



The Monthly Newsletter of ISPAH



SEPTEMBER 2019

in this issue

- 02 Recent Research, Policy & Programs
- 03 ISPAH Member Profile
JPAH Editor's Pick
- 04 Special Feature: The gender gap in physical activity
- 07 Have you heard? We endorse courses!
- 08 The Early Career Network Corner
World Week for Action on NCDs
- 09 Are you interested in hosting the 2024 ISPAH Congress?
- 10 Epidemiology Council Update
- 11 Upcoming Events

RECENT RESEARCH, POLICY & PROGRAMS



New toolkit aims to help GPs encourage physical activity

Sport England and the Royal College of GPs (RCGP) have teamed up to launch the Active Practice Charter that inspires and celebrates GP practices that are taking steps to increase activity in their patients and staff.

[Access the article here.](#)



Updated UK Physical Activity Guidelines released

The UK Chief Medical Officers have launched the updated UK CMO Physical Activity Guidelines, 2019 and accompanying infographics. The key message - some physical activity is good, but more is better.

[Access the report here](#)



The gender gap in physical activity

Across most countries, women are less active than men (global average of 31.7% for inactive women vs 23.4% for inactive men). Policies that tackle the gender gap in physical activity could therefore have a substantial impact on overall population health

[Read the commentary here](#) and check out page 4 for our feature on this topic.



Physical activity patterns and sociodemographic correlates in South American adults

This study reports physical activity and sitting time prevalence and correlates using data from 116,982 adults from six South American countries as part of the South American Physical Activity and Sedentary Behavior Network (SAPASEN).

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



Sit less - move more and more often

This new systematic review and harmonised meta-analysis shows that higher levels of total physical activity, at any intensity, and less time spent sedentary, are associated with substantially reduced risk for premature mortality

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

MEMBER PROFILE



NAME: NANETTE MUTRIE

JOB TITLE: CHAIR OF PHYSICAL ACTIVITY FOR HEALTH AND
DIRECTOR OF PHYSICAL ACTIVITY FOR HEALTH RESEARCH CENTRE

LOCATION: UNIVERSITY OF EDINBURGH, SCOTLAND



MAIN ROLE? To help the core members of our research centre to realise their research potential and to ensure the centre runs smoothly and happily.

2 THINGS YOU'D ADVOCATE FOR IN YOUR COUNTRY?

- 1) Provide resources at the same level of smoking cessation since inactivity causes similar number of deaths
- 2) List 20 successful interventions in Scotland and enable them to occur at scale

NEXT BIG THING IN PHYSICAL ACTIVITY?

All movement – not just MVPA - is good for health and mental health.

FAVORITE PHYSICAL ACTIVITY?

Dog walking, golf, cycling and the very fun game of pickleball



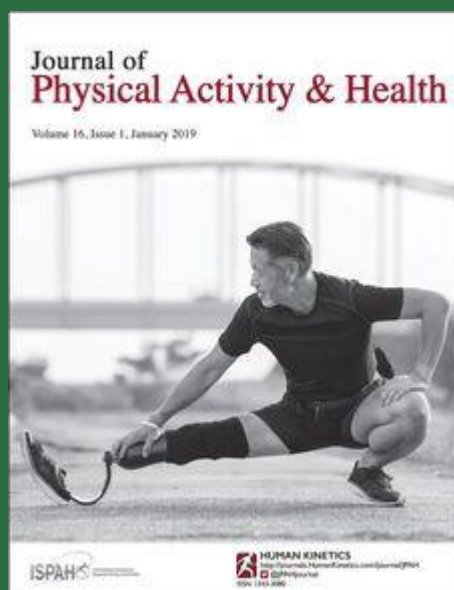
Photo by Joan Azeka on Unsplash

JPAH EDITOR'S PICK

Professor Loretta DiPietro shares her pick from the September issue.



Novais FV et al. Randomized Controlled Trial of Primary Health Care Strategies for the Promotion of Leisure-Time Physical Activity Among Older Brazilians



The primary care setting seems an optimal place for promoting an active lifestyle; however, its full potential has not yet been realized. In the September issue of JPAH, we published results from a clinical trial that tested the effectiveness of three primary health care strategies for increasing leisure-time physical activity among older people living in Brazil. The findings indicated that after 3 months, there was a significant increase in physical activity among participants receiving individualized physical activity counseling from a qualified physical education professional with additional referral to a near-by exercise facility compared with those receiving only physician-based counseling ($p < 0.02$) and those receiving only the recommendation to achieve 150 min/week of moderate-intensity aerobic activity, plus strengthening, balance, and flexibility exercise ($p < 0.001$). These significant group differences persisted after 6 months. Primary care professionals play an important role in population health, and medical recommendations, counseling, and referrals may be key to helping patients achieve and maintain an active lifestyle.



