

# ASPA HIGHLIGHTS

A summary of achievements 2020-2022

# Education and Resources

## Conference November 2021

ASPAs inaugural conference was co-chaired by Professor Erica Hinckson (New Zealand) and Professor David Lubans (Australia). The meeting was held in a virtual format due to ongoing COVID-19 restrictions, with 189 registered delegates. Three sessions centred around different locations on the following topics:

- Built environment (New Zealand)
- Mental health (New South Wales, Australia)
- Implementation (Victoria, Australia)

Each session included presentations from researchers, practitioners, and policy makers, followed by a panel discussion. More than 50 electronic presentations from delegates were displayed in rotation between sessions, with prizes in various categories:

- Overall Winner: Angus Leahy (University of Newcastle)
- Overall Runner-up and Early Career Professional: Catriona Rose (University of Sydney)
- People's Choice Award: Anne Tidemann (University of Sydney)

[Find out more](#)

## Pre-Conference Satellite Meetings

Two pre-conference virtual satellite meetings were held with topics related to two ASPA Special Interest Groups (SIG):

- Scaling Up Physical Activity (SUPA) SIG, chaired by Dr Harriet Koorts, and featuring speakers from Australia and Thailand debating 'Successful scale-up of physical activity interventions: It's simply a matter of luck'
- Physical Literacy SIG, co-chaired by A/Prof Lisa Barnett and Pierre Comis, and featuring speakers from New Zealand and Australia presenting on research, policy, and practice

[Find out more](#)

## Field Guide

The ASPA Early Career Professionals Committee prepared a #PAFieldGuide prior to the inaugural conference to help early career professionals to prepare for the conference. The guide contained a range of resources on each of the three conference session topics that were recommended by the ASPA community.



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# Education and Resources

## Webinars

- **Healthy Active Learning:** Scaling up and engaging across government to improve the physical activity of young people in Aotearoa New Zealand, joint webinar between the Scaling Up Physical Activity Special Interest Group and Sport NZ (14 Feb 2022)
- **Addressing Mental Health and Wellbeing for Early Career Professionals,** joint webinar with the International Society for Physical Activity and Health including speakers from South Africa, North America and Australia (26 Apr 2022)
- **Small Scale Research Seminar in Asia,** organised by ASPA South-East Asia Committee (21 Oct 2021)
- **Why keep the benefits of Covid-19 a secret?** How can primary care and allied health help spread the word? Presented by Professor Jim Sallis (Australian Catholic University/University California San Diego) synthesised findings from his co-authored paper in the British Journal of Sports Medicine. An interactive panel session followed with Prof Garry Jennings (CEO, Heart Foundation), Dr Hugh Seward (GP and Chair of Active Geelong) and Prof Andrew Maiorana (School of Allied Health, Curtin University) discussing the role that primary care and allied health could play in promoting of regular PA within pandemic control recommendations (1 Oct 2021)
- **The Great Physical Inactivity Debate,** co-hosted by the ASPA Early Career Network and the International Society for Physical Activity and Health and with 206 attendees from 17 countries, a summary of findings from this debate on 'A 15% reduction in physical inactivity will be achieved in Australasia by 2030' was published in the Journal of Physical Activity and Health (12 Oct 2020)
- **Active Healthy Kids Australia Report Card** ASPA supported the launch of the Active Healthy Kids Alliance Report Card for Australian children through this webinar (5 Apr 2022).
- **Early Careers' Research Showcase 2022: Physical Activity in Asia Pacific Region** was organised by the ASPA South-East Asia Committee and Early Career Network. Held over two sessions, the showcase featured two keynote speakers and thirteen early career researchers (9 June 2022).

[Watch Here](#)

# Member Capacity Building

## Special Interest Groups

Three ASPA Special Interest Groups (SIGs) have been established, with plans for more to come in future:

- **The Scaling Up Physical Activity SIG** was established to advance physical activity dissemination, implementation, and scale up research into policy and practice across Asia-Pacific.
- **The Physical Literacy SIG** provides a platform to enable continued discussion and leadership across academia, policy and practice for the purpose of furthering research, disseminating information, developing resources and sharing best practice as it relates to physical literacy.
- **The School-based Physical Activity SIG** provides an integrated research-practice platform by connecting academics, teacher educators, education providers, in-service and pre-service teachers, government, and policy-makers, to better understand, prioritise, advance and ultimately sustain school-based physical activity.

