



IAPESGW International Update, August 2017: 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](#)

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International Update editorial for August

This month's edition covers a lot of international news, starting with articles from the World Health Organization (WHO). You can register to do a webinar in September on the **WHO Global Action Plan on Physical Activity**. This sounds like a great opportunity.

As usual we have covered a lot of new research, including an interesting study from the University of Sydney that showed that primary aged schoolgirls are just as physically capable as boys their age. We can say that boys throw like a girl!

You should read the profile on **Baklai Temengil** from Palau, the first women in the global Olympic movement to be elected a vice president of a regional Olympic Committee (Oceania). She has recently been nominated to the International Olympic Committee, which is another first for a woman from Oceania.

A resource to look at is from the **International Sport and Culture Association** which has developed an online platform dedicated to women in sport, showing good practices for promoting women's participation. Another good resource we have listed is from the **Australian Sports Commission; School Sport – Sports Ability activity cards**, available to download for free.

We also feature:

- Rugby news
- The European Week of Sport is coming up
- Research into the effects of mindfulness on sports performance
- News from countries around the world: Bosnia Herzegovina, China, USA, South Africa, Australia, Fiji, New Zealand, Ireland and the UK
- Articles on increasing female participation in various sports
- Serena Williams speaks out on the pay gap in professional sport
- Many other topics

Enjoy reading the August *International Update* and be active too!

Are you getting your 150 minutes of physical activity each week?

Janice Crosswhite
Communications Director

Circulation of the International Update

Editor - our apologies to new members who joined IAPESGW via attendance at the 18th Congress in May and have not received the monthly editions of this 'Update' until this month. The June and July editions you have missed can be accessed on the IAPESGW website - [all back issues are listed here](#)

Women and Girls in Sport - Research to Action
18th World Congress | Miami FL USA
Hosted by **Barry University**



[Congress photographs](#) - view a selection of photographs that give a 'real taste' of our event in May.

International

World Health Organization (1 August 2017)

Governance: Development of a draft global action plan to promote physical activity - Assignment given to WHO by the Executive Board

Further to the decision of the 140th session of the Executive Board to request the WHO Director-General to develop a draft global action plan to promote physical activity, the WHO Secretariat is hosting an open web-based consultation on a first draft from 1 August 2017 to 22 September 2017. Member States, UN organizations and non-State actors are invited to submit their comments by email to gappa@who.int. All contributions received will be published on this website.

[Draft global action plan pdf, 397kb](#)

[Overview of the progress to develop a global action plan](#)

[Source of information](#)

WHO Webinar - Draft Global Action Plan On Physical Activity August 15 2017

The slides from this webinar have been made available.

[View the 35 slides](#)

Another webinar on the plan taking place in September.....

International Society of Behavioral Nutrition and Physical Activity and International Society for Physical Activity and Health - joint webinar: WHO Global Action Plan on PA 5 September 2017 9.00 pm UK time, Webinar

The Global Action Plan on PA (GAPPA) is a WHO initiative to promote PA worldwide for adoption in May 2018. GAPPA lays out the rationale and opportunities for multi-sectoral actions for progress on a key risk factor for NCDs.

This initiative is endorsed by several societies, supporting the development, dissemination, and implementation of the plan. As part of their endorsement, ISBNPA and ISPAH are co-organizing a webinar (September 5, 9 pm, UK time) with the following objectives:

1. Inform about the plan
2. Provide opportunity for feedback on plan with focus on research needs
3. Provide opportunity for questions and discussion of GAPPA's draft document and the elaboration of the societies' key feedback points

Fiona Bull will present the plan. Charlie Foster (ISPAH President) and Jo Salmon (ISBNPA Past-President) will lead the discussion.

