

# Programme Overview: Thursday 14 October

Time: Vancouver, Canada

07:15 – 07:25	<b>Welcome Day 3</b>			
07:25 – 07:30	<b>Break in Programming</b>			
07:30 – 08:30	<b>Keynote Address C1:</b> Physical activity promotion in Latin American populations: A Tale of Magic Realism. Dr. Olga Sarmiento, Universidad de los Andes			<b>Session 52</b>
08:30 – 08:35	<b>Break in Programming</b>			
08:35 – 09:25	<b>Oral C1</b> Sport  <b>Session 53</b>	<b>Oral C2</b> Physical Activity and Workplace Wellness  <b>Session 54</b>	<b>Oral C3</b> Physical Activity and COVID-19  <b>Session 55</b>	<b>Oral C4</b> Novel Technologies  <b>Session 56</b>
09:25 – 09:30	<b>Break in Programming</b>			
09:30 – 11:00	<b>Symposium C1</b> The Current and Evolving State of Physical Activity Promotion in Canada  <b>Session 61</b>	<b>Symposium C2</b> From laboratory to community: The process of translating evidenced-based physical activity interventions into community contexts  <b>Session 62</b>	<b>Symposium C3</b> SBRN's Evidence-Based School-Related Sedentary Behaviour Recommendations  <b>Session 63</b>	<b>Symposium C4</b> Gleaning real-world evidence on multisectoral partnerships to equitably promote physical activity in urban areas  <b>Session 64</b>
11:00 – 11:10	<b>Break in Programming</b>			
11:10 – 12:40	<b>Symposium C8</b> Indigenous Health, Wellness, and Sport: Empowerment and Self-Determination  <b>Session 69</b>	<b>Symposium C9</b> Review and comparison of new sedentary behaviour guidelines in adults and older adults for the United States, Canada, and the World Health Organization  <b>Session 70</b>	<b>Symposium C10</b> The effects of the COVID-19 Pandemic on Physical Activity Behaviours and the Implications for Health and Wellness  <b>Session 71</b>	<b>Symposium C11</b> Leveraging social networks to increase physical activity  <b>Session 72</b>
12:40 – 13:45	<b>Lunch</b>		<b>GoPA Council Meeting</b>	
(12:45 – 13:15)				<b>ECN Social Event</b>
13:45 – 15:05	<b>Oral C8</b> Physical Activity and COVID-19  <b>Session 76</b>	<b>Oral C9</b> Physical Activity and Early Childhood  <b>Session 77</b>	<b>Oral C10</b> Physical Activity and Clinical Populations  <b>Session 78</b>	<b>Oral C11</b> Children and Adolescents  <b>Session 79</b>
15:05 – 15:15	<b>Break in Programming</b>			
15:15 – 16:45	<b>Symposium C15</b> Myths and Misconceptions: what do we really know about physical activity/exercise during pregnancy?  <b>Session 84</b>	<b>Symposium C16</b> Evaluating and benchmarking physical activity policy as a tool to address the challenges of inactivity  <b>Session 85</b>	<b>Symposium C17</b> ShineLA: A multi-sector, transdisciplinary initiative to create healthy, active, and engaged communities in Los Angeles  <b>Session 86</b>	<b>Symposium C18</b> Intersections between Physical Activity, Obesity and Cancer Risk  <b>Session 87</b>
16:45 – 16:55	<b>Break in Programming</b>			
16:55 – 17:55	<b>Keynote Address:</b> Impacts of climate change on humanity: it is worse than you think, but still fixable. Dr. Camilo Mora			<b>Session 91</b>
17:55 – 18:30	<b>Closing Ceremony</b>			

<b>Welcome Day 3</b>				07:15 – 07:25
<b>Break in Programming</b>				07:25 – 07:30
<b>Keynote Address C1:</b> Physical activity promotion in Latin American populations: A Tale of Magic Realism. Dr. Olga Sarmiento, Universidad de los Andes <b>Session 51</b>				07:30 – 08:30
<b>Break in Programming</b>				08:30 – 08:35
<b>Oral C5</b> Physical Activity Policy <b>Session 57</b>	<b>Oral C6</b> Physical Activity and Mental Health <b>Session 58</b>	<b>Oral C7</b> Physical Activity Policy <b>Session 59</b>	<b>Mini-Oral C1</b>  <b>Session 60</b>	08:35 – 09:25
<b>Break in Programming</b>				09:25 – 09:30
<b>Symposium C5</b> The Evolution of National and Global Physical Activity Guidelines  <b>Session 65</b>	<b>Symposium C6</b> Council on the Environment and Physical Activity: Building evidence for active communities across the globe  <b>Session 66</b>	<b>Symposium C7</b> Physical Activity among People with Disabilities: A Global Perspective  <b>Session 67</b>	Journal of Physical Activity and Health  <b>Session 68</b>	09:30 – 11:00
<b>Break in Programming</b>				11:00 – 11:10
<b>Symposium C12</b> Five-year experience of the Global Observatory for Physical Activity (GoPA!): Progress, Lessons Learned and Future Steps  <b>Session 73</b>	<b>Symposium C13</b> The South American Physical Activity and Sedentary Behavior Network (SAPASEN) Session  <b>Session 74</b>	<b>Symposium C14</b> Sedentary Behaviour Council Workshop - Building Global Capacity  <b>Session 75</b>		11:10 – 12:40
<b>Lunch</b>		<b>Sedentary Council Meeting</b>		12:40 – 13:45
			<b>ECN Social Event</b>	(12:45 – 13:15)
<b>Oral C12</b> Physical Activity and the Environment <b>Session 80</b>	<b>Oral C13</b> Epidemiology <b>Session 81</b>	<b>Oral C14</b> Clinical Populations and Aging <b>Session 82</b>	<b>Mini-Oral C2</b>  <b>Session 83</b>	13:45 – 15:05
<b>Break in Programming</b>				15:05 – 15:15
<b>Symposium C19</b> Physical activity and sedentary behavior in cognitive and functional aging: the Adult Changes in Thought cohort  <b>Session 88</b>	<b>Symposium C20</b> Monitoring National Physical Activity Policy using GoPA! Policy Inventory: A Global Challenge  <b>Session 89</b>		<b>Mini-Oral C3</b>  <b>Session 90</b>	15:15 – 16:45
<b>Break in Programming</b>				16:45 – 16:55
<b>Keynote Address:</b> Impacts of climate change on humanity: it is worse than you think, but still fixable. Dr. Camilo Mora <b>Session 91</b>				16:55 – 17:55
<b>Closing Ceremony</b>				17:55 – 18:30

# Thursday 14 October

7:15-7:25  
(Vancouver)

Welcome

## Welcome Day 3

*Darren Warburton and Shannon Bredin, University of British Columbia and Co-Chairs of ISPAH 2021*

7:30-8:30  
(Vancouver)

Session 52  
Keynote

## C1 Physical activity promotion in Latin American populations: A tale of magic realism

*Introduction: Catherine Draper, University of the Witwatersrand; Past President of ISPAH and Co-Chair of the Scientific Committee Global Leadership Group*

Speaker: Dr. Olga Sarmiento, MD, MPH, PhD, Professor, Medicina, Universidad de los Andes

8:35-9:25  
(Vancouver)

Session 53  
Parallel Oral

## C1 Sport

*Moderator: Candice Christie, Rhodes University  
Assistant to Moderator: Delon Chan, University of British Columbia*

### C1.1 Game On, Down Under! Evaluating the long-term impact of parasport through the 2018 Invictus Games

Celina H Shirazipour | Emily Mayhew | M. Blair Evans | Amy E. Latimer-Cheung | Alice B. Aiken

### C1.2 The impact of COVID-19 on military personnel with illnesses and injuries participating in parasport recovery programs

Julia Shabanian | M. Blair Evans | Emily Mayhew | Amy E. Latimer-Cheung | Alice B. Aiken | Celina H. Shirazipour

