



## IAPESGW International Update, July 2019: News and resources from around the world

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## IAPESGW European Regional Congress and IAPESGW 70th Anniversary, 10 – 13 July 2019, Madrid

The IAPESGW European Regional Congress took place in Madrid – Spain at the Universidad Europea from Madrid. It coincided with the celebration of IAPESGW 70th anniversary. We were fortunate enough to enjoy a variety of activities and to enjoy a very rich academic program. The opening ceremony took place at Salón Real – Edificio de la Panaderia in downtown Madrid and we were fortunate enough to enjoy the welcome speech of Sofia

Miranda, councillor and responsible for sport of Madrid city and we also had the chance to exchange with Marisol Casado, member of the IOC and Chair of the IOC Gender Equality Review Project.



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[View the report on the events](#)

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## July Editorial

I hope our readers are fit and well and that the participants at our Madrid Congress are safely home and well recovered from a wonderful Congress program and a very enjoyable time together.

The weather was not too hot in Madrid –only one day of 40C – and we managed to walk fairly quickly between buildings for morning and afternoon breaks and lunch. Our Japanese friends entertained us with their inspirational dancing (as usual) and we all joined in with wheelchair dancing (from Brazil) and Spanish flamenco dancing. The walking tour of the Real Madrid Stadium was well worthwhile – had us climbing stairs and touring trophy areas, the hallowed ground, the locker rooms, the recovery area and even the player’s dug-outs.

Please read President Rosa’s report for more detail of the Congress. And send any photos of the Congress, as we are seeking to add these to our website.

During the Congress the executive Board conducted its annual meeting, over three sessions, getting up to date on events attended by board members and planning for the next two years. Two members were co-opted until 2021: Maria Luisa (Marissa) Guinto (Philippines) and Fatima El Faquir (Morocco).

Some participants travelled in Spain after the Congress, particularly those who had travelled half way round the world to get to Madrid. I travelled with my daughter and Margaret Whitehead (UK) to Barcelona for 3-4 days and again enjoyed the ambience, art, architecture and Catalan culture of this amazing city.

We send our congratulations to IAPESGW board member Arisa Yagi, on becoming the president of the Japan Association of Physical Education for Women (JAPEW). Her election, which is for a two-year period, was confirmed at the annual general assembly of JAPEW on Sunday 26th May, 2019. Our 19th Quadrennial Congress will be held in Japan in 2021.

There is a lot to read in this 22 page July Update, covering international conferences, publications, announcements and breakthroughs. We cover many items on physical activity and reports from Inside the Games. There is more news from JAPEW, the Japanese Association for Physical Education for Women (note the dates for the next IAPESGW Congress in Tokyo 16-20 July 2021) and two articles on menstruation and one on menopause. Also, noted is that in line with the World Football Cup the recent Netball World Cup has prompted more calls for sport pay parity as there was no prize money for the New Zealand Silver Ferns who defeated the Australian Diamonds by one goal in the grand final. It is 16 years since NZ's last world cup win.

This Update includes various articles from: Australia, Belgium, Egypt, Canada, Malaysia, UAE, Venezuela, UK and the USA

Happy reading of the July International Update and be active too!

**Janice Crosswhite OAM**

**Communications Director**

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## **International**

### ***Event...***

**Sport'Aide and Safe Sport International - 2020 Conference**  
**15 -17 April 2020, Quebec, Canada**  
**The call for abstracts is open!**

[Sport'Aide](#) and [Safe Sport International](#) are very pleased to open their call for abstracts in preparation for the second Safe Sport International (SSI) Conference which will be held from April 15 to 17, 2020, in [Quebec](#)

Open to both the scientific and sports community, as well as any organization related or involved (public security, child protection agency, etc.) in the protection of our young athletes' integrity, the SSI 2020 call for abstracts presents four themes: Sharing experiences; Education and communications; Policies, systems and practices; and Compliance.

SSI 2020 will bring together the scientific and sports communities under the theme "Team up to Eliminate Violence in Sports", with the goal of mobilizing the various stakeholders so that TOGETHER we curb and prevent violence in sports. "We are very pleased to collaborate with Sport'Aide, a forward-looking and dynamic organization cited as an example. For 3 days, our conference and the city of Québec will be the international focal point when it comes to healthy and harmonious sports environments," promises Anne Tivas, President of Safe Sport International. While waiting for the unveiling of the program for SSI 2020, you are invited to propose your presentation.

Through your role or the organisation that you represent, are you directly or indirectly linked to this problem? Do you want to share an experience or solutions? Consult the call for abstracts by [clicking this link](#) and sending us your suggestion.

Don't delay, you have until 1 November 2019

Visit the event [website](#)

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### **European Commission - Sport (28 June 2019)**

#### **Focal Points Network builds cooperation with World Health Organization to promote physical activity**

In partnership with the World Health Organisation (WHO), the Directorate-General for Education, Youth, Sport and Culture (DG EAC) held the 10th meeting of the network of National Physical Activity Focal Points.

Among the topics discussed were the recommendations from the World Health Organization on physical activity for health, cycling as an active mode of transport and the protection of minors from advertising of unhealthy foods. Dialogue was supported by the Directorate-General for Mobility and Transport (DG MOVE) and the Directorate General for Communications Networks, Content and Technology (DG CNECT).

Since the Network's first meeting in 2014, the group's capacity to discuss lessons learned, challenges and concerns encountered has been vital in addressing how to build on the WHO's indicators, which include initiatives supporting sport for all. The Network builds this capacity by identifying training and support, and by providing data to Member States, as well as national and international agencies. In the context of the [Council Recommendations on promoting health-enhancing physical activity \[HEPA\] across sectors](#), Member States have been requested to appoint EU national physical activity focal points, notably to support the framework to monitor HEPA policies and physical activity.

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[View the full news item](#)

### **Beyond Sport (28 June 2019)**

#### **Beyond Sport launches Collective Impact Initiative through new awards**

Following the close of entries to the general Beyond Sport Global Award categories, the Beyond Sport Foundation is excited to launch a new initiative to drive collaboration between multiple organizations to exponentially increase their ability to drive social change on a single Global Goal.

Together with our partners, we are launching two [Collective Impact Awards](#), which will see increased support and investment go to a group of organizations to work together to share best practice, work through issues in real time, and drive real, sustainable impact through sport.

#### **These two programs are:**

- The Sport for Reduced Inequalities Collective Impact Award Supported by the [Dick's Sporting Goods Foundation](#)
- The Sport for Climate Action Collective Impact Award Supported by the [Swedish Postcode Foundation](#)

The Collective Impact Awards will mark the largest investment in single issue areas from the Beyond Sport Foundation to date, with grants totalling over \$450,000 for the two Awards.

Over the course of 12 months, the dual cutting-edge programs will enable selected organizations to benefit from each other's individual expertise, increase monitoring and evaluation capacity and allow the groups to work through problems together in real time.