[Register for the webinar here](#)

The Conversation (3 August 2017)

When it comes to sport, boys 'play like a girl'; [Marnee McKay](#) , Lecturer of Musculoskeletal Physiotherapy, University of Sydney and [Joshua Burns](#) , Professor, Sydney Children's Hospitals Network, University of Sydney

Girls in primary school are just as physically capable as their male classmates, according to [our research](#), taking the sting out of the insult "you play like a girl".

When [we compared](#) primary school children's physical capabilities, differences between girls and boys were not as important as people think. So, they should be happily playing with and competing against each other in the backyard, playground and sporting fields.

Read more: [It's not just the toy aisles that teach children about gender stereotypes](#)

As part of [wider research](#) to assess people's physical capabilities across the lifespan, we tested 300 children and adolescents between the ages of 3 and 19.

We tested each child for over two hours, taking more than 100 measurements. These included measuring the strength of 14 muscle groups, the flexibility of 13 joints and 10 different types of balance. We looked at factors including hand dexterity, reaction times, how far kids could walk, how high and how long they could jump, as well as their gait.

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[View the full article](#)

Beyond Sport reports (2 August 2017)

UEFA Women's EURO fans get active to make a healthy heart their goal

Fans and staff travelling to UEFA Women's EURO 2017 fixtures in the Netherlands have boosted their heart health, and significantly reduced their carbon footprint, by walking and cycling nearly 2,000 km to host stadia. It seems that more women are being inspired to take up the beautiful game, as new research reveals that a quarter of 18-34 year old women in Europe would like to play football.

Women, children and families from all over Europe have used the Active Match Mobile App over the course of the tournament. App users have collectively burned a total of 74,542 calories, and saved 236,281gCO₂ emissions by choosing to be active on their journey to support their favourite women's football team.

The free to use Active Match Mobile App, developed by The European Healthy Stadia Network, is part of *A Healthy Heart Your Goal*. This joint campaign by the World Heart Federation, UEFA, The Dutch Heart Foundation, the Royal Dutch Football Association (KNVB) and the European Healthy Stadia Network aims to raise awareness of heart health and encourage women, children and fans to be more physically active.

[View the full news item](#)

56 days before the 13th triennial Conference of Pacific Women - 70 Inspiring Pacific Women: Baklai Temengil



"Women are powerful agents of change. And gender equality and women's empowerment have a transformative and multiplier effect on sustainable development. They're drivers of economic growth in Palau and other small island developing states"

In March 2015, Minister Temengil addressed the 59th Commission on the Status of Women at the United Nations in New York, where she reaffirmed Palau's commitment to the Beijing Declaration which advances the goals of equity, development and peace for all women everywhere, and gender equality in all dimensions of life.

"Women are powerful agents of change and gender equality and women's empowerment have a transformative and multiplier effect on sustainable development and is a driver for economic growth in Palau and in all the small island developing states," she said in her statement to the Commission.

In April 2017, Minister Temengil made history when she was elected Vice President of the Oceania National Olympic Committee in Nadi, Fiji. She is the first woman in the global Olympic movement to become a vice president of any regional Olympic committee. She has been the Secretary General of the Palau National Olympic Committee since 2000. She is a member of the Oceania National Olympic Committee Executive Board and a member of the Association of National Olympic Committee. Minister Temengil is also a member of the International Olympic Committee and Sports Commission including the Micronesian Games and Pacific Games Council. She was the Executive Director for all major games that Palau has hosted since 1998.

Minister Temengil is a very active athlete and was a member of the Team Palau Women's Canoe Team, which won gold at the 1998, 2002 and 2006 Micronesian Games.

She is the current Treasurer of the Palau Canoe Association and the Sports Director for Canoe Programs. She actively participates and volunteers her time in helping other sports federations in their programs through her expert advice and guidance. She is committed to helping sports development at the national level as well as the Pacific region and promoting gender equality through sports. "I hope to see more and more women rise to senior positions within their sporting communities," she says. She is also a wife and a mother; her daughters are members of the Palau National Swimming Team. Minister Temengil is still an active paddler and has picked up running these past few years joining marathons and triathlon events in Palau.

