

### June 2018 GoPA! newsletter!

Dear colleagues,

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

#### » 1) Country Card statistics

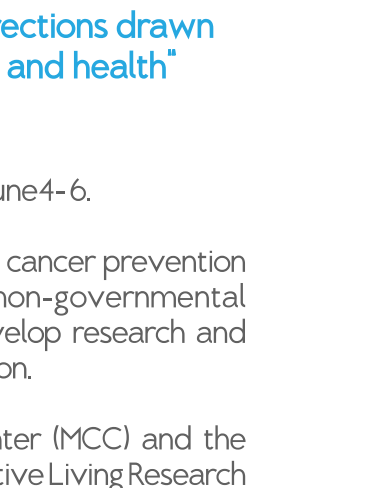
145 ready!

global coverage of

65%



We have 145 approved cards with up to date research, surveillance, and policy indicators, achieving an outstanding global coverage of 65% of all countries in the world.



#### » 2) New GoPA! Events

##### 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.

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

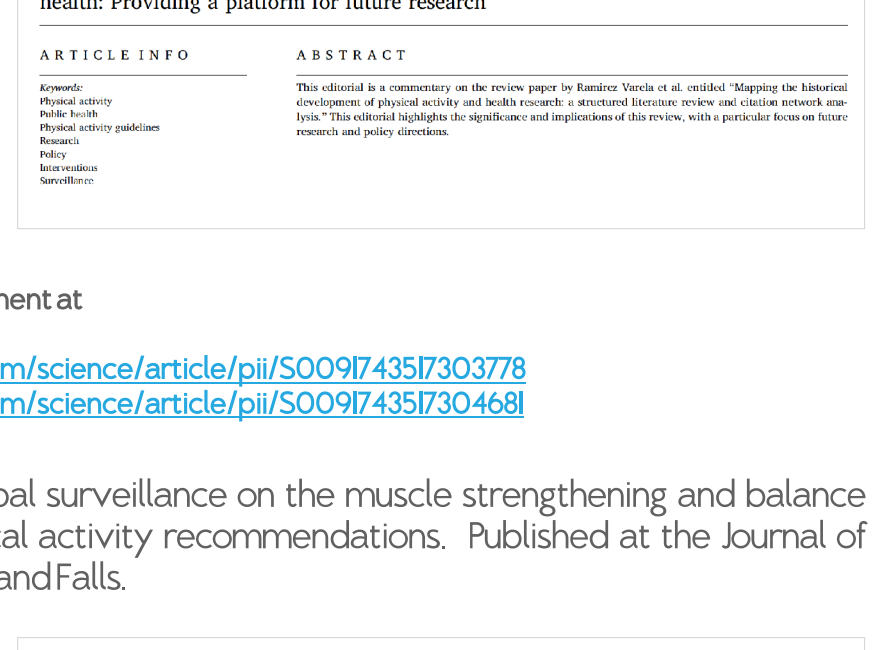
A special mentoring/training session for early career researchers from LMIC was held on Monday June 4 (young researchers are presented in the last part of this newsletter).



>>> the researcher's training workshop group, June 4



>>>The workshop group, June 5 and 6

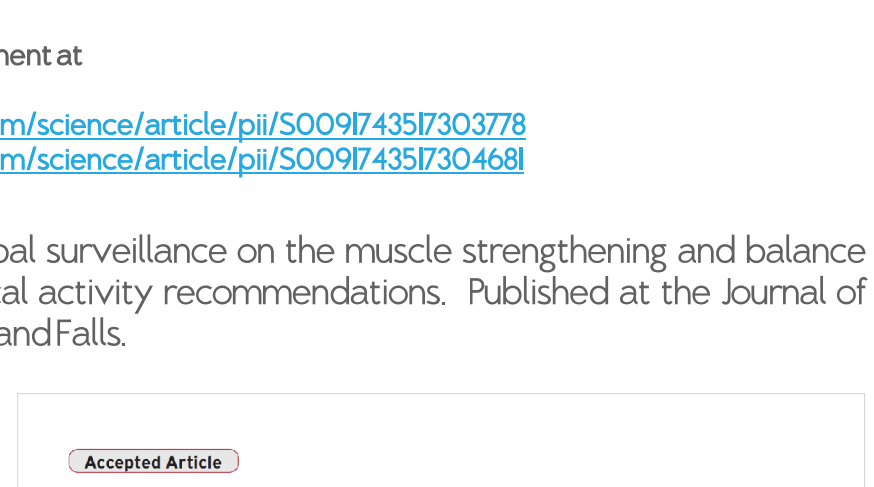


>>>GoPA! Steering Committee Members meeting, June 6.

#### » 3) New publications from GoPA! network members!

We have three new publications from GoPA! network members!

a) Mapping the Historical Development of Physical Activity & Health Research – A Structured Literature Review and Citation Network Analysis published at Preventive Medicine. Additionally, an editorial about this paper was published.



You can find the document at [www.sciencedirect.com/science/article/pii/S00974357303778](http://www.sciencedirect.com/science/article/pii/S00974357303778)  
[www.sciencedirect.com/science/article/pii/S00974357304681](http://www.sciencedirect.com/science/article/pii/S00974357304681)

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



You can find the document at [www.research.ed.ac.uk/portal/files/5866468/jfsf\\_aa\\_Milton.pdf](http://www.research.ed.ac.uk/portal/files/5866468/jfsf_aa_Milton.pdf)

c) Worldwide use of the first set of physical activity Country Cards: The Global Observatory for Physical Activity - GoPA!. Published at the International Journal of Behavioral Nutrition and Physical Activity.