COMMENTARY

THOUGHTS ON THE GENDER GAP IN PHYSICAL ACTIVITY

By Nanette Mutrie

I enjoyed reading the Lancet editorial on the gender gap in physical activity and I applaud the Lancet public health team for raising this equalities issue. The editorial notes that the reasons for the world-wide gap between activity levels of men and women are numerous and complex and discusses many of the reasons and offers some potential interventions.

However, I found one important reason for the gap to be missing – that is the experience of school physical education (PE). Here are a few thoughts on that topic:

1. I suggest that many more girls than boys leave school with negative views of their experiences which will make it all the more difficult to lead active lives as adults.
2. The curriculum for PE is still dominated by traditional team sports which are male dominated - many girls do not like the nature of these games and the competitiveness which is part of the process.
3. Fundamental movement skills may be missing by the time girls leave school. This suggests to me that more PE or movement education should happen in the primary school years with the hope that more skilful and confident movers will find activities they enjoy which can last a lifetime.
4. PE is too often not required – this depends on the country in question. For example, every primary and secondary school in Scotland is required to provide 2 hours of PE each week - and almost 100% now do that. Many countries do not have this sort of requirement.
5. PE is often taught in a co-educational way with boys and girls together. For many girls this will be the root of dislike of sport and other activities and single sex PE classes might help overcome that.
6. All of this suggests that PE needs a new way of teaching girls about how to enjoy activity and this might influence the 'gap'.



Photo by
Lukas
from
Pexels.



Professor Nanette Mutrie (MBE CPsychol FBASES FHEPA-Europe) is the Director of Physical Activity for Health Research Centre at the University of Edinburgh

SPECIAL FEATURE

WHO IS WORKING ON CLOSING THE GENDER GAP IN PHYSICAL ACTIVITY?

To commemorate Woman's month, the ISPAH communications team put out a call on twitter to any research teams/organisations working towards increasing physical activity in women. ISPAH commends these research teams who are working hard to close the gender gap in physical activity!

Totally Runnable

Totally Runnable is a social enterprise company based in the UK, using running as the tool to build girls' confidence in sport, exercise and life.

"Our research shows that girls as young as 7 are 22% less likely to call themselves "very sporty" than boys, that girls at primary school (age 5-11) run less distance than boys over a 15-minute period, and that we are 33 times more likely to see a photo of a man playing sport in a UK national newspaper than a woman. We are working to close this #GenderSportGap.

To find out more visit

www.totallyrunable.com or via our #GirlsandSportPledge



PLAN-A

@**Simon_Sebire**
@**Russ_Jago**
@**b_tib**

PLAN-A is a Peer-Led physical Activity intervention for Adolescent girls which aims to increase their physical activity levels by capitalising on the positive power of peer influence. PLAN-A involves peer nomination where girls aged 13-14 years old identify girls in their school year group who are influential. Nominated girls are invited to be peer-supporters and are trained to develop the skills, knowledge and confidence to informally promote physical activity amongst their close peers through support, conversations, co-participation, persuasion and encouragement.



Feasibility Study



Protocol Paper

To find out more visit

www.bristol.ac.uk/sps/plan-a

Research in Qatari women

@**BrynaChristmas** @**DrDanielBailey** @**DrLeeTaylor**

Cultural (i.e. Islamic traditional clothing), environmental (i.e. hot humid desert) and logistical factors (i.e. reliance on vehicles for transport) challenge the Qatari population, particularly females, to engage in physical activity. This research found that breaking up sitting with moderate-intensity walking breaks (3-min every 30 min) improved postprandial insulin and triglycerides, attention and executive function in Qatari females.



Christmas et al. PLoS One 2019



Christmas et al. Front Physiol 2019

SPECIAL FEATURE CONTINUED

ACTIVE project

The ACTIVE project (completed in December 2017) worked with over 900 pupils in 7 secondary schools to help improve access and opportunities for this age group by giving intervention schools vouchers to spend on activity. For girls, it was important that activity was fun and required little training or equipment to do. We found that empowering girls to make their own choices had a positive impact on their fitness and help change their perceptions of activity for the better.



