

October 2018 GoPA! newsletter!

Dear colleagues,

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

» II Country Card statistics

✓ 145 ready!

global coverage of



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) GoPA! activities at the 7th ISPAH congress in London 2018!



Join us!

1. GoPA! Council Session (Rutherford room)
Date: Tuesday October 16
Time: 7:30am - 8:50am

2. Oral presentations at the advocacy, policy and monitoring frameworks session
Date: Monday October 15
Time: 7:30am - 8:50am

Policy indicators as essential tools for Global Physical Activity advocacy

- a. A brief history of global physical activity policy measures and why they matter - Michael Pratt - Global Observatory for Physical Activity GoPA!, University of California San Diego United States
- b. Learning from the tobacco/Nutrition/Obesity experience - Adrian Bauman - Global Observatory for Physical Activity GoPA!, University of Sydney, Australia
- c. Policy Lessons Learned through the Active Healthy Kids Global Alliance Report Cards - Mark S. Tremblay - Healthy Active Living and Obesity Research Group, Children's Hospital of Eastern Ontario Research Institute, Ottawa, Canada, Canada
- d. Policy Lessons Learned through the Global Observatory for Physical Activity - GoPA! - Andrea Ramirez - Global Observatory for Physical Activity GoPA!, Federal University of Pelotas, Brazil

3. ePoster presentation in the policy session

Date: Monday October 15
Time: 17:00-18:00pm

ePoster title: User's experiences on the Global Observatory Physical Activity (GoPA!) Country Cards.

ePoster authors: Katja Siefken, Andrea Ramirez, Deborah Salvo, Michael Pratt, Karen Milton, Adrian Bauman, Harold Kohl, H-Min Lee, Gregory Heath, Charlie Foster, Ken Powell, Pedro C. Hallal, GoPA! working group.

4. ePoster

ePoster title: Mapping the historical development of physical activity and health research.

ePoster authors: Andrea Ramirez, Virela, Michael Pratt, Jenine Harris, Jesse Lecy, Deborah Salvo, Ross C. Brownson, Pedro C. Hallal

This poster can be viewed on touch screens at the congress as well as on smart phones and tablets during a dinner at the congress.

To see details about the congress please visit: www.ISPAH2018.com

Join us!

» 3) New GoPA! Events

Advanced Physical Activity and Public Health Research Course at Instituto de Salud Pública - INSP Mexico

This course was held at Instituto de Salud Pública - INSP in Cuernavaca Mexico on August 6-10 and gathered 14 Latin American trainees (early career investigators) from Mexico, Costa Rica, Colombia, Uruguay, Guatemala, Peru and Ecuador.

This course's success is the result of the excellent work by the coordinating team led by Alejandra Jauregui, head of the Physical Activity Department at INSP Mexico. The course faculty directors were Deborah Salvo and Alejandra Jauregui, and invited faculty included Andrea Ramirez, Michael Pratt, and Bill Kohl. This course received support from the Fogarty International Institute of the National Institutes of Health of the US, providing travel fellowships to eight rising stars from Latin American countries with low capacity for physical activity research.

Congratulations!

Javier Sayavera

from Uruguay and student of this course shared with us one commentary after the course.



» ¿Más investigación en salud en Latinoamérica = más desarrollo? «



Posted on August 16, 2018 at <https://sayavera.wordpress.com/2018/08/16/mas-investigacion-en-salud-en-latinoamerica-mas-desarrollo/>

