

# June 2018 GoPA! newsletter!

# Dear colleagues,

)) I) Country Card statistics

We want to update you on the Observatory progress and define next steps to our work.



✓ I45 ready!

We have I45 approved cards with up to date research, surveillance, and policy indicators, achieving an outstanding global coverage of 65% of all countries in the world.

"Learning from The Lancet: Lessons and future research directions drawn from the 2012 and 2016 global series on physical activity and health" workshop.



The workshop was held at University of California San Diego-UCSD on June 4-6.

researchers and policy experts from universities, government, non-governmental organizations (NGOs), and multi-lateral organizations in order to develop research and public health practice agendas for physical activity and cancer prevention. Leadership for this event was provided by the Moores Cancer Center (MCC) and the

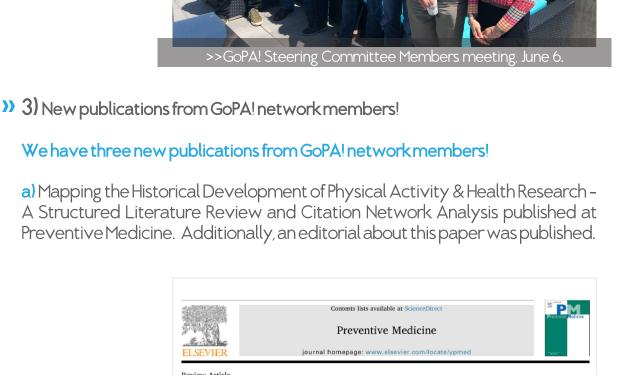
This workshop convened the series lead authors, physical activity and cancer prevention

Institute for Public Health (IPH) at UC San Diego with partners including Active Living Research (ALR), the Global Observatory for Physical Activity - GoPA!, the International Society for

Physical Activity and Health - ISPAH and the American College of Sports Medicine among others. A special mentoring/training session for early career researchers from LMIC was held on Monday June 4 (young researchers are presented in the last part of this newsletter).

•The researcher's training workshop group, June 4





Mapping the historical development of physical activity and health research:

Preventive Medicine 111 (2018) 473-475 Contents lists available at ScienceDirect Preventive Medicine iournal homepage: www.elsevier.com/locate/vpmed

This editorial is a commentary on the review paper by Ramirez Varela et al. entitled "Mapping the historical development of physical activity and health research: a structured literature review and citation network analysis." This editorial highlights the significance and implications of this review, with a particular focus on future research and policy directions.

Mapping the historical development of research in physical activity and

health: Providing a platform for future research

A structured literature review and citation network analysis<sup>★</sup>

## Andrea Ramirez Varela<sup>a,\*</sup>, Michael Pratt<sup>b</sup>, Jenine Harris<sup>c</sup>, Jesse Lecy<sup>d</sup>, Deborah Salvo<sup>e</sup>, Ross C. Brownson<sup>c,f</sup>, Pedro C. Hallal<sup>a</sup>

### www.sciencedirect.com/science/article/pii/S009l7435l7303778 www.sciencedirect.com/science/article/pii/S009l7435l730468l

Accepted Article

**Review Article** 

www.research.ed.ac.uk/portal/files/586I6468/jfsf\_aa\_Milton.pdf

https://ijbnpa.biomedcentral.com/articles/IO.II86/sI2966-OI8-O663-7

People for a Healthier World was launched June 4!

3) The Global Action Plan on Physical Activity 2018-2030 - GAPPA, More Active

**GLOBAL ACTION PLAN ON PHYSICAL ACTIVITY 2018-2030** 

**ORE ACTIV** 

**PEOPLE FOR** 

WORLD

A HEALTHIER

You can find the document at

Frailty, Sarcopenia and Falls.

You can find the document at

and balance elements of physical activity recommendations Karen Milton<sup>1</sup>, Andrea Ramirez Varela<sup>2</sup>, Tessa Strain<sup>3,4</sup>, Nick Cavill<sup>5</sup>, Charlie Foster<sup>6</sup>, Nanette Mutrie<sup>4</sup> 'Norwich Medical School, University of East Anglia, Norwich, UK; <sup>2</sup>Universidade Federal de Pelotas, Pelotas, Brazil; <sup>3</sup>MRC Epidemiology Unit, University of Cambridge, Cambridge, UK; <sup>4</sup>Institute for Sport, Physical Education, and Health Sciences, University of Edinburgh, Edinburgh, UK; <sup>5</sup>Cavill Associates Ltd, Cheshire, UK; <sup>6</sup>Centre for Exercise, Nutrition and Health Sciences, University of Bristol, Bristol, UK

b) A review of global surveillance on the muscle strengthening and balance elements of physical activity recommendations. Published at the Journal of



A review of global surveillance on the muscle strengthening

You can find the document at

Afghanistan

Albania

Algeria

Armenia

Bahamas

Belarus

Burundi

Chad

Benin

Azerbaijan

Burkina Faso

Cambodia

Comoros

Congo, Rep.

