



**Congress
2024**

Co-sponsor



**World Health
Organization**

Hosted by



The 10th International Society for Physical Activity and Health Congress

Palais des Congrès Paris, France 28-31 October 2024

Annual General Meeting

Wednesday 30th October 2024

11:45-13:15

Passy room

Agenda

- President's report
- Portfolio updates from ISPAH Board members
- Update from JPAH – Pedro Hallal and Melody Ding
- Rotation of leadership
- Future directions





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President's report on ISPAH 2022-2024

Dr Karen Milton

Harold 'Bill' Kohl III



- Founder of ISPAH
- ISPAH President, 2008 – 2014
- Editor in Chief, JPAH, 2007 – 2011
- Awarded ISPAH Fellow status in 2022



JPAH Bill Kohl Peer Review Academy



Join our mentor-driven program, carefully crafted by ISPAH and JPAH, aimed at enhancing the capabilities of Early Career Researchers (ECRs) in scientific manuscript peer review.

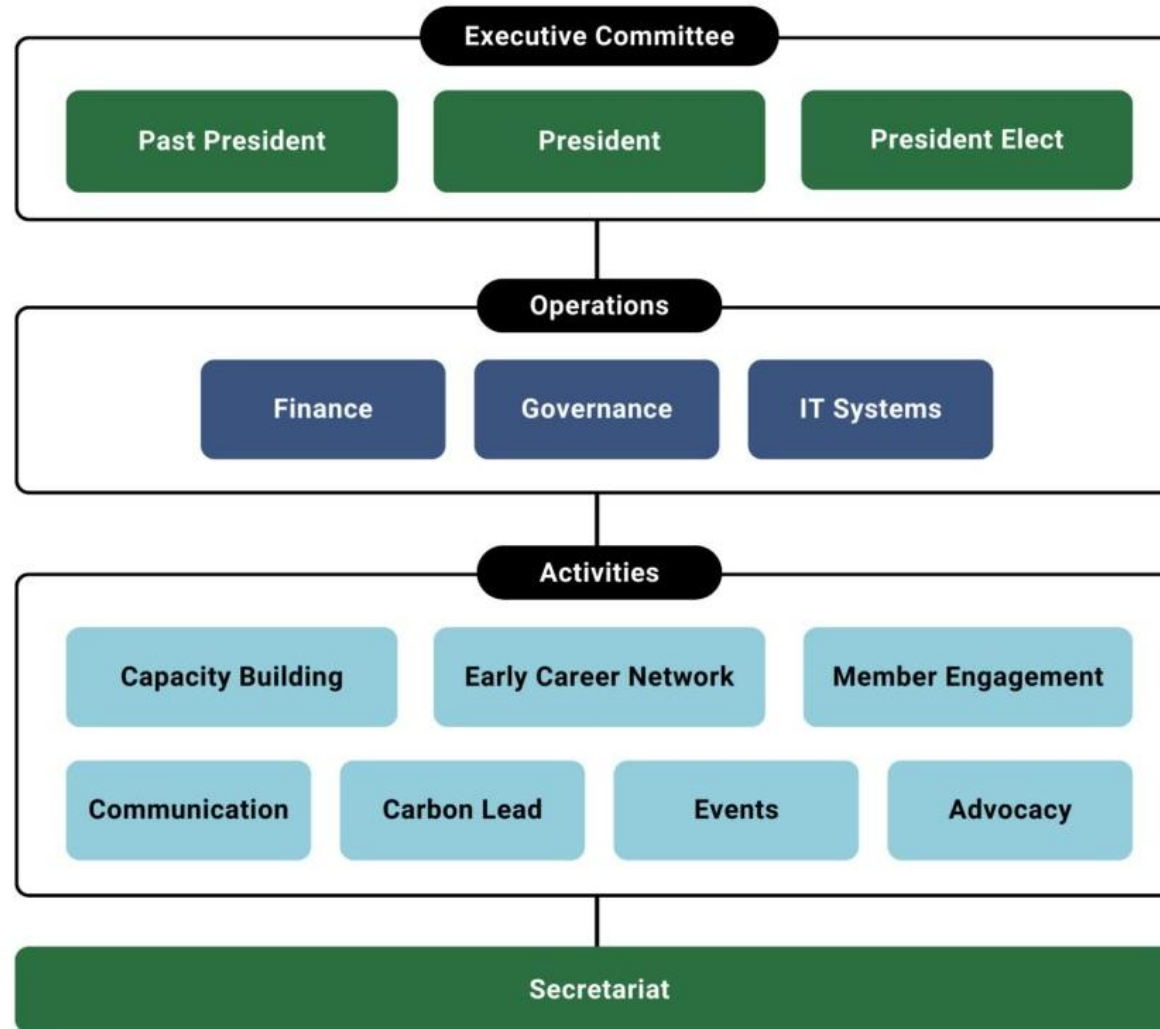
- ✓ Enhance proficiency in peer review
- ✓ Formal recognition upon completion
- ✓ Delve into the ethical, scientific, and practical aspects of peer review
- ✓ Personal mentorship from a experienced peer-review expert
- ✓ Hands-on experience with manuscripts submitted to JPAH

