

Scottish Physical Activity Research Connections (SPARC) 2016 26 October 2016

Conference Report

On Wednesday 26 October 2016, 140 researchers, practitioners and policy makers from across Scotland came together to discuss current physical activity research relevant to policy and practice. The event was held in South Hall, Pollock Campus, University of Edinburgh.

SPARC was organised by Physical Activity for Health Research Centre (PAHRC) at University of Edinburgh and Active Scotland Division, Scottish Government. The event was funded by Active Scotland Division.

We invited abstracts which related to the Active Scotland Outcomes Framework, which sets out the Scottish Government's ambitions for a more active Scotland:

Vision: A More Active Scotland							
<p>Physical activity is about getting people moving. Daily walking, playing in a park, going to a gym, training with a team or aspiring to win a gold medal- It doesn't really matter how people get active, it just matters that we do.</p> <p>Being physically active contributes to our personal, community and national wellbeing.</p> <p>Our vision is of a Scotland where more people are more active, more often.</p>							
National Outcomes							
Business	Employment	Research and Innovation	Young People	Early Years	Healthier	Inequalities Tackled	Life Chances
Safe from Crime	Sustainable Places	Resilient Communities	Environment Valued	National Identity	Impact on Environment	Older People Supported	Public Services
Active Scotland Outcomes							
We encourage and enable the inactive to be more active		We encourage and enable the active to stay active throughout life			We develop physical confidence and competence from the earliest age		
We improve our active infrastructure – people and places		We support wellbeing and resilience in communities through physical activity and sport			We improve opportunities to participate, progress and achieve in sport		
Equality – Our commitment to equality underpins everything we do							

Eleven abstracts were accepted as oral presentations and 37 were accepted as poster presentations. (Oral and poster titles attached).

The conference was opened by Professor Nanette Mutrie (PAHRC Director), Louise Unwin (Head of Strategy, Active Scotland Division) and Dr Gregor Smith (Deputy Chief Medical Officer).

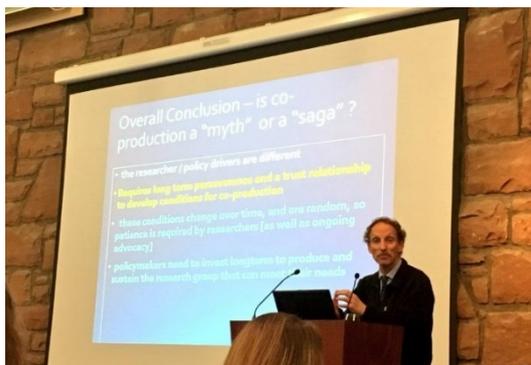
The morning and afternoon keynote addresses were given by

- **Professor Billie Giles-Corti** (Director of the McCaughey VicHealth Community Wellbeing Unit, University of Melbourne and Lead Investigator of the NHMRC Centre for Research Excellence in Healthy Liveable Communities)

'Translating active living research into policy and practice: one important pathway to chronic disease prevention'



- **Professor Adrian Bowman** (Sesquicentenary Professor of Public Health, Sydney School of Public Health and Co-Director of the WHO Collaborating Centre on Physical Activity, Nutrition and Obesity).



'Co-production of the research and policy agenda in physical activity'

Both keynotes were well received by the delegates.

The eleven oral presenters covered a wide range of topics (see attached) relating to physical activity in childhood and adolescence, adults, ethnic minorities and active travel.



During the morning and afternoon presentations, a 'yoga break' was held with Divya Sivaramakrishnan, (PAHRC PhD student) leading delegates in some yoga exercises.

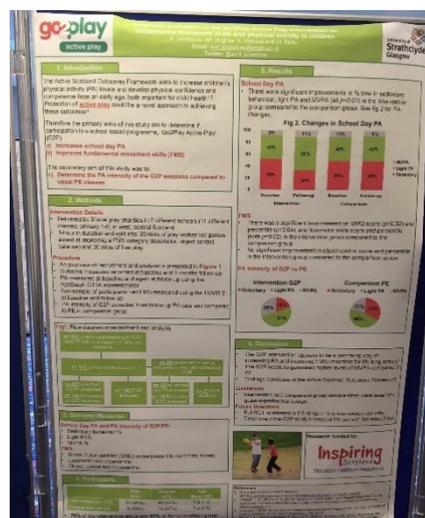


The closing address was made by Derek Grieve (Head of Active Scotland Division) and first, second and third prizes were awarded for the best student poster presentations. The winners were as follows:

First prize: Avril Johnstone (University of Strathclyde) - 'Evaluation of the Go2Play Active Play intervention on fundamental movement skills and physical activity in children'.