Es impresionante lo que está creciendo el interés por la ciencia en el ámbito de la salud en los países Latinoamericanos. Es obvio que por el número de proyectos desarrollados o por el número de publicaciones está por detrás de otras potencias como EEUU o Europa, pero todo debe darse a su debido tiempo y siempre dentro de contexto. Ir más rápido de lo que el contexto marca no es una buena estrategia. Creo que se abre una puerta a la esperanza en cuanto a la mejora de la investigación en muchos países Latinoamericanos que no contaban con tanto desarrollo en el área de la salud pues desde hace un tiempo Chile, Colombia o Brasil estaban liderando ese avance en la región. Ahora Argentina, Uruguay más allá de Perú y los países de la región centro americana están apostando fuerte por el desarrollo de proyectos que no tengo dudas que se convertirán en referentes a nivel mundial. Muchas de las personas que van a liderar o están liderando el cambio de procedimiento en la investigación en salud se han formado en otros países y ahora tienen la capacidad de poder formar a gente nacional sin que tengan que viajar a EEUU o Europa. Incluso en la región existen grandes centros que pueden aportar mucho a quien tenga interés en capacitarse (INSP en México, CEMEA en Colombia o la UFPEL en Brasil). Dentro de unos años compararemos las country cards del Observatorio Global de Actividad Física (Global Observatory for Physical Activity, GoPA!) y veremos un cambio sustancial en cuanto a los aportes en el área de conocimiento en esta región. Sólo hay que esperar que las semillas que se están sembrando terminen dando sus frutos. Ahí veremos sí un aumento de la investigación en el área de actividad física y salud conlleva mejoras en el desarrollo de programas y políticas que permitan a la población vivir mejor.

Javier Sayavera - Investigador Uruguay

» 4) New publications from GoPA! network members!

We have a new publication!

Take a look at "Physical activity profile of Nigeria: implications for research, surveillance and policy" led by Adewale Oyejemi, GoPA! representative for Nigeria. Published at the Pan African Medical Journal. **Congratulations!**



Short communication

Physical activity profile of Nigeria: implications for research, surveillance and policy

Adewale Lugman Oyejemi^{1*}, Adetoyeju Younus Oyejemi¹, Babatunji Abayomi Omitara¹, Aliyu Lawani¹, Kingsley Kolapo Akinroye¹, Rufus Adesoji Adeboyin¹, Andrea Ramirez²

¹Department of Physiotherapy, College of Medical Sciences, University of Maiduguri, Nigeria, ²Department of Community Medicine, College of Medical Sciences, University of Maiduguri, Nigeria, ³Nigerian Heart Foundation, Lagos, Nigeria, ⁴Department of Pelotas, Pelotas, Brazil of Health Sciences, Oshana Federal Aikowo University, Nigeria, ⁵Post-Graduate Program in Epidemiology, Federal University of Pelotas, Pelotas, Brazil

*Corresponding author: Adewale Lugman Oyejemi, Department of Physiotherapy, College of Medical Sciences, University of Maiduguri, Borno State, Nigeria

Key words: Physical inactivity, non-communicable diseases, health promotion, public health

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You can find the document at:

<http://www.panafrican-med-journal.com/content/article/30/175/full/>

Send us your papers so we can disseminate them!

» 5) New research project involving international researchers and GoPA! members from Italy, Malaysia and Brazil is launched

The SFLASH (Social capital And Students Health) study, a two-wave panel study focusing in particular on the influence of Social Capital on student's health has started. The objective of the study is to investigate whether high levels of social capital lead to better health outcomes including better mental health, higher levels of physical activity and better health-related quality of life. The novel feature of the study is that, with its panel design the researchers also aim to understand possible pathways through which social capital can affect health. The study started in 2018 and will collect data on university students from 10 different countries including: Brazil, China, Germany, Italy, Malaysia, Oman, Taiwan, South Korea, Switzerland and the USA.

Researchers include:

- Insa Backhaus - Italy (Principal Investigator, Sapienza University in Rome)
- Alice Mancosi - Italy (GoPA! Country Contact, Sapienza University in Rome)
- Giuseppe La Torre - Italy (Sapienza University in Rome)
- AIKhalifa Ali AlShamir - Oman (Sohar University)
- Florian Fischer - Germany (Bielefeld University)
- Ichiro Kawachi - United States (Harvard School of Public Health)
- Jachno Wiehni - Germany (University of Bielefeld)
- Po-Hsiu Lin - Taiwan (National Taiwan Normal University)
- Selina Khoo - Malaysia (GoPA! Country Contact, University of Malaya)
- Luciana Zaranza - Brazil (GoPA! team in Brazil, Brasilia University)
- Soong-nang Jang - South Korea (Chung-Ang University)
- Beth Peacock - United States (Baylor University)
- Yuchi Pecco Chang - China (Jilin Sport University)

Congratulations to the coordinating team in Italy!