### **C1.3 Parental Perceptions of the Impact of COVID-19 on the Interruption of Youth Sport**

Mark S. Rice | Darren E.R. Warburton | Joseph Baker | LeAnne Petherick  
| Shannon S.D. Bredin

### **C1.4 Association between cardiovascular risk and coronary artery disease in Masters athletes**

Barbara Morrison | Saul Isserow | Mackenzie MacDonald | Carlee Cater | Ingrid Zwaiman | Jack Taunton | James McKinney | Darren E. R. Warburton

### **C1.5 Leveraging Professional Sports Teams to Encourage Healthy Behavior: Calgary Flames Health Training Camp Events**

Elaine M Ori | Tanya R Berry | Gavin R McCormack | Kelly R Brett | George A Lambros | William A Ghali

**8:35-9:25**

**(Vancouver)**

**Session 54**

**Parallel Oral**

## **C2 Workplace wellness**

*Moderator:*

*Assistant to Moderator: Gabriel Manalo, University of British Columbia*

### **C2.1 Who will more likely improve in a program promoting healthy lifestyle habits at work?**

Thiffya Arabi Kugathasan | Jo-Anne Gilbert | Suzanne Laberge | Marie-Eve Mathieu

### **C2.2 Physical activity, sedentary behavior and outcomes health of workers in Chile according to the 2017 National Health Survey**

Jaime Leppe | Marco Leppe | Sonia Roa-Alcaino | Olga Lucia Sarmiento

### **C2.3 Movement profiles associated with the optimal cardiometabolic health of workers: A cluster analysis of Canadian population-based accelerometry data**

Avi Biswas | Cynthia Chen | Stephanie Prince | Peter Smith | Cameron Mustard

### **C2.4 The effect of leisure time physical activity and sedentary behaviour on the health of workers with different occupational physical activity demands: a systematic review**

Stephanie A. Prince | Charlotte Lund Rasmussen | Aviroop Biswas | Andreas Holtermann | Tarnbir Aulakh | Katherine Merucci | Pieter Coenen

**C2.5 Relationship between leisure-time and occupational physical activity with depression among Brazilian adults**

Bruno Gonçalves Galdino da Costa | Marcus Vinicius Veber Lopes | Thiago Sousa Matias | Kelly Samara Silva | Jean-Philippe Chaput | Felipe Barreto Schuch

**8:35-9:25  
(Vancouver)**

**Session 55  
Parallel Oral**

**C3 Physical activity and COVID-19**

*Moderator: Danilo Silva, Federal University of Sergipe*

*Assistant to the Moderator: Grant Phillips-Hing, University of British Columbia*

**C3.1 Exploring the Role of Physical Activity During COVID-19 in the UK**

Paul F. Franco | Michelle Lee D'Abundo | Deborah A. DeLuca

**C3.2 Exploring the Experience of Physical Activity in the US During COVID-19 by Age, Gender and Race**

Michelle D'Abundo | Paul Franco | Deborah Deluca

**C3.3 Associations between physical activity, depression, and diet quality during COVID-19**

Anaderi Iniguez | Jane Lanigan

**C3.4 Physical activity and mental health among college students during COVID-19 pandemic**

Yang Bai | Bill Copeland | Azilee Curl | Vinay Devadanam | Lindsay Kimball | Hakeem Yousef | Sam Pasqualoni | Jeffrey Rettew | Jim Hudziak

**C3.5 Moving through COVID-19: A Methodological Account of Understanding Physical Activity Behaviour in relation to Mental Health Among University Students**

Brenden Degiacomo | Samantha Morris | Ian Newhouse | Erin S. Pearson | Leanne Smith

**8:35-9:25  
(Vancouver)**

**Session 56  
Parallel Oral**

**C4 Novel technologies**

*Moderator: Valerie Carson, University of Alberta*

*Assistant to the Moderator: Shannon Field, University of British Columbia*

**C4.1 Behaviour Change in the Palm of Your Hand: Analyses of App-Logged Exercise Following a Diabetes Prevention Program**

Megan MacPherson | Kohle Merry | Sean Locke | Mary Jung

**C4.2 Examining the usage of behaviour change techniques among popular YouTube fitness videos**

Wuyou Sui | Anisa Morava | Anna Sui | Jason Tsang | Ryan E. Rhodes

**C4.3 Smartphone App with Behavior Change Techniques to Increase Physical Activity: Sequential Multiple Assignment Randomized Trial**

Maria do Socorro Morais Pereira Simões | Neli Leite Proença | Vinicius Tonon Lauria | Matheus Bibian do Nascimento | Ricardo da Costa Padovani | Victor Zuniga Dourado

**C4.4 Systematic Review of the Reliability and Validity of Commercially Available Wearable Devices for Measuring Steps, Energy Expenditure, and Heart Rate**

Daniel Fuller | Emily M. Colwell | Jonathan Low | Kassia Orychock | Melissa Tobin | Bo Simango | Richard Buote | Desiree Van Heerden | Logan Slade | Henry Luan | Nathan G A Taylor | Kimberley Cullen

**C4.5 A gamification-based intervention to encourage active travel**

Marc Ashley Harris

**8:35-9:25  
(Vancouver)**

**C5 Physical activity and policy**

**Session 57  
Parallel Oral**

*Moderator: Anna Chalkley, Western Norway University of Applied Sciences; Board Member, International Society for Physical Activity and Health*

*Assistant to Moderator: Maddison Chow and Kai Kaufman, University of British Columbia*

**C5.1 A systematic review of stakeholder and end-user perceptions of physical activity guidelines**

Heather Hollman | John A. Updegraff | Isaac M. Lipkus | Ryan E. Rhodes

**C5.2 Implications of disability severity on 24-hour movement guideline adherence among children with neurodevelopmental disorders in the United States**

Denver M. Y. Brown | Patrick G. McPhee | Matthew Y. Kwan | Brian W. Timmons

**C5.3 Changes in 24-hour movement behaviors before- and during-COVID-19 pandemic among 94,624 South Korean adolescents**

Eun-Young Lee

**C5.4 Roles of privilege-disadvantage in meeting 24-Hour Movement Guidelines among South Korean adolescents during COVID-19**

Heejun Lim | Eun-Young Lee

**C5.5 Development of a multiple behaviour change intervention for post-secondary students using the 24-Hour Movement Guidelines**

Jennifer R. Tomasone | Stephanie M. Flood | Guy Faulkner | Beth Blackett | Tala Chulak-Bozzer | Katie M. Di Sebastiano | Matt Dolf | Mary Duggan | Daniel Fuller | Kirstin Lane | Amy Latimer-Cheung | Brooke H. Thompson | Leigh M. Vanderloo | Melissa C. Brouwers

**8:35-9:25  
(Vancouver)**

**Session 58  
Parallel Oral**

**C6 Physical activity and mental health**

*Moderator: Amy Hofman, Erasmus MC University Medical Center*

*Assistant to Moderator: Jennifer Yasinski, University of British Columbia*

**C6.1 Psychology of physical activity: A 30-year reflection on physical activity and mental health research**

Guy Faulkner | Stuart Biddle | Nanette Mutrie | Trish Gorely

**C6.2 What barriers influence mental health professionals' provision of physical activity recommendations during therapy?**

Emily Mailey | Gina Besenyi | Miriam Avila

**C6.3 Association among relevance, recommendation and motivation to the physical activity practice of health professionals**

Letícia Ap. Calderão Sposito | Joyce Fernanda da Cruz | Eduardo Kokubun

**C6.4 The relationship between functional impairment, perceptions of self, and determinants of health in young adults' ability to assess and access mental health services**

Sandy Rao

**C6.5 Fitness facility staff can be trained to deliver a motivational interviewing-informed diabetes prevention program**

Tineke E. Dineen | Corliss Bean | Kaela D. Cranston | Megan M. MacPherson | Mary E. Jung