[Find out more](#)

## Advocacy Workshop

**24 August 2021**

The focus of this interactive session 'ASPA members as agents of change' with Prof Trevor Shilton was on mobilising ASPA members as change agents. Advocacy key concepts were described, and examples were provided for those working in the physical activity field. Breakout session topics included 'Getting more children walking and cycling to school' and 'National Active Travel frameworks to improve physical activity'.

## COVID-19 Video Series

A series of six video interviews with leading academics and practitioners describing COVID-19 impacts and responses on physical activity across the Asia-Pacific.

- Dr Ben Beck – Space for Health
- Dr Justin Richards and Hamish McEwan – Sport NSW Zealand's Response to COVID-19
- Dr Trevor Shilton – Physical activity advocacy
- Professor Matthew Burke – Active Transport opportunities
- Dr Lauren Arundell and Kate Parker – 'Our Life at Home' study
- Professor Chung Pak-Kwong – Maintaining Physical Activities during the COVID-19 Outbreak in Hong Kong

[Watch Here](#)

# Advocacy

## Strategy/Policy Responses

ASPA provided a response to a number of key strategies and supported advocacy efforts in key areas.

- Brisbane, Australia 2023 Olympic Strategy
- Australian National Obesity Prevention Strategy
- Public Health Association of Australia Physical Activity Policy
- Australian National Preventive Health Strategy

## Three Transport Priorities

ASPA presented Three Transport Priorities for the upcoming Australian Federal Election (May 21, 2022), in partnership with WeRide Australia and an alliance of health, transport, education and climate groups. This document was presented in person at Parliament House, Canberra to Dave Sharma MP and Hon. Dr Andrew Leigh MP by Associate Professor Nicole Freene (ASPA Member) and Stephen Hodge and Peter Bourke (WeRide Australia).

The three priorities are:

- Lower default speed limits
- 1500 m safe routes to school
- E-bike purchase subsidy.

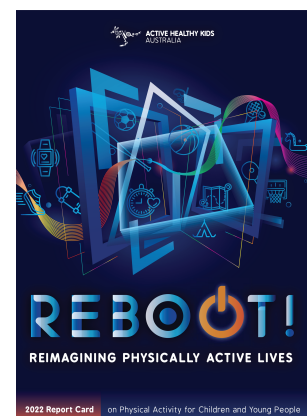
The Three Transport Priorities are proposed as tangible transport solutions that would boost the Australian economy, by reducing congestion, air pollution and physical inactivity, which currently cost more than \$57 billion per year.



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## Active Healthy Kids Australia Report Card

ASPA distributed letters to the Ministers for Health, Education and Sports in each Australian jurisdiction alerting them to release of the report and calling for action to develop an Australia Physical Activity Plan.



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# ASPA Governance

## Membership

After launching in June 2020, ASPA has seen growth in membership over two years from 60 members in June 2020 to 114 in June 2021 and now 149 members in June 2022. Members are from research, policy, and practice, 26% are students, and members come from many countries and regions around the world: Australia, New Zealand, Hong Kong, Japan, China, Ghana, the United States, Great Britain, and Singapore.

## Awards

The Australian Health Promotion Association WA Branch awarded the ASPA Advocacy Committee the **2022 Excellence in Health Promotion Practice award** for their work leading the advocacy project 'Three Transport Priorities for the Federal Election' and for their substantial impact as volunteer advocates for physical activity and health promotion.



## Governance

- In response to member feedback, ASPA changed its name from the 'Australasian Society for Physical Activity' to the 'Asia-Pacific Society for Physical Activity' to better support inclusiveness and more accurately represent the membership.
- ASPA became a registered charitable organisation, opening up scope for fundraising through donations and greater access to funding opportunities.

## Building into the future

ASPA's key plans for the future include:

- A focus on retention and growth of membership
- A second conference in November 2022
- More sessions for Early Career Professionals
- A regular 'Events' program
- Further establishment of Special Interest Groups
- Development of a Strategic Plan

### Join or renew your membership today!

ASPA has a range of membership options including student memberships, memberships for those living in low- and middle-income countries, and 1-, 2- and 3-year membership options.

[Become a Member](#)