

# THE 6<sup>th</sup> ISPAH INTERNATIONAL CONGRESS ON PHYSICAL ACTIVITY AND PUBLIC HEALTH

16<sup>th</sup>- 19<sup>th</sup> November 2016

Queen Sirikit National Convention Center Bangkok, Thailand

## ACTIVE LIVING FOR ALL

ACTIVE PEOPLE : ACTIVE PLACE : ACTIVE POLICY

# CONGRESS HIGHLIGHTS



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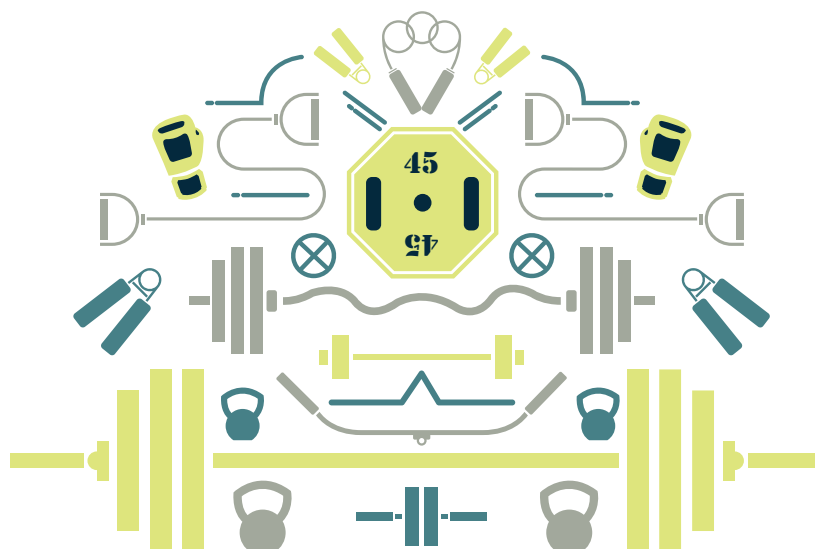


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## CONGRESS HIGHLIGHTS

The 6<sup>th</sup> ISPAH International Congress on Physical Activity and Public Health marks key milestone in bringing the ISPAH Congress to Asia for the first time and is one of the key global forums on physical activity and public health. The 6th ISPAH congress aims to build commitment and networks in advancing a global call for enhancing physical activity across various life spectrums including sport, transport, health, environment, education, culture and economy etc. The congress features 5 Keynote Sessions, 15 Symposia, 30 Oral Sessions and over 350 poster presentations, walk the talk program and many other important events during the congress.

Some of the important highlights of the congress include the endorsement of the Director General of the World Health Organization, Dr. Margaret Chan at the Opening Ceremony and the launch in the Closing Ceremony of the 6th ISPAH Congress Bangkok Declaration, a uniting statement from congress delegates and hosts which aims to support global commitments to increase physical activity. The Opening Keynote by a Thai senior expert and WHO leaders will address the "Global Agenda, Policy and Co-Benefits of PA." The global theme will continue in the Plenary I with the launch of the "Global Matrix 2.0 Kids Report Cards" which will present the culmination work of the Active Healthy Kids Global Alliance and the assessment in 38 countries of progress on physical activity in children and youth. These countries represent approximately 20% of the world's countries, 40% of the world's land mass, and 60% of the world's population. Plenary II will focus on "Achieving the Multiple Co-Benefits of Active Cities: It Can Be Done", and explore the nexus between health and urban planning, whilst Plenary III will explore the "Economic Dimension of Physical Activities in Asia Region". On Saturday Plenary IV will look forward and discuss "Technology – What Now and What Next?"

The Congress will also showcase the work from more than 140 countries participating in the ISPAH Council "Global Observatory for Physical Activity (Go-PA) Country Cards" which bring together for each country demographic and health data as well as a set of physical activity indicators using a standardized methodology. The Congress will launch the 1<sup>st</sup> Global Physical Activity Almanac and copies will be available for delegates. In addition to these activities, the congress has various meetings and side events and a high level panel discussion on "The (Invisible) Roles of Physical Activity in Sustainable Development " as well as hosting ISPAH Council Meetings, the ISPAH AGM and various networking activities coordinated by the ISPAH Early Career Network.

