



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

We want to hear about what you and your related organisations are doing and the information you are producing. You can send your information and news to any member of the executive board for inclusion in the 'Update' each month – [view their contacts details](#)

Keep right up to date with our news

We have set up social media accounts to share all our latest news with you:



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Dear IAPESGW members, followers and friends,

It is Christmas time!

With respect to the culture of all our members, let me wish you a blessed 2020 with plenty of health, peace and happiness. I hope we can continue working together to support women and girls' participation in physical education, sport and/or physical activity, but moreover to support the participation of all in a fair, safe and peaceful environment.

In 2019 we celebrated 70 years of IAPESGW's history. Thank you for all your support and messages. IAPESGW has been a pioneer organization in the area of gender and sport and has worked since its foundation to promote its value. Wonderful people have been around our organization to make it grow. The best way to honour the IAPESGW legacy, which is also ours, is to keep working together.

Wishing you a peaceful, healthy and joyful 2020 - Merry Christmas and Happy New Year!

Rosa López de D'Amico
IAPESGW President

Bonne Année – ¡Feliz Año Nuevo! – Blwyddyn Newydd Dda – Buon anno – Frohes Neues Jahr – Gelukkig Nieuwjaar – Gleðilegt nýtt ár – あけましておめでとう– Xin Nian Kuai Le – Mutlu yıllar – Sťastný nový rok – Godt nytår – Hyvää uutta vuotta – Godt nytt år – Szczesliwego Nowego Roku – Feliz Ano Novo – S novym godom – gelukkige nuwejaar – عام سعيد – 新年快乐 – manigong bagong taon – Καλή Χρονιά – טובה שנה – 새해 복 많이 받으세요 – selamat tahun baru – С Новым Годом – yeni yılınız kutlu olsun – gott nytt år



IAPESGW Regional Conference - Tianjin University of Sport
Tianjin - China

Between December 10th – 13th, Prof. Rosa López de D'Amico was invited to Tianjin University of Sport to make the arrangements together with the authorities of the university, of the 2020 IAPESGW Regional Conference. The arrangements were settled by Prof. Jian Wang - Dean (College of Exercise and Health Sciences), Prof. Haina Liu – Director (Foreign Affairs Office), Prof. Rosa Lopez de D'Amico – President (IAPESGW) and Prof. Walter Ho – Invited Member (IAPESGW). Prof. D'Amico was received by the President of Tianjin University of Sport, Prof. Ji Chengsu who strongly supports the organization of the conference. The visit also included a tour of the magnificent facilities Tianjin University of Sport has in its new campus.

A meeting was also held with the Dean of the College of Sport Culture. A good opportunity to exchange with the staff. It was also a great opportunity to sharer two presentations to the graduate students of the College of Exercise and Health Sciences by Prof. Ho and D'Amico.

I sincerely appreciate the great hospitality received by all the authorities, staff and students. It really made a remarkable and warm impression in the cold Tianjin winter!

The IAPESGW 2020 Conference Tianjin, China theme is: '25 years of women in sport, physical education and dance for better life development'. It will take place on 3 - 4 September 2020. The sub-themes are:

1. Traditional Sport, Culture and Dance in Education
2. Sport Management
3. Physical Education
4. Exercise and Sport Training
5. Social Science and Sport
6. Health through Physical Activity, Physical Education, Sport and Dance

Important dates to remember to our delegates

- 3rd IAPESGW Board Meeting – Arrival of delegates
- 4th and 5th September 2020 (Friday and Saturday) - Conference
- 6th ISCPES Board Meeting & Departure

Conference Announcement and Abstract Submission & Registration Open - January 2020

Close of Abstract Submission – 15th April 2020

Announcement of Abstract Submission Result – late April 2020

End of Early Bird Registration – 15th May 2020

End of Registration – late June 2020

We hope to receive many of our members and new member in this event in which we are looking forward to connect with the Asia Region and also celebrate the big events that are taking place in the year 2020

Rosa López de D'Amico



Meeting with Prof. Wang, Prof. Walter Ho, members of the Foreign Affairs Office, Master and Doctoral students from TJSU

December Editorial

While this is supposed to be a happy and festive time of the year I am feeling rather sad as I

write this Editorial to email to Jenny Warner of Vaga Associates (Birmingham UK) to add to our December *Update* e-newsletter.

