



Observatory Newsletter # 9

Dear colleagues,

We want to update you on the Observatory progress and define next steps to our work. **We have great news!**

» 1) Country card statistics

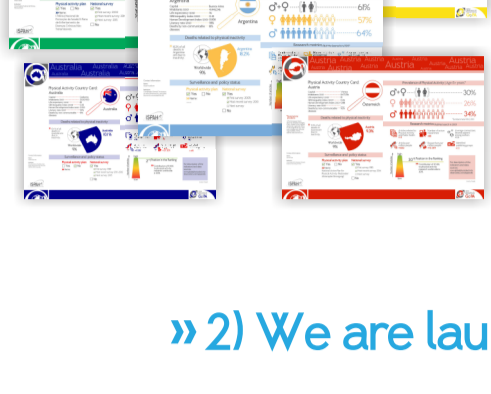
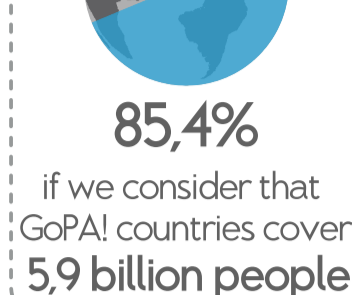
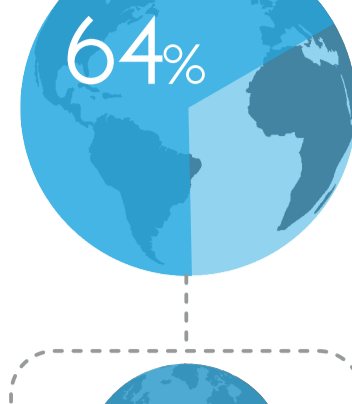


147 confirmed contacts

Regarding review of the cards, we now have 147 confirmed contacts and 139 approved cards with up to date research, surveillance, and policy indicators.

We have achieved an outstanding global coverage of: 64% if we consider that 139 approved country cards are ready in our website.

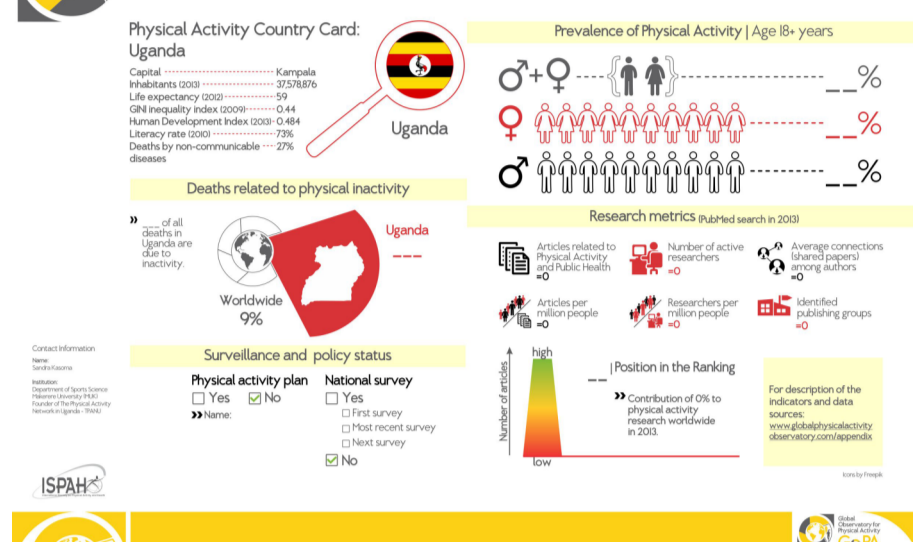
global coverage of



139 ready! GoPA members

» 2) We are launching one new country card! Uganda!

Take a look!



» 3) Please keep in mind these dates of our GoPA! Symposium and poster session at ISPAH 2016 in Thailand



GoPA! council meeting: Saturday 19th from 8:00 - 8:45 am

GoPA! symposium (Lancet PA Series II): Saturday 19th from 9:00 - 10:30 am

GoPA! poster session: From Wed 16th to Saturday 19th.

The poster session will be placed at a special poster area. The daily times when participants can view all posters are during the morning/afternoon break, lunch, and daily poster sessions (17,18 Nov) at 5:00-6:30 PM.

Your participation in these events is very important for us! Do not miss our GoPA! events!

For more information about the congress please visit: <http://www.ispah2016.org/>

» 4) New GoPA! Publications

The Lancet Physical Activity Series 2 was launched in July 28th. Congratulations to the GoPA! members that participated in this fantastic achievement.

Picture on the launch day in London



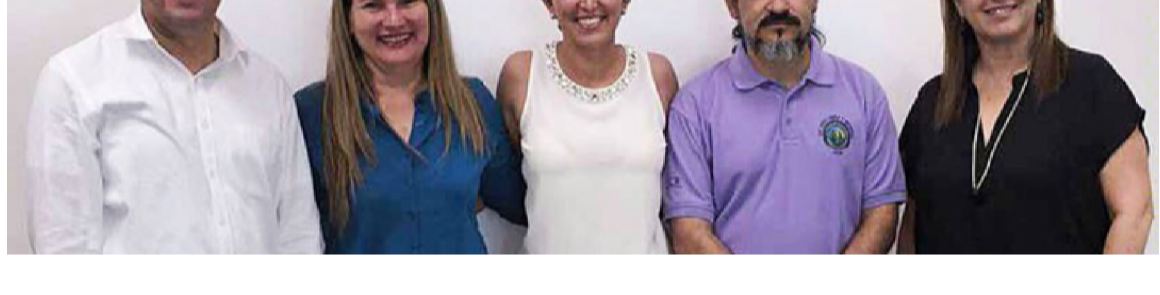
From left to right: Pedro Hallal, Ding Ding, Pamela Das, Ulf Ekelund, Rodrigo Reis.