You can find the document at <https://ijbpa.biomedcentral.com/articles/10.1186/s12966-018-0663-7>

#### » 3) The Global Action Plan on Physical Activity 2018-2030 - GAPPA. More Active People for a Healthier World was launched June 4!



You can find the document at [www.who.int/ncds/prevention/physical-activity/gappa](http://www.who.int/ncds/prevention/physical-activity/gappa)  
<http://apps.who.int/iris/bitstream/handle/10665/272722/978924151487-eng.pdf>

#### » 5) Help us find Country Contacts!

Your help finding Country Contacts has been fundamental for GoPA!

- A** Afghanistan
- B** Bahamas
- C** Cambodia
- D** Djibouti
- E** Equatorial Guinea
- G** Gabon
- I** Isle of Man
- K** Korea, Dem. Rep.
- L** Latvia
- M** Madagascar
- N** Namibia
- S** San Marino
- T** Tajikistan
- U** Uzbekistan
- Y** Yemen Rep.
- Z** Zambia

#### » 6) Presenting Country Contacts

On this newsletter we want to introduce the Learning from The Lancet: Lessons and future research directions drawn from the 2012 and 2016 global series on physical activity and health\* Young researchers.



**Katie Crist**

Katie received a Biology degree from Cornell University and a Masters 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 longitudinal transportation planning. She has managed the implementation of physical activity 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. She commutes to work by bike which keeps her motivated to keep working toward change. My passion is to help create healthy and vibrant communities where physical activity is not just a choice, but integrated into the 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 stakeholder-driven research that informs policies and planning at the intersection of physical activity, active transportation and public health.



**Natalicio Serrano**

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 NIH T32 Pre-doctoral Fellow at Washington University in St. Louis School of Medicine where he receives interdisciplinary 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 objective of reducing health disparities among disadvantaged populations. 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.



**Claudia Aranda Vanegas**

I am a nutritionist and student of the Master of Science in population nutrition at the National Institute of Public Health (INSP). I have dedicated to research in cardiometabolic diseases and recently to the analysis of accelerometer data, specifically for the study of sedentary behavior. I worked as an Assistant Professor in the Nutrition Biomedical course in the INSP and to the master's degree I dedicated to research in 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 affects the cardiometabolic health of Mexican women who are overweight or obese.



**Lorena S. Pacheco**

Public Health Epidemiology  
Lorena S. Pacheco is a PhD candidate in the Epidemiology track of the UC San Diego-San Diego State 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 US and Mexico. She established the Nutritional Services Department for the international public health field project: Viaje Interinstitucional de Integración Docente-Asistencial de Investigación (VIDI) in Mexico in 2010 and collaborates with the interdisciplinary 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 Internship, pre-doctoral fellow of the UC San Diego Integrated Cardiovascular Epidemiology Fellowship, and recent member of the Bouchet Graduate Honor Society.



**Priscilla Vazquez**

Dr. Vazquez 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 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's American Stroke Association's 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 of older Latino adults in an equitable manner.



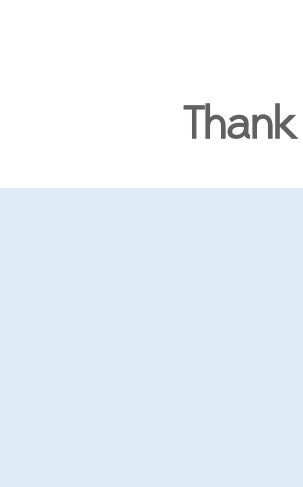
**Celina H. Shirazipour**

Dr. Celina Shirazipour (PhD 2017, Queen's University) is a Postdoctoral Fellow affiliated with Dalhousie University (Faculty 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 Games Foundation.



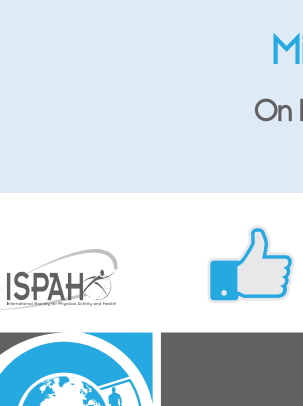
**Rosa Alicia Avila Avalos**

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 90 postmenopausal women for the evaluation of physical activity we use accelerometry and for adiposity we use anthropometry (DXA), currently work in the statistical analysis and preliminary results. Additionally, I am doing teacher assistance in the subjects "Intermediate Biostatistics" and "Research Protocol". My topics of interest are physical activity as exposure, measurements strategies and their application in epidemiologic 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 postmenopausal.



**Melawhy Garcia**

Dr. Melawhy L. Garcia is a behavioral sciences and epidemiology researcher with a focus on the physical prevention and management of chronic conditions. She received a BA in Psychology and an MPH in Community Health Science from California State University Long Beach. Most recently she completed her PhD 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 numerous research positions at a CSULB based research center focused on Latino health disparities, primarily obesity prevention among Latino families.



**Alma Behar**

Alma Behar MPH is a PhD student in the SDSU-UCSD Joint Doctoral Program in Public Health (Global Health 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-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 asthma. She has extensive experience in health promotion 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 place their lifestyle changes necessary for managing those conditions. Another project that is underway is implementing the EM physical activity screening and recommendation into the UCSD health system, placing it in a community setting through the use of referrals and resources.

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