



September 2020 GoPA! newsletter!

Dear colleagues,

» We would like to thank you for actively contributing with GoPA!. We have been working very hard to get more Country Contacts and in the planning of the Second Set of Country Cards. We want to update you on the Observatory progress and define next steps to our work.

» 1) Second Set of Country Cards

Since 2019 we have worked to update our Country Cards and get them ready to be launched as the Second set of Country Cards 2020 and in the Second Physical Activity Almanac.

As always, we have received outstanding support from our Country Contacts and currently we have 108 approved cards and 40+ in review with research, surveillance, and policy indicators up to 2019.

We will continue working in the update until the end of this year, when we plan our virtual launch.

More details will come soon! Stay tuned!

» 2) Help us find Country Contacts for the Second Set of Country Cards

Your help finding Country Contacts has been fundamental for GoPA!

These are the countries where GoPA! is looking for representatives. If you have colleagues working in physical activity in any of these countries, please let us know!

A

Afghanistan
Algeria
Andorra
Armenia
Azerbaijan

B

Bahamas, The
Belarus
Bermuda
Burundi

C

Cambodia
Central African Republic
Chad
Comoros
Congo, Dem. Rep.
Congo Rep.
Curaçao

E

Equatorial Guinea
Eritrea

G

Gabon
Gambia, The
Georgia
Ghana
Guinea
Guyana

I

Isle of Man

K

Korea, Dem. People's Rep.
Kyrgyz Republic

L

Lesotho
Liberia
Libya
Liechtenstein

M

Madagascar
Mali
Mauritius
Monaco

N

Niger

P

Philippines

S

San Marino
Sao Tome and Principe
Sierra Leone
Sint Maarten (Dutch part)
Somalia
South Sudan
Sudan

T

Tajikistan
Timor-Leste
Togo
Turkmenistan
Turks and Caicos Islands

U

Uzbekistan

V

Venezuela

Y

Yemen, Rep.

Please send an email with the name and email address of your colleague to:

aravamd@gmail.com

» 3) New GoPA! publications

As you may know, as part of the Country Cards update, we have teams conducting data collection for each of the indicators. We have demographic data, surveillance, policy, research and sedentary behavior teams. As part of the update, manuscripts are going to be published. Take a look at the first publication of the sedentary behavior – sitting time indicator, Congratulations!

Mclaughlin et al. *International Journal of Behavioral Nutrition and Physical Activity* (2020) 17:111
<https://doi.org/10.1186/s12966-020-01008-4>

International Journal of Behavioral Nutrition and Physical Activity

REVIEW Open Access

Worldwide surveillance of self-reported sitting time: a scoping review

M. Mclaughlin^{1,2,3,4*}, A. J. Atkin⁵, L. Starr⁶, A. Halli^{3,4}, L. Wolfenden^{1,2,3,4}, R. Sutherland^{1,2,3,4}, J. Wiggers^{1,2,3,4}, A. Ramirez⁷, P. Hallal⁷, M. Pratt⁸, B. M. Lynch^{9,10}, K. Wijndaele¹¹ and on behalf of the Sedentary Behaviour Council Global Monitoring Initiative Working Group

*Correspondence: mclaughlin@uq.edu.au

Check for updates

Mclaughlin, M.; Atkin, A.J.; Starr, L.; Halli, A.; Wolfenden, L.; Sutherland, R.; Wiggers, J.; Ramirez, A.; Hallal, P.; Pratt, M.; Lynch, B.M.; Wijndaele, K.; on behalf of the Sedentary Behaviour Council Global Monitoring Initiative Working Group. Worldwide surveillance of sitting time: a scoping review. <http://sci-hub.tw/10.1186/s12966-020-01008-4>

Shareable link: <https://rdcu.be/b6RqM>

» 4) Join us at the 2020 ISPAH Virtual Congress!

Date of the virtual congress:
Thursday 29/10 | 15:30 - 22:30 (GMT)

This is a 1-day event presenting four live symposia sessions focused on key topics in physical activity and health research, promotion and advocacy. The 1-day programme will run over 2 calendar days – **Thursday 29 October and Friday 30 October** – in order to accommodate a range of time zones.

Registration is FREE for ISPAH Members! Non-members can also attend and the registration fee will include a trial ISPAH membership until 28 Feb 2021.

You can get more information from the ISPAH website.

www.ispah.org/virtual-congress

This is the schedule of events for the Virtual Congress.