Jenny has been an email “pen friend” for a number of years, as we have collaborated on the *Update* and maintained IAPESGW’s website. She and I have established an email friendship and close working habit every month and I am sad to say this will be our last joint venture.

Vaga are winding down their business and IAPESGW has had to look elsewhere for a website host and e-newsletter producer. More about this later.

Jenny and Vaga have been very professional and easy to work with and on behalf of our Board and members I wish them well in their retirement and again thank them for their wonderful years of service. Flowers have been sent to Jenny as a token of our gratitude for her outstanding service and support to IAPESGW.

Our exciting news is that President Rosa has travelled to Tianjin University of Sport, China, to prepare for an IAPESGW Regional Conference there in early September 2020. Read Rosa’s report and start to plan your presentations and travel to Tianjin.

We highlight this month:

- Two European toolkits: Whys Girls Play Sports? and Gender Balance in Sport
- Inside the Games reports on Skiing, Golf, Baseball, the South East Asian Games, Squash and England’s Commonwealth Games team
- Publications about women in sports coaching
- Important items from Australia, Canada, Columbia, Ghana, Nepal, the UK and Northern Ireland.

With the change over to a new website and *Update* provider there will likely be a gap of a month or two to our next e-newsletter but still send in your items to me (crosswhite@bigpond.com) ready for our next 2020 edition.

With the holiday season upon us and the year winding down, the Executive Board would like to wish all readers a happy festive season and a happy, healthy and safe New Year.

Janice Crosswhite OAM

Communications Director

International

sportanddev.org reports (26 November 2019)

Why girls play sports: Are girls motivated differently in various parts of the world?

Working in the Sport for Development field (S4D), I can’t help but question whether the motivations of women and girls in Europe differ from those of girls in other nations?

The Erasmus + programme in Europe just published a wonderful toolkit entitled “[How to Make an Impact on Gender Equality in Sport](#).” This toolkit includes very detailed and valuable statistics on what motivates females to play sport in Europe, shedding much needed light on the issue.

The report found that females tend to be statistically more motivated by:

- Keeping fit

- Improving physical appearance
- Controlling weight
- Maintaining health
- Relaxing

[View the full news item](#)

Inside the games reports (27 November 2019)

FIS Council to include minimum of three women after proposal approved

A proposal to change the composition of the International Ski Federation (FIS) Council to include a minimum of three women was given unanimous approval at the body's latest meeting in Germany.

The recommendation from the FIS gender equity working group will be submitted for immediate implementation at next year's Congress in Thailand.

FIS secretary general Sarah Lewis and athletes' representative Hannah Kearney are the only women on the Council.

Both sit on the Council because of their roles within the organisation and there are no formally elected female members.

[View the full news item](#)

Inside the games reports (28 November 2019)

LPGA and LET join forces to drive growth of women's professional golf in Europe

The Ladies Professional Golf Association (LPGA) and the Ladies European Tour (LET) are uniting in a joint venture partnership to push women's professional golf to new heights in Europe and around the world.

The venture will be jointly managed by the LPGA and the LET and, through their combined resources, will seek to fast track an expanded LET schedule.

This year's LET schedule currently includes only 20 official events in 13 different countries, with eight of those in Europe, including two major championships - The Evian Championship and the Women's British Open.

The partnership aims to immediately increase playing opportunities for women in Europe, and to have that schedule growth lead to both increased financial opportunities and an optional pathway to the LPGA for the tour's top performers.

[View the full news item](#)

Inside the games reports (2 December 2019)

World Children's Baseball Fair to be girls only event in 2020

Japanese baseball legend Sadaharu Oh has announced the World Children's Baseball Fair will be a girls only event in 2020.

The World Children's Baseball Fair Foundation proposal was presented by Oh, the organisation's President, at the World Baseball Softball Confederation (WBSC) Congress.

Oh revealed 50 players from 10 different countries are expected to attend next year's fair, due to take place in Narita City.

Canada, France, Chinese Taipei, Australia, Japan, Peru, Ireland, Indonesia, United States and South Korea among those planning to attend.

Hosts Japan will have 30 girls participating in the event.

The World Children's Baseball Fair is expected to take place during August and run alongside the Olympic Games taking place at the same time in Tokyo.

The event will be hosted by the Japan Amateur Baseball Association, with the support of the Japanese Government.

The Baseball Federation of Japan, the All Japan University Baseball Federation, Nippon Professional Baseball and Major League Baseball have all pledged their support.