Find out more about other Inspiring Pacific Women at: <http://www.spc.int/70-inspiring-pacific-women/>

Play the game reports (7 August 2017)

ISCA creates international knowledge platform for women in sport

The International Sport and Culture Association (ISCA) has created an online platform dedicated to initiatives that engage women in sport.

In its attempt to promote and impact the field of women in sport, the International Sport and Culture Association (ISCA) has created the [Women in Sport](#) platform. The platform comprises a collection of good practices aiming at promoting women's participation in sport.

The collection of good practices includes 60 examples of initiatives displaying ways of advancing women's participation at all levels of sport, especially at the community levels.

To be included in the collection of good practices, the initiatives must:

- Offer knowledge and practical experience organisations can learn from;
- Be adaptable to new settings;
- Proven to be sustainable;
- Be innovative.

[View more information](#)

Inside the games reports (9 August 2017)

Redfern elected Federation of International Lacrosse President

England's Sue Redfern has been elected as President of the Federation of International Lacrosse (FIL) on a two-year term.

Redfern was elected at the FIL General Assembly and replaces the outgoing Stan Cockerton of Canada.

The General Assembly also saw major changes made to the governance structure of the organisation, which include an expanded Board.

It is hoped this will enable the organisation to focus on international development, their Olympic vision and evolution of the World Championship.

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[View the full news item](#)

World Rugby (14 August 2017)

Key partnership to boost female rugby in the Pacific

Oceania Rugby has announced a new partnership with the United Nations to underline its commitment to increasing the participation and leadership of women and girls in rugby across the Pacific.

Oceania Rugby has signed a Memorandum of Understanding with the United Nations Entity for Gender Equality and the Empowerment of Women, known as UN Women, which is the global champion for gender equality and the empowerment of women and girls.

Oceania Rugby President Richard Sapias explained that often the perception in Pacific societies is that rugby is a sport for men, so to partner with UN Women to change these incorrect 'social norms' is a fantastic opportunity to support the many women and girls in rugby.

"Oceania Rugby, World Rugby and UN Women have a shared interest in making opportunities for girls and women to participate in all parts of community life. We want to work together to make sure rugby creates opportunities for girls and women to get the same benefits from being players, coaches, officials and managers as everyone else," said Sapias.

[View the full news item](#)

Beyond Sport reports (15 August 2017)

World Rugby announce Leadership Forum on inspiring next generation of female players

World Rugby has announced details of a Leadership Forum to identify ways to inspire the next generation of female leaders and accelerate the development of women in rugby on and off the field of play.

The two-day Leadership Forum, which will take place in Belfast on August 24-25 ahead of the Women's Rugby World Cup final, will bring together senior members of the rugby community and leading figures in Women's sport to share best practice approaches for the development of Women's rugby.

It will also offer unions and regional associations a further opportunity to input into World Rugby's dynamic Women's Rugby Plan 2017-2025, which began an unprecedented consultation phase in March this year.

With more than 2.2 million women and girls playing the game worldwide, accounting for over a quarter of all players globally, women's rugby is experiencing unprecedented growth. The Women's Rugby World Cup 2017, which got underway this week, will further boost the profile of the sport, with the tournament shaping up to be the most competitive, best-attended, most watched and most socially engaged Women's rugby event to date.

Through its landmark Women's Rugby Plan, which is due to be considered by Council later this year, World Rugby is demonstrating its ongoing commitment to enhancing the profile, development, sustainability and success of women's rugby globally, while promoting equal opportunities in sport at all levels.

The Leadership Forum aims to create a strong network of engaged leaders, who will work together to address opportunities for the future growth and leadership of the game and provide a platform for further discussion around the key pillars of the proposed Women's Rugby Plan.

[View the full news item](#)

Inside the games reports (22 August 2017)

Faria appointed as first female secretary general of IKF

Joana Faria has been appointed as the new secretary general of the International Korfball Federation (IKF).