You can see more information about the series at: <http://www.thelancet.com/series/physical-activity-2016>

» 5) New GoPA! Events

Dr. Thelma Sanchez (country contact) and the The GoPA! team in Costa Rica did a remarkable job presenting an update on the progress of GoPA! in Costa Rica. The presentation was part of the Mayo Clinic Symposium "Physical Activity and Exercise Cardiology" in the Central American and Caribbean Congress of Cardiology.

Congratulations!



» 6) Help us find country contacts!

Your help finding country contacts has been fundamental for GoPA!

- A** Afghanistan, Albania, Algeria, Andorra, Armenia, Azerbaijan
- B** Bahamas, Belarus, Benin, Bosnia and Herzegovina, Burkina Faso, Burundi
- C** Cambodia, Central African Republic, Chad, Channel Islands, Comoros, Central African Republic, Congo, Rep., Cote d'Ivoire
- D** Djibouti
- E** El Salvador, Equatorial Guinea, Eritrea, Ethiopia, Gabon, Gambia, The, Georgia, Guinea, Guinea-Bissau
- H** Honduras
- I** Iran, Islamic Rep., Isle of Man
- K** Korea, Dem. Rep., Kosovo, Kyrgyz Republic
- L** Latvia, Lesotho, Liberia, Libya, Liechtenstein
- M** Madagascar, Malawi, Mali, Mauritania, Mauritius, Monaco, Montenegro, Morocco
- N** Namibia, Niger
- P** Pakistan, Panama, Philippines
- S** San Marino, Sao Tome and Principe, Serbia, Sierra Leone, Somalia, South Sudan
- Sudan, Suriname
- T** Tajikistan, Timor-Leste, Togo, Turkmenistan, Turks and Caicos Islands
- U** Uzbekistan
- Y** Yemen, Rep.
- Z** Zambia, Zimbabwe

» 7) Take a look to our enhanced website!

<http://www.globalphysicalactivityobservatory.com/>

Home About the Team Goals Facts Country Cards Media Publications Contact us

Welcome to the Global Observatory for Physical Activity

"In the Observatory we are committed to improving the health of the population through the promotion of physical activity"

Dr. I-Min Lee (Member of the Steering Committee of the Global Observatory for Physical Activity - GoPA)

Subscribe to our Newsletter! Name Email Subscribe

Find Your Country Card!

ISPAH

» 8) Presenting country contacts

We continue to introduce your colleagues around the world. We will be contacting you to send us your brief CV and a photograph.

Shifalika Goenka Country contact India

Dr. Goenka, a physician and public health specialist, Dr. Goenka has been working in the research and delivery of public health for the last 18 years with intensive hardcore field experience working at the ground level and with marginalized communities and populations, with different stake holders and a wide range of providers. While clinically treating diabetes patients, she has worked towards their context specific medical and nutritional empowerment in India. She co-authored the clinical guidelines for medical officers for prevention and management of cardiovascular diseases, diabetes and stroke for health professionals to be used nationally under the National Rural Health Mission (NRHM). Her book "Powering India's Growth", advocates the various context specific policy and public health measures with respect to nutrition, physical activity and site specific interventions to prevent non-communicable diseases in India. She was part of the writing group and author on the Lancet Series on Physical Activity (2012 and 2016). A regional Correspondent for the Global Physical Activity Network (GlobalPANet) and an invited member of the Education Committee of International Society of Physical Activity and Health (ISPAH) and the Editorial Board of the Journal of Physical Activity and Health (JPAH).

Thelma Sanchez-Grillo Country contact Costa Rica

Thelma Sanchez-Grillo obtained her MD degree from UCIMED University and Cardiology Specialty degree from Costa Rican University. Also, an MBA degree from the Costa Rican University and currently she is completing a Cardiology Master degree with the Cardiology Society in Spain. She was vice-president of the Costa Rican Cardiology Society. For more than 10 years she has been teaching American Heart Association courses. Since 2012 she has been involved in Exercise is Medicine and was the Director of the Costa Rican chapter for 2 years. She worked for the pharmaceutical industry (Merck & Co) for 13 years. Her interests include: cardiology prevention, sports cardiology, healthy lifestyle, physical activity promotion, and capacity building. She has written several articles for prevention disease in health magazines in Costa Rica and participated in multiple national initiatives to promote physical activity. Dr. Sanchez is a member of the Costa Rican Cardiology Society, Interamerican Heart Association, American Heart Association TCF for CPR courses and Exercise is Medicine.

Thank you very much! Lets improve physical activity worldwide! Best regards,

Pedro C Hallal, PhD Michael Pratt, MD, MSPE, MPH

On Behalf of the Global Observatory for Physical Activity Steering Committee