**8:35-9:25  
(Vancouver)**

**Session 59  
Parallel Oral**

## **C7 Physical activity and policy**

*Moderator: Peter Katzmarzyk, Pennington Biomedical Research Center, Co-Chair Scientific Committee Global Leadership Group*

*Assistant to Moderator: Vienna Nguyen, University of British Columbia*

**C7.1 Cardiovascular and diabetes burden attributable to physical inactivity in Mexico**

Catalina Medina | Pamela Coxson | Joanne Penko | Ian Janssen | Sergio Bautista-Arredondo | Simón Barquera | Kirsten Bibbins-Domingo

**C7.2 Does the removal of the 10-minute bout requirement change the demographic and health profiles of Canadian adults who meets the physical activity recommendations?**

Stephanie A. Prince | Karen C. Roberts | Justin J. Lang | Gregory P. Butler | Rachel C. Colley

**C7.3 Is it really home-based? The necessity for accurate definitions across exercise and physical activity programmes.**

Francesca Denton | Sofie Power | Alexander Waddell | Stefan Birkett | Michael Duncan | Amy Harwood | Gordon McGregor | Nikita Rowley | David Broom

**C7.4 A qualitative analysis of exit interviews exploring families' perspectives on physical activity and research participation**

Aleah B. Ross | Alison Quinlan | Chris Blanchard | Patti-Jean Naylor | Darren E. R. Warburton | Ryan E. Rhodes

**C7.5 Public policies, plans, and programs to promote physical activity in the urban population of low- and middle-income countries**

Jeremy Young | Diana Pinzón | Diego Lucumi | Susana Barradas | Deivis Nicolás Guzman-Tordecilla



8:35-9:25  
(Vancouver)  
Session 60  
Mini-Oral

## C1 Mini-Oral

*Moderator: Patti Jean-Naylor, University of Victoria*

*Assistant to Moderator: Gemma Tomasky, University of British Columbia*

### **C1.1 A systematic review of the role of religious communities during the early stage of COVID-19**

Mikyung Lee | Heejun Lim | Merin Shobhana Xavier | Eun-Young Lee

### **C1.2 Pre-pandemic stress and current mood predicts sedentary older adults' social and psychological stress about COVID-19**

Amanda M. Webber | Alejandra Contreras | Kirsten Milligan | Mauricio A Garcia-Barrera

### **C1.3 Park's attendance during COVID-19 in the Metropolitan Guadalajara Area: perceptions of users and built environment**

Julissa Ortiz-Brunel | José Marcos Pérez-Maravilla | Cristina Ascanio-Sandoval | Rebecca E. Lee | Juan Ricardo López y Taylor | Edna Elvira Jáuregui-Ulloa

### **C1.4 Changes in adolescent 24-Hour Movement Guideline adherence and its impact on mental wellbeing during COVID-19**

Alan Cheng | Denver M. Y. Brown | Ryan E. Rhodes | Matthew Y. Kwan

### **C1.5 Demographic, parental, and home environment correlates of traditional and mobile screen time in preschool-aged children**

Jasmine Rai | Nicholas Kuzik | Valerie Carson

### **C1.6 Gender differences in enjoyment for types of physical activity in children**

Katie Burford | Yuzi Zhang | John Bartholomew

### **C1.7 Human development and variability in accelerometry-derived physical activity metrics in children**

Peter T Katzmarzyk | Stephanie T. Broyles | J.-P. Chaput | Mikael Fogelholm | Gang Hu | Estelle V. Lambert | Carol Maher | Jose A.R. Maia | Tim Olds | Vincent Onywera | Olga L. Sarmiento | Martyn Standage | Mark S. Tremblay | Catrine Tudor-Locke

### **C1.8 Neighborhood safety, school programming, and active transportation to school; findings from the Healthy Communities Study**

Matt Stewart | Alisha Rajbhandari | Ian-Marshall Lang | Stephanie Miller | Natalie Colabianchi

**C1.9 Efficacy of a student led physical activity coaching program for university students and employees**

Samantha J Doyle | Ali N Funk | Heather J MacLeod Williams

**C1.10 Health literacy, self-efficacy and satisfaction with life: A cross-sectional study of college students in Macao**

Chi Chong Wu | Si Man Lei | Yan Wang | Soi Po Wong

**C1.11 "Ruta Leones" Cycling Rides Program at the University of Guadalajara, Mexico.**

Juan Ricardo López y Taylor | Edtna Elvira Jáuregui Ulloa | Christian Josué Franco Avalos | Daniel Gómez Aldrete

**C1.12 Psychosocial effects of physical activity interventions for preschoolers, children, and adolescents: Role of intervention settings**

Somya Rastogi | Lisa Cadmus-Bertram | Lauren Meyers

**C1.13 The Influence of different physical activity time distribution on college students' body composition and correlation research**

Youxiang Cao | Rui Xu | Liang Li | Yuting Chen | Yuqi Jia

9:30-11:00  
(Vancouver)

Session 61  
Symposium

**C1: The current and evolving state of physical activity promotion in Canada**

*Chair: Ron Wilson, University of British Columbia*

*Assistant to Chair: Delon Chan, University of British Columbia*

**Featured Speakers:**

*Christa Costas-Bradstreet, Partnerships and Policy, Canadian Parks and Recreation Association (CPRA)*

Christine Cameron, Canadian Fitness and Lifestyle Research Institute (CFLRI)

Leigh Vanderloo, ParticipACTION

Drew Mitchell, Sport for Life

Robert J Petrella, University of British Columbia

9:30-11:00  
(Vancouver)

Session 62  
Symposium

## C2 From laboratory to community: The process of translating evidenced-based physical activity interventions into community contexts

*Chair: Mary Jung, University of British Columbia*

*Assistant to Chair: Gabriel Manalo, University of British Columbia*

**Building up the bounce back league: Embedding trauma-informed sport Interventions throughout a national youth community organization**

Majidullah Shaikh, University of Ottawa

**Small steps for big changes: A collaborative approach to integrating a Diabetes prevention program into YMCA Sites**

Corliss Bean, University of British Columbia

**Developing and implementing PA programming for children and adolescents diagnosed with Cancer**

Amanda Wurz, University of Calgary

**Dissemination and implementation of a clinic-to-community exercise Oncology model**

Nicole Culos-Reed, University of Calgary

9:30-11:00  
(Vancouver)

Session 63  
Symposium

## C3 SBRN's evidence-based school-related sedentary behaviour recommendations

*Chair: Mark Tremblay, HALO Research Group, CHEO Research Institute*

*Assistant to Chair: Grant Phillips-Hing, University of British Columbia*

**Existing sedentary behaviour guidelines for children and youth: A systematic scoping review**

Scott Rollo, HALO Research Group, CHEO Research Institute

**School-related sedentary behaviours and health outcomes among children and youth: A systematic review**

Nicholas Kuzik, HALO Research Group, CHEO Research Institute

**SBRN school-related sedentary behaviour recommendations**

Travis Saunders, Active Living Lab, University of Prince Edward Island

Implications and Future Directions  
Wendy Huang, Hong Kong Baptist

9:30-11:00  
(Vancouver)

## C4 Gleaning real-world evidence on multisectoral partnerships to equitably promote physical activity in urban areas

Session 64  
Symposium

*Chair: Lise Gauvin, CRCHUM and École de santé publique de l'Université de Montréal and Nazeem Muhajarine, University of Saskatchewan*  
*Assistant to Chair: Shannon Field, University of British Columbia*

### **Overview and Canadian examples of MP**

Lise Gauvin, CRCHUM & École de santé publique de l'Université de Montréal and Nazeem Muhajarine, Saskatchewan Population Health Research Unit (SPHERU) & Community Health and Epidemiology, College of Medicine, University of Saskatchewan.

### **Multisectoral partnerships: What the literature tells us**

Jany St-Cyr, Université du Québec à Montréal & CRCHUM

### **Perspectives from the leaderships of multisectoral partnerships**

Nazeem Muhajarine and Jacob Alhassan, SPHERU & Community Health and Epidemiology, College of Medicine, University of Saskatchewan.