[View the full news item](#)

Inside the games reports (4 December 2019)

Thai official impressed by percentage of female athletes in delegations at Southeast Asian Games

High-ranking Thai official Supitr Samahito is "very happy" to see the percentage of female athletes in delegations at the ongoing Southeast Asian (SEA) Games in the Philippines.

Samahito, vice-president of the National Olympic Committee (NOC) of Thailand and a member of the Olympic Council of Asia (OCA) Women and Sports Committee, is dedicated to the advancement of women in sport, from female athletes under the spotlight to administrators behind the scenes and leaders of the Olympic Movement.

She is impressed by what she sees at all levels within the 11 NOCs of the Southeast Asia region.

"I am very happy to see the percentage of female athletes in the delegations," Samahito said.

"We have 49 per cent females in the Thai team and the average for all teams is between 43 and 45 per cent.

"Everyone is striving for 50 per cent in accordance with the message of the IOC (International Olympic Committee) President, Thomas Bach, and this is coming much closer."

Samahito is also director of the Thailand Olympic Academy and a professor in the faculty of sports science at Kasetsart University in Bangkok.

One of her missions is to advise and encourage NOCs to promote the advancement of women in sport and she was delighted at the response to a recent seminar in Cambodia.

[View the full news item](#)

The Conversation, UK (9 December 2019)

Toxic sport cultures are damaging female athletes' health, but we can do better

Recently, several elite sportswomen have spoken out about toxic sport culture and the damage it does to their long-term health.

[Mary Cain](#) went from being the fastest and the youngest American track and field athlete to make a world championships team to having her health completely break down.

Cain [revealed](#) how coaches, sponsors and medical support staff told her to lose weight for performance, and refused to listen to her concerns about her physical and mental health.

Cain was experiencing a condition known as [low energy availability](#). But it had become so normalised within the sporting world her pleas for help went unanswered.

This condition occurs when athletes' [food intake does not match the energy](#) they expend during training and day-to-day functioning. For many athletes this happens because they restrict their diet in the belief weight loss will improve performance. The condition can lead to reproductive dysfunction, lower bone density and compromised immunity, as well as increased cardiovascular risk and [lower performance](#).

Our new [research](#) shows a lack of knowledge about the condition among coaches and athletes and that hierarchical power relations and stigma are contributing to it.

[View the full news item](#)

Inside the games reports (10 December 2019)

Perry becomes Professional Squash Association Women's President

Sarah-Jane Perry, England's world number eight, has been confirmed today as the Professional Squash Association (PSA) Women's President.

The appointment of the 29-year-old Commonwealth Games silver medallist was confirmed at the Association's annual meeting in Leeds.

Perry replaces departing Women's President Jenny Duncalf, who became the first person to hold that position when the PSA and Women's Squash Association (WSA) merged in 2015.

[View the full news item](#)

Inside the games reports (17 December 2019)

Women's World Floorball Championships attendance record broken

The attendance record for the Women's World Floorball Championships was broken at this year's event in Switzerland, the International Floorball Federation (IFF) has revealed.

A total of 44,513 spectators attended the tournament in Neuchâtel, which concluded with Sweden's victory in the final on Sunday (December 15).

The figure is higher than the previous record, set at the 2013 edition of the competition in the Czech Republic.

The IFF said the final between Sweden and Switzerland at the Patinoires du Littoral was sold out.

Forty-eight matches were held at the 2019 Women's World Floorball Championships, which began on December 7.

[View the full news item](#)

Publications.....

How to make an impact on gender equality in sport: All you need to know. A comprehensive toolkit. European Union and Council of Europe, September 2019 (52 pages)

Despite the positive developments in recent decades and the fact that a formal equality does exist in most European countries, gender inequalities still persist in many aspects of the sport world, from doing sport, to coaching or administration, media representation, and at all levels – in grassroots sport as well as in elite sport. Progress remains slow and fragmented in this area.

["ALL IN: Towards gender balance in sport"](#) is a European Union (EU) and Council of Europe (COE) joint project (1 March 2018 – 31 October 2019). Its aim is to provide support to public authorities and sport organisations when designing and implementing policies and programmes addressing gender inequalities in sport, and when adopting a gender mainstreaming strategy.

The toolkit provides information, concrete tips, good-practice examples and strategies to put into practice a gender mainstreaming approach to achieve equality between women and men in sport.

