

December 2019 GoPA! newsletter! Thank you for another fantastic year!

Dear colleagues,

» In this last 2019 newsletter, we would like to thank you for actively contributing with GoPA! for another year. Together, we were able to accomplish important achievements for global physical activity promotion and we have created a truly global, active and dynamic network. Congratulations!

This year we worked to get more Country Contacts and in starting the update of the Second Set of Country Cards. We want to update you on the Observatory progress and define next steps to our work.

» 1) Country Cards update!

We already started the Country Cards update and we plan to publish the Second Set by October 2020 at the ISPAH congress.

Dear Country Contacts, please help us again in completing, reviewing and approving the data for each of the indicators we will include in the Country Cards (*Country demographics, physical activity prevalence, physical activity research, physical activity surveillance, physical activity policy, deaths due to physical inactivity and sedentary behavior*).

Dear Country Contacts and GoPA! network members, please help us answering before December 18th the GoPA! "policy inventory"

www.vuau.qualtrics.com/jfe/form/SV_8wu7si78YfaeXbB



QR Code to the policy inventory

Our goal is to have Country Cards with updated indicators for at least 148 world countries.

Let's make the Second Set of GoPA! Country Cards a reality!

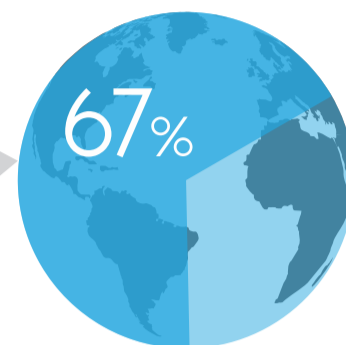
» 2) Country Card statistics

✓ 148 ready!

global coverage of



We have 148 approved cards with up to date research, surveillance, and policy indicators, achieving an outstanding global coverage of 67% of all countries in the world.



» 3) New GoPA! Events

A GoPA! is planning a very active participation at the **8th International Congress of Physical Activity and Health - ISPAH 2020**.



If you wish to send an abstract about your specific Country Card please let us know so we can count with you for all the plans and activities, we will organize at ISPAH 2020.

Key Dates:

- November 2019 – Launch of Congress Website
- 30 November 2019 – Satellite meeting and symposia submission opens
- 27 January 2020 – Abstract submission opens
- 3 February 2020 – Deadline for satellite and symposia submissions
- 18 March 2020 – Registration opens
- 15 April 2020 – Deadline for abstract submissions
- 31 July 2020 – Early Bird registration closes

You can find more information at:

www.ispah.org/congress-history/vancouver-2020

B 1st Latin American Congress of Physical Activity and Health Research



1er Congreso Latinoamericano de Investigación en Actividad Física y Salud

April 15 to 17, 2020
Cuernavaca - Morelos | México

We are pleased to announce the 1st Latin American Congress of Physical Activity and Health Research, to take place in Cuernavaca, Mexico, on April 15-17, 2020. Save the date and join us at the Congress!

CLIAFS key dates:

- October 2019 – Launch of Congress Website
- October 2019 – Abstract submission opens
- December 13 2019 - Deadline for abstract submissions
- March 1 2020 – Early Bird registration for first authors of oral and poster presentations closes
- March 2020 – Early Bird registration closes

You can find more information at:

www.cliafs.org

Join us!



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

» 4) GoPA! work was presented in October by Shana Ginar at the XII Brazilian Congress of Physical Activity and Health Bonito, Brazil. The congress was organized by the Brazilian Society of Physical Activity and Health and with participation of the Brazil GoPA! Country Card team.



» 5) Help us find Country Contacts!

Your help finding Country Contacts has been fundamental for GoPA!

- | | | |
|---|--|--|
| A Afghanistan
Albania
Algeria
Armenia
Azerbaijan | E Equatorial Guinea
Eritrea | M Madagascar
Mauritius
Monaco
Montenegro
Morocco |
| B Bahamas
Belarus
Benin
Bosnia and Herzegovina
Burkina Faso
Burundi | G Gabon
Guinea
Guinea-Bissau | N Niger |
| C Cambodia
Central African Republic
Chad
Channel Islands
Comoros
Congo, Dem. Rep.
Congo, Rep.
Cote d'Ivoire | I Isle of Man | S San Marino
Sao Tome and Principe
Sierra Leone
South Sudan
Sudan |
| L Latvia
Lesotho
Liberia
Libya
Liechtenstein | K Korea, Dem. Rep.
Kosovo
Kyrgyz Republic | T Tajikistan
Timor-Leste
Turkmenistan
Turks and Caicos Islands
Uzbekistan |
| | | Y Yemen, Rep. |

GoPA! HAPPY ACTIVE HOLIDAYS Postcard

You can use this GoPA! card to wish happy active holidays to your contacts!



Thank you very much! We look forward to your comments

Lets improve physical activity worldwide!

Best regards,

Michael Pratt

Michael Pratt, MD, MSPE, MPH

Pedro C Hallal

Pedro C Hallal, PhD

On Behalf of the Global Observatory for Physical Activity Steering Committee