

December 2018 GoPA! newsletter! Thank you for another fantastic year!

Dear colleagues,

» In this last 2018 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!

» 1) Country Card statistics

☑ 146 ready!

global coverage of



We have 146 approved cards with up to date research, surveillance, and policy indicators, achieving an outstanding global coverage of 67% of all countries in the world.



» 2) We are launching 1 new Country Card! SERBIA

Physical Activity Country Card: Serbia

- Capital: Belgrade
- Population 2018: 7,650,000
- Life expectancy: 75
- GNI inequality index 2018: 0.38
- Human Development Index 2018: 0.74
- Literacy rate 2018: 98%
- Deaths by non-communicable diseases: 16%

Deaths related to physical inactivity

- Worldwide: 9%
- Serbia: 18.2%

Surveillance and policy status

- Physical activity plan: Yes No
- National survey: Yes No
- First survey: 2011
- Next survey: 2019
- Control of cardiovascular diseases: Yes No

Prevalence of Physical Activity (Age 8+ years)

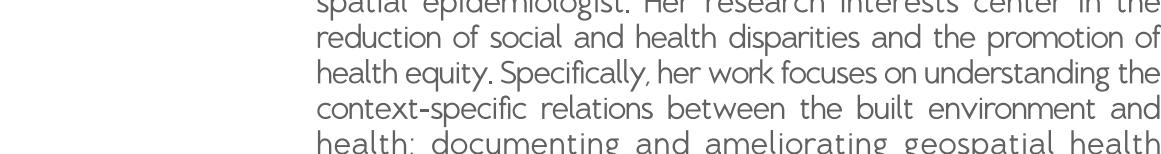
- 61%
- 56%
- 67%

Research metrics related search in 2018

- Articles related to Physical Activity and Public Health: 42
- Number of active researchers: 142
- Average connections among authors: 15
- Articles per author sample size: 0.29
- Researchers per nation/people: 0.02
- Identified publishing groups: 2

47th Position in the Ranking

Contribution of ORIS to physical activity research worldwide in 2018



3) New GoPA! Steering Committee Members

We welcome Deborah Salvo, Melody Ding and Ulf Ekelund to our GoPA! Steering Committee.



Dr. Deborah Salvo, Ph.D.

Dr. Deborah Salvo is an Assistant Professor of Public Health at the Brown School of Washington University in St. Louis, where she is a faculty member of the Prevention Research Center. She is also an Adjunct Researcher and Faculty Member at the National Institute of Public Health of Mexico. Dr. Salvo earned her doctoral degree from Emory University. Before joining the Brown School, she has held research and/or faculty positions at Stanford University and The University of Texas Health Science Center at Houston School of Public Health. She defines herself as both a physical activity and spatial epidemiologist. Her research interests center in the reduction of social and health disparities and the promotion of health equity. Specifically, her work focuses on understanding the context-specific relations between the built environment and health; documenting and ameliorating geospatial health disparities; and using and improving objective measures to quantify physical activity and relevant geospatial exposures (i.e. social & built environment; using GIS, accelerometry, GPS and other new technologies). She is an active member of several global networks of researchers working jointly to advance the understanding of the relation between the features of urban environments and behavioral health outcomes, with strong focus on physical activity. Dr. Salvo is committed to advancing this field of study globally, with particular emphasis in Latin America and low- and middle-income countries. She has served as invited expert for the fields of physical activity and spatial epidemiology in several international technical meetings, panels, and research courses.



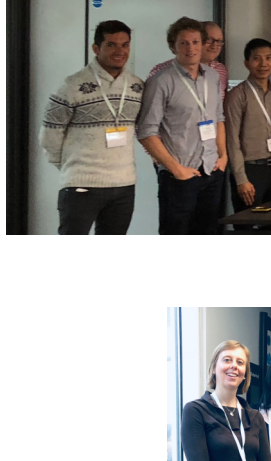
Dr. Melody Ding, Ph.D.

Dr. Melody Ding is a Senior Research Fellow at Sydney School of Public Health, the University of Sydney, Australia. She completed her PhD in public health from the joint doctoral program of San Diego State University and the University of California San Diego in 2012. Since then, she has been actively engaged in research, teaching, and dissemination and outreach in physical activity and public health. Specifically, her research concerns the role physical activity plays in chronic disease prevention, particularly within the context of other lifestyle behaviours, the built environment, and social circumstances. She led the 2016 Lancet Series on Physical Activity and Health and the research on the first estimate of the global economic burden of physical inactivity. <http://www.thelancet.com/series/physical-activity-2016>. Much of her work has been reported by the media, reaching more than a billion people from around the world. A current holder of the Heart Foundation Future Leader Fellowship and the University of Sydney SOAR fellowship, Melody has received a number of awards and fellowships in recognition of her research excellence.