[Download a copy](#)

Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and Health. Volume 16, Issue 12, December 2019

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

[View the abstracts](#)

Priced books of interest that are in print, highlighted by Janice Crosswhite this month....

Women in sports coaching. Edited by Nicole M. LaVoi. Routledge, 2016.

Women in many Westernized countries encounter a wider variety of career opportunities than afforded in previous decades, and the percentage of women leaders in nearly every sector is on the rise. Sport coaching, however, remains a domain where gender equity has declined or stalled, despite increasing female sport participation. The percentage of women who coach women are in the minority in most sports, and there is a near absence of women coaching men. This important new book examines why. Drawing on original multi-disciplinary research from across the globe, including first-hand accounts from practicing coaches, the book illuminates and examines the status of women in coaching, explores the complex issues they face in pursuing their careers, and suggests solutions for eliminating the barriers that impede women in coaching.

Developing an innovative model of intersectionality and power constructs through which to guide research, the book covers issues including sexual identity, race, motherhood, cross-

gender coaching and media coverage to give voice to women coaches from around the world. As such, Women in Sports Coaching is essential reading for serious students and scholars of sports coaching, sport sociology or anyone with an interest in gender and sport.

[View more details](#)

Taking the Lead: Strategies and Solutions from Female Coaches. Edited by Sheila Robertson. University of Alberta Press, 2010

In an extensive and frank exploration, leaders in women's coaching discuss the values women bring to the coaching profession, their quest for equal access, ways career aspirations and motherhood are juggled, how to negotiate contracts, and encounters with homophobia, harassment, and bullying. They also identify the challenges to progress and highlight the essential changes that need to be made. This volume will be of interest to sports organizations, leaders, and educators; athletes and parents; researchers in sports and gender studies; and politicians and policy makers. Women in leadership roles in business, public service, education, and their communities will find the wisdom contained in Taking the Lead readily transferable to their respective arenas.

[View more details](#)

Specific countries

AUSTRALIA

ABC News (8 December 2019)

Radio recording: Why women's sport is only now attracting pay parity

Women's football has historically led the way with change and now its players will gain pay parity and full exposure to professional training facilities. This represents a significant shift as the sport walks further out of the shadows and into the spotlight of the Australian sporting scene.

[Listen to the discussion](#) - 7 minutes

Victorian Institute of Sport (17 December 2019)

Emily Petricola - 2020 Visions

Writing a story can evoke a myriad of emotions. It can leave you with a sense of empowerment, or plunge you into the deepest chasms of introspection. The words can rip and tear at you, their injustice a frustrating reminder of the world we find ourselves in. And yet, more often than not, they leave a lasting impression, filling us with hope and pride for those protagonists that do much more than merely endure. In many ways, this complexity of human emotion perfectly captures the story of Emily Petricola.

In 2007, aged twenty-seven, Emily Petricola's life shattered around her – this is no exaggeration. She was a business owner, a person who lived life to its fullest. Within months, that all changed. A creeping numbness had enveloped her, and she now lived with a fear of blindness and paralysis. She was diagnosed with Multiple Sclerosis – also known as MS.

“Look, it is a pretty horrible diagnosis,” she says. “I remember my stomach falling when MS was suggested as a possibility.”

[View the full news item](#)

Swinburne University of Technology (17 December 2019)

Top five moments in Australian sport 2019

As a phenomenal year for Australian sport comes to a close, Swinburne's [Sport Innovation Research Group](#) relives some of the top moments of 2019. Their choices point to a watershed year for women athletes in particular.

A strong stance

In March, a photo of AFLW player, Tayla Harris, kicking a goal became the target of vicious online comments. The removal of the social media post by Channel 7 saw fans of women's sport rally to demand better support for the athletes they love.

[View the full news item](#)

Victoria University (18 December 2019)

No boundaries for women and girls in sport

Australian business, government and sport leaders are being urged to back a new strategy to achieve gender equality in sport by 2025.

Business leader, philanthropist and passionate advocate for equality and health, Susan Alberti AC, invested in the development of a unifying vision and set of priorities to achieve this goal, saying the work is long overdue.

“There has never been a more exciting time for women and girls in sport in Australia. Our elite women are now among the best and most admired globally and previously male-led and dominated sports are now opening up for all.

“At the same time, some organisations at grass roots, state and national level are still really struggling to envisage what true equality looks like and how to get there,” she said.