VIRTUAL CONGRESS SYMPOSIA DETAILS

Symposium 1: Indigenous health and wellness through empowerment
(15:30 - 17:00 GMT)
Chair: Rosalyn Miles
Presenters: Shawn Hanna, Henry Lai, Kai Kaufman

Symposium 2: National physical activity guidelines: closing the gap between development and implementation
(17:15 - 18:45 GMT)
Chair: Charlie Foster
Presenters: Jennifer Tomazzone, Simone Tomaz, Chloé Williamson, Paul Kelly, James Nobles

Symposium 3: SUNRISE International study of movement behaviours in young children
(19:00 - 20:30 GMT)
Chair: Anthony Chely
Presenters: Alex Florindo, Nyaradzai Munamba, Prasad Chathuranga, Fujitha Wilkamsinghe, Adang Suherman, Kaston Sultan

Symposium 4: Socio-ecological and environmental factors in underserved communities and LMICs: context and domains matter to address 'physical activity insecurity'
(20:45 - 22:15 GMT)
Chair: Estelle Lambert
Presenters: Tracy Kolbe-Alexander, Nana Ankyie, Abby King



<https://www.ispah.org/virtual-congress/>



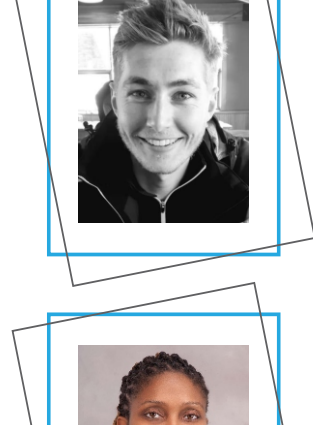
@ISPAH



» 5) Presenting Country Contacts

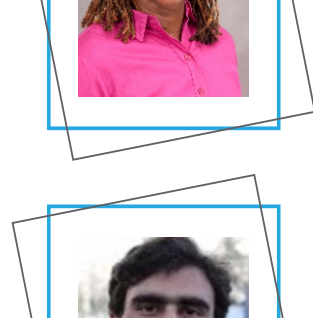
We want to introduce our new Country Contacts from Channel Islands, Jamaica, Pakistan, Polonia and Slovak Republic.

Welcome!



CHANNEL ISLANDS
Sam Green

Graduated in Sport and Exercise Science from Loughborough University, dissertation focused on the relationship between sedentary behaviour, cardiometabolic health and function. Currently working for the States of Guernsey at Beau Sejour Leisure Centre where help to run Guernsey's Exercise Referral Scheme. Currently focus on helping clients to use physical activity as a way of improving or managing their medical condition(s).

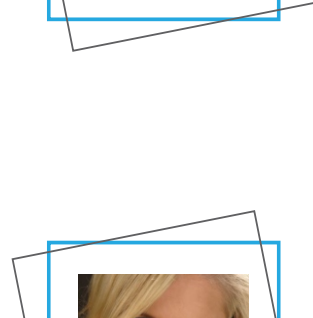


JAMAICA
Dr. Kamilah S. Hylton

Associate Professor and the Dean of the Faculty of Science and Sport at UTech, Jamaica. Awarded a Fulbright Scholarship in 2003 which led to her Ph.D., in Environmental Science from New Jersey Institute of Technology/Rutgers, The State University of New Jersey.

Currently sits on a number of national committees including the South Africa-Jamaica Joint Committee on Science and Technology Cooperation, the Inter-ministerial Taskforce on Safeguarding and Protecting Children in Sport and the National Anti-Doping in Sport Compliance Committee.

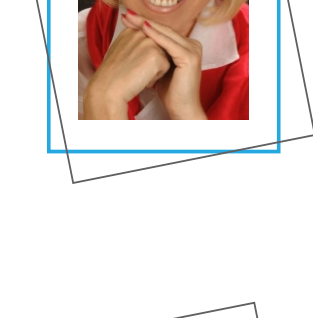
Her current research focuses on evaluation of injury prevention and management in young athletes and developing health-enhancing physical activity programmes in the workplace.



PAKISTAN
Aamir Raof Memon

Assistant Professor of Physical Therapy at Peoples University of Medical & Health Sciences for Women, Shaheed Benazirabad, Pakistan.

Awarded Doctor of Physical Therapy (2009-2014) from Riphah International University, Islamabad and completed Master of Philosophy in Health, Physical Education & Sports Sciences (2015-2018) from Isra University, Islamabad Campus. Since then he has developed his interest in physical activity epidemiology. In addition, he finished Post-graduate Diploma in Biomedical Ethics from Centre of Biomedical Ethics and Culture, SIUT, Pakistan. Aamir's research focuses on 24-hour distribution of activity behaviors (physical activity, sedentary behavior and sleep) and their effects on health and cost-effective approaches to improve physical activity and reduce sedentary behaviors. He also publishes on research ethics and publishing standards. Aamir is member of the International Network of Time-Use Epidemiologists, Associate Editor for BMJ Open Sport & Exercise Medicine, and Editorial Board Member for Journal of Pakistan Medical Association and Central Asian Journal of Medical Hypotheses and Ethics.