Submission deadline: April 1, 2024

www.ispah.org [f @ISPAHORG](https://www.facebook.com/ISPAHORG) [X @ISPAH](https://twitter.com/ISPAH) [@ISPAHORG](https://www.instagram.com/ISPAHORG)



ISPAH BOARD ORGANISATIONAL STRUCTURE



Administrative support

- In 2022, ISPAH established an agreement with Venue West to provide support with:
 - Financial matters (invoices, accounting, tax returns) and country registration
 - Organization of the ISPAH Congress for Paris 2024, Mexico City 2026 and 2028
- We learned, over 2022-2023 that:
 - Banking in Canada is challenging
 - Many day-to-day operations are more easily managed internally
 - There are huge advantages in working with a local Congress organiser
- We terminated our agreement with Venue West and worked with Overcome to organise Paris 2024
- We will work with a local Congress organiser for Mexico City 2026 and 2028
- We are currently assessing options for external administrative support vs internal management



Partnerships



GoPA!
Global Observatory for
Physical Activity





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Portfolio Updates



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Finance Report

Dr Gemma Ryde

Achievements

- For the 1st time, ISPAH has taken on the financial risk of delivering the biennial Congress - If the event 'breaks even' ISPAH will have \$92k to cover initial payments for Mexico 2026 e.g. Venue deposit
- Established Non-for-profit status in Canada
- Established new bank account
- Increased transparency and efficiency of tax reporting and accounting
- Over the next year ISPAH will move to the right balance of control over finances whilst complying with legislative responsibilities





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Governance Report

Dr Andrew Atkin



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Achievements

- Established a new Board position (Carbon Lead, Jessica Bourne) to oversee management of ISPAH's carbon footprint
- Revision and approval of ISPAH's 'Communications' and 'Complaints' policies
- Preparation and approval of a new 'Refund' policy
- Revision of ISPAH by-laws: Board role titles and IT management



ISPAH by-laws

- For clarity and consistency, we propose to standardise ISPAH Board role titles. All portfolios will have a designated 'Lead' (EG Governance Lead, IT Systems Lead). Executive Committee titles and the Secretariat will remain unchanged.
- Management of ISPAH's IT infrastructure will be undertaken by the 'IT Committee', overseen by the 'IT Systems Lead'. The IT Committee will fulfil all tasks previously handled by the 'IT Systems Director' and 'IT Operations Director'.