She becomes the first female to hold the role and is also the first IKF Council member from Portugal.

Faria is replacing England's Graham Crafter who did not seek re-election as secretary general following 14 years in the role.

[View the full news item](#)

#BeActive - European Week of Sport - 23 - 30 September 2017

The European Week of Sport aims to promote sport and physical activity across Europe, with 2017 seeing 32 countries participating for the third edition of the programme.

This year's European Week of Sport in the UK will continue to support and promote an increase in physical activity and sport through the #BeActive message. Here in the UK we plan to align the week to themed days, to ensure there is a wide reach of the #BeActive message and variety to inspire and offer people to take part.

During the week, themed days will help widen the reach of the #BeActive message and inspire people in a variety of ways, for example:

- Saturday 23rd - Outdoors: A focus on the benefits and use of green space to get active
- Sunday 24th - Sports Clubs: Open days and taster sessions to increase participation at local clubs
- Monday 25th - Mindful: A focus on the benefits of physical activity on mental wellbeing

[View more details](#)

General awareness....

International University Sports Federation (18 August 2017)

President Matytsin unveils FISU Global Strategy at 35th General Assembly

TAIPEI – Ahead of the Taipei 2017 Summer Universiade Opening Ceremony, FISU President Oleg Matytsin revealed the organisation's ten-year global strategy to the General Assembly.

After welcoming delegates to Taipei, President Matytsin announced FISU's bold vision, which focuses on eight key areas: delivering major sporting events, spreading education through sport, enhancing culture, building dual career programmes, cooperating with international organisations, developing FISU's global network, promoting sport through direct relationships with universities, and further improving financial and human resources.

Specifics of the global strategy included delivering an increase intra-university competitions, strengthening educational events, and teaming up with outside organisations such as the IOC, ANOC and UNESCO. Over 100 people from 50 countries came together to influence the plans, which will now undergo final improvements before the **official action plan is rolled out in March 2018.**

[View the full news item](#)

Anita White Foundation Newsletter, Issue 17, August 2017

Our summer newsletter contains updates on the Women's Sport Leadership Academy (WSLA) 2017, our Catalyst Grant projects, the launch of Women and Sport: The ChangeMakers, recent archival donations and visits, and news about AWF personnel and supporters.



[View the August newsletter](#)

Of interest to some people.....

Janice Crosswhite says - "*Mindfulness supposed to be the next break-through in high performance sport!*"

Sports Medicine. June 2017. Effects of Mindfulness Practice on Performance-Relevant Parameters and Performance Outcomes in Sports: A Meta-Analytical Review. Bühlmayer, Lucia et al

Abstract

Background: Mindfulness as a present-oriented form of mental training affects cognitive processes and is increasingly considered meaningful for sport psychological training approaches. However, few intervention studies have examined the effects of mindfulness practice on physiological and psychological performance surrogates or on performance outcomes in sports.

Objective: The aim of the present meta-analytical review was to examine the effects of mindfulness practice or mindfulness-based interventions on physiological and psychological performance surrogates and on performance outcomes in sports in athletes over 15 years of age.

Data Sources: A structured literature search was conducted in six electronic databases (CINAHL, EMBASE, ISI Web of Knowledge, PsycINFO, MEDLINE and SPORTDiscus). The following search terms were used with Boolean conjunction: (mindful* OR meditat* OR yoga) AND (sport* OR train* OR exercis* OR intervent* OR perform* OR capacity OR skill*) AND (health* OR adult* OR athlete*).

Study Selection: Randomized and non-randomized controlled studies that compared mindfulness practice techniques as an intervention with an inactive control or a control that followed another psychological training program in healthy sportive participants were screened for eligibility.