To help address the issue, Alberti funded the establishment of the Australian Women in Sports Advisory Group which is Chaired by Professor Clare Hanlon from Victoria University. A powerhouse of Australian leaders was drafted to the group including CEO of Sport Australia Kate Palmer AM; leading sport administrator and CEO of Collingwood Football Club, Mark Anderson; PwC CEO Luke Sayers AM; Westpac Director and former Chairman of KPMG, Peter Nash; the Male Champions of Change Sport Program Director, Julie Bissinella, and Susan Alberti.

The result is a strategy focused on achieving no boundaries for women and girls in sport and according to Kate Palmer, it's exactly what the sector needs to accelerate change.

Aspirations:

We will know there are no boundaries and we have been successful when:

- Australia is a global leader in empowering women and girls through sport and physical activity,
 - Women and girls from all backgrounds have a life-long love and engagement in sport and physical activity,
 - Women and girls are inspired by, feel welcome in, and have equality of opportunity to participate, lead and work in all aspects of sport and physical activity,
 - Women and men play in similar competitions for equal prize money,
 - Infrastructure is in place for women and men to participate in the sport they choose,
 - Women who play and lead in sport are equally valued, recognised and celebrated,
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- Australia is a desired destination for international investment in women participating in sport, and
 - Quotas and industry standards are no longer needed for women in sport and physical activity.

To arrange a comments from members of the Women in Sport Advisory Group, please contact: Frances Atkinson, Media Advisor, frances.atkinson@vu.edu.au; 0435 960 793, 03 9919 4061 OR Annmarie Angebrandt, Media Advisor, annmarie.angebrandt@vu.edu.au; 03 9919 5487; 0401 100 576

[View the full news item](#)

Inside the games reports (18 December 2019)

Australia's Perry named ICC Women's Cricketer of the Year

Australian all-rounder Ellyse Perry has won the Rachael Heyhoe-Flint Award for the International Cricket Council (ICC) Women's Cricketer of the Year - and also been named ICC Women's One-Day International (ODI) Player of the Year.

Perry has had a stellar year, with three centuries, including one in the Women's Ashes Test.

This year, she averages 73.50 from 12 ODIs, during which she has also taken 21 wickets, including a national record 7/22.

She became the first player to complete 1,000 runs and 100 wickets in T20 International (T20I) cricket.

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[View the full news item](#)

BRAZIL

University of Birmingham, UK (10 December 2019)

Empowering Coaching™ programme could boost Brazilian youth health

Childhood obesity and youth mental health problems are rising in Brazil, but charities, sports organisations and policy makers have an opportunity to encourage more young Brazilians to boost their wellbeing through innovative sport and physical activity coaching.

As in many countries, many young people are not doing enough daily physical activity with this trend linked to childhood weight and mental health problems. The motivational climate in which sport and physical education are delivered is key to keeping engaged in the activity and experience wellbeing.

Now University of Birmingham sports scientists are seeking support in giving more young Brazilians the chance to participate in sport, dance, physical education delivered in a more empowering way.

They hope that charities, sports organisations and policy makers will back the further rollout of their Empowering Coaching™ training programme for coaches, teachers, and parents throughout Brazil.

Professor Joan Duda held a special Empowering Coaching™ dissemination event at São Paulo's Museu do Futebol, where sport clubs, foundations, NGOs, and educational organizations learned more about her team's work.

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[View the full news item](#)

CANADA

Conversation 2020 - Women and Sport.

10-12 June 2020, Quebec City, Canada

Reasons behind another conversation in 2020

Over the past three years, we have witnessed several government initiatives concerning girls and women in sport:

Women and Girls in Sport: [Report of the Standing Committee of Canadian Heritage \(2017\)](#).
FPTSC Working Group on Women and Girls in Sport: [Report of Recommendations \(2018\)](#)
[Report of the Women and Sport Working Committee of Federal Sports Minister, Kirsty Duncan \(2018\)](#)

All of these initiatives were mandated to make recommendations for achieving gender equity in the Canadian sport system. We now have a long list of recommendations for changing the sport system. The next challenge (and the key to success) is to help the sport community implement these recommendations.

That's where Conversation 2020 comes in: bridging the gap between recommendations and actions.

[View more details](#)

COLUMBIA

Beyond Sport reports (6 December 2019)

Spirit of Soccer Hold Colombia's First All-Female Mine Risk Education Training Camp

This week, global sport for development organization, [Spirit of Soccer](#), hosted Colombia's first ever all-female training camp on Mine Risk Education (MRE). 25 women from areas of conflict

across the country came together to learn how soccer can be used to teach children how to remain safe in conflict and post-conflict zones.