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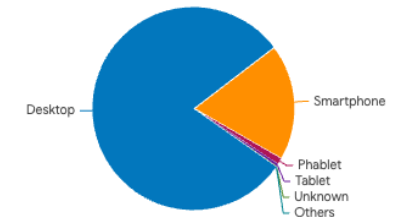
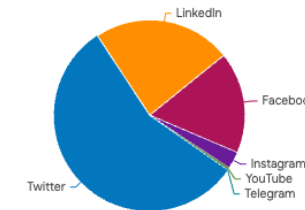
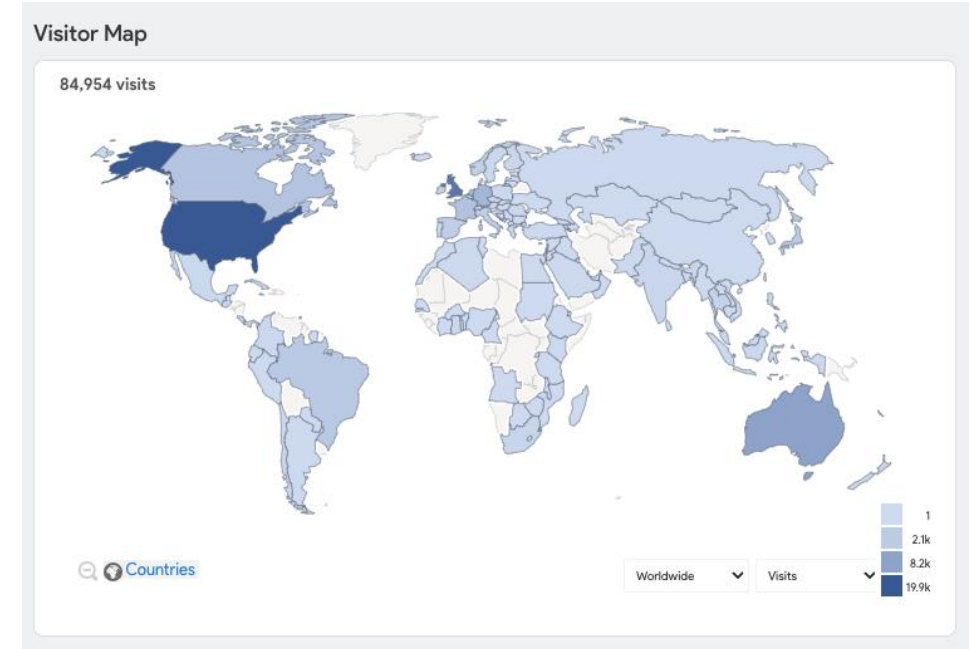
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IT Systems Report

Dr Elroy Aguiar

Achievements

- **Newly formed IT Systems team**
 - Matthew Ahmadi – IT Systems Lead, MS365
 - George Thomas – Membership system
 - Stephanie Duncombe – Announcements and blogs
- **Website Analytics** (Oct 1,2022 to Sep 30,2024)
 - ISPAH parent site
 - **85,954 visits**
 - ISPAH congress site
 - **70,957 visits**
 - Congress site fully built in house (abstracts, registration etc.)
- [Partnerships page](#)
- [Photo competition](#)



Focus for 2024-2026

- **Website refresh**

- Building out the site
 - Focus on content to boost member engagement
 - Councils and networks?
 - Community hub revival

- **Tecology Consulting Group (Tony)**

- Finding a balance between low and high priority requests
 - Retention hours are limited (10 h/mo for parent site and 8 h/mo for congress site)
 - Streamline IT ticket requests – first line should be Matt, then escalate to Tony

- **MS365 account audit**

- New/archived, next in line priority?
- Not-for-profit status tied to ISPAH home location





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Advocacy Report

Dr Harriet Koorts



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Achievements

- Developed an ISPAH workplan template
- ISPAH identified need to upskill members in PA advocacy, and we explored the potential for an online training course:
 - **Objective** - to upskill individuals in: (i) fundamentals of effective advocacy, (ii) how to take on an advocacy role, (iii) formulate advocacy objectives and (iv) apply advocacy models to develop advocacy strategies
- Online ISPAH member advocacy survey was positive, but low completion rate (n=10)
- Collaboration with ISCA to update existing / develop new advocacy training course, ongoing meetings for planning purposes
- Online training tool framework underway for launch Nov/Dec 2025