Sydney University profile:
<http://sydney.edu.au/medicine/people/academics/profiles/melody.ding.php>

Google Scholar:
<https://scholar.google.com/citations?user=076V-0AAAA&hl=en>

Research gate:
https://www.researchgate.net/profile/Ding_Ding2



Dr. Ulf Ekelund, Ph.D.

Dr. Ekelund currently holds a full professorship in Physical Activity Epidemiology at the Norwegian School of Sport Sciences and a professorship in physical activity and public health at the Norwegian Public Health Institute (20%). Before moving to the Norwegian School of Sport Sciences in 2012, he led a research programme in physical activity epidemiology at the MRC Epidemiology Unit, University of Cambridge, UK. During the last 15-20 years, he has led or co-lead a number of large international research projects. During his PhD training at the Karolinska Institutet, Sweden (PhD awarded in 2002), he contributed to the development of the International Physical Activity Questionnaire (IPAQ). He is currently co-PI of the European Youth Heart Study, the first international multi-center studies examining associations between objectively measured sedentary time and physical activity and cardio-vascular health in children and adolescents. He is PI of the International Children Accelerometer database (ICAD), the world largest pooled database of objectively measured physical activity in young people and co-leading the Norwegian physical activity surveillance systems. He has led work packages in a number of European Union funded research projects including the InterAct and DEDIPAC projects and actively collaborate with colleagues in the US, Australia, Brazil and a number of European countries. Other major international projects include the 2012 and 2016 Lancet series on physical activity and global health where he serves on the executive committee. He also led one of the papers in the 2016 series on physical activity, sitting and mortality. He has served on the International Olympic Committee (IOC) expert group on physical activity in youth, a EU committee for developing guidelines for physical activity in the European Union, and have contributed to training courses in measurements of physical activity nationally and internationally. He currently holds an excellence in science research grant funded by the Norwegian Research Council (2.5M€) titled Generation Sedentary. His main research areas include assessment of physical activity and sedentary time; patterns and trends in population levels of physical activity; the role of sedentary time and physical activity for preventing chronic diseases; and early life determinants of physical activity behaviors and its interaction with health outcomes across the life course.

» 4) New GoPA! Events



We had an attending and productive congress! Thanks for attending to our activities!

GoPA! Council Session, Lancet Physical Activity Series III meeting, SBC and GoPA! Councils Sedentary Behavior global monitoring initiative, oral and poster presentations!

You can find the congress booklet at:
https://www.phe-events.org.uk/HPA/media/uploaded/EVHFA/event_671/CCS001_CCS0818417172-001_PHE_Annual_Conference_Brochure_Text_Web__L.pdf

and the abstracts published at JPAH at:

<https://journals.humankinetics.com/doi/abs/10.1123/jpah.2018-0535>

Journal of Physical Activity & Health

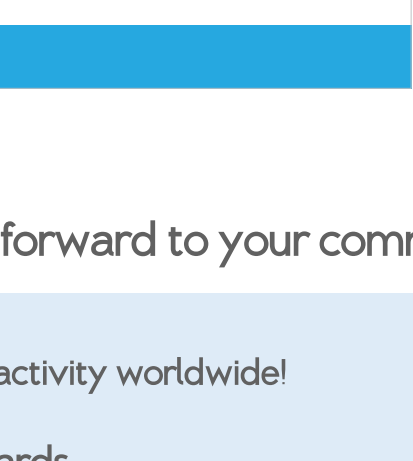
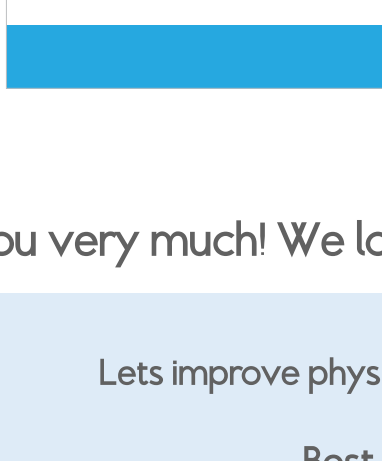
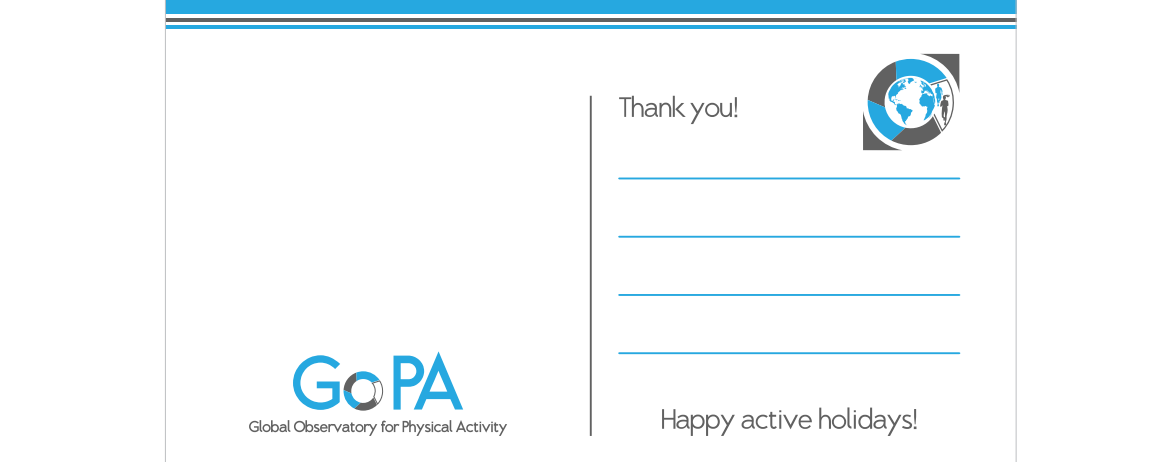
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7th International Society for Physical Activity and Health Congress