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The applications for both the Sport for Reduced Inequalities Collective Impact Award supported by The DICK'S Sporting Goods Foundation and the Sport for Climate Action Collective Impact Award supported by the Swedish Postcode Foundation are open now through July 24 at: [beyondsport.org/awards](https://beyondsport.org/awards).

[View the full details](#)

### **European Commission - Sport (1 July 2019)**

#### **The #BeActive Awards competition is open**

The #BeActive Awards competition is a central element of the 2019 European Week of Sport. Its objective is to praise support projects and individuals dedicated to the promotion of sport and physical activity across Europe. Building on the successes of 2017 and 2018, the #BeActive Awards will be handed by the Commissioner Navracsics in Budapest (2019 European Capital of Sport) on 18 October 2019.

#### **The three #BeActive award categories are:**

- #BeActive Education Award
- #BeActive Workplace Award
- #BeActive Local Hero Award

Applications for each of these categories can be submitted to the European Commission only by National Coordinating Bodies or Partners of the European Week of Sport **from 1 July 2019 until 2 August 2019**.

Please read the information [about the contest](#), the [terms and conditions](#) and the [privacy statement](#).

[Source of information](#)

### **Inside the games (2 July 2019)**

#### **ITU President attends Women Political Leaders Summit on behalf of IOC**

International Triathlon Union (ITU) President Marisol Casado spoke on topics including how sport can help promote the United Nations' sustainable development goals and gender equality during Women Political Leaders Summit in Tokyo.

Casado attended the event, held before the G20 Summit in Osaka last weekend, on behalf of the International Olympic Committee (IOC).

The Spaniard, an IOC member since 2010, was a panellist at a session dedicated to the role of sport in the UN's sustainable development goals.

Casado also spoke on gender equality at the summit, held under the theme of "Taking Actions to Advance Society Through Sustainable Development Goals".

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[View the full news item](#)

### **Inside the games (3 July 2019)**

#### **FIFA survey reveals nearly three quarters of members have a women's team**

A survey conducted by FIFA has revealed 73 per cent of Member Associations who participated in the study have an active women's team but conceded most countries have only a few thousand female players.

The FIFA Women's Football Survey 2019, published during the World Cup in France, said 76 per cent of the 198 members who replied had developed a strategy for women's football.

It added that 13.3 million girls and women play organised football worldwide.

The number of female players in some countries compared to a nation such as World Cup holders the United States, which has 9.5 million women playing the game, was highlighted in the survey.

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[View the full news item](#)

### **Rugby Football League (7 July 2019)**

#### **Pat Crawshaw - The first female Vice President of the RFL**

We hear from the long-time champion of women in Rugby League...

As a long-time champion of women in Rugby League, this has surely been the perfect year for Pat Crawshaw to be making her own slice of history as the first female Vice President of the RFL.

Pat was elected last summer to serve alongside Andy Burnham, the Mayor of Greater Manchester, in the game's two leading ceremonial roles for 2018-19.

That was recognition of her four decades of service to the community game since she became secretary of Walnut Warriors, the Wakefield amateur club, in 1980.

Pat became the first volunteer to occupy such an exalted position, and is keen to stress that she is representing the hundreds of other volunteers without whom the game simply could not function.

But the former Assistant Headteacher is also doing her bit for female representation in the higher echelons of the game – more than two decades after Kath Hetherington blazed the trail as the first President of the RFL in 1985.

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[View the full news item](#)

### **Inside the games reports (10 July 2019)**

#### **Nicholl elected new President of International Netball Federation**

Former UK Sport chief executive Liz Nicholl has been elected the new President of the International Netball Federation (INF) at the world governing body's Congress in Liverpool.

Nicholl was nominated by England Netball, where she was chief executive for 16 years before joining UK Sport.

She beat her only challenger, Trinidad and Tobago's Patricia Butcher, who has been on the INF Board since 2015 and represents the Americas and Caribbean.

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[View the full news item](#)

### **Inside the games reports (17 July 2019)**

#### **CAF Executive Committee agree to put FIFA takeover proposal to General Assembly**

A controversial move to appoint FIFA secretary general Fatma Samoura to run the troubled Confederation of African Football (CAF) has been put forward for approval at tomorrow's General Assembly by the governing body's Executive Committee.

According to Insideworldfootball, FIFA President Gianni Infantino, present at the Executive Committee meeting in Cairo today, claimed "99.99 per cent" of the ruling body agreed with the decision to install Samoura as "FIFA General Delegate for Africa".

The unprecedented move is set to be given the green light during the CAF Ordinary General Assembly in the Egyptian capital.

It comes despite some Executive Committee members voicing their opposition to Samoura, who will retain her FIFA role, being parachuted in to intervene in the day-to-day running of the CAF amid its governance crisis.

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[View the full news item](#)

### **Inside the games reports (17 July 2019)**

#### **IBSA to host first women's football World Championships in 2020**

Plans have been officially announced by the International Blind Sports Federation (IBSA) to stage the first-ever women's football World Championships in 2020.

The ground-breaking development follows sustained efforts, it is claimed, to develop the women's game and involvement in blind football over the past two years.

This work includes holding a development camp and tournament in Vienna in May 2017, in which 60 girls and women took part. A second camp in Tokyo took place in February 2019 and other targeted efforts have been made to prioritise the women's game in different regions of the world. It was following the Normalisation Cup in Saitama – a tournament won by hosts Japan – that IBSA first revealed its ambition to host a Women's World Championships.

Football five-a-side for blind male players first became a part of the Paralympics at Athens 2004 and has featured in every Games since, with Brazil winning on each occasion.

IBSA members are being invited to bid to host the historic women's World Championships, which are set to feature between eight and 10 teams.

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[View the full news item](#)

### **stuff.co.nz (22 July 2019)**

#### **Netball World Cup prompts call to invest in sports pay equity**

More investment in women's sport is needed if female athletes are to see the same sort of financial windfall as their male counterparts, one academic says.

The issue of women's remuneration in sport is getting attention because the World Cup-winning netballers will pick up no prize money.

By comparison, the Black Caps made \$3 million as runners-up of the Cricket World Cup.

The netballers may yet qualify for an extra payout from Netball New Zealand or a sponsor. Netball New Zealand has been approached for comment.

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[View the full news item](#)

**Irish Times (25 July 2019)**

**Why periods must no longer be a taboo subject in sport**

Athletes who incorporate menstrual cycle into preparation are reaping the benefits

“It’s because my period came yesterday, so I felt particularly tired.”

The throwaway comment by Chinese Olympian swimmer Fu Yuanhui in 2016 sparked a wave of conversation worldwide, giving voice to the reality that female athletes at all levels can attest to: having your period can impact your performance.