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Capacity Building Report

Dr Charlotte Lund Rasmussen

Activities

- Developing vision, mission and objective statement
 - Developed in collaboration between chair, committee members and Karen/Sjaan
 - Ready for a launch of a page on the ISPAH website specific for the capacity building committee
- Documentation for planning of online activities
 - Internal task overview
 - Information doc for online activities
- Online webinars
 - 3 x 3-hour online workshop series on processing accelerometer measured sedentary behaviour data with SBC
 - Initial planning on webinar series on accelerometer measurements in LMIC with ProPASS
- ISPAH Course Endorsement
 - 6 courses were endorsed between 2022-2024





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Carbon Report

Dr Jessica Bourne



Activities

- Completion of BSI Training Academy eLearning course
- Started developing a carbon management strategy for ISPAH
 - Step 1: Define – COMPLETED
 - Step 2: Measure – IN PROGRESS (2024)
 - Creation of delegate survey
 - PCO tracking their time working for ISPAH
 - Executive board survey in development
 - Step 3: Reduce – SET REDUCTION TARGETS FOR 2026
 - Step 4: Offset? - TO BE DECIDED
- Attended ISBNPA climate action meetings
- Advocated for positive climate decisions





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Communications Report

Sarah Ryan

Achievements

- Data presented for dates 08/2022 - 08/2024
- Growth of all channels
 - **Twitter/X** 9979 to 11047 = **INCREASE OF 11%**
 - **452 tweets, 1574 retweets**
 - **707,912 impressions**
 - **13,894 engagement**
 - **Facebook** 2305 to 2420 = **INCREASE OF 5%**
 - **LinkedIn** 826 to 1984 = **INCREASE OF 140%**
 - **Instagram** 589 to 911 = **INCREASE OF 55%**
 - **Newsletter** subscribers 203 to 1736 = **INCREASE OF 755%**
 - **Website** visits >3500 per month



Achievements

- (Re)establishment of an active and engaged committee
- Increased frequency of content across all social media channels
 - Gained access to all existing platforms
- (Re)establishment of the 8 Investments Blog Posts
- Established clear protocols to ensure smooth handover to future Communications Lead





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Early-Career Network Report

Dr Kim Straun



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Achievements

- 'Full' Committee since October 2022
 - Currently comprising of: Chair, Secretary, Project Officer, Communications Officer, and AFRO, SEARO, WPRO, PAHO and EMRO region representatives
- Move from 'Member of the month' feature to bi-monthly 'Member Highlight'
 - 5 profiles posted on the website & socials since January 2024 (from Brazil, Australia, USA, and the UK)
- Creation of new JPAH-ISPAH Early Career online Socials
 - 3 held since November 2023 with each ~ 15 participants
 - Topics: Building your network (co-hosted by Salome Aubert), Career development (co-hosted by Jacqui Mair), Pre-congress Social (co-hosted by Kwok Ng)
- Establishment of ISPAH ECN criterion (also actioned for inclusion on ISPAH registration form)
- ECN frequently featured within ISPAH News and on social media
- Organization of formal and informal congress activities



Outlook

- Explore how to facilitate research collaborations to further address the need "To improve interprofessional collaboration in Physical Activity and Health across young professionals" as outlined in ECN mission statement 2023
- Consideration of congress scholarships (particularly for LMIC ECRs)
- Look at highlighting ISPAH ECN member publications in JPAH
- Consider how to more consistently collaborate with other organizations, e.g. HEPA Europe, ASPA and ISBNPA
- Continue to highlight member profiles and benefits of joining ISPAH as an ECR