James et al. BMC Public Health 2018
James et al. BMJ Open 2019



Six ways to get teenager more active...
School are a crucial place for PA...
Laser tag, trampolining, and water parks...



Her Sport, Her Way

@lindseyreece28
@bridgetcfly

Despite the appearance of strategic gender-specific sport and physical activity endeavours, governments have failed to assess the outcomes of gender equity policies in sport and physical activity. In NSW, Australia the Her Sport, Her Way policy has been developed, informed by the available evidence base. This four-year policy is the first gender-specific physical activity policy to include all Health Enhancing Physical Activity (HEPA) policy elements from the World Health Organisation's HEPA audit tool, including an independent evaluation led by the University of Sydney SPRINTER research group.

To find out more visit www.sport.nsw.gov.au/ourwork/women-in-sport

WISH study

The Walking in Schools (WISH) Study is a fully-powered clustered randomised controlled trial designed to evaluate the effectiveness of a novel, low-cost, peer-led school-based walking intervention, delivered across the school year, at increasing physical activity (PA) levels of adolescent girls in schools within NI and the border counties of Ireland. In intervention schools, pupils aged 16-18yrs will be invited to train as walk leaders to lead younger pupils (12-14yrs) in 10-15min walks before school, at break and lunch recess.

The study commenced in 2019 and will run until 2022.

To find out more contact Trial Manager, Dr Maria O'Kane
m.okane@ulster.ac.uk or follow us on twitter!



The study is funded by the CHITIN Project @CHITINProject



@MarieHMurphy
@amgallagher_UU
@AngelaCarlin7
@Maria_Faulkner
@MariaOKane29
@Russ_Jago
@IMLahart

HAVE YOU HEARD?



We endorse courses!

Pragmatic Evaluation Course 2019

Endorsed by ISPAH

The 8th Pragmatic Evaluation in Physical Activity and Public Health course was held in Olomouc, Czech Republic in May/June 2019. We were hosted by the Dept. of Recreation and Leisure Studies at Palacky University. The course was an official Satellite event of the 2019 International Society for Behavioral Nutrition and Physical Activity (ISBNPA) annual meeting and was endorsed by the International Society for Physical Activity and Health (ISPAH).

There were 10 competitively selected delegates from 7 different countries – Canada, China, India, Ireland, Germany, Taiwan, and United Kingdom. The course examined evaluation approaches in physical activity promotion from academia, practice and policymaking. Delegates shared experiences from their home countries and it was an opportunity to learn from various settings and cultures.



We welcomed Prof Sylvia Titze (Austria), Prof Andy Jones (UK) and Dr Zdeněk Hamřík (Czech Republic) as guest faculty for the 2.5-day face-to-face component of the course. The pre-course online content was provided by the WHO Collaborating Centre for Physical Activity, Nutrition and Obesity at the University of Sydney. All course completers were invited to join our growing international network of alumni that now contains 139 members from 35 different countries.

Are you interested in applying?

Plans for future iterations of the Pragmatic Evaluation in Physical Activity and Public Health course are in motion in different parts of the world, including a possible Level 2 Course for previous delegates.

Further details can be obtained by contacting the course coordinators (pragmatic.evaluation@gmail.com or on twitter). These courses are organised by Dr Paul Kelly (University of Edinburgh), Dr Karen Milton (University of East Anglia) and Dr Justin Richards (University of Sydney).



@Pragmatic_Eval

HEPA EUROPE 2019 CONFERENCE: A VIEW FROM AN ECR

EARLY CAREER NETWORK CORNER



By Matthew 'Tepi' McLaughlin
Chair of the ISPAH ECN

What an incredible setting for a physical activity conference. Odense, Denmark – truly a case study for what can be done in active transport and liveability. The culture of cycling was a spectacle. At the conference reception, it was incredibly refreshing to hear such an energetic town Mayor talking about the culture of activity in Odense.



For any early career professional (research or practice), I think observing what can be achieved, a case study if you will, it's inspiring. Case studies and our own experiences of what works well ultimately impact on our thinking.

As for the scientific content, also of an excellent standard. I'm going to talk here more about the Panel Debate held during the conference... "How to accomplish GAPP 2018-30".

From the audience, questions were posed to an expert panel. Professor Adrian Bauman asked '*which country is a case study for accomplishing The GAPP 2018-30?*'. The panel consisted of esteemed researchers, practitioners and politicians... and their answer on the whole was that there isn't a perfect case study. But Dr Melody Ding did add that Denmark was a great example of what could be done for active transport.