“Fair play to her,” says [Ellen Keane](#), Paralympian swimmer, over the phone. “It’s quite a personal thing, people didn’t want to talk about it, there’s still a bit of a taboo,” especially for swimmers who have to be “more careful than other sports”.

Being an elite athlete hastens the need to be comfortable with periods, but this level of understanding is gradual, and it can be intimidating. Keane remembers her period at 13 years old as “a horrendous experience”. To avoid using tampons she would wear two to three pairs of swimsuits, “it was fashionable then, everyone did”.

Tampons are one option for swimmers, but Keane, along with her team-mates, soon moved to the pill, so they could plan around competition weeks in advance.

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[View the full news item](#)

*Of general interest - highlighted by Janice Crosswhite.....*

**psychcentral.com (21 July 2019)**

**More Physical Activity May Ward Off Alzheimer’s Onset**

Higher levels of daily physical activity may protect against cognitive decline and neurodegeneration (brain tissue loss) in older adults at greater risk for Alzheimer’s disease (AD), according to new research published in the journal JAMA Neurology.

In the study, physical activity levels were measured by hip-mounted pedometers. The best results were seen among participants who took more than 8,900 steps per day.

The researchers from Massachusetts General Hospital (MGH) also found that lowering vascular risk factors, such as obesity, smoking and high blood pressure, may offer additional protection against Alzheimer’s and delay progression of the devastating disease.

“One of the most striking findings from our study was that greater physical activity not only appeared to have positive effects on slowing cognitive decline, but also on slowing the rate of brain tissue loss over time in normal people who had high levels of amyloid plaque in the brain,” said Jasmeer Chhatwal, M.D., Ph.D. of the MGH Department of Neurology, and corresponding author of the study.

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[View the full news item](#)

**Daily Express, East Malaysia reports (21 July 2019)**

**Sport boosts academic performance and character**

It is said that a healthy body has a healthy mind. Anyone who has seen children at a playground knows they are the happiest when active — whether it is playing informally, competitively or for fun.

However, today’s education is largely academic. This needs to change to ensure balanced development by inculcating health consciousness in students.

With increasing emphasis on academics and rapid advances in science and technology, parental pressure has been driving academic training, albeit at the cost of health and fitness of youth.

A study in the British Journal of Sports Medicine said the levels of physical activity may start to wane as early as 7 years old.

As children get older, it can be a challenge for them to get adequate daily physical activity.

Hence, parents and schools must take initiatives to inculcate a culture of “playing” from early childhood.

Parents and schools should team up to encourage sports among children.

As a high percentage of children attend schools, in this context, there is an urgency to strengthen physical education and sports in our education institutions. This calls for the integration of physical education, sports and other recreational activities in schools to create a healthier generation.

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[View the full news item](#)

### **Washington Post (21 July 2019)**

#### **What’s the best time of day to exercise, morning or evening?**

Some people are morning exercisers. For them, an early run or swim is as much a part of their wake-up ritual as that first cup of coffee. Others can’t abide the idea. They need a night-time workout to rid themselves of the day’s stresses.

Does it make a difference? Several [recent studies](#) suggest that it does. But it’s complicated.

One recent paper indicates that morning exercise may activate certain genes in the muscle cells, boosting their ability to metabolize sugar and fat. While scientists say this finding requires further study, they think it ultimately might help those who are overweight or suffering from Type 2 diabetes.

An evening workout, on the other hand, uses less oxygen, making workouts more efficient and improving athletic performance, potentially a boon for serious competitors.

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[View the full news item](#)

### **Newz Hooked, India (23 July 2019)**

#### **Physical exercises can help alleviate symptoms of ADHD, claims new study**

Attention Deficit Hyperactivity Disorder (ADHD) can affect a child in many ways. Be it poor concentration skills to socialisation, the challenges are many. But with the right support, many of these signs can be alleviated. A new study says physical exercises can play a major role.

Exercising is good for all kids, whether they have a disability or not. In the case of children with ADHD, who experience anxiety, low energy, depression and lack of motivation, exercise plays a critical role in reducing stress and enhancing the mood. It can substantially help reduce the dependence on medicines, which also cause side effects.

Dr Sudheesh Sundaran Pillai, an expert in sports medicine, has seen that regular physical activities significantly helps reduce the severity of ADHD symptoms and helps improve cognitive functioning in children.

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Dr Pillai says when kids exercise, the amount and mix of chemicals called neurotransmitters in their brain releases change. "It includes dopamine which is involved with attention. The stimulant medicines used to treat ADHD works by increasing the amount of the same chemical in the brain as well. That is why working out is crucial"..

Researchers in the University of Georgia recently conducted a study on 32 youngsters with symptoms of ADHD. They were made to exercise for 20 minutes a day. They showed greater motivation after the exercises, less fatigue and more energy. It also helped them concentrate better on tasks assigned to them.

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[View the full news item](#)

### **ABC News (30 July 2019)**

#### **Transgender athletes controversy swirls after Laurel Hubbard wins gold at Pacific Games**

The controversy that erupted in the wake of New Zealand transgender weightlifter Laurel Hubbard winning gold at the Pacific Games in Samoa this month is reverberating around the world.

The outrage that followed Hubbard's gold medal wins in Apia prompted the Games Council to commit to a thorough review of its policies, and groups in New Zealand and the United Kingdom have since called for the International Olympic Committee (IOC) to suspend its rules that allow male-to-female transgender athletes to take part in women's competitions.

In the United States, a transgender athlete and scientist who advises the IOC is calling for existing testosterone limits to be halved.

But other observers have argued that the idea that testosterone determines speed and strength — and that trans women athletes will always have an advantage — [is a myth that needs debunking.](#)

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[View the full news item](#)

### ***Publications.....***

#### **Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and Health. Volume 16, Issue 7, July 2019**

**Editor** - the abstracts from the articles in this current edition to be placed on their website are now available.

[View the abstracts](#)

### **Specific countries**

#### **AUSTRALIA**

##### **Sydney Morning Herald (22 July 2019)**

#### **Ross Morrison: Nearly 80 per cent of Australian children fall short on exercise**

For the past 30 years I have worked at the frontline of school sport, watching as its popularity has declined and obesity rates have risen. Today only one in five children meet the recommended daily physical activity guidelines - 60 minutes of moderate to intense physical activity a day.

The downward trend in physical movement has been exacerbated by a misperception among parents and educators that allocating time for students to be active at school will affect their academic performance.

My own experience tells me that is wrong, but as head of the NSW Department of Education's School Sports Unit I have spent the past decade working with leading university researchers to back this belief with hard evidence.

This research has contributed to a growing body of work showing students with higher levels of physical activity and aerobic fitness perform better on standardised tests and measures of cognitive function.