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Events Report

Dr Salomé Aubert



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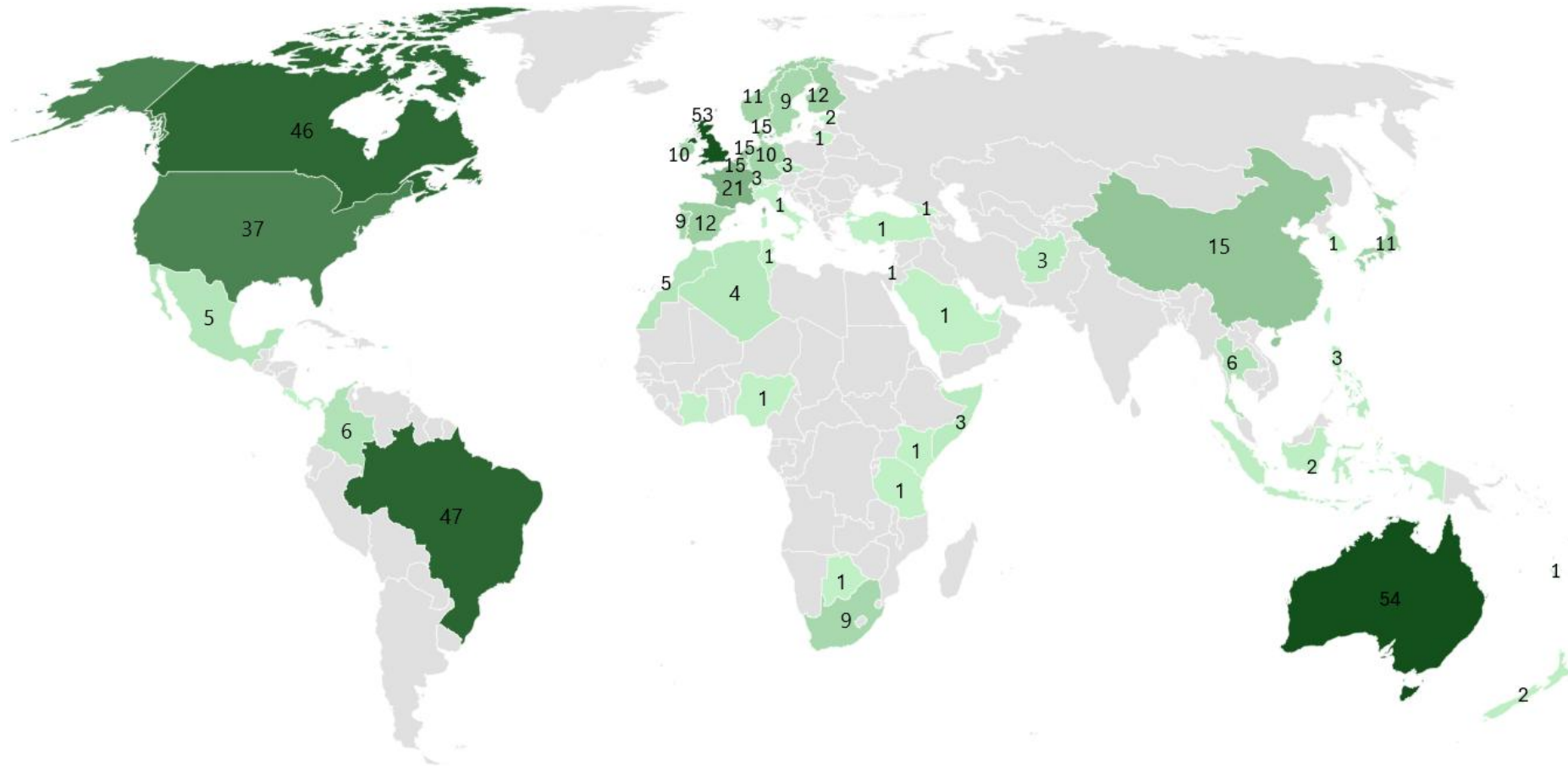
Achievements