» 6) Help us find Country Contacts!

Your help finding Country Contacts has been fundamental for GoPA!

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

» 7) Presenting new GoPA! members

We want to introduce the "Physical Activity and Public Health Course at Instituto de Salud Pública - INSP Mexico" young researchers.

Cristina Enriquez - Mexico

Master in Nursing Sciences with PhD in Physical Activity Surveillance and Interventions by the Autonomous University of Nuevo Leon Mexico. Currently, a full time professor and researcher in the Faculty of Sports Organization. Her research interest is about physical activity and health. Although in the beginning of her work she focused in elderly, now she focuses in multidisciplinary work for the promotion of physical activity and health environment and overall experience on public space development. Her main interest is to define strategies and intervention projects that lead to healthier and more inclusive environments. This requires comprehensive approaches to studying and understanding the characteristics of the built environment, the urban structure and morphology of public spaces, as well as the characteristics of the population which they serve, with particular emphasis in understanding people's needs, perceptions and their ongoing patterns. Recent research on Active-Friendly Environments has led me to integrate physical activity objective and subjective measurements and techniques which contribute to my current understanding on how to create better and supportive environments for health.

Immanuel Cruz - Costa Rica

Bachelor in Physical Health Promotion with a Masters in Integral Health and Human Movement with emphasis in Health Promotion Academic and researcher in both the Faculty of Human Movement Science and Quality of Life (ICM-HCA-VII) and the Faculty of Contemporary Dance (Escuela de Danza) of the Universidad Nacional (UNA) in Costa Rica. Currently he's working for the Program "Center for Health Development and Rehabilitation" in the effects of exercise on integral health and the project "Support for Dance Teaching" in processes of training and the development of strategies to promote the inclusion and study the impact of dance in public health. His area of interest include physical activity surveillance and interventions to improve quality of life via alternative practices (dance, alternative sports, complementary therapies and others) and developing a research network in Costa Rica and Central America to sharing information and effective physical activity policies.

Cecilia del Campo - Uruguay

Dr. Del Campo hold several titles. She is Doctor in Medicine specialist in sports medicine, Faculty of Medicine-University of the Republic of Uruguay (1995-2003 and 2004-2007). Magister in Nutrition, Universidad Católica del Uruguay (2016). Currently, Director of Exercise & Medicine (EM-ACSM, American College of Sports Medicine) for Uruguay (since 2012). Director of research team Physical Activity and Health CHSCV (since 2013). Coordinator of the Physical Activity and Health Area of the Honorary Commission for Cardiovascular Health - CHSCV (since 2012). She is also a plastic artist, mother of 6 children and player of the Uruguayan women's Handball team from 1991 to 2007, with multiple participations in South American Championships, Pan American Games, Pre-Olympic and World Pan American Games. National champion for more than 10 years.

Diana Isabel Muñoz R - Colombia

Diana is a Colombian physiotherapist and currently a doctoral student in Epidemiology and Biostatistics at the University of Cauca. Her research interest is to improve the health of elderly populations in low-mid income countries and perceived environment and physical activity in older adults using multilevel analysis and structural model equations.

Their topics of interest include physical activity and public health, physical activity determinants and correlates in the inactive population in Colombia and physical activity promotion. Also, the translation of effective interventions to policy and physical activity programs scalability.

Céliida I. Gómez g - Mexico

Céliida holds an Architecture degree from ITESO, a Master's in Planning and a PhD in Urban Design from Oxford Brookes University in England. Céliida is currently a full-time professor and researcher at Universidad Iberoamericana, A. C. in Mexico City where her main areas of knowledge include developing participatory design methodologies for urban environments, designing and managing housing environments and overall experience on public space development. Her main interest is to define strategies and intervention projects that lead to healthier and more inclusive environments. This requires comprehensive approaches to studying and understanding the characteristics of the built environment, the urban structure and morphology of public spaces, as well as the characteristics of the population which they serve, with particular emphasis in understanding people's needs, perceptions and their ongoing patterns. Recent research on Active-Friendly Environments has led me to integrate physical activity objective and subjective measurements and techniques which contribute to my current understanding on how to create better and supportive environments for health.