Between December 2-6 in the city of Cali, Spirit of Soccer Director and Founder, Scotty Lee, led the workshop titled "Women Saving Lives," along with Antigua Women's National Coach, Lisa Cole. Participants were led through a combination of classroom lectures, on-field practices and a site visit to the Army Corps of Engineers to see military de-mining practices.

Having previously conducted seven other MRE workshops in Colombia, this is the first of its kind from Spirit of Soccer -- exclusively for women -- in the country.

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[View the full news item](#)

GHANA

Inside the games reports (11 December 2019)

Ghana Olympic Committee President urges women to focus on sports leadership roles

Ben Nunoo-Mensah, President of the Ghana Olympic Committee (GOC), is urging women to take up leadership roles in sports, therefore meeting the gender requirement for its next administration.

Women are expected to make up 30 per cent of the next GOC Executive Board.

Nunoo-Mensah believes that women taking up leadership positions would change the fortunes of the International Olympic Committee (IOC).

Nunoo-Mensah attended the 2019 Women's Sports Empowerment Colloquium, organised by the Women's Sports Association of Ghana (WOSPAG) under the theme "Gender Advocacy and empowerment through sports".

Women across sporting disciplines and sports administration were brought together to discuss how to equip themselves for leadership positions.

The GOC President stated that the IOC was making a conscious effort to ensure a fair representation of women and that they needed to accept the challenge.

[View the full news item](#)

JAPAN

Inside the games reports (8 December 2019)

Japanese governing bodies fail to meet female members target in time for Tokyo 2020

A new survey has found that Japanese sport governing bodies are failing to meet a 40 per cent target of female board members set by the Government for Tokyo 2020.

Japanese agency by *Kyodo News* polled 1,089 executive posts at the 59 governing bodies set to participate at next year's Olympic and Paralympic Games.

One body declined to answer.

It was found that women were only in 175 of the posts - or 16.1 per cent.

Under state guidelines set by the Japan Sports Agency, governing bodies are required to have women in 40 per cent or more of their executive posts.

Only the Japan Swimming Federation for Persons with an Intellectual Disability, the Japan Riding Association for the Disabled and the Japan Para Table Tennis Association met the target, at 55.6, 50 and 40 per cent respectively.

Five bodies, including the Nippon Surfing Association, had no female Board members.

A total of 70 per cent of the bodies admitted they needed to fill more posts with women and are attempting to appoint the right people.

[View the full news item](#)

NEPAL

Not our usual subject BUT an important women's rights topic to cover.....

University of Bath, UK (10 December 2019)

Women in Nepal still forced to sleep outside in 'menstruation huts' despite practice being banned

New research from Dr Mel Channon (SPS) with Dr Jennifer Thomson (PoLIS) focuses on the practice of 'chhaupadi' outlawed, but still practised, in Nepal.

Despite being criminalised in 2018, an estimated 77% of girls in mid-Western Nepal are still being forced to sleep outside in 'menstruation huts' during their period, according to a new study published today in the journal *Sexual and Reproductive Health Matters*.

All around the world, girls and women suffer from the stigma of menstruation. Nowhere is this more prevalent than in Nepal, where the ancient Hindu tradition of 'Chhaupadi' is routine. The practice involves women sleeping in specially built 'chhau' huts during their menstrual cycle, in order to keep 'impurity' out of the home. Every year, women die in these huts from exposure, animal bites or smoke inhalation after building a fire to stay warm. The tradition was

criminalised in 2018, however a new study, published in the journal suggests the practice is still widespread.

In April 2019, researchers led by [Dr Mel Channon](#) from the University's [Department of Social & Policy Sciences](#) travelled to Karnali Province in mid-Western Nepal. With the help of local NGO, CREHPA, they administered a survey to 400 adolescent girls aged 14-19 from both rural and urban areas. They then conducted further focus groups with both adolescents and women aged 25-45 years, in order to gain a more nuanced understanding of the issues.

The results showed that, despite being criminalised by the Nepali government in late 2018, 77% of girls surveyed still practiced chhaupadi.

Although 60% of the girls surveyed knew it was illegal, the teenagers were just as likely to practice chhaupadi as those who didn't. While girls from urban, wealthier households were less likely to practice the tradition, prevalence was still 66% amongst the wealthiest fifth of the population.