### **Aspirations and action capacity of for multisectoral work**

Kadia Saint-Onge, CRCHUM and Département de psychologie, Université du Québec à Montréal

### **Perspectives of leaders of MP**

Nazeem Muhajarine, SPHERU and Community Health and Epidemiology, College of Medicine, University of Saskatchewan

**Perceptions of capacity for the 20 policy actions proposed in the WHO's Global Action Plan 2018-2030**

Lise Gauvin, CRCHUM & École de santé publique de l'Université de Montréal.

**Methodological challenges, recommendations, and next steps**

Lise Gauvin, CRCHUM & École de santé publique de l'Université de Montréal and Nazeem Muhajarine, SPHERU & Community Health and Epidemiology, College of Medicine, University of Saskatchewan.

**9:30-11:00  
(Vancouver)**

**Session 65  
Symposium**

## **C5 The Evolution of National and Global Physical Activity Guidelines**

*Chair: Peter T. Katzmarzyk, Pennington Biomedical Research Center;  
Co-Chair Scientific Committee Global Research Group  
Assistant to Chair: Maddison Chow and Kai Kaufman, University of British Columbia*

**Development and Scientific Foundation of the Physical Activity Guidelines for Americans, 2nd Edition**

Abby King, Stanford University

**Development and Scientific Foundation of the UK Chief Medical Officers' Physical Activity Guidelines**

Charlie Foster, University of Bristol

**Development and Scientific Foundation of the Canadian 24-Hour Movement Guidelines for Adults and Older Adults**

Robert Ross, Queens University

**Development and Scientific Foundation of the WHO Guidelines on Physical Activity and Sedentary Behaviour for Children and Adolescents, Adults and Older adults**

Emmanuel Stamatakis, The University of Sydney

9:30-11:00  
(Vancouver)

## C6 Council on the Environment and Physical Activity: Building evidence for active communities across the globe.

Session 66  
Symposium

*Chair: Deborah Salvo, University of Houston; Chair, ISPAH Council on Environment and Physical Activity*  
*Assistant to Chair: Jennifer Yasinski, University of British Columbia*

### Featured Speakers

Erica Hinckson, Auckland University of Technology

Ester Cerin, Australian Catholic University

Takemi Sugiyama, Swinburne University of Technology

Alejandra Jauregui, Instituto Nacional de Salud Pública

Jasper Schipperijn, University of Southern Denmark.

Adewale Oyeyemi, University of Maidugur

Billie Giles-Corti, RMIT University

**Discussant:** James Sallis, University of California San Diego

9:30-11:00  
(Vancouver)

## C7 Physical activity among people with disabilities: A global perspective

Session 67  
Symposium

*Chair: Gregory W. Heath, University of Tennessee Chattanooga*  
*Assistant to Chair: Vienna Nguyen, University of British Columbia*

### Global patterns of physical activity among PWD

Hidde van der Ploeg, Amsterdam University Medical Centres

### Global patterns of physical activity among children and youth with disabilities: Transport, recreation, and sport

Kwok Ng, University of Limerick

**Integrated knowledge translation approaches: An essential step for global physical activity policy development**

Christopher B. McBride, Spinal Cord Injury British Columbia

**Effectiveness of physical activity interventions among PWD**

Kathleen A. Martin Ginis, The University of British Columbia

**11:10-12:40  
(Vancouver)**

## **C8 Indigenous health, wellness, and sport: Empowerment and self-determination**

**Session 69  
Symposium**

*Chair: Moss Norman, University of British Columbia*

*Assistant to Chair: Delon Chan, University of British Columbia*

**The relationship between land, culture, physical activity, sport, and identity**  
Moss Norman, University of British Columbia

**The empowerment and self-determination of First Nations Communities in British Columbia**

Rosalin Miles, Lytton First Nation and University of British Columbia

**Developing an Indigenous Cultural Safety Training Impact Assessment Tool for Sport**

Paul Whitnui, Ngā Puhī, Te Aupōuri, Ngāti Kuri and University of Victoria

**The Warrior Within**

Waneek Horn-Miller, Mohawk, Kahnawake Territory

**11:10-12:40  
(Vancouver)**

## **C9: Review and comparison of new sedentary behaviour guidelines in adults and older adults for the United States, Canada, and the World Health Organization**

**Session 70  
Symposium**

*Chair: Emmanuel Stamatakis, University of Sydney*

*Assistant to the Chair: Gabriel Manalo, University of British Columbia*

**Guideline development processes for sedentary behaviour**

Emmanuel Stamatakis

**Elements of Sedentary Behaviour in the Physical Activity Guidelines for Americans, 2nd Edition**

Peter Katzmarzyk, Pennington Biomedical Research Center

**Sedentary behaviour guidelines in Canada: An integral component of 24-hour movement guidelines.**

Travis Saunders, University of Prince Edward Island

**Updating evidence and crafting stand-alone sedentary behaviour guidelines for the WHO.**

Matthew Buman, Arizona State University

**Discussant:** Emmanual Stamatakis, University of British Columbia

**11:10-12:40  
(Vancouver)**

**Session 71  
Symposium**

**C10: The effects of the COVID-19 Pandemic on Physical Activity Behaviours and the Implications for Health and Wellness**

*Chair: Shannon Bredin, University of British Columbia*

*Assistant to Chair: Grant Phillips-Hing, University of British Columbia*

**Health, Wellness, and COVID-19: An Introduction**

Shannon Bredin, University of British Columbia

**It's a Wild Wild World. The Vivo Play Project and COVID-19**

Anthony Bourque, Innovation/UX Designer, Vivo Play Project

**Lessons Learned**

Simon Bacon, Concordia University

**Long Hauler Syndrome and Return to Exercise**

Jack Taunton, University of British Columbia

**A Patient's Perspective**

Jodi Edwards, Ottawa Heart Institute



11:10-12:40  
(Vancouver)

## C11: Leveraging social networks to increase physical activity

Session 72  
Symposium

*Co-Chairs:* Tracie A. Barnett, McGill University; Andraea Van Hulst, McGill University; and Ariane Belanger-Gravel, Université Laval  
*Assistant to Chair:* Shannon Field, University of British Columbia

### Introduction to social networks: the what and the why

Johanne Saint-Charles, Université du Québec à Montréal

### Social networks and cardiometabolic health: scoping review methods

Elena Tresierra-Farbridge, CHU Sainte-Justine Research Centre

### Linking social networks to physical activity/sedentary behaviour in youth:

#### Evidence from observational studies

Tracie Barnett, McGill University

### Linking social networks to physical activity/sedentary behaviour in youth:

#### Evidence from intervention studies

Ariane Bélanger-Gravel, Université Laval

11:10-12:40  
(Vancouver)

## C12: Five-year experience of the Global Observatory for Physical Activity (GoPA!): Progress, lessons learned and future steps

Session 73  
Symposium

*Chair:* Michael Pratt, University of California San Diego

*Assistant to Chair:* Maddison Chow and Kai Kaufman, University of British Columbia

### The Global Observatory for Physical Activity (GoPA!): Five-year progress and lessons learned for physical activity promotion worldwide

Michael Pratt, University of California San Diego and Global Observatory for Physical Activity- GoPA!

### Global status of Physical Activity Surveillance, Policy and Research: release of the 2020 Country Cards and 2<sup>nd</sup> GoPA! Physical Activity Almanac

Andrea Ramirez Varela, School of Medicine, Universidad de los Andes and Global Observatory for Physical Activity- GoPA!

