



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

Secretariat  
Primary Prevention Section, MDP 15  
GPO Box 9848  
CANBERRA ACT 2601  
Tel: 02 6289 7342  
Fax: 02 6289 8121  
E-mail: [Mia.Fuso@health.gov.au](mailto:Mia.Fuso@health.gov.au)

Chair: Ms Michele Herriot  
Department of Human Services  
Health Promotion SA  
PO Box 287 Rundle Mall  
ADELAIDE SA 5000  
Tel: 08 8226 6421  
Fax: 08 8226 6133

E-mail: [herriot.michele@dhs.sa.gov.au](mailto:herriot.michele@dhs.sa.gov.au)

Website: [www.nphp.gov.au/sigpah/index.htm](http://www.nphp.gov.au/sigpah/index.htm)

### **Communique of the Sixteenth SIGPAH Meeting held on Friday 23 November 2001**

#### **Education**

SIGPAH seeks to increase community awareness and understanding of the benefits of participation in regular moderate intensity physical activity.

SIGPAH agreed to consult with key Indigenous groups regarding opportunities to collaborate on physical activity related policy and interventions.

#### **Infrastructure**

SIGPAH seeks to ensure appropriate capacity to achieve the national strategic objectives for physical activity, including the development of knowledge and practices of health professionals.

#### National inter-sectoral physical activity task force

SIGPAH has been successful in securing grant funding from the National Public Health Partnership to conduct a feasibility study for a national inter-sectoral physical activity task force. The project will involve consultation with key stakeholders and investigating and considering existing models world wide in developing potential models for Australia. The aim of the task force would be to provide national leadership in the promotion and support of physical activity and would involve collaboration with a range of sectors and stakeholders whose policies and practices impact on physical activity. This task is a priority for SIGPAH following the increasing collaboration with other sectors around physical activity and health as well as recent changes to the Active Australia Alliance. The concept of a national inter-sectoral task force mirrors leadership models established in most jurisdictions.

#### Physical activity and health specialist training course – WA

The Physical Activity and Health Specialist Training Course for researchers and practitioners, identified as a priority in the SIGPAH work plan to increase the capacity of the workforce, will run again in March 11-13, 2002, in Perth. It will be hosted by the Health Department WA in conjunction with the Western Australian Heart Foundation. Presenters include Professors' Adrian Bauman and Wendy Brown as well as a number of local experts. For further information and enrolment, contact Ms Robyn Miller via e-mail on [robyn.miller@health.wa.gov.au](mailto:robyn.miller@health.wa.gov.au)

#### SNAP and General Practice

SIGPAH is contributing to the work of the SNAP (smoking, nutrition, alcohol and physical activity) Implementation Task Force by providing input on physical activity related issues for general practice settings.

*- A forum for national leadership in physical activity and health in Australia -*

## **Evidence**

SIGPAH seeks to increase the professional knowledge base for physical activity programs and interventions and promote better practice.

### NSW PAMER Centre

Tenders have recently closed for the establishment and provision of a NSW centre for physical activity monitoring evaluation and research, with initial funding being provided for three years, beginning in 2002. The purpose of the Centre is to support the NSW Health Department (in collaboration with key agencies represented on the Premier's Physical Activity Task Force) to provide physical activity monitoring and evaluation functions, strategy development and quality improvement services for physical activity policies and programs in NSW. Information developed by the Centre will be available to all through a website. The work of the Centre will be managed by an advisory group consisting of representatives from NSW Health, SIGPAH, the Commonwealth Department of Health and Ageing and the Australian Institute of Health and Welfare.

### Physical activity behavioural risk factor survey module

To further progress surveillance and monitoring of behavioural risk factors for health, the National Public Health Information Working Group (NPHIWG), with advice from its computer assisted telephone interview (CATI) advisory group, are developing CATI survey module manuals for a range of risk factors including physical activity. SIGPAH is working with NPHIWG to develop the physical activity module. The first step has been to develop a data requirements paper which outlines what information needs to be collected from a policy perspective. A draft of this paper has been prepared by the Department of Health and Ageing and will be circulated for comment. The Department has also commissioned research to assess the validity and reliability of a number of key physical activity surveys to help inform the selection of a standard physical activity survey for use in Australia. SIGPAH supports the collection of comprehensive and reliable population health data on physical activity at the national and jurisdiction level.

## **Environments**

SIGPAH seeks to promote better understanding of the health links with other sectors to increase incidental physical activity participation and promote research based policy approaches.

### Promoting Active Transport

Following the National Public Health Partnership planning framework case study on active transport, the resulting report, *Promoting Active Transport: An intervention portfolio to increase physical activity as a means of transport*, has now been published. The report identifies a portfolio of interventions across a range of settings addressing the promotion of public transport and physical activity. As a key document and priority area, SIGPAH is keen to promote this document and seek opportunities for collaboration, particularly with other sectors that have a role in progressing the potential interventions listed. A summary paper to assist in this process will be developed shortly. The report is available on the Partnership's website at [www.nphp.gov.au](http://www.nphp.gov.au)

## **Publications**

### Getting Australia Active

The soon to be published report, *Getting Australia Active: towards better practice for the promotion of physical activity*, provides an update of the evidence for the health benefits of physical activity and describes settings for effective programs, as well as guidelines for better practice approaches to increasing physical activity in Australia. The document was first sent out for public consultation in late 2000, and has undergone much revision. It is expected to be published under the auspices of the National Public Health Partnership early in the 2002.

Please e-mail [mia.fuso@health.gov.au](mailto:mia.fuso@health.gov.au) with your full contact details if you would like to be added to the mailing list to receive a copy once available. The report will be available on the National Public Health Partnership's website ([www.nphp.gov.au](http://www.nphp.gov.au)) once published.

## **Presentations**

### Professor Jim Sallis, San Diego State University

Professor Sallis presented to SIGPAH and key NSW physical activity colleagues on the importance of using an ecological model in addressing environment, urban design and transport issues and their impact on physical activity and health. This included the importance of multi-strategy initiatives operating at a range of levels and involving a variety of sectors in order to see change. He described the increasing dominance of cars and the impact on quality of life, community well being and physical activity behaviour as well as several major studies being undertaken to further research this trend.