The findings show that in Nepal, societal hang-ups about menstruation are literally endangering women's lives.

[View the full news item](#)

UK

Women in Sport (week beginning 25 November 2019)

Women in Sport boosts its board as momentum grows

After a fantastic summer for the British women's netball, football and athletics teams amongst others, Women in Sport is stepping up its efforts to ensure this translates into more girls and women being active and participating in sports in their day-to-day lives. Currently the inactivity crisis faced by the UK disproportionately affects girls and women, with just 14% of girls achieving the recommended 60mins of exercise per day.

To aid its mission, the board of the leading gender equality charity Women in Sport is getting a boost from two new trustees. Rupen Shah and Nick Rusling will start work as trustees with immediate effect and join the charity's next full board meeting in January 2020.

[View the full news item](#)

British Cycling (25 November 2019)

Bucking the trend: new appointments further strengthen female representation on British Cycling Board

British Cycling is pleased to announce that Tabitha Rendall and Julie Watts have joined the organisation's Board of Directors, following their election at last weekend's AGM in Manchester, while Sharon Bridgland-Gough has also joined the Board as an independent non-executive director.

Rendall and Watts replace the departing Dr George Gilbert and Wendy Cull, and Bridgland-Gough fills the vacancy on the Board for a fourth independent non-executive director. This means that – for the first time in the organisation's history – a majority of the organisation's Board are now women.

Each of the new members brings with them a wealth of knowledge and experience: Tabitha Rendall as Chair of British Cycling's South East Regional Board and Chair of the BMX Commission, and Julie Watts as Chair of the Eastern Regional Board.

[View the full news item](#)

Inside the games reports (27 November 2019)

Carter-Kelly appointed Team England Chef de Mission for 2021 Commonwealth Youth Games

Francesca Carter-Kelly has been appointed as England's Chef de Mission for the 2021 Commonwealth Youth Games in Trinidad and Tobago.

Carter-Kelly is Team England's current head of performance and sport engagement and works closely with national governing bodies to ensure the team and athletes are best supported in the lead up to and at the Commonwealth Games, including before last year's event in the Gold Coast.

[View the full news item](#)

Youth Sport Trust (28 November 2019)

Girls inspired and empowered to help peers become more active

The Girls Active Inspiration Day has returned for its fourth year in Northern Ireland.

Girls across Northern Ireland are today celebrating the fourth year of growing a budding network of girls who are inspired to become role models and leaders - encouraging their peers to become more physically active.

Girls Active is an award-winning programme developed by children's charity the Youth Sport Trust. Thanks to continued funding from the Department for Communities through Sport Northern Ireland as part of the 'Active Fit and Sporty' project, the programme is now being delivered in partnership with Lisburn and Castlereagh City Council and Armagh City, Banbridge and Craigavon Borough Council across 35 post primary schools. To date the programme has successfully engaged over 4,000 girls, improving attitudes towards PE and physical activity so girls can lead more physically active lifestyles.

[View the full news item](#)

Sport England (5 December 2019)

Latest activity figures on children and young people published

Children's activity levels are on the rise, according to our second annual Active Lives Children and Young People Survey.

The report, covering the academic year 2018/19, was published today with figures showing an increase of 3.6% in the number of children in England doing an average of 60 minutes or more of physical activity a day.

That means that 46.8% of the nation's children and young people are meeting the recommended level, with the increase driven by more out of school activity – including increases in active play, team sports and walking.

[View the full news item](#)

The report....

Active Lives Children and Young People Survey Academic year 2018/19. Sport England, 5 December 2019 (48 pages)

This report presents data from the Active Lives Children and Young People Survey for the academic year 2018/19. Data is presented for children and young people in school Years 1-11 (ages 5-16) in England.

The proportion of children and young people reporting they were active has increased by 3.6% over the past 12 months (an increase of 279,600 active children and young people in England). There's been a decrease of 3.9% in the proportion reporting they are less active during the same period.

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Women in Sport (5 December 2019)

Women in Sport's statement on Sport England's Active Lives Children and Young People survey December 2019

We are pleased that girls' activity levels have generally increased in the latest report, especially between the ages of 14-16 where 29,800 additional girls are doing an average of 60 minutes or more exercise every day. However, 57% of girls between the ages of 5-16 are still failing to achieve recommended levels of activity and it is clear that the gender activity gap remains wide, with 319,200 more boys than girls meeting recommendations in the last academic year

We are concerned to see that the number of girls saying they love playing sport has decreased and disappointed by the gap in girls' confidence, with 69% of girls saying they don't feel confident when taking part in physical activity compared with 53% of boys.