**The Global Observatory for Physical Activity (GoPA!): Future steps and strategic projects to advance physical activity promotion worldwide**  
Pedro Hallal, Federal University of Pelotas and Global Observatory for Physical Activity- GoPA

**Discussant:** Adrian Bauman, University of Sydney and Global Observatory for Physical Activity- GoPA

11:10-12:40  
(Vancouver)

Session 74  
Symposium

## **C13: The South American Physical Activity and Sedentary Behavior Network (SAPASEN)**

Chair: Se-Sergio Baldew, Federal University of Sergipe  
*Assistant to Chair: Jennifer Yasinski, University of British Columbia*

### **The Creation of SAPASEN**

Danilo Rodrigues Pereira da Silva, Federal University of Sergipe

### **This Initial Findings**

André Oliveira Werneck, University of São Paulo

### **Challenges and Next Steps**

Kabir Sadarangani, San Sebastian University

11:10-12:40  
(Vancouver)

Session 75  
Satellite  
Symposium

## **C14: Sedentary Behaviour Council Workshop: Building global capacity**

Chairs: Paul Mackie, University of British Columbia and Aoko Oluwayomi, University of Lagos  
*Assistant to Chairs: Vienna Nguyen*

1:45 – 3:05  
(Vancouver)

Session 76  
Parallel Oral

## C8: Physical activity and COVID-19

*Moderator: Danilo Silva, Federal University of Sergipe*

*Assistant to Moderator: Delon Chan, University of British Columbia*

### **C8.1 Movement behaviours during COVID-19 in children and youth (aged 5-17 years): A systematic review**

Kathryn Wytenburg | Brendan Murphy | Eun-Young Lee

### **C8.2 The effect of an after school physical activity program on children's cognitive, social, and emotional health during the COVID-19 pandemic**

Hilary Caldwell | Matthew B. Miller | Constance Tweedie | Jeffery B.L. Zahavich | Ella Cockett | Laurene Rehman

### **C8.3 Impact of the COVID-19 Pandemic on Ontario children's physical activity and screen time**

Emma Ostermeier | Patricia Tucker | Andrew Clark | Jamie Seabrook | Jason Gilliland

### **C8.4 Effects of the COVID-19 pandemic on active transportation among Canadian children: Results from two national surveys**

Richard Larouche | Sarah Moore | Mathieu Bélanger | Mariana Brussoni | Guy Faulkner | Katie Gunnell | Mark Tremblay

### **C8.5 Physical activity, screen time, and mental health during the COVID-19 pandemic among U.S. children**

Ashleigh M Johnson | Pooja S Tandon | Chuan Zhou | Erin Schoenfelder Gonzalez | Emily Kroshus

### **C8.6 Do all "Canadians" have equal access to outdoor physical activity during the COVID-19 pandemic?**

Heejun Lim | Roman Pabayo | Eun-Young Lee

### **C8.7 Impact of COVID-19 on physical activity behaviour and cognitions of Canadian adolescents: A longitudinal analysis**

Dusan Kovacevic | Denver Brown | Steven Bray | Matthew Kwan

### **C8.8 Exploring QOL while working from home in the US by age, gender and race**

Michelle Lee D'Abundo | Paul Franco | Deborah Deluca

1:45 – 3:05  
(Vancouver)

Session 77  
Parallel Oral

## C9: Physical activity and early childhood

*Moderator: Pooja Tandon, University of Washington*

*Assistant to Moderator: Gabriel Manalo, University of British Columbia*

### **C9.1 Longitudinal associations between infant tummy time and development**

Valerie Carson | Zhiguang Zhang | Madison Predy | Lesley Pritchard | Kylie D Hesketh

### **C9.2 Demographic correlates of movement behaviours in infants**

Zhiguang Zhang | Madison Predy | Kylie D Hesketh | Lesley Pritchard | Valerie Carson

### **C9.3 Examining differences in achievement of physical activity best practices between urban and rural child care facilities by age**

Danae Dinkel | John P Rech | Yage Guo | Matthew Bice | Emily Hulse | Donnia Behrends | Chrisina Burger | Dipti Dev

### **C9.4 Are preschoolers most active during the first ten minutes of outdoor play at childcare?**

Brianne A. Bruijns | Leigh M. Vanderloo | Brian W. Timmons | Patricia Tucker

### **C9.5 Implementation adherence and perspectives of the Childcare Physical Activity (PLAY) Policy**

Monika Szpunar | Molly Driediger | Andrew M. Johnson | Leigh M. Vanderloo | Shauna M. Burke | Jennifer D. Irwin | Jacob Shelley | Brian W. Timmons | Patricia Tucker

### **C9.6 How does the outdoor play space afford aspects of physical literacy development?**

Nila Joshi | Daniel Rainham | Becky Spencer | Joan Turner | Son Truong | Michelle Stone

### **C9.7 Building healthy schools through technology-enabled citizen science: A Participatory Action Model in schools from Bogotá, Colombia**

Silvia A. Gonzalez | Maria A. Rubio | Camilo A. Triana | Abby C. King | Ann W. Banchoff | Olga L. Sarmiento

**C9.8 A whole-school approach to primary school physical activity: The PESSPA toolkit**

Gareth Jones | Stephen Betts | Adam Fuller | Emma Banks | Sarah Williams

**1:45 – 3:05  
(Vancouver)**

**Session 78  
Parallel Oral**

**C10: Physical activity and clinical populations**

*Moderator:* Emma Ellwood, ISPAH

*Assistant to Moderator:* Grant Phillips-Hing, University of British Columbia

**C10.1 Prospective cohort study of pre- and post-diagnosis physical activity and Endometrial Cancer survival**

Christine Friedenreich | Linda S Cook | Qinggang Wang | Renee Kokts-Porietis | Jessica McNeil | Charlotte Ryder-Burbidge | Kerry S. Courneya

**C10.2 Sex-differences in physical activity levels, knowledge, outcome expectations and task self-efficacy in atrial fibrillation patients**

Sol Vidal-Almela | Kimberley L. Way | Janet K.E. Wilson | Jennifer L. Reed

**C10.3 White matter microstructure is related to aerobic fitness in treatment-resistant schizophrenia**

Peter Senften | Melissa Woodward | Adam V. Dvorak | Shannon H. Kolind | Cornelia Laule | Henry P.H. Lai | Kai L. Kaufman | Darren E.R. Warburton | Kristina Gicas | David L. Kim | Wayne Su | William Honer | Alexander Rauscher | Donna J. Lang

**C10.4 The effect of interrupting prolonged sitting with frequent bouts of light-intensity standing exercises on blood pressure and postprandial glucose response in stroke survivors: A dose-escalation trial**

Paul Mackie | Gary Crowfoot | Prajwal Gyawali | Heidi Janssen | Elizabeth Holliday | David W Dunstan | Coralie English

**C10.5 Associations of genetic risk and adherence to a healthy lifestyle with incidence of Stroke and Coronary Heart Disease in individuals with Hypertension: The UK Biobank Study**

Mengyao Wang | Shiu Lun Au Yeung | Shan Luo | Youngwon Kim

**C10.6 Physical activity, sedentary time and cardiorespiratory fitness in patients with heart failure: Isotemporal substitution analysis**

Jonathan D Kenyon | Hayley Billingsley | Natalie Bohmke | Danielle Kirkman | Antonio Abbate | Roshanak Markley | Salvatore Carbone | Youngdeok Kim

**C10.7 A group dance intervention engaging breast cancer survivors in physical activity in a middle-income country**

Maria Alejandra Rubio | Carlos M. Mejía-Arbeláez | Maria A. Wilches-Mogollon | Carolyn Finck | Santiago Cabas | Oscar Rubiano | Alberto Flórez | José Gabriel León | Lisa G. Rosas | Robert Haile | Olga L. Sarmiento | Abby C. King

**C10.8 Physical activity and chronic back disorders: A comparison between self-reported and accelerometer-measured physical activity**

Adriana Angarita-Fonseca | Catherine Trask | Punam Pawha | Katya Herman | Daniel Fuller | Brenna Bath

1:45 – 3:05  
(Vancouver)

Session 79  
Parallel Oral

**C11: Children and adolescents**

*Moderator: Jamie Barratt, University of Queensland*

*Assistant to Moderator: Shannon Field, University of British Columbia*

**C11.1 Associations between screen time and cognitive development in preschoolers**

Zhiguang Zhang | Kristi B. Adamo | Nancy Ogden | Gary S. Goldfield | Anthony D. Okely | Nicholas Kuzik | Mitchell Crozier | Stephen Hunter | Madison Predy | Valerie Carson