Second prize: Brad Macdonald – 'Understanding sedentary behaviour in office workers: A qualitative study using the COM-B model of behaviour'. This research was part of Brad's MSc in PA for Health at the University of Edinburgh and he is now a PhD student at the University of Strathclyde.

Third prize: Caterina Fazzi (University of Edinburgh) - 'Sedentary behaviours during pregnancy: A systematic review'.



Much of the conversations on the day were captured on Twitter under the hashtag #ScotPARC and are still viewable via the Twitter platform.

A summary of the connections are also presented in a NodeXL diagram - <https://nodexlgraphgallery.org/Pages/Graph.aspx?graphID=81184>

Throughout the day, delegates were invited to link their research or practice to the **6 Active Scotland Outcomes:**

1. We encourage and enable the inactive to be more active
2. We encourage and enable the active to stay active throughout life
3. We develop physical confidence and competence from the earliest age
4. We improve our active infrastructure – people and places
5. We support wellbeing and resilience in communities through physical activity and sport
6. We improve opportunities to participate, progress and achieve in sport

A poster for each outcome was displayed around the conference venue and delegates were asked to add their work interests under the appropriate Outcome together with their contact information. Around 30% of delegates added details and this information will be used to create a SPARC Network which will provide contact information and areas of interest/expertise.

Delegates were invited to input their ideas on the establishment of a network by commenting on poster boards displayed during the event. A post-event survey was conducted which asked delegates for their views on the event itself and whether they would like to attend future events.

Eighty-two percent of those who responded thought the research presented was excellent or very good and 90% thought the day as a whole was excellent or very good. Some respondents commented that they would have liked more group work/discussion and more opportunities to network throughout the day. A few respondents commented that it would have been good to have more policy relevant research and more policy or practice speakers.

Eighty-four percent said they had made new connections and welcomed the opportunity to meet with people in their own sector and other areas. All those who responded said they would be likely to attend a SPARC event in the future and when asked if they would be willing to pay for such an event, 35% said they would be willing to pay up to £30, 59% said they would be willing to pay up to £50 and 6% were unwilling to pay.

Moving forward, a SPARC network will be established based on the feedback provided on the day, and people will be invited to add their name and contact details to the 'directory' of physical activity researchers, policy-makers and practitioners. The network has several possible uses. First, to assist government with information for policy discussion in areas related to the 6 Active Scotland Outcomes. Second, to increase the flow of information between research, policy and practice. Third, to facilitate collaborations between researchers who are working on similar themes.

A further SPARC event will be held in October/November 2017 and we are considering options for additional activities over the coming year.

Nanette Mutrie (Director, PAHRC)

Louise Unwin (Head of Strategy, Active Scotland Division)

December 2016

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Oral Presentations:

Professor John Reilly (Physical Activity for Health, University of Strathclyde)

Timing of changes in physical activity during childhood and adolescence

Dr Adrienne Hughes (Physical Activity for Health, University of Strathclyde)

Results from the 2016 Active Healthy Kids Scotland Report Card on Physical Activity and Health of Scottish Children and Adolescents

Dr Paul McCrorie (MRC/CSO Social and Public Health Sciences Unit, University of Glasgow)

Objectively measured physical activity of Scottish 10 year old children: levels and guideline adherence

Dr Jonathan Olsen (MRC/CSO Social and Public Health Sciences Unit, University of Glasgow)

Active travel, geography and socio-economic status: a national retrospective repeat cross-sectional study of adults in Scotland

Dr Louise Foley (MRC Epidemiology Unit and UKCRC Centre for Diet and Activity Research, University of Cambridge)

Effects of living near an urban motorway on the travel behaviour and wellbeing of local residents in deprived areas: natural experimental study

Dr Cindy Gray (Institute of Health and Wellbeing, University of Glasgow)

Life after FFIT: do men in a weight management programme delivered through professional football clubs sustain weight loss, physical activity and dietary changes long term, and how?