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Loughborough University (9 December 2019)

Five minutes of exercise each day may help reduce risk of hip fractures in postmenopausal women

As we age, our bones lose strength, but research at Loughborough University has shown that just five minutes of exercise each day may benefit hip strength in postmenopausal women.

Research conducted at the University's [National Centre for Sports and Exercise Medicine](#) asked a group of postmenopausal women to complete up to 50 hops at home each day over the course of six months.

The women hopped on the same leg each day and bone scans were taken before and after the intervention. Over the six months, the bone density increased in the hopping leg compared to a decrease in the non-exercise leg.

The team hopes that the findings will help to promote physical activity in older populations.

"The [Royal Osteoporosis Society](#) has recently released guidelines encouraging physical activity and this study adds to that growing body of research," added Dr Brooke-Wavell.

“Our study was carried out with healthy women aged 55-70 who had no existing injuries and the results demonstrated that high impact exercise is effective in increasing bone mass. Hopping may not be for everyone, however, and we encourage people to consult the guidelines for advice on what is the best exercise to carry out.”

The full results of the study are published in the current issue Journal for Bone and Mineral Research and can be found [here](#)

[View the full news item](#)

Rugby Football Union (13 December 2019) 500 All Schools Girls train with Red Roses

Over 500 girls took part in the Rugby Football Union’s All Schools programme this week, as nine clubs hosted training sessions led by current and former Red Roses players.

The objective of the sessions were to encourage a transition from school rugby to club rugby, and Steve Grainger, Rugby Development Director at the RFU, hailed the activity as a great success.

“Rugby is a sport for all and through the successful All Schools programme a positive legacy has been created for children in 750 schools in England through rugby and its core values, making school life happier and healthier, reducing anti-social behaviour, enhancing learning and increasing self-esteem,” he added.

“We aim to continue growing women and girls participation in rugby. Today, around 37,000 women and girls are registered to play rugby in clubs. Among the teenage community, the All Schools programme has also helped boost rugby’s appeal.

“39% of those participating in this programme are female and over 84% of our All Schools delivered girls rugby to a total of 85,000 girls. Successful activities like those involving the Red Roses are aimed at inspiring more young girls to take up rugby and also to join their local rugby clubs.”

The RFU launched the All Schools programme in September 2012 as a Rugby World Cup 2015 Legacy programme. The aim was to increase the number of secondary state schools playing rugby union and to encourage new players to join local clubs.

[View the full news item](#)

England Netball (17 December 2019) Introducing Couch To Court

We are pleased to announce the details of our Couch To Court campaign, which has been introduced in a bid to get more than 4,000 women playing netball or more netball in the New Year.

The concept has been introduced to help battle inactivity amongst women and to encourage even more people to step on a netball court in 2020, meaning more people can enjoy the social and physical benefits the sport has to offer.

The initiative comes after the recent 2018/19 Active Lives survey was published, which found that popularity for netball has grown with 50,200 more people taking part from May 2018 – May 2019 compared to the year prior. However, the findings also demonstrated that 11.2m people are still inactive; taking part in less than 30 minutes of physical activity a week, with 313,600 fewer active women than men.

Couch To Court does what it suggests, it guides and encourages people to move from the couch to the netball court. It is perfect for those that are unsure about jumping into netball straight away or want to find out more about their nearest session or club.

The campaign enables anybody to simply sign up to the initiative [here](#) and after doing so they will be provided with guidance and support via email to help them overcome any nerves and feel prepared to get on a court near them. The Couch To Court web pages also provide details of all netball clubs and approved netball sessions across the country, many of which will be tailored perfectly for beginners who haven't played for a very long time, making it really easy to find something local in January.

[View the full news item](#)

Publications.....

State of Health in the EU: United Kingdom Country Health Profile 2019. European Commission, 28 November 2019 (24 pages)

Country Health Profiles are being issued with the Companion Report that shows some of the biggest trends in the transformation of the healthcare systems and draws key conclusions from the Profiles

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[Also view the Companion Report \(86 pages\)](#)

Women in Sport - E-Newsletter, December 2019 - [available to view](#)