- WHO co-sponsorship (fourth time)
- Custom built Congress platform
- Successful delivery of Paris 2024!
 - 860 attendees
 - 372 speakers
 - 202 oral presentations
 - 95 short-oral presentation
 - 17 symposia (with typically 4 presenters in each, 68 total)
 - 7 key-note presenters
- Financial security to underwrite Mexico City 2026



Achievements

Number of presentation abstracts submitted by lead author country of residence



Achievements

- Top 10 countries with the greatest number of presentation abstract submitted
 - Australia: 54
 - United Kingdom: 53
 - Brazil: 47
 - Canada: 46
 - United States: 37
 - France: 21
 - Netherlands 15
 - Belgium: 15
 - China: 15
 - Denmark: 15



Achievements

Financial partnerships

**cities
for better
health**





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Member Engagement Report

Dr Andrea Ramirez Varela



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ISPAH membership survey

- Survey circulated in May-June 2023
 - 74 respondents, mostly from high-income countries
- **Most valuable activities:** free access and discounted rates for open access publications in JPAH, ISPAH Congress discounts, scholarships for LMICs, education activities, networking, research collaboration, access to ISPAH councils and regional networks, and exclusive access to the members' area of the ISPAH website and directory
- **Recommendations:**
 - **Foster involvement in ISPAH Councils** by organizing more networking events, webinars, and workshops
 - **Facilitate connections/networking** and provide support for members seeking collaborations with researchers and organizations from different countries
 - **Strengthen global mentoring initiatives** to ensure long-term engagement, support, and accessibility, fostering lasting connections within the physical activity community



Low and Middle Income Countries (LMIC) Research Council

- 2 x Dragon's Den events: An online platform for early-career researchers in the Global South to pitch research ideas and receive collegiate feedback and mentoring
- Delphi Study: An initiative to support the prescription of physical activity in the Global South
- Health Economic Evaluation Hub and Clinics: The setup process is currently underway

Leads: Faatihah Niyi-Odumosu, Nana Anokye



Council for the Environment and Physical Activity (CEPA)

- CEPA continues to have a strong emphasis on facilitating multi-national research collaborations
- CEPA operates with a structure of "working groups"; the most active working group over the past 4 years has been the policy workgroup, led by Prof. Billie Giles-Corti, leading to the launch of the Global Observatory of Healthy and Sustainable Cities (GOHSC) initiative, including its 1000 Cities Challenge
- CEPA is currently seeking to strengthen the operating structure and leadership:
 - Seeking the next Chair
 - Identifying themes that better fit today's key research streams within the field of physical activity and the environment

Lead: Deborah Salvo



Epidemiology Council

- **PACE the Physical Activity Cohort Repository** brings together a central database of cohort studies that have prospectively collected data on physical activity and/or sedentary behaviour (self-report and/or device-based measurement) at two or more timepoints.
 - The protocol for the study has been published. A website where users can search for different cohort studies with physical activity data has been developed.
- **Confounder selection project** – aims to understand how confounders are selected for analysis of observational epidemiology studies, given the critical importance of confounding selection for model adjustment and eventual inference about physical activity-outcome associations.
 - A team of council members have contributed to data extraction and review. A manuscript is being prepared for publication.

Leads: Barbara Jeffris, Terry Boyle



Sedentary Behaviour Council

- **ECR mentoring workshop**
 - 16 mentor/mentee pairs from 7 countries
- **Hosted 3 sedentary behaviour webinars:**
 - Measurements and Analysis of Sedentary Behaviour
 - Building an International Database on Sedentary Behaviours
 - International recommendations for School Related Sedentary Behaviours
- **Ongoing SBC member's systematic review:**
 - TITLE: Quantity and patterns of sedentary behaviours in people living with a chronic condition: A systematic review
 - Full text screening complete for seven chronic conditions areas. Data extraction ongoing
 - 20 members working on the project from 18 countries
- **Hosted a 3-day series educational workshop:**
 - Sedentary behaviour data collected by the activPAL: How to clean and process data

