)



NAME: KABIR PREM SADARANGANI

JOB TITLE: PHYSIOTHERAPIST

LOCATION: UNIVERSIDAD SAN SEBASTIÁN UNIVERSITY, CHILE

MAIN ROLE? I teach undergraduate students in both research methods and public health subjects. Also, I advise the Ministry of Health in physical activity topics.

2 THINGS YOU'D ADVOCATE FOR IN YOUR COUNTRY?

- 1) Fight against the national proposal aiming to reduce physical education for 3 and 4 graders (16–18 years). This proposal had been paralysed at the chamber of deputies, however, recently the General Comptroller of the Republic stated it can be established from 2020
- 2) Cross-sectoral collaborations between transport, education and health aiming for a more friendly environmental city.

NEXT BIG THING IN PHYSICAL ACTIVITY?

Synergies between ministries of health, transport, education, housing and urban affairs, contributing to increase physical activity levels.

FAVORITE PHYSICAL ACTIVITY?

I enjoy playing racquetball and football

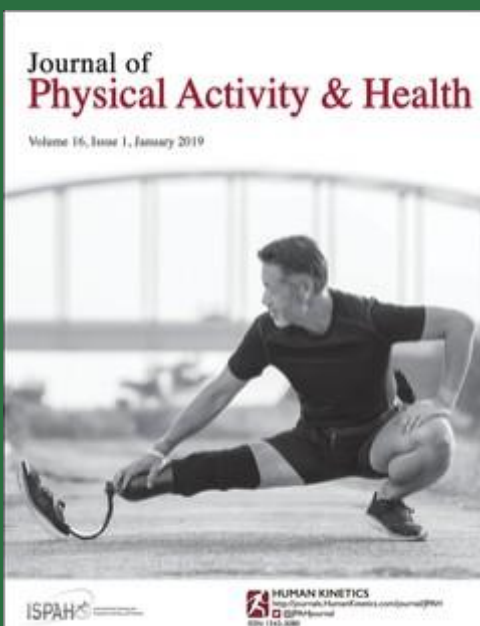


JPAH EDITOR'S PICK

Professor Loretta DiPietro shares her pick from the October issue.



Lemes IR et al. Metabolic Syndrome, Physical Activity, and Medication-Related Expenditures: A Longitudinal Analysis



Metabolic syndrome (MetS) is a clustering of biological risk factors comprising excess abdominal adiposity, dysregulated glucose, triglycerides and high-density lipoprotein cholesterol (HDL-C) concentrations, and hypertension. The prevalence of MetS is increasing globally and is associated with increasing medical costs. In the October issue of JPAH, we publish findings from Lemes and colleagues that investigated the economic burden of MetS and the role of regular physical activity in mitigating this burden among older adults living in Brazil. The authors reported that between 2010 and 2014, medical expenditures were 17% higher in those with persistent MetS, compared with those without it ($p < 0.01$). Reported physical activity slightly attenuated this association and explained about 1% of the variance in medical expenditures between 2010 and 2014 ($p < 0.01$). MetS presents a significant and growing economic and public health burden around the world. Efforts to prevent and manage MetS with regular physical activity may diminish the need for expensive pharmaceutical treatment over the lifespan.



COMMENTARY EVIDENCE-BASED INTERVENTIONS IN PHYSICAL ACTIVITY: LESSONS FROM AROUND THE WORLD-PART 2?

By Rowena Naidoo

Researchers are continually trying to design, test and implement sustainable interventions to promote physical activity. But, should we take a moment to remind ourselves of what we already know and what has been shown to be successful? Heath et al's (2012) paper "Evidence-based intervention in physical activity: lessons from around the world" identified reviews of physical activity interventions, published between 2000 and 2011 worldwide. They classified intervention strategies into three domains.

The first domain was campaigns and informational approaches i.e., strategies to change knowledge, attitudes, and behaviour within a community. The use of television, radio, newspapers, and other media was used to raise awareness, disseminate health messages and reinforce behaviour change. For example, point-of-decision prompts (these are designed to remind and motivate people to use stairs in buildings instead of the lift or escalator to ascend or descend to another floor).

The second domain was behavioural and social approaches. These aim to teach people behavioural management skills that are necessary for the successful adoption and maintenance, as well as the creation of organisational and social environments for behaviour change. Interventions include goal setting, social support, and behavioural reinforcement through self-reward. Programmes can be delivered in group settings by email, internet, mail and/or by telephone.

The third domain was that of environmental and policy approaches. These are designed to structure physical and organisational environments so that people have accessible, safe, attractive, and convenient places to be physically active. For example, improved street lighting, creation or enhancement of bike lanes and the redesign of streets.

Overall, most of the interventions were multicomponent, multisector, and multisite interventions. Their paper emphasises important regional and cultural differences that can affect how physical activity promotion is being approached around the world. In particular, the socio-economic status of a region or country influences the physical activity intervention design.

Post 2012, numerous studies on physical activity interventions worldwide have been published. Many questions can be raised, like; are intervention strategies still within the three domains? are there new domains? is there new information on low socio-economic countries?

However, to the best of my knowledge, a review similar to Heath et al's (2012) has not been conducted. It would be interesting as well as very informative for a follow-up study to be conducted.

Any takers?



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



@Rowena28

THOUSANDS OF ETHIOPIANS ARE INTEGRATING 'CAR FREE DAY' AS PART OF THEIR MONTHLY ROUTINE.