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[View the full news item](#)

**Janice Crosswhite, July 2019** - I attended this, representing IAPESGW. It was an excellent forum where most of the discussion was about balancing inclusion in sport with the rights of XX females to compete at an international level, versus the rights of XY women. How do we balance international human rights with fairness for XX females who are the majority?

### **Victoria University Integrity in sport forum 2016**

Victoria University (VU) in partnership with the Sport Australia Hall of Fame (SAHOF) held the second biennial Integrity in Sport Forum on 9 May at Malthouse Theatre.

The 2016 forum, with a prestigious panel of national and international experts, focussed on the current crisis engulfing sport at an international level and tackled the issues of integrity and governance.

SAHOF and VU implemented the biennial Integrity in Sport Forum as part of a shared interest in promoting sporting excellence aligned with integrity. The forum provides an opportunity to bring forward issues surrounding integrity in sport, and to seek informed debate amongst sports leaders.

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[View the details](#)

## **BELGIUM**

### **3rd Week of Physical education, Physical Activity, and Sport of the ULiège 24 - 29 February 2020, University of Liège, Belgium**

#### **During the week there are four main events:**

- ADISEPUL Symposium (February 24, 2020) – Presentation of a selection of the master theses in Sport Sciences defended in 2019 at the University of Liège
- AIESEP Symposium (February 25, 2020) – Exchange Day on Physical Literacy (key elements that lead a person to engage in physical activity = the starting point for a motor education)
- 11th Biennale of ARIS (February 26-28, 2020) – Three days of lectures, oral communications and scientific communications, and practical workshops on a central theme 'Shaping physically educated citizens: A challenge for school, sport, and recreation professionals, afternoon', and a special afternoon 'Practitioners speak to researchers'
- 4th Guy Namurois Seminar (February 29, 2020) – Important meeting of sports coaches and physical trainers

[View more details](#)

## EGYPT

### British Embassy Cairo (11 July 2019)

#### British Embassy and British Council celebrate refugee footballers

The football tournament promoted values of diversity, inclusion and equality.

In true AFCON fashion, the British Council partnered with the British Embassy to run a football festival for 45 Egyptian and refugee football enthusiasts. Coach Hellen Orende, a Kenyan coach certified from the Premier League, was invited to deliver a Premier Skills football activity that addresses violence against women and girls (VAWG). The festival was fully funded and hosted by the British embassy at its premises.

The football festival boasted 70% participation by girls, and it was followed by an award ceremony to celebrate the programme's coach educators, both men and women, working on empowerment and inclusion of women and girls.

The Violence Against Women and Girls Through Football programme was a pilot funded by the UK's Department for International Development (DFID) and the British Council in two locations in Western Kenya and aims to reduce VAWG through challenging harmful attitudes and behaviours using a sport-for-development model.

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[View the full news item](#)

## CANADA

[Med Sci Sports Exerc.](#) 2019 Jul 11. doi: 10.1249/MSS.0000000000002089. [Epub ahead of print] **Correlates of Children's Physical Activity: A Canadian Multisite Study.**

Larouche R et al

[Author information](#)

### Abstract

**Purpose:** To inform future physical activity (PA) interventions among children, we investigated the correlates of PA among 8- to 12-year-olds in three regions of Canada: Ottawa, Trois-Rivières, and Vancouver.

**Methods:** We recruited 1,699 children (55.0% girls) in 37 schools located in urban, suburban, and rural areas that differed in socioeconomic status. Children wore a sealed SC-StepRx pedometer capable of measuring moderate-to-vigorous physical activity (MVPA) for 7 consecutive days. Children and one of their parents/guardians completed a questionnaire that captured multiple potential PA correlates. Publicly-available data on weather and neighbourhood walkability were obtained. Multiply-imputed gender-stratified linear mixed models were used to examine the correlates of daily step counts and MVPA while controlling for age, site, type of urbanization, and area-level socioeconomic status.

**Results:** Each additional hour spent outdoors was associated with higher PA in boys (+769 steps/day; +3.7 min MVPA/day) and girls (+596 steps/day; +3.5 min/day). Boys' PA declined with age (-500 steps/day; -3.7 min/day). Boys were less active if they had a long-standing injury/illness (-1862 steps/day; -3.7 min/day) or their parents reported driving to work (-835 steps/day; -4.4 min/day), were worried about traffic (-982 steps/day; -6.4 min/day) or about other people in their neighbourhood (-1250 steps/day). Girls speaking neither English nor French at home were less active (-620 steps/day; -3.7 min/day). In girls, each °C increase in morning temperature was associated with 77 additional steps/day and each km increase in active school travel distance was associated with 0.5 more MVPA min/day.

**Conclusion:** Consistent with previous studies, our results suggest that PA interventions should aim to increase outdoor time. The observed gender differences in PA correlates suggest the need for a gender-sensitized approach to PA promotion.

[Source of information](#)

## JAPAN

*Thanks to Aoi Tanaka, Japan Association of Physical Education for Women, for all the following news.....*

### **Japan Association of Physical Education for Women (JAPEW)**

The New President of JAPEW has become Ms.Arisa YAGI.

After Ms.Kazuko TAKAHASHI represented JAPEW as president for 6 years, Ms.Arisa YAGI, who has also been the executive board member of IAPESGW as representative of congress 2021, was appointed the new president of JAPEW. Please read her message as below.

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#### **Under the Motto “Change the World Through Dance!”**

Japan Association of Physical Education for Women (abbreviated as JAPEW) was founded in 1954 as a corporate association in order to promote a high level of physical education for women and children in Japan to a world-class standard, and certified as a public interest incorporated corporation since April 2013.

We are proud to have played a leading role especially in the education of physical expressive activity and dance in Japan. Guided by the ideals of sports and physical education by the founders, we promote the development of practice and teaching methods in both the school education and lifelong education/activities, together with member organizations across the country.

☆☆☆

Prior to the 2020 Tokyo Olympics and Paralympic Games, the circumstances surrounding physical education and sports in Japan are attracting attention from around the world. JAPEW and the International Association of Physical Education for Women and Girls (IAPESGW) plan together to have an international conference in Tokyo 2021.

Our aim is not just solving immediate concerns, but we are trying to develop both individuality and sociality in a dance-related, and from dance evoked by dialogue, to realize a liberal world. By sharing the free world of dance, we want to make the world we live as a place where diverse people can live in their own way without being hampered. Please take a look at our activities of JAPEW that have such a passion. And let's imagine the world of one step ahead together.

☆☆☆

Although the name of association has the word, “for Women”, there are also many male JAPEW members. We do not act only for women. It was named JAPEW, because the founding generation needed more interest for women and children. Additionally, now it is important because we have confidence in our history. Perspective on women also means looking at other genders and different life stages. Our goal is to create diverse partnerships across gender and age, and also to contribute through sports and dance education to create a rewarding society for each and every one.

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Also, our new vice presidents are Makiko TAKANO and Roka IIDA.

