



Strategic Inter-Governmental forum on Physical Activity and Health (SIGPAH)

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Communique of the Thirteenth SIGPAH Meeting Teleconference held on Tuesday 14 November 2000

ABS National Physical Activity Survey Results

The ABS National Physical Activity Survey results showed a decline in participation in sport and physical activity in all states and territories except Western Australia between 1998 – 1999 and 1999 – 2000. Although the ABS and AIHW surveys used different objectives and methodologies, results from both showed a reduction in national physical activity participation. A summary of findings is available on the ABS survey website at: <http://www.abs.gov.au/ausstats/abs%40.nsf/e8ae5488b598839cca25682000131612/9fd67668ee42a738ca2568a9001393ac!OpenDocument>

The AIHW survey results are available at:

<http://www.aihw.gov.au/publications/health/papaa/index.html>

Physical Activity and Health Training Course for Researchers and Practitioners

A very successful physical activity and health training course for researchers and practitioners, first held in July 1999 led by Professor Adrian Bauman, will be run again in 2001. The SA Department of Human Services will be funding a course in Adelaide and QLD Health will be funding one in Brisbane.

Adolescent Health and Wellbeing Workshop

A workshop on adolescent health and wellbeing was convened by the Department of Health and Aged Care in Canberra from October 31 to November 1. The workshop aimed to define a coordinated cross sectoral approach towards promoting adolescent health and social development. The Department is developing a paper providing an overview of the workshop and future directions.

National Walk to Work Day 2000

National Walk to Work Day was held on Friday 3 November 2000. This year the Commonwealth undertook research to determine levels of public awareness of the day. Results are expected to be available on the Department's website soon.

Physical Activity Measurement Workshop

A workshop, held in September 2000, involving key stakeholders in the area of physical activity measurement, aimed to promote wider understanding of the various tools used for measurement of physical activity participation and to work towards achieving a consensus on the most appropriate tool(s) for population surveys. A workshop discussion paper is currently being developed by the Commonwealth.

SIGPAH/General Practice Working Group

The SIGPAH/General Practice Working Group was established to develop a strategy and action plan to increase the promotion of physical activity in general practice settings. The group is currently working on a discussion paper which identifies objectives and associated strategies for promoting physical activity in a GP setting. This paper will be progressed further once the Joint Advisory Group's (JAG) *Draft Framework for Integrating Lifestyle Risk Factors Management in Integrated General Practice* is endorsed at the JAG National Symposium in February 2001.

Better Practice Guidelines

The draft *Better Practice Guidelines for the Promotion of Physical Activity in Australia*, funded jointly by the Commonwealth and the NSW Department of Health, has recently been through a consultation process with comments due back to SIGPAH members by 19 January 2001. The guidelines will identify best practice interventions for the promotion of physical activity and are designed to be used as a resource by health departments Australia wide. The draft is available on the National Public Health Partnership website at:

www.nphp.gov.au/sigpah/index.htm

Planning and Practice Framework Pilot: Transport and Physical Activity

The National Public Health Partnership Planning and Practice Framework pilot on transport and physical activity aims to specify a portfolio of interventions to increase incidental physical activity by Australians within transport settings. The first of two decision making group workshops, involving a wide range of stakeholders, was held on 20 November 2000. The second workshop, involving a smaller more specific group, will be held in February with the portfolio of interventions expected to be finalised in March 2001.

Website

The SIGPAH website is now 'live' as a sub-site of the National Public Health Partnership website. The address is www.nphp.gov.au/sigpah/index.htm