London, England

15-17 October 2018

Take a look at some of our best pictures!



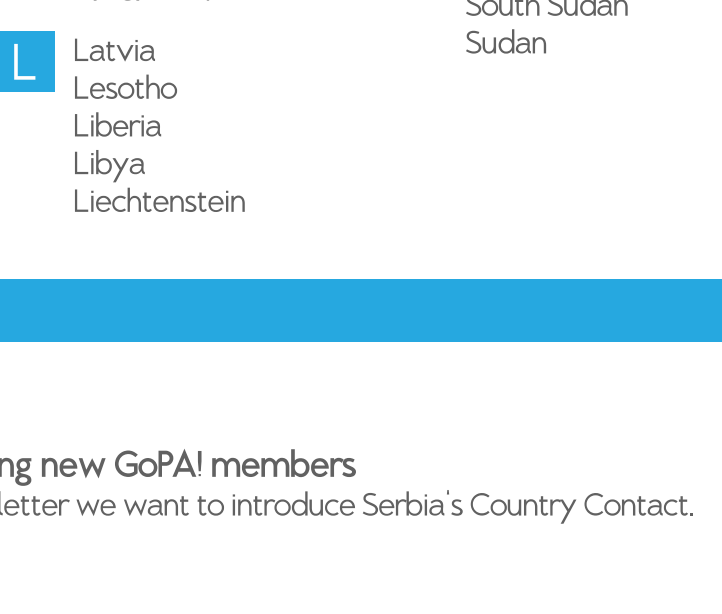
» 5) Help us find Country Contacts!

Your help finding Country Contacts has been fundamental for GoPA!

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

» 6) Presenting new GoPA! members

On this newsletter we want to introduce Serbia's Country Contact.

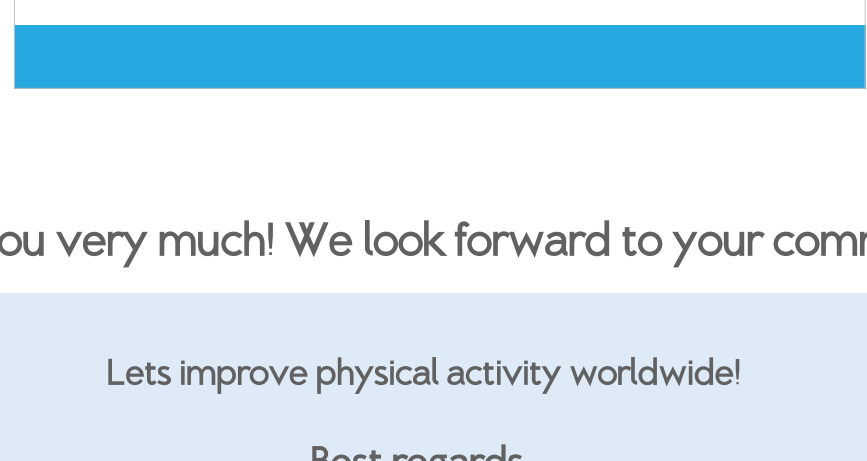


Aleksandar Ignjatovic

Aleksandar Ignjatovic is an associate professor at the Faculty of Education in Jagodina, University of Kragujevac. His research is primarily focused on the Physical Education classes, Education and Health, and Resistance training. He has been a Vice dean for research in Faculty of Education (2012-2014). Currently he is a head of several national scientific projects, author of books, monographs and international journal articles. Member of scientific organizations: FIEP, AIESEP, ECSS, ACSM etc. During last few years he has been teaching abroad in Greece, Portugal, Japan, Spain, United Kingdom, Slovakia and Czech Republic.

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, MD, MSPE, MPH | Pedro C Hallal, PhD
On Behalf of the Global Observatory for Physical Activity Steering Committee