**C11.2 Prevalence and correlates of excessive recreational screen time among Colombian children and adolescents**

Silvia A. Gonzalez | Olga L. Sarmiento | Alberto Florez | Peter T. Katzmarzyk | Jean-Philippe Chaput | Mark S. Tremblay

**C11.3 Examining parent's perspectives on swimming lessons for children with Autism Spectrum Disorders**

Larissa Lobo | Serene Kerpan

**C11.4 Characterizing physical activity in children with ADHD and comparing subjective report to actigraphy**

Deirdre Wholly | Nguyen Tran | Erin Schoenfelder-Gonzalez | Michelle Kuhn | Albert Hsu | Cindy Ola | Mark Stein | Tyler Sasser | Jason Mendoza | Pooja Tandon

**C11.5 Using the Delphi Method to develop content for a physical activity and sedentary behaviour e-Learning course for pre-service Early Childhood Educators**

Brianne A. Bruijns | Andrew M. Johnson | Patricia Tucker

**C11.6 Pre- and in-service Early Childhood Educators' knowledge, self-efficacy, and intentions following an e-learning course in physical activity and sedentary behaviour**

Patricia Tucker | Brianne A Bruijns | Leigh M Vanderloo | Kristi B Adamo | Shauna M Burke | Valerie Carson | Rachel Heydon | Andrew M Johnson | Jennifer D Irwin | Patti-Jean Naylor | Brian W Timmons

**C11.7 Implementing movement integration in elementary schools through a job-embedded professional development intervention for teachers**

Kristina Sobolewski | Serene Kerpan

**C11.8 Central American parents' preferences for the development of a home-based intervention to promote healthful energy balance-related behaviors in their preschool-age children**

Elizabeth N. Diaz | Joanna A. Pineda | Qun Le | Ana Cristina Lindsay

**1:45 – 3:05  
(Vancouver)**

**Session 80  
Parallel Oral**

**C12: Physical activity and the environment**

*Moderator: Sebastian Okech, University of Nairobi*

*Assistant to Moderator: Ryan Chan, University of British Columbia*

**C12.1 Barriers and correlates of physical activity in rural and urban Canada**

Chelsea Pelletier | Nicole White | Annie Duchesne | Larine Sluggett

**C12.2 Lessons Learned: Accelerometer and GPS data collection in rural communities**

Amanda Gilbert | Alan Beck | Natalicio Serrano | Dixie Duncan | Fatemeh Naghiloo | Ross Brownson

**C12.3 Built environment in programs promoting physical activity among youth in the U.S. and Latin America**

Olga L. Sarmiento | Maria Alejandra Rubio | Abby C. King | Natalicio Serrano | Adriano Akira F. Hino | Ruth F. Hunter | Nicolas Aguilar-Farias | Diana C. Parra | Deborah Salvo | Alejandra Jáuregui | Rebecca E. Lee | Bill Kohl

**C12.4 Associations between neighbourhood walkability and health-related fitness in adults**

Gavin R. McCormack | Levi Frehlich | Anita Blackstaffe | Tanvir C. Turin | Patricia K. Doyle-Baker

**C12.5 ShineLA: How diverse Los Angeles communities are addressing urban safety challenges in public recreation spaces**

Laurel Finster | Celina H Shirazipour | Hayden Hutchison | Gillian Gresham | Zul Surani | Vicki Israel | Michael A Shull | Sarah-Jeanne Salvy | Robert W Haile

**C12.6 Socioeconomic differences in associations between the built environment and walking following residential relocation**

Chelsea D. Christie | Christine M. Friedenreich | Jennifer E. Vena | Liam Turley | Gavin R. McCormack

**C12.7 Perception of safety and its association with physical activity in adolescents**

Maria E. Hermosillo-Gallardo | Simon J. Sebire | Russell Jago

1:45 – 3:05  
(Vancouver)

Session 81  
Parallel Oral

**C13: Epidemiology**

*Moderator: Peter Katzmarzyk, Pennington Biomedical Research Center;  
Co-Chair Scientific Committee Global Leadership Group  
Assistant to Moderator: Jennifer Yasinski, University of British Columbia*

**C13.1 Trends and inequalities of leisure-time physical activity among 535,145 adults from six South American countries**

André Oliveira Werneck | Luciana Barboza | Raphael Araujo | Ellen Silva | Danilo Rodrigues Silva

**C13.2 Association between MIMS/day and metabolic syndrome risk factors: NHANES 2011-2014**

Elroy J Aguiar | James Pleuss | Dusty Turner | Peixuan Zheng | Scott W Ducharme

**C13.3 Is the impact of adiposity on taste perceptions moderated by chronic physical exercise? An overview of the data from NHANES 2013-2014.**

Alexandre-Charles Gauthier | Johannes Frasnelli | Vicky Drapeau | Miguel Chagnon | Marie-Eve Mathieu



**C13.4 Standing time with and without ambulation and mortality over 6 years of follow-up: the WHI OPACH Study**

Purva Jain | John Bellettiere | Nicole Glass | Michael J. Lamonte | Chongzi Di | Andrea Z. LaCroix

**C13.5 Sex, sexual orientation, and body dissatisfaction: Results from the Canadian Community Health Survey 2017-2018**

Mikyung Lee | Eun-Young Lee

**C13.6 Neoliberal capitalist ideology, climate culpability, physical inactivity, and NCD mortality in 124 countries**

Eun-Young Lee | Jeffrey Masuda

**C13.7 Patterns of sedentary behavior and physical inactivity associated with chronic diseases: data from 53,034 Brazilians**

Cecília Bertuol | Willen Remon Tozetto | Anne Ribeiro Streb | Giovani Firpo Del Duca

1:45 – 3:05  
(Vancouver)

Session 82  
Parallel Oral

**C14: Clinical populations and aging**

*Moderator: Gabriella McLoughlin, Temple University College of Public Health*

*Assistant to Moderator: Lana To, University of British Columbia*

**C14.1 Assessing a physical activity intervention in Brazil: are we advancing on physical activity levels?**

Thania Mara Teixeira Rezende Faria | Stephan Brenner | Andreas Deckert | Alex Antonio Florindo | Gregore Iven Mielke

**C14.2 Built to Move - Shaping the future of active design through WELL V2 Pilot**

Vienna McLeod

**C14.3 Mind Fit: Evaluation of a community-based wellness program for adolescents experiencing depression and/or anxiety**

Mahabhir Kandola | Erica Lau | Peter Crocker | Guy Faulkner

**C14.4 Potential benefits of a novel home-based exercise program for inactive older adults**

Jamie E. McCain | Marcus A. Lees | Jonathon Edwards | Danielle R. Bouchard

**C14.5 "STAND IF YOU CAN": A 22-week, single-blind, randomized controlled trial to evaluate gait speed in residents in a standing intervention in long term care**

Danielle R. Bouchard | Kendra Cooling | Molly Gallibois | Martin Sénéchal | Jeff Hebert | Chris McGibbon | Emily Read | Pamela Jarret | Linda Caissie | Grant Handrigan

**C14.6 Comparison of a fall prevention exercise program offered online and in-person for older adults**

Vanessa Pitre | Martin Sénéchal | Danielle R. Bouchard

**C14.7 Fit for Two: Feasibility of a clinic-based physical activity intervention for pregnant women with Diabetes**

Britta Larsen | Stephanie Micucci | Sheri Hartman | Gladys M Ramos

**1:45 – 3:05  
(Vancouver)  
Session 83  
Mini-Oral**

**C2**

*Moderator: Patti-Jean Naylor, University of Victoria*

*Assistant to Moderator: Maddison Chow and Kai Kaufman, University of British Columbia*

**C2.1 Air Quality in First Nations Communities and the Policy Implications for Community-based Physical Activity Programming**