# 2016 ISPAH CONGRESS SKELETON

Time / Date	WED 16 <sup>th</sup> NOV 2016	THU 17 <sup>th</sup> NOV 2016	FRI 18 <sup>th</sup> NOV 2016	SAT 19 <sup>th</sup> NOV 2016		
07.00-08.00		PA @Park	PA @Park	PA @Park		
08.00-08.45	Registration	Workshop#1 @Meeting Rm 1   Informal networking @Active Zone   ISPAH Council Meeting - Intro to CEPA @Meeting Rm 2	Sedentary Group Meeting @Meeting Rm 1   ISPAH Council Meeting GAPA @Meeting Rm 2   Workshop#2 @Meeting Rm 3   Informal networking @Active Zone	Registration		
09.00- 10.30		Plenary Session 2 @Plenary Hall 1	Concurrent Session 3 (6 parallel sessions, P3.1 – P3.6)		Symposia 3 (3 parallel sessions, S3.1-S3.3)	
10.30- 11.00		Coffee Break + Poster Viewing	Coffee Break + Poster Viewing		Coffee Break + Poster Viewing	
11.00- 12-30		Early Career Network (ECN) Workshop @ Meeting Room 4 (10:00 – 14:00)	Concurrent Session 1 (6 parallel sessions, P1.1 – P1.6)		Plenary Session 3 @Plenary Hall 1	Concurrent Session 5 (6 parallel sessions, P5.1 – P5.6)
12.30- 14.00			LUNCH   ECN Mentoring Lunch @Retro Café /Asia-Fit @Meeting Rm3   Panel on PA & SDGs @ Plenary Hall 1		LUNCH   FeelFit@Lotus/ Active Living in SEAR @Meeting Rm4   ISPAH AGM @Meeting Rm 2	LUNCH   Information Session on Global Matrix 3.0 @Meeting Rm 2
14.00- 15.30			Symposia 1 (6 parallel sessions, S1.1-S1.6)		Symposia 2 (6 parallel sessions, S2.1-S2.6)	Plenary Session 4 @Plenary Hall 1 (14:00 – 15:00)
15.30- 16.00		Opening Ceremony & Opening Keynote Address @Plenary Hall 1 (15:30 – 16:45)	Coffee Break + Poster Viewing		Coffee Break + Poster Viewing	Coffee Break + Poster Viewing
16.00- 16.45			Concurrent Session 2 (6 parallel sessions, P2.1 – P2.6)		Concurrent Session 4 (6 parallel sessions, P4.1 – P4.6)	Closing Ceremony @Plenary Hall 1 (15:30 – 16:15)
16.45- 17.00		Cultural Intermission				
17.00- 18.00		Plenary Session 1 Launch of Global Kids Report Cards @Plenary Hall 1	Poster Session 1 & Networking @Plenary Hall 2&3		Poster Session 2 & Networking @Plenary Hall 2&3	
18.00-20.30	Welcome Reception @Retro Live Café					
20.30-21.30	ECN Event: Speed Dating @Retro Live Café (19:30-21:30)		Congress Banquet (Ticket Required) @Ballroom (19:00 – 20:30)			