Cote d'Ivoire

Channel Islands

Congo, Dem. Rep.

Bosnia and Herzegovina

Central African Republic

5) Help us find Country Contacts!

Katie Crist

transportation, and public health".

Claudia Aranda Vanegas

Lorena S. Pacheco

Public Health Epidemiology

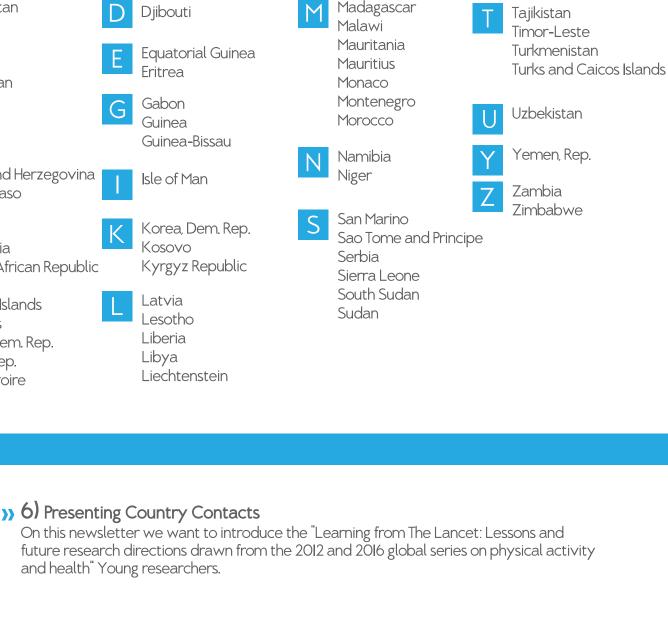
Natalicio Serrano

www.who.int/ncds/prevention/physical-activity/gappa

World Health
Organization

http://apps.who.int/iris/bitstream/handle/IO665/272722/978924I5I4I87-eng.pdf

Your help finding Country Contacts has been fundamental for GoPA!



Katie received a Biology degree from Cornell University and a Master's in Public Health from Yale University. She is pursuing a PhD in Public Health focused on how physical activity research data and methods may inform active transportation planning. She has managed multiple research studies of physical activity, sedentary behavior and the relationship between the built environment and health. Her passion is to create healthy and vibrant communities where active travel is a safe and accessible option.

"My passion is to help create healthy and vibrant communities where physical activity is not just a choice, but integrated into design. This requires the provision of safe, connected and equitable walking, cycling and transit infrastructure and the programs and policies to promote their use. My background is in behavioral interventions and would like to integrate physical activity and mode shift interventions with infrastructure projects. I am also interested in studying the co-benefits of active transportation related to air pollution, social equity and quality of life. My aim is to pursue multidisciplinary and stakeholderengaged research that informs policies and planning at the intersection of physical activity, active

Currently a doctoral student in Public Health Sciences at Washington University in St. Louis (Brown School of Social Work) and a Research Assistant at the Prevention Research Center in St. Louis. Additionally, Serrano is an NHLBI T32 Pre-doctoral Fellow at Washington University in St. Louis' School of Medicine where he receives transdisciplinary training in the fields of obesity and cardiovascular disease prevention and treatment. His research interests include examining the built and social environment, and their relationship with physical activity, sedentary behavior, and chronic disease. He has expanded on these interests by delving into the dissemination and implementation of physical activity interventions, with the ultimate

"Generally, my interests include examining and promoting the utility of community-based interventions to promote health and reduce health disparities in low-income and other disadvantaged populations, with plans to continue my research related to the development and evaluation of evidence-based interventions to reduce health disparities and prevent chronic diseases such as obesity and cardiovascular disease. Specifically, these interests include examining the built and social environment, and their relationship with physical activity, sedentary behavior, and chronic disease. I've expanded on these interests by delving into the dissemination and implementation of physical activity interventions".

I am a nutritionist and student of the Master of Science in population nutrition at the National Institute of Public Health of Mexico (INSP), I have dedicated to research in cardiometabolic diseases and recently to the analysis of accelerometry data, specifically for the study of sedentary behavior. I worked as an Assistant Professor in the Nutrition Biochemistry course in the INSP and prior to the master's degree I dedicated to teaching at the Technological and Higher Education Institute of Monterrey (ITESM) in the Department of Science and the area of sports nutrition. I am interested in the study of sedentary behavior and how it