Rosalin M. Miles | Delon D. L. Chan | Ryan G. Chan | Kai L. Kaufman | Shannon S. D. Bredin | Darren E. R. Warburton

**C2.2 A systematic review of the associations between neighbourhood built environment characteristics and health-related fitness**

Levi Frehlich | Chelsea Christie | Paul Ronksley | Tanvir Chowdhury | Patricia Doyle-Baker | Gavin McCormack

**C2.3 Association between Exercise Variables and Subjective Well-Being**

Susannah L. Reiner | Michelle L. D'Abundo

**C2.4 Quality sleep frequency attenuates the negative impact of physical inactivity on mental wellbeing**

Denver M. Y. Brown | John Cairney | Matthew Y. W. Kwan

**C2.5 A Narrative Synthesis of Pedometer- and Accelerometer-Based Interventions for Ethnically Diverse Populations**

Abida R. Dhukai | Monica Parry | Baiju R. Shah | Robyn Stremmler

**C2.6 Forecasting the Cost-Effectiveness of Awareness Campaign as physical activity promotion in preventing non-communicable diseases (NCDs) in Thailand**

Rungrat Palakai | Bundit Sornpaisarn | Piyawat Katewongsa

**C2.7 Improving Healthy Behaviours Through Motivationally Tailored Messages: Meta-Analytic Insights from 177 Randomized Control Trials**

Keven Joyal-Desmarais | Alexandra K. Scharmer | Molly K. Madzellan | Jolene V. See | Alexander J. Rothman | Mark Snyder

**C2.8 Physical Activity Can be Successfully Increased Through a 12-Week Digital Health Intervention: the ACCELERATION Program**

Keven Joyal-Desmarais | Simon Bacon | Wanda Firth | Nicholas Giacomantonio | Jennifer Jones | Jessica Nooyen | Paul Oh | Geneviève Szczepanik | Darren Warburton

**C2.9 Can eHealth interventions increase physical activity among individuals with depression: A systematic review**

Yiling Tang | Jacqueline Lee | Raymond Lam | Sam Liu | Guy Faulkner

**C2.10 Remote Monitoring of Physical Activity, Sleep, and Blood Pressure with wearable technology in cancer populations: A single institution experience**

Katherine Barnhill | Carolina Raines | Celina H. Shirazipour | Gillian Gresham

**C2.11 Executive functioning and trait mindfulness in older adults before a remote physical exercise training program**

F. Taylor Agate | Alejandra Contreras | Mauricio A. Garcia-Barrera

**C2.12 Classification of Moderate-Intensity Walking Speed During Overground Walking**

Peixuan Zheng | Scott W. Ducharme | Christopher C. Moore | Catrine Tudor-Locke | Elroy J. Aguiar

**C2.13 The Impact of Sprint Interval Training with or Without Weight Loss on Substrate Oxidation in Adults**

Dawson Nancekievill | Benjamin Colpitts | Martin Sénéchal

**C2.14 The Effect of Intermittent Fasting and Continuous Low-Moderate Intensity Physical Activity on Fat-Oxidation Rates and Commonly Used Fatness-Measurements: A sustainable approach for combatting the obesity epidemic**

Loren Yavelberg | Norman Gledhill | Veronica Jamnik

**C2.15 Performing a verification phase immediately after an incremental to maximal graded exercise test increases the proportion of participants who meet the job-related aerobic fitness standard for structural firefighters**  
Ryan Hancock | Loren Yavelberg | Norman Gledhill | Veronica Jamnik

**C2.16 The effectiveness of an Indigenous led, community-based physical activity intervention on cardio-metabolic health in Indigenous adults.**  
Shannon S. D. Bredin | Amanda de Faye | Heather Foulds | Rosalin Miles | Darren E. R. Warburton

**C2.17 The effects of physical fitness testing on behavioral intention and on physical activity behavior**  
Bryce T. Daniels | Sarah Schwartz | Ashton Human | Erin K. Howie

**C2.18 Associations between the neighbourhood built environment and weight status among Canadian men and women**  
Vikram Nichani | Mohammad Javad Koohsari | Koichiro Oka | Tomoki Nakaya | Ai Shibata | Kaori Ishii | Akitomo Yasunaga | Liam Turley | Gavin R. McCormack

**C2.19 Associations between the neighbourhood characteristics and weight status outcomes: findings from Alberta's Tomorrow Project**  
Vikram Nichani | Liam Turley | Jennifer E. Vena | Gavin R. McCormack

**3:15 – 4:45  
(Vancouver)**

**Session 84  
Mini-Oral**

**C15: Myths and Misconceptions: what do we really know about physical activity/exercise during pregnancy?**

*Chair: Wendy Brown, University of Queensland*  
*Assistant to the Chair: Delon Chan, University of British Columbia*

**Brief overview of the challenges of working in this area.**  
*Wendy Brown, University of Queensland*

**PA/exercise during pregnancy; where is the strongest evidence of benefits?**  
*Lene Haakstad, Norwegian School of Sports Science*

**Strength training during pregnancy: what do we know?**  
*Mel Hayman, Central Queensland University*

Vigorous-intensity PA/exercise (including high intensity training) during pregnancy: What do we know?

Loretta di Pietro, The George Washington University

Common methodological limitations in research on PA/exercise during pregnancy.

Gregore Mielke, University of Queensland

Public health implications: what advice do different countries provide on PA/exercise during pregnancy

Sonja Kahlmeier, Swiss Distance University of Applied Science, Switzerland.

3:15 – 4:45  
(Vancouver)

Session 85  
Symposium

**C16: Evaluating and benchmarking physical activity policy as a tool to address the challenges of inactivity**

*Chair: Guy Faulkner, University of British Columbia*

*Assistant to the Chair: Gabriel Manalo, University of British Columbia*

Examining what the scientific literature adds to our understanding of PA policy effectiveness

Catherine Woods, University of Limerick

The usefulness of existing tools for policy monitoring and evaluation

Peter Gelius, FAU Erlangen-Nuremberg

'Common Vision': Canada's PA plan and how it is to be evaluated

John C. Spence, University of Alberta

**Discussant:** Matt Hermann, BC Ministry of Health

3:15 – 4:45  
(Vancouver)

Session 86  
Symposium

**ShineLA: A multi-sector, transdisciplinary initiative to create healthy, active, and engaged communities in Los Angeles**

*Chair: Celina Shirazipour, Cancer Research Center for Health Equity*

*Assistant to the Chair: Grant Phillips-Hing, University of British Columbia*

Restoring and enhancing public spaces where all people have easy access to clean, safe, and sustainable spaces: A landscape analysis of recreation and parks with a focus on cultural inclusivity

Michael Shull, Recreation and Parks

How art and design impact health and society, with a focus on physical activity

Krystina Castella, Art Center College of Design

Harnessing technology to monitor and promote physical activity among diverse communities

Gillian Gresham, Cancer Research Center for Health Equity

Starting small, learning what works, and building from there: An iterative behavior change approach

Olga L Sarmiento, Universidad De Los Andes

3:15 – 4:45  
(Vancouver)

Session 87  
Symposium

## C18: Intersections between physical activity, obesity, and cancer risk

*Chair: Peter Katzmarzyk, Pennington Biomedical Research Center*

*Assistant to the Chair: Shannon Field, University of British Columbia*

**Physical activity, obesity and cancer risk: Epidemiological evidence**

Peter Katzmarzyk, Pennington Biomedical Research Center

**Role of physical activity and weight management in promoting health in cancer survivors**

Christine Friedenreich, University of Calgary

**Testing Novel Physical Activity Intervention Strategies in Cancer Survivors: Understanding the Mechanisms**

Justin Brown, Pennington Biomedical Research Center

3:15 – 4:45  
(Vancouver)

Session 88  
Symposium

## C19: Physical activity and sedentary behavior in cognitive and functional aging: The Adult Changes in Thought cohort

Chair: Dori Rosenberg, Kaiser Permanente Washington Health Research Institute (KPWHRI)

*Assistant to the Chair: Ryan Chan, University of British Columbia*

### Cross-sectional associations between ACT device-based activity pattern measures and physical function

Dori Rosenberg, KPWHRI

### Prospective associations between ACT device-based activity pattern measures and cognitive function

Mikael Anne Greenwood-Hickman, KPWHRI

### Associations of longitudinal walking trajectories with cognitive function

Paul Gardiner, University of Queensland

3:15 – 4:45  
(Vancouver)

Session 89  
Symposium

## C20: Monitoring National Physical Activity Policy using GoPA! Policy Inventory: A Global Challenge

*Chair: Bojana Klepac, Victoria University*

*Assistant to the Chair: Jennifer Yasinski, University of British Columbia*

### Introduction to the GoPA! Policy Inventory and the methods of its implementation

Andrea Ramirez Varela, Universidad de los Andes, Bogotá, Colombia.

