



International Symposium on
**Physical Inactivity and Sedentary Behaviour:
Research Trends and Future Directions**

Supported by MEXT-Supported Program for the Strategic Research Foundation at Private Universities



Date: 17:30 pm- 19:30 pm, 4th October 2019

Location: Waseda University, Waseda Campus, Building No.26, Room 702

Organiser: Health & Behavioral Sciences Laboratory, Faculty of Sport Sciences, Waseda University, Japan

17.30-17.35: Opening remarks (*Prof. Koichiro Oka, Waseda University, Japan*)

17.35-18.10: The benefits of a physically active lifestyle (*Dr. Gavin McCormack, University of Calgary, Canada*)

18.10-18.45: Neighbourhood environments and sedentary behaviour: a focus on measurement (*Dr. Suzanne Mavoa, University of Melbourne, Australia*)

18.45-19.20: Benefits and correlates of less sitting at work (*Prof. Takemi Sugiyama, Australian Catholic University, Australia*)

19.20-19.25: Discussion

19.25-19.30: Closing remarks (*Dr. Javad Koohsari, Waseda University, Japan*)

Speakers Biography

Dr. Gavin McCormack holds a faculty appointment as an Associate Professor in the Department of Community Health Sciences, Cumming School of Medicine (University of Calgary), and is an Adjunct Associate Professor in the School of Architecture, Planning and Landscape (University of Calgary), and the Faculty of Kinesiology (University of Calgary). Since 2014, he has been an Associate Scientific Editor for the Public Health Agency of Canada's flagship journal "Health Promotion and Chronic Disease Prevention in Canada". Gavin has an MSc in Sports Science (Exercise Physiology specialization) from Edith Cowan University (Western Australia) and PhD in Public Health from the University of Western Australia. His research program is in the field of population and public health and focuses on the relationships between neighbourhood urban design and health including physical activity, diet, sedentary behaviour, and weight status among adults and children. He is Principal Investigator on a Canadian Institutes of Health Research funded program of research "Neighbourhood Design and Physical Activity: Generating Evidence to Inform Healthy Public Policies" focussed on providing more rigorous causal evidence between neighbourhood urban design and physical activity using natural experiments.



Dr. Suzan Mavoja is a Senior Research Fellow in the Melbourne School of Population and Global Health. She holds an Australian National Health and Medical Research Council Early Career Fellowship. Her research focuses on outdoor environments and health outcomes related to non-communicable disease. Her research also develops new and improved geospatial methods, including remote sensing technologies, GPS, accessibility measures, and improved assessment of exposure to the environment.



Professor Takemi Sugiyama's research explores the nexus between health and design. After obtaining a Master of Architecture from Virginia Tech and a PhD in Environment-Behaviour Studies from the University of Sydney, he has been working on diverse research fields such as architecture, urban design, behavioural and spatial epidemiology in the last 15 years. Dr Sugiyama currently focuses on the following four research topics: neighbourhood environments that support adults' active lifestyles; the health impact of active and sedentary transport; office spatial factors that can enhance workers' movement and interactions; and design attributes of aged care facilities influencing residents' mental health. He has published over 120 peer-reviewed articles in public health and environmental design journals and books, and has been involved in large research projects, including the Centre of Research Excellence in Healthy and Liveable Communities (AU\$2.5 million, National Health and Medical Research Council), as a chief investigator. Dr Sugiyama is a certified architect (Japan) and served as Associate Editor of Journal of Transport and Health from 2013 to 2018.



Venue Guide

早稲田キャンパス構内案内図 Waseda Campus Map



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