Lorena S. Pacheco is a Ph.D. candidate in the Epidemiology track of the UC San Diego-San Diego State  $\label{thm:linear} \textbf{University Joint Doctoral Program in Public Health. Her main area of research is nutrition and chronic disease$ prevention, although additional interests include obesity, physical activity, health disparities and health behavior change. Lorena earned her Bachelor of Science in Foods and Nutrition and Master of Public Health, Epidemiology, from San Diego State University. She is a practicing bilingual and bicultural registered dietitian nutritionist and has worked with migrant, minority and underserved populations in the U.S. and Mexico. She established the Nutritional Services Department for the international public health field project Viaje Interinstitucional de Integración Docente, Asistencial y de Investigación (VIIDAI), in Mexico in 2011, and collaborates with the multi-disciplinary and multi-institutional team on the Santiago Longitudinal Study, focusing on cardiometabolic disease risk endpoints. Lorena is an American Heart Association scholar, graduate of the World Health Organization/Cochrane/Cornell University Summer Institute for Systematic Reviews in Nutrition for Global Policy Making Traineeship, pre-doctoral fellow of the UC San Diego Integrated Cardiovascular Epidemiology Fellowship, and recent member of the Bouchet Graduate

Dr. Vasquez is a postdoctoral scholar at the University California San Diego, Department of Neurosciences. Her work has focused on physical activity and cardiovascular health, and is now extending to Alzheimer's disease and related dementias (ADRD) among diverse Latinos. Her primary research interest is to identify culturally relevant protective factors of neurocognitive aging. Her epidemiologic

Dr. Celina Shirazipour (PhD 2017, Queen's University) is a Postdoctoral Fellow affiliated with Dalhousie  $\label{thm:contour} \mbox{University of Health) and the University of Toronto (Faculty of Kinesiology and Physical Education).}$ In partnership with the Canadian Disability Participation Project, the overarching goal of her research is to determine how full and equitable participation can be achieved and maintained for individuals with disabilities, particularly within the domain of physical activity. Dr. Shirazipour has a particular interest in physical activity for military service members and veterans with physical and mental illnesses and injuries. Her research in this area includes experience as Researcher-in-Residence with the Toronto 2017 Invictus Games. In addition, she currently holds the position of Research Consultant with the Invictus

affects the cardiometabolic health of Mexican women who are overweight or obese.

She commutes to work by bike which keeps her motivated to keep working toward change.

objective of reducing health disparities among disadvantaged populations.

### work uses the Hispanic Community Health Study/Study of Latinos (SOL) and SOL-Investigation of Neurocognitive Aging (SOL-INCA) and aims to inform community- and policy-level efforts to promote physical activity and cognitive activities for the prevention of neurocognitive decline. She is currently a member of the American Heart Association/ American Stroke Association, the Alzheimer's Association International Conference, and the American College of Sports Medicine. "My background is in kinesiology and public health, and I have experience with community-based and epidemiological research. My overarching goal is to contribute to advancing the study of aging and ultimately improve the quality of life

Honor Society.

Priscilla Vazquez

of older Latino adults in an equitable manner.

Celina H. Shirazipour

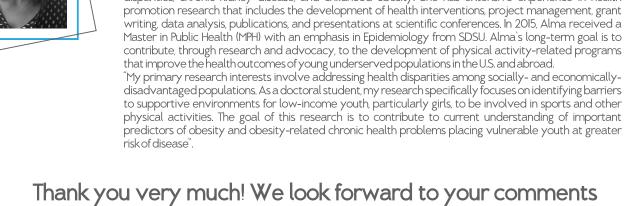
Games Foundation.

Melawhy Garcia

Rosa Alicia Avila Avalos

Bachelor of nutrition by profession, I am currently studying the fourth semester of a Master of Science degree in nutritional population at the National Institute of Public Health of Mexico. I am currently working on my master thesis entitled "Association between levels of physical activity and indicators of adiposity in overweight or obese Mexican postmenopausal women". It is a cross sectional design, we have a sample of 98 postmenopausal women, for the evaluation of physical activity we use accelerometry and for adiposity we use apsorciometry (DXA), currently work in the statistical analysis and preliminary results. Additionally, I am doing teacher assistance in the subjects "Intermediate Biostatistics" and "Research My topics of interest are physical activity as exposure, measurements techniques and their application in epidemiological studies, especially in design and implementation of strategies for increase and promote for the realization of physical activity in public health, with emphasis on female population of reproductive age and postmenopause.

Dr. Melawhy L. Garcia is a behavioral science and epidemiology researcher with a focus on behavioral prevention and management of chronic conditions. She received a B.A. in Psychology and an M.P.H. in Community Health Science from California State University, Long Beach. Most recently, she completed her Ph.D. from the University of California, San Diego/San Diego State University (UCSD/SDSU) Joint Doctoral Program in Public Health. After she was awarded a postdoctoral research fellowship position in the Department of Family Medicine and Public Health at UCSD. Prior to her doctoral work, Melawhy held



You can make a contribution to physical activity worldwide!

place their lifestyle changes necessary for managing those conditions. Another project that is undergoing is implementing the EIM physical activity screening and recommendation into the UCSD health system.