See more about JAPEW in English: <https://www.japew.com/english>

Dance Challenge for 2020, “Welcome to TOKYO”

This is our project to accomplish 20200 people dancing with our original music "Welcome to TOKYO", and it was danced by our members of JAPEW in the IAPESGW Regional Congress in Madrid.

You can see the variation of the movements, download music and dance from;  
<http://dance20200.com>

### **JAPEW Activities in August 2019**

#### **The 19th IAPESGW Congress 2021 in Tokyo, August 16-20 2021**

JAPEW are honored to host the 19th IAPESGW Congress 2021. It will be under the theme "Beyond the Boundaries: Creative Dialogue Through Dance and Sport" in August 16-20th 2021, at National Olympics Memorial Centre (Tokyo). We are work in progress, and will inform you through this newsletter and homepage.

#### **The 32nd All Japan Dance Festival – Kobe, at Kobe Bunka Hall (Hyogo), 6th-9th August**

To interact participants and also contribute development of dance, JAPEW holds annual dance festival for dance clubs at high schools and universities in 6th -9th August. This dance festival is the only national creative dance competition for dance clubs at high schools and universities in Japan. All the dance pieces are originally choreographed and danced by young students. Therefore, students are eager to show their dance every year.

Last year, 88 high schools and 34 universities (More than 2500 students) performed their original dance pieces, and it was broadcasted by NHK (Japanese Broadcasting Corporation).

This year, 90 high schools and 30 universities are already applied for this festival. Surely, there will be great enthusiasm and commitment for dance.

**View More:** <https://www.ajdf.jp>

#### **JAPEW SUMMER SEMINAR 2019, "Diversity and Dance", at National Olympics Memorial Youth Centre (Tokyo), 17th-18th August**

This seminar is for the training on the teaching methods for physical education and dance in preschool, elementary, junior-high and high schools, as well as life-long sports, dance and physical activities. In this year, the seminar will be held under the theme of "Diversity and Dance". There are 2 training courses in the programme; For Life-long Sports, and For Physical Education at schools. There are also practical sections for teaching methods by various teachers to approach children in each stage.

#### **JAPEW International Dance Workshop, at National Olympics Memorial Youth Centre (Tokyo), 19th August**

To get the global view through dance, JAPEW invites dancers who work internationally for the International Dance Workshops. In this year, we invite Ema YUASA, who worked in Netherland Dance Theatre (NDT) and work as a free dancer internationally nowadays

### **MALAYSIA**

#### **Inside the games reports (24 July 2019)**

##### **Olympic Council of Malaysia host Women and Sport Seminar**

The Olympic Council of Malaysia (OCM) organised a Women and Sport Seminar in Kuala Lumpur.

More than 80 people attended the event at the Indoor Sports Complex with 90 per cent of these being women.

Held under the theme "Empowering Women Leadership in Sport", the event included an Opening Ceremony officiated by Dr. Waitchalla R.R.V. Suppiah, the secretary general of the Ministry of Youth and Sports.

Dato' Sri Mohamad Norza Zakaria, the President of the OCM, conducted the Closing Ceremony.

Two plenary sessions were held, with the first on the seminar's theme moderated by associate professor Dr. Selina Khoo of the University of Malaya.

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[View the full news item](#)

## UNITED ARAB EMIRATES

### Inside the games reports (18 July 2019)

#### UAE NOC host meeting to prepare for Women's Sports Games

The United Arab Emirates National Olympic Committee (UAE NOC) hosted a meeting with sports federations as part of the country's preparations for this year's Women's Sports Games.

Participants at the meeting in Dubai included Mona Al Shamsi from the General Women's Union and His Excellency Brigadier Saleh Mohammed bin Ashour, the assistant secretary general for technical and sports affairs at the NOC.

UAE NOC President HH Sheikh Ahmed bin Mohammed Al Maktoum was praised at the meeting for his continued support of the country's female athletes with the Games taking place in Kuwait between October 20 and 30.

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[View the full news item](#)

## UK

### EMD UK reports (21 June 2019)

#### Blood, Sweat and No Fears! Campaign to encourage month-round participation in women's sport

[Blood, Sweat and No Fears](#) – a new campaign is launching to tackle an unspoken barrier to participation in women's sport; the demands on the body from periods.

As the nation is enjoying an incredible summer for women's sport, more of us than ever are inspired to drag ourselves off the sofa and get those endorphins flowing. But for some women and girls, menstruation can prove a serious stumbling block.

Whereas some of us sail through our periods, others are wiped out by the symptoms, and this can happen at any level of the sport, right up to Olympic sportswomen. However, the stigma around periods prevents some women getting the support they need.

Martha Silcott of FabLittleBag, the biodegradable sanitary bag company, says, "As the subject is rarely discussed openly, it's easy to assume that there's no problem around periods. But it's becoming clear that many women are prevented from month-round participation in sport due to their symptoms and a lack of thoughtful facilities.

"We've launched the Blood, Sweat and No Fears campaign to raise awareness and investigate the extent of the issue. The more we talk about this, the more we break down the taboo and demand the right help and facilities."

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[View the full news item](#)

## **British Universities and Colleges Sport (25 June 2019)**

### **BUCS Active 3 Projects Announced**

18 universities in England have been successful in receiving BUCS Active funding linked to projects tackling inactive female students, using physical activity to tackle mental health issues and inactive students from low socio economic backgrounds.

Collectively these universities will be receiving £168,000 to support activity aimed at targeting over 5,000 new student participants.

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#### **Tackling inactivity in female students:**

- Anglia Ruskin University
- Bournemouth University
- University of Exeter
- Northumbria University
- University of Nottingham
- Royal Holloway, University of London
- University of Surrey

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[View the full news item](#)

## **England Netball (27 June 2019)**

### **Introducing Bee Netball**

England Netball is delighted to announce the launch of the new Bee Netball programme designed exclusively for U11s.

Research conducted by Youth Sport Trust shows that a whopping 89% of girls do not meet the required level of physical activity and the Department of Health found that one-third of children in the UK are overweight or obese.

In fact, a study funded by the government in 2016 found that children spend 90% less time outside playing than in the 1980s, which is less than those in prison! England Netball believes this is having a negative effect on mental health, as on average three children in every classroom have a mental health disorder such as anxiety or depression.

Bee Netball, which enables children to participate in netball, make friends and develop other key skills, such as friendship, inclusion, fair play and playing together, has been designed to combat these issues.

The programme will be introduced throughout schools, netball clubs and local communities across the country and will promote self-development, provide stage age-appropriate netball, and inspire children to become part of the netball family.

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Schools, clubs and local communities that sign up to host Bee Netball will be given a range of resources such as activity cards and a special 'Bee ball', designed to capture children's attention. Children will also receive their very own Bee Netball goody pack to support their play and to build on the enjoyment they receive in sessions.