César Hernández Alcaraz - Mexico

Cesar is Ph.D. student of the Doctoral program in Population Nutrition at National Institute of Public Health (INSPI). He is also a researcher and project manager in studies related to diabetes and its complications at the Nutrition and Health Research Center at INSP. He has a bachelor degree in chemistry applied to pharmacy at the Universidad de Colima and a master in Health Sciences in the Public Health School of Mexico (ESPM/INSPI). He has collaborated in projects funded by UC-Mexus/CONACYT, World Diabetes Foundation and Gonzalo Río Alarón Foundation. He has been thesis advisor and associate professor in the master and doctoral programs in Environmental Health and Health at ESPI/INSP. His main research interests are prevention and control of non-communicable chronic diseases, epidemiological methods and mental health.

Eugen Resendiz Bontrud - Mexico

Eugen Resendiz is an architect and a student of the Master of Public Health at Universidad Iberoamericana de la Ciudad de México (UIA) and Research Assistant at the Centro de Investigación en Nutrición y Salud (CINYS) of the National Institute of Public Health (INSPI). Her main area of research is urban health and built environment assessments - with objective and perception methods - some of her additional interests include physical activity, health policy and health disparities. Eugen is currently working on the Cities Changing Diabetes Partnership Programme in Mexico City, coordinating the built environment component of the project, in order to study the impact and relationship between cities and diabetes. Her main goal is to promote a stronger multidisciplinary work between the Public Health and the Urban Researchers by using methodologies from both areas of research in Games, Pre-Olympic and World Pan American Games. National champion for more than 10 years.

Angélica Ochoa Avilés - Ecuador

Angélica obtained a Medical Degree at University of Cuenca-Ecuador (2006). In 2007 she completed her rural practice year. One year later she received a Doctorate in Science of Nursing and a Master Degree Program in Nursing focuses in Community Health both in the Autonomous University of Nuevo Leon Mexico. Dr. Compean has a training in the PH-LEADER program for Non-Communicable Diseases at the National Institute of Public Health (INSPI) in Mexico and the Rollin School of Public Health in Emory University, USA. She belongs to the National Research System in Mexico and her research interests focus in self-care behaviors like physical activity, eating behavior to prevent and manage diabetes and obesity in vulnerable populations. Lidia recognizes the need for collaborative and multidisciplinary work in order to address risk factors for NCDs that involve lifestyle interventions and public policy.

My passion for health promotion started the day I decided to be a medical doctor. However, I believe that low and middle-income countries researchers should focus on approaches that warranty community empowering. I am highly interested in sharing my knowledge and collaborate with other researchers and communities. In my ongoing projects I have managed to built-up a multidisciplinary team involving architects, urbanists, biologists, psychologists, designers, economists and engineers. I am always amazed of the richness of such collaboration. I wish that urban spaces can promote healthy behaviors and be part of these research groups in America.

Jorge Cervantes Sanabria - Costa Rica

Currently, Jorge Cervantes Sanabria is a doctoral student in Human Movement Sciences at School of Physical Education and Sports in the University of Costa Rica / School of Health Sciences and Quality of Life (ICM-HCA-VII) of the National Institute of Public Health (INSPI). Her main area of research is urban health and Human Movement Sciences from University of Costa Rica. He works as professor at Atlantic Campus in the University of Costa Rica and as research assistant in the field of physical activity and immunity. His main area of research is physical exercise prescription, although additional interest include influenza virus, non-communicable diseases, physical activity prevalence and public health.