# SCIENTIFIC PROGRAMME SUMMARY

## WEDNESDAY, 16 NOVEMBER 2016

15:30-17:00		Opening Ceremony & Keynote Address / <b>Plenary Hall 1</b>
17:00-18:00		Plenary I: Launch of Global Kids Report Card / <b>Plenary Hall 1</b>
09:00-10:30		Plenary II: Achieving the Multiple Co-Benefits of Active Cities: It Can Be Done / <b>Plenary Hall 1</b>
11:00-12:30	P 1.1 P 1.2 P 1.3 P 1.4 P 1.5 P 1.6	Advances in Research on Built Environment and Physical Activity / <b>Plenary Hall 1</b> Environments and Physical Activity in Youths / <b>Meeting Room 1</b> Physical Activity in Asia for Children and Youth / <b>Meeting Room 2</b> Interventions in adults for Physical Activity & Sedentary Behavior/ <b>Ballroom</b> National and Regional Physical Activity Policies / <b>Meeting Room 3</b> Epidemiology and Correlates of Physical Activity in Youths / <b>Meeting Room 4</b>
12:30-13:30		The (Invisible) Roles of Physical Activity in Sustainable Development/ <b>Ballroom</b>
14:00-15:30	S 1.1 S 1.2 S 1.3 S 1.4 S 1.5 S 1.6	Building the Evidence: Findings from Environmental Interventions / <b>Plenary Hall 1</b> Advancing Economic Analyses in Physical Activity / <b>Meeting Room 1</b> Ingredients for Effective Advocacy - From Evidence to Action / <b>Meeting Room 2</b> Promotion of Physical Activities through Asian Lens / <b>Meeting Room 3</b> Population Surveillance of Physical Activity: Progress made but what does the future look like? / <b>Meeting Room 4</b> Social Mobilisation for Physical Activity and Health: Revitalising the Global Agenda / <b>Plenary Hall 1</b>
16:00-17:00	P 2.1 P 2.2 P 2.3 P 2.4 P 2.5 P 2.6	Urban Planning, Transport and Health: Presentation from 2016 Lancet Series / <b>Plenary Hall 1</b> Promoting Physical Activity in Asia / <b>Meeting Room 1</b> Physical Activity, Communication and Mass Media Interventions / <b>Meeting Room 2</b> Advances in Objective Measurement of Physical Activity / <b>Meeting Room 3</b> Patterns in Physical Activity and Sedentary Behavior in Adults / <b>Ballroom</b> Physical Activity and Cognitive Health: Epidemiology and Interventions / <b>Meeting Room 4</b>
17:00-18:00		Poster Session 1 & Networking / <b>Plenary Hall 2&amp;3</b>

## FRIDAY, 18 NOVEMBER 2016

09:00-10:30	P 3.1 P 3.2 P 3.3 P 3.4 P 3.5 P 3.6	Active Transport / <b>Plenary Hall 1</b> Parks and Physical Activity / <b>Ballroom</b> Physical Activity: Communities, Culture, Gender and Identities / <b>Meeting Room 1</b> Physical Activity in Women, Mothers and during Pregnancy / <b>Meeting Room 2</b> Physical Activity, Sedentary Behaviour and Health Outcomes in Adults / <b>Meeting Room 1</b> Physical Activity and Health Outcomes in Adults / <b>Meeting Room 4</b>
11:00-12:30		Plenary III: Economic Dimension of Physical Activities in Asia Region / <b>Plenary Hall 1</b>

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## FRIDAY, 18 NOVEMBER 2016

14:00-15:30	S2.1 S2.2 S2.3 S2.4 S2.5 S2.6	Cost-effective Actions to Increase Physical Activity / <b>Plenary Hall 1</b> Building a System Infrastructure for Physical Activities in Thailand / <b>Lotus</b> From Science to Policy and Practice: Development of Effective Evidence Based Physical Activity Policies / <b>Meeting Room 1</b> Physical Activity and the Environment: Building the Evidence through a Global Collaborative Network / <b>Meeting Room 2</b> Building capacity for Physical Activity and Health / <b>Meeting Room 3</b> Childhood Physical Activity: an Exploration Across Countries at Different Stages of Development / <b>Meeting Room 4</b>
16:00-17:00	P4.1 P4.2 P4.3 P4.4 P4.5 P4.6	Collaborative Built Environment Research: New Results from IPEN / <b>Plenary Hall 1</b> Socioeconomic and Environmental Inequalities and Physical Activity / <b>Meeting Room 1</b> Interventions for Physical Activity & Sedentary Behavior in Schools / <b>Meeting Room 2</b> Physical Activity in Elderly Populations: Correlates and Interventions / <b>Meeting Room 3</b> Physical Activity: Trends and health Outcomes in Youth / <b>Meeting Room 4</b> Advances and Findings from National Surveillance of Physical Activity across Multiple Countries / <b>Lotus</b>
17:00-18:00		Poster Session 2 & Networking / <b>Plenary Hall 2&amp;3</b>