Click [here](#) to find more.

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[View the full news item](#)

## **Cycling UK (1 July 2019)**

### **Angellica Bell lead Cycling UK's 100 Women in Cycling**

Paralympian Dame Sarah Storey, TV presenter Angellica Bell and triple Olympic medallist, Victoria Pendleton are among 100 women named today (Monday, 1 July) in Cycling UK's Women in Cycling awards.

The women have all been recognised in celebration of the amazing work they have done to inspire other women to cycle as the national cycling charity officially launches its Women's Festival of Cycling.

Other well-known names who have made the list include broadcaster Rebecca Charlton, Eurosport presenter Orla Chennaoui, YouTube sensation, Ruby Issac, former road and track cyclists Dani Rowe and Joanna Rowsell, and cycling presenter, Laura Winter.

The annual list also includes less well-known names of women who have been working tirelessly at grassroots level to encourage more women to ride, people like Emma Pajarillaga, who only returned to cycling two-and-a-half years ago.

Encouraged by her friend to join a cycle ride, Emma was completely hooked, and went on to help set up Cycle Sisters, a Waltham Forest-based Muslim women's cycle group, and has trained as a ride leader.

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[View the full news item](#)

## **Cycling UK (9 July 2019)**

### **Cycling through the menopause**

Adele Mitchell, one of our 100 Women in Cycling from 2018 talks to experts about how to pedal through the menopause - a transformative life stage for women.

From enduro mountain bikers to cycling commuters, competitive racers to those who pootle round the park: women cycle for fitness, fun, practicality and adventures. But what happens if menopausal symptoms start to disrupt your enjoyment of cycling or hinder your performance? Conversely, can cycling actually help combat those symptoms?

Menopause impacts each woman differently: some barely notice it, while others are floored by it. However around 70% of women will have symptoms that can last for several years, such as joint pain, hot flushes, low mood and anxiety and weight gain.

Some find cycling to be a highly effective way of coping with these symptoms, others find themselves so overwhelmed that it impacts on their ability to ride.

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[View the full news item](#)

## **The Football Association (9 July 2019)**

### **FA forms new Board to help continue growth of women's football**

The Football Association [The FA] has established a new joint Barclays FA Women's Super League and FA Women's Championship Board as part of its commitment to growing the women's game.

The Board will oversee the future strategy and policy of the professional game and will recommend the best way forward on a number of issues to The FA Board as it determines what is in the best interests of the leagues.

The announcement comes at an exciting time for the women's game.

[The FA and Barclays announced a landmark partnership](#), the biggest ever investment in UK women's sport by a brand, in March with Barclays unveiled as the title sponsor of the FA Women's Super League with effect from the 2019-20 season.

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[View the full news item](#)

### **Sport England (12 July 2019)**

#### **Why we invest in netball**

#### **We've invested more than £55 million in netball over the last decade.**

The Netball World Cup starts in Liverpool today and will see the best 16 teams on the planet go head to head over 20 thrilling sessions.

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Our Active Lives Adult Survey data shows that men are more likely to be active than women, with a gender gap of 258,000 in the English adult population.

Netball is the largest team sport for women and is growing in popularity. Participation levels are at an all-time high, with 1.4 million women and girls taking to courts across the country in a typical week during the netball season.

Interest surged after the 2018 Commonwealth Games, when Vitality Roses won the gold medal, with 130,700 women starting to play netball or playing more netball as a result of the success, and it's hoped the World Cup on home soil can have a similar impact.

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[View the full news](#) - *includes two short videos*

### **Department for Digital, Culture, Media and Sport et al (14 July 2019)**

#### **Children to have greater opportunity to access 60 minutes of physical activity every day - School Sport and Activity Action Plan will help set children up to lead healthy lives**

Children will have a greater opportunity to access 60 minutes of daily sport and physical activity, whether that be in school, after school or during weekends and holidays, under new Government plans revealed today.

The School Sport and Activity Action Plan, outlined by Education Secretary Damian Hinds, Sport Minister Mims Davies and Minister for Public Health, Seema Kennedy, will set out a range of new measures to strengthen the role of sport within a young person's daily routine, explain how teachers and parents can play their part, and promote a joined-up approach to physical activity and mental wellbeing.

It comes after the latest data from [Sport England's Active Lives Children and Young People survey](#) showed that a third of children are currently doing fewer than 30 minutes of physical activity a day.

Ofsted's new Inspection Framework comes into effect from September 2019. As Amanda Spielman, HM Chief Inspector of Education, said last weekend: "Schools that offer children a broad, balanced education, including plenty of opportunities to get active during the school day and through extracurricular activities, will be rewarded under our new inspection regime."

As part of the plan, the Government has committed to launch a series of regional pilots to trial innovative approaches to getting more young people active, particularly less active groups such as girls and those from disadvantaged backgrounds.

Schools and sports clubs will also work together to share their facilities and expertise, giving more pupils access to character-building competitive sport and volunteering opportunities.

They will focus on ensuring boys and girls have an equal and coordinated offer of sport, competition and activity, including modern PE lessons and access to high-quality clubs and competitions after school and during weekends and holidays.

The pilots will be joint-funded by the Department for Education and Department for Digital, Culture, Media and Sport through Sport England, and are expected to run from September 2020.

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New research published tomorrow by the Department for Education found that nine out of ten primary teachers surveyed thought the confidence, knowledge or skills of all staff in teaching PE had increased since the PE and Sport Premium was doubled in 2017. Eight out of ten thought that the proportion of pupils doing 30 minutes of exercise a day in school had increased, while the same proportion said their pupils had more competitive sport opportunities.  
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[View the full news item](#)

### **School Sport and Activity Action Plan. Department for Education, Department for Digital, Culture, Media and Sport and Department of Health and Social Care, July 2019 (24 pages)**

A positive experience of sport and physical activity at a young age can build a lifetime habit of participation, and is central to meeting the government's ambitions for a world-class education system. Physical literacy (building physical competency alongside confidence, enjoyment, knowledge and understanding) and high quality, modern physical education (PE) lessons that engage boys and girls of different backgrounds and abilities should be a fundamental part of every child's school experience.

Ensuring young people have access to the right amount of daily activity can have wider benefits for pupils and schools, improving behaviour as well as enhancing learning and academic achievement. Sport has also been identified by the Department for Education as one of the five foundations for building character, helping young people develop resilience, determination and self-belief, and instilling values and virtues such as friendship and fair play. It can help children and young people to connect with their peers, tackling loneliness and social isolation and building stronger communities.

This action plan is a statement of intent, setting out a joint commitment from the Department for Education (DfE), Department for Digital, Culture, Media and Sport (DCMS), and Department for Health and Social Care (DHSC), to ongoing collaboration at national level to ensure that sport and physical activity are an integral part of both the school day and after-school activities, so that all children have the opportunity to take part in at least 60 minutes of physical activity every day. We will publish further details on these commitments in an update to this action plan later in the year.