EARLY CAREER NETWORK CORNER

By Chalchisa Abdeta

According to the World Health Organization (WHO) report, vehicles emissions are creating ambient air pollution, the top contributor to climate change and causing about 4.2 million deaths in 2016. The Ethiopian government have launched a monthly Car Free Day initiative to boost non-motorized transportation and fight air pollution. Every month since December 2018, thousands of Ethiopians are getting active and fighting air pollution at the Car Free Day event. People of all age categories (young children, adolescents, adults and older people) are enjoying this event. Ethiopians are enjoying walking, jogging, running, doing aerobic exercises on the streets as you see on the pictures below. So, the Car Free Day is a great opportunity for both people and cities.



Car Free Day was marked in major cities of the country including Addis Ababa, Adama, Jimma, Hawassa, Bahidar, Mekelle, Dire Dawa, Harar and Jigjiga. The roads are temporarily closed for mass walking, jogging, running, and aerobic exercises for at least for 4-8 hours. Free health checks are also offered at every event. This is to bring an appetite for active walking/biking during transportation and reduce air pollution in the cities. The key aim of the event is to create more active, healthier and productive citizens in healthy environments. The Car Free Day is a massive opportunity for countries to realize how much air pollution affects our health. Ethiopia Car Free Day is encouraging motorists to give up their cars and choose walking/using a bike.

This initiative is well sustaining due to a strong political commitment from the Health Minister, H.E. Dr. [Amir Aman](#) as we understand from his speech "Our goal is clear: building healthier citizens and pollution free Ethiopia". Besides, he is actively engaging in this event and promoting healthy lifestyle. Also, Ethiopians are committed to engage in such events. See the feeling of people on Ethiopia Car Free Day from [this video](#).

So, Ethiopia shall we call for weekly 'Car Free Day'?



Chalchisa Abdeta, MPH
ECNAFRO Regional Rep



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.

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

Meet the
ECN
Committee

#IspahECN

ARE YOU INTERESTED IN HOSTING THE 2024 ISPAH CONGRESS?



The ISPAH board are pleased to announce that expressions of interest to host the 2024 ISPAH Congress will be accepted from 1 October 2019.

The deadline for expressions of interest is 31 January 2020.

The details are available on our website at www.ispah.org/host-congress

Keep an eye on the ISPAH twitter account (@ISPAH) for any updates; or contact us at info@ispah.org if you have any other questions.

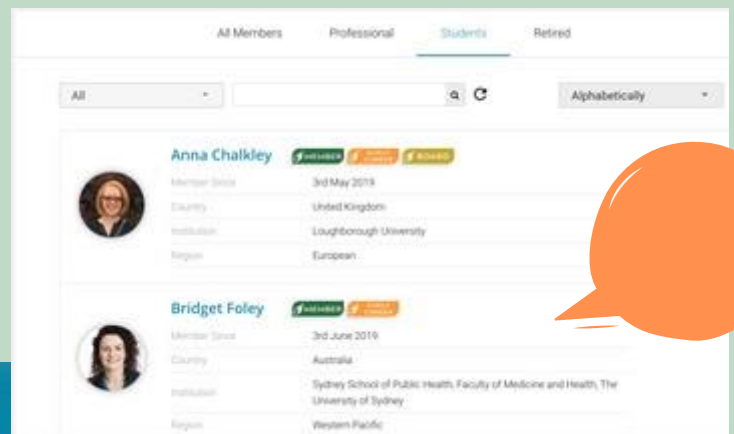
ARE YOU AN ISPAH MEMBER YET?



The new ISPAH website has been launched!

Join today so that you can enjoy:

- Social Media promotion of publications in JPAH
- Discounted ISPAH Congress Registration rates
- Personalising your ISPAH profile
- Connecting with professionals all across the globe within the ISPAH Membership Directory
- Getting involved with ISPAH councils and networks!



Head to our new website to make the most of these benefits today!

... the Physical Activity Researcherpodcast?

The Physical Activity Researcher Podcast is from researchers to researchers and has a wide range of sedentary behaviour and physical activity researchers as guests.

Previous researchers (and ISPAH members) that have featured on this podcast include Dr Neville Owen and Prof Stuart Biddle. Topics covered have included behaviour change, physical activity and sedentary behaviour measurement and physical activity in special populations (e.g. children, cystic fibrosis, people with diabetes).



Podcast updates can be followed on Twitter: @PA_Researcher



In the coming weeks, @PA_Researcher will be featuring ISPAH member Prof. Emmanuel Stamatakis and ISPAH President Dr. Catherine Draper.



@M_Stamatakis



@DrCathD



... these job opportunities?

Assistant Professor of Kinesiology - Exercise Science (Tenure Track)
University of Alabama, U.S.A

Assistant Professor (Tenure-Track) - Health Promotion & Behavioral Science
University of San Diego, U.S.A

Senior Lecturer/Lecturer in Sport and Exercise Sciences
Northumbria University, UK

Associate Professor in Exercise and Sports Science
Charles Darwin University, Australia

UPCOMING EVENTS

The countdown to ISPAH 2020 begins!

The 2020 ISPAH Congress will be taking place in Vancouver from October 28 to 31, 2020.

Key upcoming dates for our congress:



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



Save the date for the first Latin American Congress of Physical Activity and Health Research

The congress is going to take place in Cuernavaca, Mexico, on April 15-17, 2020.



**1er Congreso
Latinoamericano
de Investigación
en Actividad Física y Salud**

Visit www.cliafs.org for more information

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