## SATURDAY, 19 NOVEMBER 2016

09:00-10:30	S3.1 S3.2 S3.3	The Lancet Physical Activity Series II (Go-PA) / <b>Plenary Hall 1</b> Promoting Physical Activity through Sport: Challenges and Progress / <b>Ballroom</b> Game-Changing Technology for Physical Activity / <b>Meeting room 1</b>
11:00-12:30	P5.1 P5.2 P5.3 P5.4 P5.5 P5.6	Technology for Measurement and Interventions / <b>Plenary Hall 1</b> Physical Activity in People with Different Abilities and Chronic Disease / <b>Meeting Room 1</b> Social and Built Environments for Youths / <b>Meeting Room 2</b> Physical Activity, Sedentary Behaviour and Health Outcomes in Youths / <b>Meeting Room 3</b> Physical Activity Policy: Getting Evidence Used / <b>Ballroom</b> Physical Activity and Chronic Disease in Adults / <b>Meeting Room 4</b>
14:00-15:00		Plenary IV: Technology – What Now and What Next? / <b>Plenary Hall 1</b>
15:30-16:15		Closing Ceremony & The Launch of The Bangkok Declaration / <b>Plenary Hall 1</b>



# KEY SESSIONS

## Opening Ceremony & Keynote Address

Wednesday, November 16, 2016 (15.30 - 16.00)

Plenary Hall 1

Cultural PA Performance

Report on the Congress Organization

- Prof. Dr. Udomsil Srisangnam, Chair of the Local Organizing Committee and Co-Chair of the Global Organizing Committee

Opening Speech

- H.E. Admiral Narong Pipatanasai, Deputy Prime Minister and Chair of the ThaiHealth's Board of Governance, Thai Health Promotion Foundation

Welcome Speeches by Co-Sponsor and Co-Hosts

- Dr. Margaret Chan, Director General, World Health Organization (Video Conference Address)
- Dr. Sophon Mekthon, Permanent Secretary General, Minister of Public Health
- Dr. Supreda adulyanon, CEO, Thai Health Promotion Foundation
- Prof. Dr. Fiona Bull, President, International Society for Physical Activity and Health (ISPAH)

Opening Keynote Address: "Global Agenda, Policy and Co-Benefits of PA" Speakers:

- Dr. Suwit Wibulpolprasert, Vice Chair of International Health Policy Foundation, Thailand;
- Dr. Poonam Singh, WHO SEARO Regional Director
- Dr. Oleg Chestnov, WHO Assistant Director General – Non-communicable Diseases and Mental Health (NMH)

## Plenary Session I: Launch Of Global Kids Report Cards

Wednesday, November 16, 2016 (17.00- 18.00 )

Plenary Hall 1

Congress Theme: Active People

Chair: Prof. Dr. Fiona Bull, International Society for Physical Activity and Health (ISPAH)

Global Matrix 2.0: International Results from 38 Countries

- Dr Mark Tremblay, the Healthy Active Living and Obesity Research Group (HALO) Inaugural Thai Report Card on the Physical Activity of Children and Youth
- Dr Pairoj Saonuam, Director of Healthy Lifestyle Promotion Section, ThaiHealth Promotion Foundation

## Plenary Session II:

### Achieving the Multiple Co-Benefits of Active Cities: It Can Be Done

THURSDAY, November 17, 2016 (9.00 – 10.30 )

Plenary Hall 1

Congress Theme: Active Place

Chair: Professor Jim Sallis

Keynote Speech 1: Can urban design policy deliver active city co-benefits? Evaluation of a policy natural experiment – the RESIDE study

- Professor Billie Giles Corti, University of Melbourne, Australia

Keynote Speech 2: Cities can be transformed, and they need to be!