[Download a copy](#)

### **StreetGames (15 July 2019)**

#### **StreetGames now offering FREE Online Training**

#### **European Us Girls**

Funded by Erasmus+ Sport, this two-year project has developed a range of tools designed to help organisations to better understand the development process for female peer leaders. Its

ultimate goal is to increase participation levels, and the equality of access for disadvantaged young women (aged 13-30) in grassroots sport and physical activity.

**Who is it for?** Practitioners interested in developing female volunteers into peer leaders.

**What does it involve?** Six modules to explore everything from barriers to participation, through to reward schemes and volunteer retention. Pick and choose the modules that are most relevant to you and your development, at your own pace, with downloadable resources to refer back to following each module.

[View more details](#)

### **Lawn Tennis Association (17 July 2019)**

#### **Tie Break Tens, LTA & WTA are delighted to announce the launch of 'The TB10 Challenger 2019 in partnership with LTA & WTA Future Stars'**

Tie Break Tens (TB10), the fast-paced, short-form tennis format launched a new grassroots campaign today with two of the leading governing bodies of tennis, LTA and WTA, named 'The TB10 Challenger 2019 in partnership with LTA & WTA Future Stars'.

With the shared objective of encouraging participation in tennis amongst the younger demographic, the TB10 Challenger will focus solely on girls aged between 13-16 years by encouraging them to not only try tennis but also to sample competition too, through the innovative and engaging TB10 format.

Launched as a tennis format in 2015, Tie Break Tens is a quick-fire version of tennis that anyone can play. Unlike conventional tennis matches, Tie Break Tens matches are comprised solely of tie breaks – no games, no sets, just exhilarating ten- point breakers in which every point counts allowing more court time for players and offering a fun way to get into the sport.

As part of this exciting new campaign, the WTA are offering the two female winners in each age category (16U, 14U) an incredible opportunity - an expenses paid trip to Shenzhen, to compete at the WTA Future Stars tournament alongside the top young Asian female players of their age category. The trip will coincide with the WTA Finals Shenzhen where the girls will

get the chance to meet the top eight female players in the world, have mentoring opportunities from the stars of the WTA and live like pro tennis players.

The TB10 Challenger comprises of a nationwide set of tournaments run throughout the summer at tennis clubs which have registered to play via the TB10 website. The winner and runner up from each club will progress to their local Regional Final before going on to the TB10 Challenger Final to be held on Saturday 21 September at the LTA's National Tennis Centre, Roehampton. Further details can be found at: [www.tiebreaktens.com/play](http://www.tiebreaktens.com/play)

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[View the full details](#)

### **Exercise, Movement and Dance UK (18 July 2019)**

#### **This Girl Can and EMD UK partner to create a new group exercise experience**

The new This Girl Can exercise classes will be designed to build the confidence and fitness of less active women.

In its continued commitment to inspire more women to engage in physical activity, the [This Girl Can](#) campaign has partnered with EMD UK, the national governing body for group

exercise, to create a brand new class concept. The project is aimed at instilling a sustainable change in behaviour among less active women, to improve their health and happiness.

Taking inspiration from #ThisGirlCan, the new class concept will aim to break down the emotional barriers women face when considering group exercise by ensuring they are friendly, low intensity and non-judgemental. They will be marketed in a way that appeals to less active, less confident women – a group that have not previously been targeted by most well-known fitness class brands, who tend to be more “aspirational” in their marketing approach. The initiative will also look at ways to improve the overall consumer journey for women when accessing group exercise in leisure centres with a special focus on easing and improving the digital experience to encourage more women to sign up and turn up.

In addition to the wider campaign, This Girl Can has an increased financial and resource focus towards improving and increasing the “on the ground” options available to women as well as refining the way these activities are marketed to them. The partnership between This Girl Can and EMD UK will focus on introducing group exercise to women who previously hadn’t had the confidence to go or have had a bad experience when attending. The project is funded by Sport England as part of their This Girl Can Activation Strand.

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EMD UK and This Girl Can are currently creating the class concept, with an aim to launch the pilot programme in January 2020.

[View the full news item](#)

### **England Netball (18 July 2019)**

#### **Virgin Active gets behind the Biggest Summer of Netball**

Virgin Active has announced that it will pledge a number of its health centres to the Biggest Summer of Netball campaign.

The Biggest Summer of Netball initiative aims to get more women and girls active and playing netball across the country.

As part of the campaign, England Netball has asked anyone with access to a netball court to open them up to the public for free on 22 July; the day after the Vitality Netball World Cup final, which is currently taking place in Liverpool, so that anyone feeling inspired can take a shot at netball.

On the 22 July over 200 locations will be opening their doors as part of the campaign, with 500 sessions likely to take place in the week.

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[View the full news item](#)

### ***Publications of interest.....***

#### **Primary PE and Sport Premium Survey. Research Report. Department for Education, 15 July 2019 (52 pages)**

This is self-reported information and it is difficult to directly attribute improvements specifically to the additional funding provided to schools in September 2017. However views from primary schools suggests that a good deal of progress has been made in the five priority areas which the funding aimed to improve.

[Download a copy](#)

**Moving Matters Interventions to increase physical activity. National Institute for Health Research, July 2019 (46 pages)**

This review focuses on National Institute for Health Research (NIHR)-funded research evaluating interventions to increase physical activity for individuals and populations. This features over 50 published and ongoing studies. Evaluations range from programmes in schools and communities to changes in transport and the environment, which are designed to promote greater activity.

[Download a copy](#)

**BUCS Active Funding Evaluation: Phase 2 Final Report. British Universities and Colleges Sport, dated June 2019, released July 2019 (56 pages)**

The BUCS Active 2 Impact report identifies that over 5,000 unique participants have been reached through BUCS Active 2 projects running between January - May 2019. The report is based on the 20 projects that received funding from BUCS to target inactive females and projects linked to using physical activity to tackle mental health.

**Key Headline Data:**

- 5,062 unique participants (of which 75% were female and 25% male)
- The participant inactivity level dropped from 20% to 8% (i.e. 12% of those students doing less than 30 minutes activity a week before sessions commenced are now doing more than 30 minutes)
- The Shortened Warwick-Edinburgh Mental Well - Being scale (SWEMWBS) is extremely encouraging with an overall increase from 22-25 out of a maximum of 35. The evidence of a shift is particularly positive given the programme duration of less than six month.
- Attitudes towards exercise have significantly improved, most notably with an increase from 65% to 82% of respondents saying they feel more confident when exercising and playing sport.
- 40% of respondents were from low socio-economic backgrounds
- 82% of respondents said that taking part in physical activity has helped with university work.