### Main findings and lessons learned from the implementation of the GoPA! Policy Inventory

Bojana Klepac, Victoria University, Melbourne, Australia

### GoPA! Policy Inventory in the context of the development and monitoring of PA policy since 1990 to today

Michael Pratt, University of California San Diego School of Medicine UCSD.

What are the future steps for global PA policy monitoring with the GoPA!  
Policy Inventory?

Željko Pedišić, Victoria University, Melbourne, Australia

Discussant: Adrian Bauman, University of Sydney

3:15 – 4:45  
(Vancouver)  
Session 90  
Mini-Oral

C3

*Moderator: André Werneck, University of São Paulo*

*Assistant to Moderator: Gemma Tomasky, University of British Columbia*

**C3.1 Physical activity levels and dietary patterns of Brazilians living in Canada**

Juliano Schwartz | Maira Botelho Perotto | Shannon S. D. Bredin | Paul Oh | Ryan Rhodes | Mariana de Assis Zanzin | Emanuel Couto | Malcon Botteon | Alejandro Gaytán González | Flavia Markman | Darren E. R. Warburton

**C3.2 Prevalence of chronic non-communicable diseases in fitness centres users in Colombia**

Andrea Avila | S. Garcia | L. Camargo | A. Sarmiento

**C3.2 Prevalence of chronic non-communicable diseases in fitness centres users in Colombia**

Andrea Avila | S. Garcia | L. Camargo | A. Sarmiento

**C3.3 Abdominal obesity and its association with physical inactivity in Panamanian college students**

Luis Gabriel Rangel Caballero | Alba Liliana Murillo López | Gonzalo Pulido Silva

**C3.4 Perceived social variables related to physical activity levels in university students**

Claudia M. Espinosa Méndez | Darlene Kluka | Rodrigo I. Aguilar Enríquez | Sebastian L. San Martin Rodríguez

**C3.5 Enjoyment and Physiological Benefits from Exergaming vs. Brisk Walking among Older Adults: a Comparison**

Reza Sayar | Farhad Daryanoosh | Maryam Koushie Jahromi | Ehsan Sinaei | Maryam Kheirmand Parizi | Sobhan Sobhani



**C3.6 Sleep and Physical Activity Patterns in Coordinator Administrative Staff in Wildfire Service Settings**

Juliano Schwartz | Andrew T. Jeklin | Shannon S. D. Bredin | Kai Kaufman | Andrew S. Perrotta | Bradley C. Hansen | Darren E. R. Warburton

**C3.7 The Association of Retirement and Leisure-time Physical Activity among Middle-aged and Older US Adults**

Yuzi Zhang | Kathryn Burford | Harold W Kohl, III

**C3.8 Investigation of social support provided for senior citizens in six-week virtual exercise program**

Takahiro Sato | Susumu Iwasaki | Garrett L. Peltonen

**C3.9 Effects of six-week virtual exercise program on senior citizens' multidimensional well-being**

Takahiro Sato | Garrett L. Peltonen | Susumu Iwasaki

**C3.10 Health Associations with Meeting the Canadian 24-Hour Movement Guidelines for Adults and Older Adults**

Scott Rollo | Justin J Lang | Karen C Roberts | Felix Bang | Valerie Carson | Jean-Philippe Chaput | Rachel C Colley | Ian Janssen | Mark S Tremblay

**C3.11 Socio-demographic factors associated with meeting the Canadian 24-hour movement guidelines among adults and older adults**

Scott Rollo | Karen C Roberts | Felix Bang | Valerie Carson | Jean-Philippe Chaput | Rachel C Colley | Ian Janssen | Mark S Tremblay

**C3.12 Prescribing physical activity during pregnancy: behaviour of professionals from public health system under COM-B model**

Sonia Roa-Alcaino | Jaime Leppe | Paula Bedregal

**C3.13 Physical activity in Pregnant Women: Understanding Behaviour change from Transtheoretical Model**

Sara Ramos-Fuster | Sonia Roa-Alcaino | Jaime Leppe

**C3.14 Increasing interest in bicycling among adolescents through physical education**

Esther Walker | Lauren Freeman

**C3.15 Monitoring study on the development status of scientific fitness literacy for adolescents in China**

Gao Yang

**C3.16 Understanding the Intention-to-Behaviour Relationship for Adolescents: An Application of the Multi-Process Action Control Model**

Imran Haider | Denver MY Brown | Steven R Bray | Pallavi Dutta | Ryan E Rhodes | Matthew YW Kwan

**C3.17 Longitudinal associations between e-cigarette use, cigarette smoking, physical activity and screen time among Canadian adolescents**

Dylan Irvine | Ellen McGarity-Shiple | Eun-Young Lee | Ian Janssen | Scott T. Leatherdale

**C3.18 Gendered associations between e-cigarette use, cigarette smoking, physical activity, and sedentary behavior among Canadian adolescents**

Dylan Irvine | Eun-Young Lee | Ian Janssen | Scott T. Leatherdale

**C3.19 Health Implications Associated With Long-term Vaping or Electronic Cigarette Use in Adults: A Systematic Review**

Brendan Murphy | Kathryn Wytenburg | Eun-Young Lee

**C3.20 Dose-response association between protein content per meal and physical disability in Mexican older adults**

Alejandro Gaytan-Gonzalez | Juan Lopez-Taylor | Darren E. R. Warburton

**C3.21 Effect of major life events on travel behaviours: a scoping review**

Richard Larouche | Ulises Charles Rodriguez | Ransi Nayakarathna | David R. Scott

**C3.22 Clusters types of obesogenic behaviors in youth according to country income: a systematic review**

Gabrielli Thais de Mello | Marcus Vin cius Vebber Lopes | Rafael Martins da Costa | Giseli Minatto | Kelly Samara da Silva

5:00-6:00  
(Vancouver)  
Session 91  
Keynote

**C2 Impacts of climate change on humanity: it is worse than you think, but still fixable**

*Introduction: Anthony Okely, University of Wollongong, Australia*

Speaker: Dr. Camilo Mora, PhD, Professor, University of Hawaii Manoa

**6:00-6:30**  
**(Vancouver)**

**Congress**  
**Close**

## **Closing Ceremony**

### **Closing Remarks from the Congress First Nation Leader**

Rosalin Miles, Lytton First Nation and University of British Columbia

### **Closing Remarks from the Local Organizing Committee**

Darren Warburton and Shannon Bredin, University of British Columbia and Co-Chairs of ISPAH 2021

### **Closing Remarks from the Scientific Committee Global Leadership Group**

Peter Katzmarzyk, Pennington Biomedical Research Center and Catherine Draper, University of the Witwatersrand, Co-Chairs of the Scientific Committee Global Leadership Group

### **Closing Remarks from the International Society for Physical Activity and Health**

Jasper Schipperijn, University of Southern Denmark and President of the International Society for Physical Activity and Health

### **Farewell to ISPAH 2021 and Introducing ISPAH 2022**

Presentation by Abu Dhabi 2022 (24-27 October 2022)

**Congress Close**