- Mr Gordon Price, Simon Fraser University, Canada





## Lunch Panel: The (Invisible) Roles of Physical Activity in Sustainable Development

THURSDAY, November 17, 2016 (12.30-14.00)

Plenary Hall 1

Organizer: Thai Health Promotion Foundation

Chair: Dr. Supreda Adulyanon (CEO, Thai Health Promotion Foundation),

Moderator: Dr. Thaksaphon Thammarangsi (Director, Noncommunicable Diseases and Environmental Health, SEA Regional Office, WHO)

1. Relevancy of the Ottawa Charter on Health Promotion and Toronto Charter on Physical Activity to Sustainable Development Goals (SDGs).  
Ms. Kimberly Elmslie (Assistant Deputy Minister, Health Promotion and Chronic Disease Prevention Branch, Public Health Agency of Canada, CANADA)
2. UNDP as the think tank of the UN and the SDGs. How UNDP can support countries identify the role of PA and PA-related issues in SDGs achievement, SDG#3 and beyond  
Dr. Kazuyuki Uji, Policy Specialist, Health and Development, Asia-Pacific Bangkok Regional Hub, United Nations Development Program)
3. WHO's role to support countries on PA and the SDGs  
Dr. Thaksaphon Thammarangsi
4. Country perspective on Thailand and the SDGs on Health (esp. PA)  
Dr. Wachira Pengchan (Director General, Department of Health, Ministry of Public Health, Thailand)
5. How can the global community intensify the role of PA in the SDGs?  
Collective discussion

## Plenary Session III: Economic Dimension Of Physical Activities In Asia Region

Friday, November 18, 2016 (11.00 – 12.30)

Plenary Hall 1

Congress Theme: Active People and Active Policy

Chair: Dr. Robert Sloan

Keynote 1: Behavioral Economics – Evidence for Chronic Disease Prevention

- Dr. Eric Finkelstein, The Duke-NUS Graduate Medical School, Singapore

Keynote 2: Making Active Transport Bankable

- Dr. Lloyd Wright, Asian Development Bank, Philippines

## Plenary Session IV: Technology – What Now And What Next?

Saturday November 19, 2016 (14.00 – 15.00)

Plenary Hall 1

Congress Theme: Active People Chair: Dr Charlie Foster

Keynote: Physical Activities and Technology

- Professor Kevin Patrick, University of California, San Diego

## Closing Ceremony: The Launch of 6<sup>th</sup> ISPAH Congress: The Bangkok Declaration

Saturday November 19, 2016 (15.30-16.15)

Plenary Hall 1

Conference Award Presentation by the ISPAH President

Summary of Congress' Key Scientific Output by the Lead Rapporteurs

The Launch of the Bangkok Declaration

- Prof. Dr. Fiona Bull, President, International Society for Physical Activity and Health (ISPAH) Representatives of co-hosts, co-sponsor, partner organizations, and congress participants jointly launch the Declaration

Handover of the ISPAH Congress from Thailand to the Next Host Country:

- Prof. Dr. Udomsil Srisangnam, Chair of the Local Organizing Committee and Co-Chair of the Global Organizing Committee

- Welcome and promotion of ISPAH 2018 by the next host.

Closing Remarks & Thanks

- Dr. Sophon Mekthon, Permanent Secretary General, Minister of Public Health

- Dr. Oleg Chestnov, WHO Assistant Director General – Non-communicable Diseases and Mental Health (NMH)

- New ISPAH President: Dr. Charlie Foster, Oxford University

# ACTIVE LIVING FOR ALL

ACTIVE PEOPLE ACTIVE PLACE ACTIVE POLICY



 **6<sup>th</sup> ISPAH Congress**  
16-19 November 2016 Bangkok Thailand  
The International Congress on Physical Activity and Public Health

THE INTERNATIONAL CONGRESS ON  
PHYSICAL ACTIVITY AND PUBLIC HEALTH



[www.ispah2016.org](http://www.ispah2016.org)



# SOCIAL PROGRAMME

## WELCOME RECEPTION

Date: Wednesday 16 November 2016,

Time: 18:00 – 20:30 hrs.