Leads: Paul Mackie, Audrey Bergouignan





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Update from JPAH

Professor Pedro C. Hallal and Professor Melody Ding

A healthy JPAH

Impact Factor: 2.9

CiteScore: 5.5

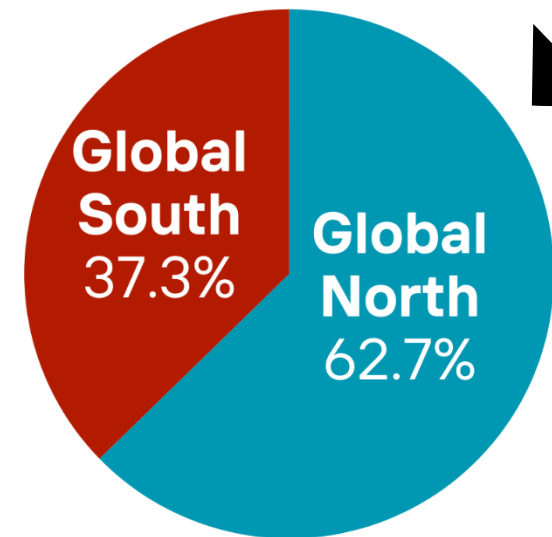
Acceptance rate: ~15%

Days to desk reject: 3

Weeks to first decision: 11

2023 publications: 126 (from
researchers based in 106 countries)

Submissions previous 12
months: 800+



A growing JPAH

Number of JPAH
Senior Associate Editors



Number of JPAH
Editorial Board members



A busy JPAH

- **Bill Kohl Peer Review Academy**
- **Special issues:**
 - “Physical Activity as a Necessary Solution to Current Global Health Challenges” (*coming in December 2024*)
 - “Leveraging Technology to Revolutionize Physical Activity Guidelines, Surveillance, and Interventions” (*coming in Summer 2025*)
- **Follow us on LinkedIn, X, & Instagram**





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Rotation of Board Members

Dr Karen Milton

Remaining Board Members



**Sjaan
Gomersall**

President-Elect →
President



**Karen
Milton**

President →
Past-President



**Andrew
Atkin**

Governance →
Finance



**Harriet
Koorts**

Advocacy



**Sarah
Ryan**

Communications



**Jessica
Bourne**

Carbon

Outgoing Board Members



**Jasper
Schipperijn**
Past-President



**Elroy
Aguiar**
IT Systems



**Gemma
Ryde**
Finance



**Kim
Straun**
Early
Career Network



**Charlotte
Lund Rasmussen**
Capacity
Building



**Shelby
Carr**
Secretariat



**Andrea Ramírez
Varela**
Member
Engagement



**Salomé
Aubert**
Events

Incoming Board Members



**Deborah
Salvo**

President-Elect



**Matthew
Ahmadi**

IT Systems



**Cathie
Sherrington**

Capacity
Building



**Claudia
Maddren**

Early
Career Network



**Marcus
Stoutenberg**

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**Shauna
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**Tahlia
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Directions & Priorities for ISPAH 2024-26

Associate Professor Sjaan Gomersall

Directions and Priorities

Acknowledge existing energy and work - continue to support and leverage momentum of existing activities

1. Financial and administrative stability

- Recent period of uncertainty moving in and out of arrangements with third parties (association and conference management)
- Ensure we can deliver on commitment to 100% risk for Mexico City 2026

2. Partnerships

- Strengthen existing partnerships
- Establish new partners that align with strategic priorities



Directions and Priorities

3. Capacity Building

- Flagship event ISPAH Congress 2026 in Mexico City
 - Work with local host and PCO to deliver congress
 - V2 of in-house conference management system
- Advocacy training / reinvigorate other activities (e.g., webinars)

4. Membership engagement and member benefits

- Review member benefits and motivation to join ISPAH
- Focus on engagement with LMIC





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Any questions?