Dr Craig Donnachie (MRC/CSO Social and Public Health Sciences Unit, University of Glasgow)

'It was like opening up your exam results and saying, "Hey, I did alright here!": men's accounts of receiving information on objectively assessed physical activity. Evidence from Football Fans in Training (FFIT)

Tessa Strain (Physical Activity for Health Research Centre, University of Edinburgh)

Differences by age and gender in the total reported weekday sitting time for adults in Scotland

Dr Aldo Elizalde (Institute of Health and Wellbeing, University of Glasgow)

The effects of natural environments on physical activity from a woodland improvement programme in Scotland: A quasi-experimental study

Dr Tasneem Irshad (Physical Activity for Health Research Centre, University of Edinburgh)

Exploring barriers and facilitators to walking in South Asian populations: a qualitative study

Dr Julie Munro (Centre for Health Science, University of Stirling)

Exercise referral to fitness centre or cardiac rehabilitation for post-surgery breast cancer patients: Pilot single-arm trial (EFFECT)

Poster Presentations:

Abstract	Title	Presenting Author
1	Scottish Home Play Survey Spring 2016	Alex Belcher
2	Evaluating the Daily Mile in schools: findings from a case study	Dr Josie Booth and Dr Colin Moran
3	What do primary schools need to know in order to replicate the Daily Mile?	Dr Gemma Ryde
4	Meaning Matters: A dialogical narrative analysis of the role of physical activity in the everyday lives of parents of children aged 3-5 years	Angela Beggan
5	Looked After and Active	Helen Macfarlane
6	Development and feasibility testing of an intervention to support active lifestyles in youth with Type 1 diabetes. The ActivPals programme	Fiona Mitchell
7	Evaluation of the Go2Play Active Play intervention on fundamental movement skills and physical activity in children	Avril Johnstone
8	Change in sedentary behaviour and change in adiposity during childhood and adolescence	Xanne Janssen
9	Developing a yoga intervention for older adults in Scotland	Divya Sivaramakrishnan
10	Pilot study: to test the recruitment and data collection procedures for a planned walking study with older adults walking with Paths for All groups	Nicky Laing
11	A feasibility study investigating using a bingo hall setting to increase physical activity in women aged >55	Jenni Connelly
12	'I'm sitting here bored to tears like an ... old age pensioner': the importance of social networks in understanding sedentary behaviour in older adults	Victoria Palmer
13	'Let's Motivate' in care homes in Dumfries and Galloway	Chris Topping
14	Promoting health and social care integration in a public health context: insights from a Dumfries and Galloway physical activity case study	Chris Topping
15	Beat the Street in Dumfries and Galloway - two town physical activity intervention to get a whole population moving	Chris Topping
16	Is cost a barrier to physical activity in adults (50+) and carers (16+)?	Chris Topping
17	Co-producing a body of evidence on community-based actions to address low and inactive lifestyles: The potential and pitfalls of programme evaluation	Sue Sadler

18	South Lanarkshire Leisure and Culture Health Improvement	Roisin Lochrin-Hopkins
19	Investigating fidelity of a community-based exercise referral scheme	Ivana Oracova
20	'That sounds great but how do I get there' – An evaluation of the effectiveness of the referral pathways into NHS Greater Glasgow and Clyde's (NHSGGC) Therapeutic Exercise programme	Chris Kelly
21	The Aim of Active Lives	Claire Craig
22	Development of a programme theory for understanding the public health impact of 20mph speed limit projects	Kieran Turner
23	What do future doctors know about physical activity for health? A survey of knowledge and attitudes of medical school students at The University of Edinburgh	Hilary Scott
24	A fair way to health? Learning from golf to strengthen individual and community wellbeing	Rehema M. White
25	Embedding physical activity for health in student learning and practice	Chris Topping
26	Understanding sedentary behaviour in office workers: A qualitative study using the COM-B model of behaviour	Brad MacDonald
27	Sedentary Behaviours during Pregnancy: A Systematic Review.	Caterina Fazzi
28	Too much sitting in extended bouts in stroke survivors: a qualitative study to inform novel interventions	Sarah Nicholson
29	The post 16 gap of Physical Activity: Implications for Physical Educators	Joe Cowley
30	The feasibility of delivering a physical activity intervention for adults within routine diabetes care	Alison Kirk
31	Effect of Vitamin D supplementation on aerobic exercise performance in healthy adults; a randomised single blinded placebo controlled pilot study	L Ferrington
32	Affective Responses During and After Reduced Volume High-Intensity Interval Exercise	Shaun M. Phillips
33	An exploration of the activPAL™ activity monitor in measurement of sedentary and physical activity patterns in people with mild to moderate Parkinson's disease: A validation study.	Beth Donnelly
34	Physical activity levels of University of Edinburgh students	Helen Ryall
35	An Evaluation of Scottish Ballet's Dancers' Education Group (DEG)	Bethany Whiteside
36	Evaluation of the Support for Physical Activity (SPA) Programme	Kirsty Baird

37	Developing an Evidence-based Intervention to Increase Physical Activity in Schizophrenia	Lily McNamee
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