Venue: The Retro Live Café, Queen Sirikit National Convention Center (QSNCC)

TIME	PROGRAM
18.00- 18.15	Registered delegates arriving
18.15- 18.20	MC introduces and welcome guests to the event
18.20- 18.30	PA Oriented Cultural performances
18.30- 18.40	Opening Speech by Bangkok Governor or Representative
18.40- 18.45	Welcome Remarks from the International Committees -Adjunct Professor Trevor Shilton, Co-Chair Global Organizing Committee, ISPAH 2016 Congress
18.45-20.30	Enjoying Light Cocktail & Networking

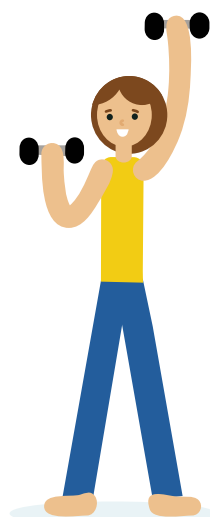
## CONGRESS BANQUET

Date: Friday 18 November 2016,

Time: 19:00 to 21:00 hrs.

Venue: The Ball Room, Queen Sirikit National Convention Center (QSNCC)

TIME	PROGRAM
19.00 - 19.15	PA-Related Cultural and Participatory Performances
19.15 - 19.20	MC Introduce the Event
19.20 - 19.25	Welcome speech by Prof. Dr. Udomsil Srisangnarm, Chair of the Local Organizing Committee and Co-Chair of the Global Organizing Committee.
19.25 - 20.30	Congress Banquet Dinner and Networking Opportunity while Enjoying the traditional dulcimer Thai / Contemporary Music



# SPECIAL SESSION

WEDNESDAY 16 NOVEMBER 2016,

TIME	EVENT	ROOM
9.00 - 10.00	Early Career Network (ECN) Steering Committee Meeting 1 (Invitation only)	Meeting Room 4
9:00 - 12:00	Global Matrix 2.0 Pre-Congress Meeting (Invitation only)	Meeting Room 2
10.00 - 14.00	Pre-Congress Early Career Network Workshop (Invitation only)	Meeting Room 4
19.30 - 21.30	ISPAH Early Career Network Event "Speed Dating" (Invitation only)	Retro Café

THURSDAY, 17 NOVEMBER 2016

TIME	EVENT	ROOM
8.00-8.45	Workshop # 1: "24 hours Activity Monitoring: Getting into compositional analysis" by Dr Sebastien Chastin, Glasgow Caledonian University, UK (Open to all delegates) ISPAH Council of Environment and Physical Activity (CEPA) – Introduction (Open to all delegates)	Meeting Room 1 Meeting Room 2
Lunch time 12.30- 14.00	ISPAH Early Career Network Mentoring Lunch (Registered ECN members only) Physical Activity, Physical Fitness, and Obesity of Asian Youth: The Asia-Fit Study (Open to all delegates)	Retro Café Meeting Room 3

FRIDAY, 18 NOVEMBER 2016

TIME	EVENT	ROOM
8.00-8.45	Meeting to discuss forming an ISPAH Council on Sedentary Behaviour – Discussion Forum led by Prof. Stuart Biddle and Prof. Neville Owen (Open to all delegates) Workshop#2 "Experiences of Promoting Physical Activity in Singapore" By Dr Robert Sloan, Kagoshima University, Japan (Open to all delegates) ISPAH Council Global Advocacy for Physical Activity (GAPA) – An Introduction & 2017 agenda (Open to all delegates)	Meeting Room 1 Meeting Room 3 Meeting Room 2
Lunch time 12.30- 14.00	ISPAH Annual General Meeting (Open to all delegates) "FeelFit®" ThaiHealth Innovative Equipment for Physical Activity (Open to all delegates) WHO SEARO Session for ISPAH 2016 : "How to make Active Living for All in South-East Asia" Activity (Open to all delegates)	Meeting Room 2 Lotus Room Meeting Room 4

SATURDAY, 19 NOVEMBER 2016

TIME	EVENT	ROOM
8.00-8.45	ISPAH Council Global Observatory on Physical Activity (GoPA!) (Open to all delegates)	Meeting Room 2
Lunch time 12.30- 14.00	Early Career Network (ECN) Steering Committee Meeting 2 (Close Meeting / Private invitation only Meeting) Information Session on Global Matrix 3.0 Prof. Mark Tremblay (Open to all delegates)	Lotus Meeting Room 2
17.00-21.00	Global Matrix Post-Congress Meeting (Global Matrix 2.0 delegates only)	Meeting Room 2