 $Alma\ I.\ Behar, MPH, is\ a\ PhD\ student\ in\ the\ SDSU-UCSD\ Joint\ Doctoral\ Program\ in\ Public\ Health\ (Global\ Health\ MPH)$ Track) and a Research Assistant at SDSU's Institute for Behavioral and Community Health (IBACH). Alma's research focuses on identifying barriers to supportive environments for socially- and economically-

placing it in a community setting through the use of referrals and resources".

Best regards, Michel Proc Pedro C Hallal, PhD Michael Pratt, MD, MSPE, MPH On Behalf of the Global Observatory for Physical Activity Steering Committee

Global Observatory for Physical Activity

Contact us: <a href="mailto:physicalactivity">physicalactivity</a> wording a contribution to physical activity w

www.globalphysicalactivityobservatory.com

numerous research positions at a CSULB based research center focused on Latino health disparities, primarily obesity prevention among Latino families. As a doctoral student, Melawhy focused on multidisciplinary epidemiological and applied research through her work on the Hispanic Community Health Study/ Study of Latinos (HCHS/SOL), a prospective cohort study, as well two randomized controlled trials focused on obesity and diabetes management among Latinos in the South Bay of San Diego. She is interested in continuing her research in cardiovascular health with a focus biopsychosocial and socioecological factors that contribute to sedentary lifestyles as well as diabetes management. Andrea Mendozavasconez Andrea Mendoza-Vasconez is a PhD student in the Health Behavior track of the UC San Diego/San Diego State University Joint Doctoral Program in Public Health. Andrea obtained an MPH degree from Claremont Graduate University in 2014, and has been a selected fellow for the Randall Lewis health Policy Fellowship and the Student Mentorship Program of the Hispanic-Serving Health Profession's Schools, as well as a grantee of the American Association of University Women. Her research focuses on the promotion and maintenance of physical activity among Latino populations living in the United States, and she has collaborated in the development and implementation of various physical activity interventions. Through quantitative and qualitative research methods, under a grant from the American College of Sports Medicine, Andrea is currently studying the mechanisms underlying lapse, relapse, and maintenance of physical activity among individuals who have started engaging in physical activity. My research has mainly focused on the promotion and maintenance of physical activity among Latino populations living in the United States. I have been involved in the development and implementation of physical activity interventions at the individual level. In the future, I look forward to expanding my research skills to study environmental predictors of physical activity engagement. I am particularly interested in active transportation and the translation of research into policy to generate environmental changes that may lead to more active communities". Maryam Gholami Maryam Gholami is a health psychologist with expertise in designing behavior change interventions and chronic disease management. Maryam has received her PhD degree in 2014 from Freie University Berlin and was a research fellow of Max Planck research program on life span psychology from 2012 to 2014. "Attending semi-annual conferences during the two years of my fellowship helped me broaden my view of research in different aspects of life span psychology: developmental, emotional, aging, neuroscience, and health" she says. After her PhD, Maryam continued her work as a postdoc researcher in an international project called Credits4Health (C4H), funded by the European Union as one of the Horizon 2020 health science project in EU for improving health behaviors, including healthy diet and physical activity. Maryam Moved to UCSD since 2017 and focused on chronic disease management programs. She is now involved in projects involving implementation and dissemination of evidence-based chronic disease management programs at the University of California, San Diego. "My research interest is to help a full integration of the evidence-based chronic disease management programs including physical activity, healthy nutrition, stress management, and social support into the health system. We started this initiative in UCSD by a pilot project as a part of a larger project of Active Living Research project which collects responses from patients with chronic conditions to discover two things: (1) the patients' perceived needs, barriers, and resources of support for the management of chronic conditions and (2) those patients' expectations from the community in which they plan on putting into

> disadvantaged youth, particularly girls, to be involved in sports and other physical activities. Alma has worked for numerous NIH-funded research projects in areas that include mental health, cancer health disparities, chronic kidney disease, and childhood obesity. She has extensive experience in health

Alma Behar

writing, data analysis, publications, and presentations at scientific conferences. In 2015, Alma received a Master in Public Health (MPH) with an emphasis in Epidemiology from SDSU. Alma's long-term goal is to contribute, through research and advocacy, to the development of physical activity-related programs that improve the health outcomes of young underserved populations in the U.S. and abroad. "My primary research interests involve addressing health disparities among socially- and economicallydisadvantaged populations. As a doctoral student, my research specifically focuses on identifying barriers to supportive environments for low-income youth, particularly girls, to be involved in sports and other physical activities. The goal of this research is to contribute to current understanding of important predictors of obesity and obesity-related chronic health problems placing vulnerable youth at greater Thank you very much! We look forward to your comments Lets improve physical activity worldwide!