Professor Catherine Woods then asked '*if you could measure only one thing in every country worldwide, to use as an indicator of accomplishing GAPP, what would it be?*' Answers ranged from money spent on active transport, to nationally representative surveillance data. What would you measure if you had to make the decision? Certainly a question that started some detailed conversations.

All in all, a fantastic conference attended by many ISPAH Early Career Network members. Great to see so many early career professionals presenting their research and practice findings. I look forward to seeing many of you in Vancouver for ISPAH 2020.





2-8 SEPTEMBER WAS WORLD WEEK FOR ACTION ON NCDS

Our Job is not done!

- Does your country have a National Physical Activity Action Plan?
- Is it well supported and funded?
- Is it well implemented?

Fifteen months on from the launch of the Global Action Plan on Physical Activity ISPAH is calling for a worldwide focus on implementation of National Action Plans on Physical Activity, mobilising localised versions of the framework in the WHO initiative (GAPPA).

GAPPA lays out the rationale and opportunities for multi-sectoral actions for progress on this key risk factor for NCDs. But ISPAH wants to see more progress on implementation at national and regional levels. More active communities can deliver numerous co-benefits across health, economy, environment and social policy. A well implemented national action plan for physical activity is a sound investment for Governments.



Download your copy of the GAPPA [here](#)

Access the 2018 ISPAH webinar on GAPPA [here](#)

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 will be made available on our website at www.ispah.org in the coming weeks.

Keep an eye on the ISPAH twitter account (@ISPAH) and on the October issue for any updates; or contact us on ispahorg@gmail.com if you have any other questions.



ISPAH COUNCIL UPDATE

The Epidemiology Council wants you to get involved!

The Epidemiology Council is one of the newer councils of ISPAH. The aim is to raise the profile of contemporary epidemiological methods that can help improve causal inference in physical activity research.

What are we doing?

The flagship project of the Epidemiology Council's first term is the **Physical Activity Cohort Study Repository (PACE)**. An extensive review of existing cohort studies worldwide will be conducted in order to establish which studies have collected data on physical activity and sedentary behaviour (self-report and/or device-based measurement). We will compile a central repository with comprehensive information about these cohorts. This resource will encourage researchers to return to existing cohort studies with multiple assessment time points and apply contemporary causal inference methods to provide more robust evidence, thus helping to maximise investment into cohort studies. The PACE will also identify opportunities for international collaboration, including forging research links which will help build capacity in low- and middle-income countries.

How can you get involved?

We are seeking volunteers to assist with the PACE project. Volunteers will be asked to help with title and abstract screening and/or data extraction as part of a systematic review to identify relevant cohort studies. Volunteers will be invited to contribute as authors to a manuscript related to the systematic review.

If you are interested in joining the PACE team, please email Andrea Ramirez Varela at: aravamd@gmail.com



Brigid Lynch
Co-Chair



Terry Boyle
Co-Chair



Andrea Ramirez Varela
GoPA! Co-ordinator

ARE YOU AN ISPAH MEMBER YET?

Member Benefits

- \$1,000 USD discounted rate for Open Access publications in JPAH
- Social Media promotion of member publications in JPAH
- Discounted ISPAH Congress Registration rates
- Priority access to ISPAH Congress activities
- Membership of ISPAH Councils
- and more!



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 or contact Maria Hagströmer
(maria.hagstromer@ki.se) to become a member of ISPAH today!

UPCOMING EVENTS

#STEPtember

Aim for 10,000 steps per day throughout September!



Tweet us photos of your step count with #ISPAHNEWS and #STEPtember - the #ISPAH member with highest step count will be featured in our October #ISPAHNEWS edition!



XII Congresso Brasileiro de Atividade Física e Saúde

Feira de Ciência e Tecnologia para Atividade Física e Saúde

Semeando a atividade física para o futuro

The Brazilian Congress of Physical Activity and Health October 23 to 26, 2019

The Brazilian Congress of Physical Activity and Health (CBAFS) is a biennial event promoted by the Brazilian Society of Physical Activity and Health and considered one of the largest events in the area in Brazil.

The XII CBAFS theme is *Sowing physical activity for the future* and will feature renowned national and international speakers, discussing specific topics, in the form of workshops, lectures, conferences and round tables, stimulating reflection on what is expected for scientific research.

Visit
the CBAFS
website for
more
information
& registration

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 Iven Mielke, University of Queensland

Rowena Naidoo, University of Kwazulu-Natal

Simone Tomaz, University of Cape Town

Tony Okely, University of Wollongong