# General Information

## 1. Taxi on Arrival

There is taxi service provided on the 1st Floor of Passenger Terminal, using the escalator/or the elevator to the 1st Floor and find exit 4 and 7. Please note that the taxi will charge you by the electronic fare meter according to the distance traveled plus an airport service fee of THB 50 for the driver and express way charges (so please prepare to pay these extra charges, on top of what the meter shows). Approximate total cost to the hotel or the congress venue will be around THB 400-500 (or \$13-17 USD). (For more info, visit <http://suvarnabhumiairport.com/en/117-taxi>)

## 2. Train on Arrival

Use Airport Rail Link (ARL) Line then change to MRT (Subway) Line depends on your destination. The Airport Rail Link is located at the Basement (B) of Passenger Terminal, use the escalator/or elevator to go the B Floor to the train station. Base on your original and destination, one-way ticket costs THB 15-45. For more info about Airport Rail Link Route, visit <http://www.srtet.co.th/index.php/en/>

## 3. Congress Venue

The congress will be held at the Queen Sirikit National Convention Center (QSNCC) which is located on New Rachadapisek Road in Central Bangkok. The QSNCC is conveniently accessible by BTS Skytrain, MRT Subway, taxi, bus and car. MRT 'Queen Sirikit National Convention Center station' is right in front of the Center, reached by exit no.3.

## 4. Registration

Registration Counters are located in the hallway, opposite Hall 2. QSNCC and the conference will be open on the following dates and times:

## 5. Speaker Room

Speakers and oral presenters must proceed to the Speaker Preparation Room to upload their presentations. Uploading of presentations must be done before 17:00 on the day before the presentation (for morning presentation) or before 08:15 on the morning of the presentation (for afternoon presentation).

## 6. BADGE

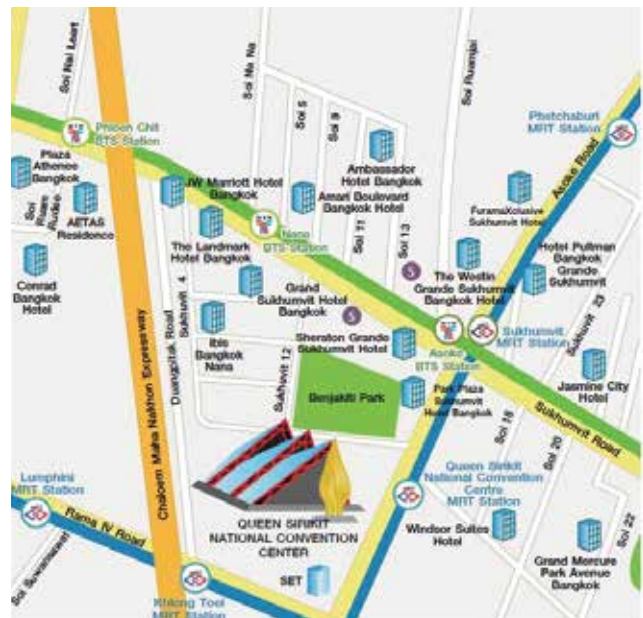
All participants are requested to wear their badges at all times inside the conference venue as this will serve as your ticket to access the functions for which you are registered. Lost badges – Badges will be replaced at a cost of US\$ 30 per badge. These are available at the registration counter.

## 7. Certificates of Attendance

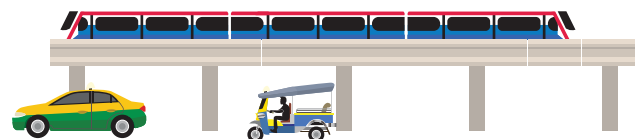
Certificates of attendance can be printed from the Self-Registration kiosks beginning on 18 November at 13:00 hrs. If a participant fails to claim this onsite, the certificate will be e-mailed to the participant upon request. If a participant requests that it be sent to them by post, courier cost will be borne by the participant

## 8. Information Desk

The information desk is located in the main foyer of the Plenary Hall.



Map: Queen Sirikit National Convention Center (QSNCC)



## CONTACT US

THE 6<sup>TH</sup> ISPAH INTERNATIONAL CONGRESS ON PHYSICAL ACTIVITY AND PUBLIC HEALTH  
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