POLAND
Elżbieta Biernat

Associate Professor at Warsaw School of Economics, College of World Economy, Department of Tourism. In her research focuses mainly on the problem of public health promotion, investigates the positive effects of health indicators and economic consequences of their deficiency. Since 2014 expert for The Ministry of Sport and Tourism in the area of physical activity of the Polish population and a consultant for the EU project Eurobarometer concerning sport, health and participation in physical activity. Physical activity expert for the Days of Spirometry 2016 campaign and member of the Polish group GoPA! (Global Physical Activity Observatory). Contributor to the Strategy of Sport Development in Warsaw. Co-author of the Polish version of the International Physical Activity Questionnaire. Science editor for the Polish Journal of Sports Medicine and editor of the Physical Activity section of the National Physical Condition Research Centre e-publication. Member of the Editorial Board of Journal of Medical Research and Health Education, SunKrisT Medicine and Research Journal, GBSL Journal of Public Health and Epidemiology.



POLAND
Hanna Nal cz, PhD

Assistant Professor at the Institute of Mother and Child, Department of Children and Adolescents Health. Her research interests focus on the health behaviours in the public health context, especially in children and adolescent's energy intake and expenditure dimension. Hybrid education allows her to bridge a gap between medical sciences and humanities in many projects from the borderline of disciplines. Co-author of national and international publications on health behaviours of children and adolescents. She is a active focal point for the Global Physical Activity Observatory - GoPA! and a member of the National Healthy Kids Global Alliance Polish Team, and a scientific consultant, manager or contractor in many projects lead on behalf of Ministry of Sport and Tourism, Ministry of Health and in Ministry of Science and Higher Education's scientific grants.



POLAND
Dr. Monika Pi tkowska

Researcher and lecturer in sport marketing and management at Josef Pilsudski University of Physical Education in Warsaw in Poland. She graduated from Tourism and Recreation at Josef Pilsudski University of Physical Education in Warsaw and Management at University of Warsaw.

In this area Dr. Monika Pi tkowska cooperates very closely with governmental institutions (Ministry of Sport and Tourism - expert in 2012-2014, the Central Statistical Office - an expert in the years 2009, 2013). She has also been engaged in carrying out international research projects, mainly in the field of sport management (i.e. -ERASMUS AEHESIS - Aligning a European Higher Education In Sport Science, Study on Training of young Sportsmen/women in Europe). In 2015-2017 she was a national coordinator of SIVSCE (Social Inclusion and Volunteering in Sport Clubs in Europe) project realised within Erasmus + Sport framework.

In 2009-2018 she was a managing editor of Physical Culture and Sport. Studies and Research published by the International Society for the Social Sciences of Sport and Josef Pilsudski University of Physical Education in Warsaw. Since 2018 she has held a position of the Editor-in-Chief of the Journal.



SLOVAK REPUBLIC
Jaroslava Kopcakova, PhD.

Received a Master Degree in Psychology (Faculty of Arts, P.J. Safarik University in Kosice) and PhD. in Medical Sciences (University of Groningen, The Netherlands). During her university studies she participated in Children Organization Fenix and she worked as a research assistant at Košice Institute for Society and Health, Child Line of Trust in Košice and she also participated in several courses in psychology and psychotherapy. At present time, she is in the position of senior researcher at Department of Health Psychology and Research Methodology, Medical Faculty of P.J. Safarik University. She has participated and still participates in several projects of national research agencies (APVV, VEGA), international or European research projects (VIPP4 2, FP7 SOPHIE HEALTH, HBSC, International Visegrad Fund). Currently, she is involved in Care4Youth study oriented on healthy development of children and adolescents with emotional and behavioural problems paying particular attention to their trajectory in the systems of care. In addition, she is a member of Health Behaviour School-aged Children Study (HBSC). As a member of HBSC study she is focused on physical activity in the context of psychosocial determinants especially in adolescents. Research is oriented towards health and health-related behaviour among school-aged children within their social context.

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



Global Observatory for Physical Activity

You can make a contribution to physical activity worldwide!
Contact us: physicalactivityobservatory@gmail.com



www.globalphysicalactivityobservatory.com

