



## Observatory Newsletter # 10

Dear colleagues,

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

### » 1) GoPA! Agenda at the International Congress of Physical Activity and Health 2016 in Bangkok, Thailand.



Please keep in mind these dates of our GoPA! Symposium and Poster Session at ISPAH 2016 in Thailand

GoPA! Activities	Date	Time
Poster session		
Poster set up	Nov 16	07:50-09:00 am
Poster viewing	Nov 17-18	10:30-11:00 am (Coffee break)
Poster viewing	Nov 17-18	15:30-16:00 pm (Tea break)
Poster Session presentations <small>(all authors)</small>	Nov 17-18	17:00-18:00 pm
Poster Session participants picture	Nov 17-18	18:00 pm
Poster removal	Nov 19	18:00-18:30 pm
GoPA! council meeting		
	Nov 19	8:00 - 8:45 am
Lancet Physical Activity Series II and GoPA! symposium		
	Nov 19	9:00 - 10:30 am

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/>

### » 2) New GoPA! Publications

GoPA! 1st Physical Activity Almanac will be launched on **November 16!**



Join us for the launch of the 1st Physical Activity Almanac: The Global Observatory for Physical Activity

GoPA! is proud to announce the launch of its 1st Physical Activity Almanac, that will assist in tracking world progress to overcome the physical inactivity pandemic.

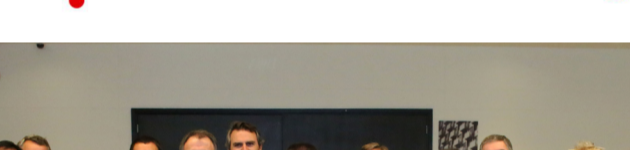
In this Almanac, users will find the first set of GoPA! Country Cards displayed by world region in a graphic and easy-to-use way. It presents a summary of indicators related to demographic data and physical activity surveillance, policy, research and deaths due to physical inactivity, from 139 countries up to 2013. These countries represent 64.1% of all world nations and cover 85.4% of the global population.

The Almanac is meant to become a regular product of GoPA! that will provide a comprehensive picture of physical activity and public health status worldwide.

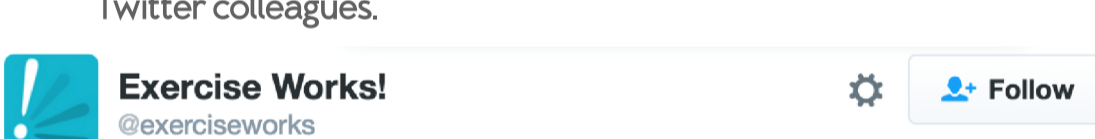
Publishing this Almanac was only possible due to the great contributions of the GoPA! community and especially of our Country Contacts.

### » 3) New GoPA! Events

- 3.1 GoPA! was presented and participated at the World Sports Observatory Meeting held in Medellin, Colombia, September 13-15.



- 3.2 We have received great feedback from our Exercise Works! network Twitter colleagues.



@GoPAnetwork great physical activity teaching tool for students!



## Thank you!

### » 4) Let us know your opinion about the uses and impact of our GoPA! Country Cards!

Please take and share this survey: <https://pt.surveymonkey.com/r/LC33QZP>

### » 5) Help us find country contacts!

Your help finding country contacts has been fundamental for GoPA!

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

### » 6) 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.



**Jorge Mota**  
Country contact Portugal

Obtained his Ph.D. in Sport Sciences, from the Faculty of Sport Sciences in Porto (Portugal). During his PhD he did an internship in Deutsche Sporthochschule Köln (Germany) and later spent part of his sabbatical semester in San Diego State University (USA). He is Full Professor at the University of Porto- Faculty of Sport Sciences. He was visiting Professor at several Brazilian institutions as well as at Coventry University-UK. He was former Dean of faculty during a two-year appointment (1996-1998) and he is currently President of Faculty's General Assembly. Since 2004 he is the Director of Research Centre in Physical Activity Health and Leisure (CIAFEL) which is supported from Portuguese National Funding Agency for Science, Research and Technology. Jorge's main research interests is correlates/determinants of physical activity and health related effects namely its relationship with non communicable diseases. He is also involved on the development and implementation of programs related to physical activity and health promotion. He is chair of the Sports National Commission from the Agency for Assessment and Accreditation of Higher Education - A3ES. He act as academic consultant from different national and international funding research agencies. He has published several peer reviewed and is also a Board member of the International Society for Physical Activity and Health (ISPAH)



**Yannis Dionyssiotis**  
Country contact Greece

Dr. Yannis Dionyssiotis is specialized in Physical Medicine and Rehabilitation. He worked as Research Fellow in the Laboratory for Research of the Musculoskeletal System at the National and Kapodistrian University of Athens, where he completed his Thesis in SCI induced Osteoporosis and Metabolic Bone Diseases; as locum Consultant Physiatrist in the Rehabilitation Department of KAT Hospital in Athens, Head of Physical Medicine and Rehabilitation Department in Rhodes General Hospital and Medical Director of Rehabilitation Center Amyntaio of Florina General Hospital in Greece and as Stationsarzt in the Klinik für Neurochirurgische - neurologische Frührehabilitation, Westfal-Klinikum, in Germany. Currently, is the Medical Director of Physical Medicine and Rehabilitation Department of European Interbalkan Medical Center in Thessaloniki, Greece. Dr. Dionyssiotis has clinical experience as Physiatrist in a variety of clinical settings as clinician researcher, clinical instructor and consultant. He is elected member of the board of International Society of Musculoskeletal & Neuronal Interactions (ISMNI), of Prevention Committee of International Spinal Cord Society (ISICOS) of Hellenic Osteoporosis Foundation (HELIOS) and has written books and papers for osteoporosis in spinal cord injury, multiple sclerosis, exercise, spinal orthoses, jumping mechanography, falls, and botulinum toxin.

Thank you very much!  
Lets improve physical activity worldwide!

Best regards,

*Pedro C Hallal*  
**Pedro C Hallal, PhD**

*Michael Pratt*  
**Michael Pratt, MD, MSPE, MPH**

On Behalf of the Global Observatory for Physical Activity Steering Committee