Lidia G. Compean Ortiz - Mexico

Dr. Lidia G. Compean Ortiz is a Researcher Professor at the Autonomous University of Tamaulipas School of Nursing in Tampico, Mexico. She has a Doctorate in Science of Nursing and a Master Degree Program in Nursing focuses in Community Health both in the Autonomous University of Nuevo Leon Mexico. Dr. Compean has a training in the PH-LEADER program for Non-Communicable Diseases at the National Institute of Public Health (INSPI) in Mexico and the Rollin School of Public Health in Emory University, USA. She belongs to the National Research System in Mexico and her research interests focus in self-care behaviors like physical activity, eating behavior to prevent and manage diabetes and obesity in vulnerable populations. Lidia recognizes the need for collaborative and multidisciplinary work in order to address risk factors for NCDs that involve lifestyle interventions and public policy.

Javier Sayavera - Uruguay

Bachelor in physical activity and sport sciences and PhD in Physiology at the University of Extremadura (Spain). After working nine years at the university in Spain, currently since 2007 lecturer at the Universidad de la República in Uruguay. His main projects is the research group on human movement analysis, which is training physical education students in order to start intervention projects in Rivera (north Uruguay). He is representing Uruguay as report card leader in the Global Matrix 3.0 project on physical activity in children and youth. He is interested in studies about prevalence and interventions in physical activity as well as other topics related to physiology, and physical condition testing due to his background in this research field. He would like to integrate knowledge to improve population health.

Oscar Flores - Peru

Dr. Flores was trained in medicine at San Martín de Porres University (USMP) Lima, Peru. He obtained a Master of Global Health and Development from the University College London in 2016. Currently, Dr. Flores is an affiliated investigator at the Center for Global Non-Communicable Diseases of Johns Hopkins University, and member of the Center of Research in Aging at USM. His main research interest is to improve the health of elderly populations in low-mid income countries (LMIC), particularly in terms of physical capability and mental health. Recently he obtained an award to be a Fogarty Global Health Fellow in the cohort 2018-2019 funded by Fogarty International Center, and his project seeks for understanding the role of mental health in COPD in Lima, Peru. Additionally, Oscar is involved in medical education, teaching public health for undergraduate and postgraduate at USMP. His area of interest include physical activity surveillance and interventions to improve quality of life via alternative practices (dance, alternative sports, complementary therapies and others) and developing a research network in Costa Rica and Central America to sharing information and effective physical activity policies.

Jeancarlo Cordoba - Costa Rica

Jeancarlo received a Physical Education and Sports Bachelor's Degree and a Master's in Public Health Degree at the University of Costa Rica. He is pursuing a Doctor in Public Health concentration in Social Behavior and Community Health Degree at the State University of New York at Albany. He has been working for the University of Costa Rica as a faculty member since 2012, teaching courses in community health and health promotion. In 2014 received a scholarship from the Institute of Nutrition of Central America and Panama (INCAP) for its initials in Spanish to develop his thesis in the non-communicable diseases field in collaboration with the Research Center for the Prevention of Chronic Diseases (CIECC) for its initials in Spanish. He had developed different projects in the implementation of interventions like physical activity and tobacco control with national institutions, including the National Institute about Alcoholism and Drug Dependency (IAFA) for its initials in Spanish and the Ministry of Health. He is an active member of the Costa Rica National Network of Physical Activity and Health (RECAFS) and the National Network Against Tobacco (RENATA) for its initials in Spanish. His research interest is related to physical activity surveillance and policies at the national level.

Kevin Martinez-Folgar - Guatemala

Kevin received a professional medical degree from the Universidad de San Carlos de Guatemala and currently is student of the Masters in Epidemiology at the Universidad del Valle de Guatemala. Currently is a researcher and medical data analyst at the Centro de Investigación del INCAP. La Prevención de Enfermedades Crónicas -CIECC- dependency of the Institute of Nutrition of Central America and Panama, based in Guatemala. His research interests focus on cancer epidemiology, nutrition, urban health, open science and preferences data for epidemiological analysis. He has worked on large national and health studies in rural areas and as part of the project SALLURBAL (Salud Urbana para América Latina) has been collecting and analyze databases related to the cities in Central America, also its founder of PyData Guatemala (a community to improve scientific data analysis using Python, Julia or R).

Thank you very much! We look forward to your comments

Lets improve physical activity worldwide!

Best regards,

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

On Behalf of the Global Observatory for Physical Activity Steering Committee