[Download a copy](#)

**USA**

**Beyond Sport reports (28 June 2019)**

**NHL to partner with Billie Jean King Leadership Initiative**

This week, the [National Hockey League](#) (NHL) and the [Billie Jean King Leadership Initiative](#) (BJKLI) announced a partnership at the inaugural Declaring our Principles - ADVANCING EQUITY: A Summit on Inclusion.

The partnership between the NHL and BJKLI will support research, action, advocacy and collaboration with organizations that have a significant community impact. The relationship includes a commitment to continue to elevate the dialogue on diversity through [Hockey is For Everyone™](#), an initiative led by the NHL and NHLPA, to promote inclusion on the ice, in locker rooms, boardrooms and the stands.

The Summit focused on advancing diversity and gender equality across hockey and showcased the League's continued commitment to furthering these vital efforts.

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[View the full news item](#)

## **CBS Sport (7 July 2019)**

### **Women's World Cup final: Nike unveils empowering ad to celebrate USWNT's victory**

The United States Women's National Team made history on Sunday and Nike was very prepared to celebrate the occasion.

Immediately after the USWNT captured their second straight World Cup title, Nike aired a celebratory minute-long ad that honored the accomplishment. The great spot serves to not only highlight the victory of the USA women but also put a spotlight on the influence it could have on future generations of athletes.

It acknowledges and embraces the headlines that the team has made both on and off the pitch through their undefeated run in France, bringing it all together in an empowering ad that says "women will conquer more than just the soccer field."

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[View the full news item](#)

## **BMJ Open Sport and Exercise Medicine. 2019;5:e000567. doi:10.1136/bmjsem-2019-000567. Social media captures demographic and regional physical activity. Cesare, N et al**

### **Abstract**

**Objectives:** We examined the use of data from social media for surveillance of physical activity prevalence in the USA.

**Methods:** We obtained data from the social media site Twitter from April 2015 to March 2016. The data consisted of 1 382 284 geotagged physical activity tweets from 481 146 users (55.7% men and 44.3% women) in more than 2900 counties. We applied machine learning and statistical modelling to demonstrate sex and regional variations in preferred exercises, and assessed the association between reports of physical activity on Twitter and population-level inactivity prevalence from the US Centers for Disease Control and Prevention.

**Results:** The association between physical inactivity tweet patterns and physical activity prevalence varied by sex and region. Walking was the most popular physical activity for both men and women across all regions (15.94% (95% CI 15.85% to 16.02%) and 18.74% (95% CI 18.64% to 18.88%) of tweets, respectively). Men and women mentioned performing gym-based activities at approximately the same rates (4.68% (95% CI 4.63% to 4.72%) and 4.13% (95% CI 4.08% to 4.18%) of tweets, respectively). CrossFit was most popular among men (14.91% (95% CI 14.52% to 15.31%)) among gym-based tweets, whereas yoga was most popular among women (26.66% (95% CI 26.03% to 27.19%)). Men mentioned engaging in higher intensity activities than women. Overall, counties with higher physical activity tweets also had lower leisure-time physical inactivity prevalence for both sexes.

**Conclusions:** The regional-specific and sex-specific activity patterns captured on Twitter may allow public health officials to identify changes in health behaviours at small geographical scales and to design interventions best suited for specific populations.

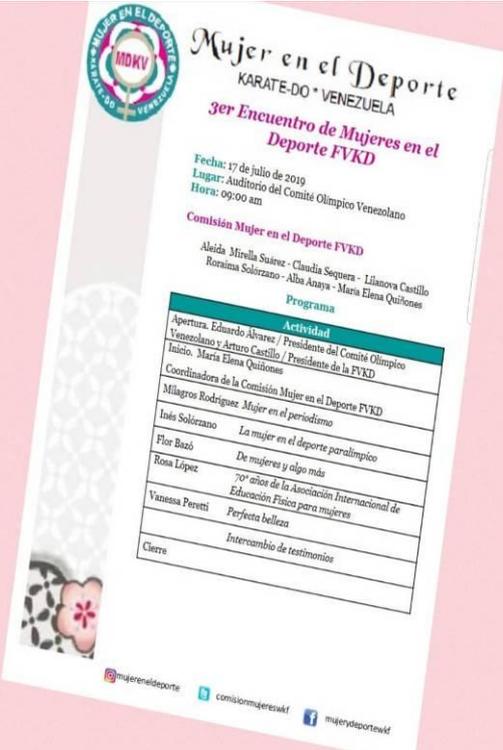
[View the 8-page article](#)

## VENEZUELA

### 3rd Symposium Women in Sport – Karate Do in Venezuela

On July 17th 2019, the Women's sport commission of the Venezuelan Karate Do Federation (FVKD) organized its 3rd symposium. It was an academic gathering of half a day before the International Simon Bolivar Championship that took place in Caracas. The symposium gathered all the members of the Karate Do Federation Women's Commission and for the opening also attended the president of the Venezuelan Olympic Committee, Eduardo Álvarez, the president of the FVKD, Ramón Castillo, and the president of the Venezuelan Paralympic Committee, Inés Solórzano.





**Mujer en el Deporte**  
KARATE-DO VENEZUELA  
**3er Encuentro de Mujeres en el Deporte FVKD**

Fecha: 17 de julio de 2019  
Lugar: Auditorio del Comité Olímpico Venezolano  
Hora: 09:00 am

Comisión Mujer en el Deporte FVKD  
Aleida Miravilla Suárez - Claudia Seguera - Lianova Castillo  
Roraima Solórzano - Alis Anaya - María Elena Quiñones

Actividad
Apertura: Eduardo Álvarez / Presidente del Comité Olímpico Venezolano y Arturo Castillo / Presidente de la FVKD
Inicio: María Elena Quiñones
Coordinadora de la Comisión Mujer en el Deporte FVKD
Milagros Rodríguez: <i>Mujer en el periodismo</i>
Inés Solórzano: <i>La mujer en el deporte paralímpico</i>
Flor Bazó: <i>De mujeres y algo más</i>
Rosa López: <i>70 años de la Asociación Internacional de Educación Física para mujeres</i>
Vanessa Peretti: <i>Perfecta belleza</i>
Cierre: <i>Intercambio de testimonios</i>

Instagram: @mujerensdeporte  
Twitter: @comisionmujereskf  
Facebook: @mujerensdeporte

The event took place at the Venezuelan Olympic Committee. The Women's Commission of the FVKD is very active working in various activities and mostly promoting women's participation in their sport in different roles, athletes, referees, coaches, administrators and a very active mothers' group working with them. In the program was included a presentation of the International Association of Physical Education and Sport for Girls and Women and its 70<sup>th</sup> Anniversary. It was presented by Rosa López de D'Amico. Thanks to the organizers for the invitation and particularly to Dr Roraima Solórzano and María Elena Quiñones, president of the FVKD women's sport commission.