Data Extraction: Eligibility and study quality [Physiotherapy Evidence Database (PEDro)] scales were independently assessed by two researchers. A third independent researcher was consulted to achieve final consensus in case of disagreement between both researchers. Standardized mean differences (SMDs) were calculated as weighted Hedges' g and served as the main outcomes in comparing mindfulness practice versus control. Statistical analyses were conducted using a random-effects inverse-variance model.

Results: Nine trials of fair study quality (mean PEDro score 5.4, standard deviation 1.1) with 290 healthy sportive participants (athletics, cyclists, dart throwers, hammer throwers, hockey players, hurdlers, judo fighters, rugby players, middle-distance runners, long-distance runners, shooters, sprinters, volleyball players) were included. Intervention time varied from 4 weeks to over 2 years. The practice frequency lasted from twice daily to just once a week, and the mean session time covered 50–60 min. In favor of mindfulness practice compared with the control condition, large effects with narrow confidence limits and low heterogeneity were found

for mindfulness scores [SMD 1.03, 90% confidence interval (CI) 0.67–1.40, $p < 0.001$, $I^2 = 17\%$]. Physiological performance indices depicted wide confidence limits accompanied with very large heterogeneity. However, the effect sizes remained very large, with confidence limits that did not overlap zero (SMD 3.62, 90% CI 0.03–7.21, $p = 0.10$, $I^2 = 98\%$). Moderate to large effects were observed for both psychological performance surrogates (SMD 0.72, 90% CI 0.46–0.98, $p < 0.001$, $I^2 = 14\%$) and performance outcomes in shooting and dart throwing (SMD 1.35, 90% CI 0.61–2.09, $p = 0.003$, $I^2 = 82\%$).

Conclusions: Mindfulness practice consistently and beneficially modulates mindfulness scores. Furthermore, physiological and psychological surrogates improved to a meaningful extent following mindfulness practice, as well as performance outcomes in shooting and dart throwing. It seems reasonable to consider mindfulness practice strategies as a regular complementary mental skills training approach for athletes, at least in precision sports; however, more high-quality, randomized, controlled trials on mindfulness practice and performance improvements in diverse sport settings are needed.

[Source of information](#)

Clearing House for Sport (15 August 2017)

Pacing strategies to enhance sports performance

Professors Foster and Thompson will share their thoughts on key pacing issues, what the latest research tells us, where the research is heading, and what are the take home messages for athletes, coaches and scientists.

Professor Carl Foster is the Director of the Human Performance Laboratory at the University of Wisconsin. He is an exercise physiologist with interests ranging from clinical physiology to sport physiology, and has published over 400 scientific papers. He is a long-time member of the scientific support team for US Speedskating.

Professor Kevin Thompson is the Director of UC's Research into Sport and Exercise (UCRISE), and former Director of Sport Science at the English Institute of Sport. Kevin's interests include: high performance sport, physiology of sport, pacing strategies and environmental challenges, and management of high performance teams. He has recently taken an appointment as the new CEO of NSWIS.

[View the 1 hr 5 minute video presentation and 15 minutes questions session](#)

Specific countries

AUSTRALIA

BMC Public HealthBMC series – open, inclusive and trusted201717:624.

<https://doi.org/10.1186/s12889-017-4540-0>. Received: 9 January 2017 Accepted: 23 June 2017. Published: 4 July 2017. **Gender differences in physical activity motivators and context preferences: a population-based study in people in their sixties.** van Uffelen, Jannique G. Z, et al

Abstract

Background: Although regular participation in physical activity (PA) has health benefits across the life span, the proportion of people doing sufficient activity for these benefits decreases with age. The aim of this study was to identify motivating factors and context preferences for PA in people in their sixties, and to examine gender differences in these factors.

Methods: Data were used from people aged 60–67 years who responded to a mail survey in **Brisbane, Australia, in 2009**. Respondents indicated their agreement/disagreement with

seven PA motivators and 14 PA context preferences. Data were analyzed using multi-level multinomial logistic regression, adjusted for sociodemographic and health variables, and PA level.

Results: Of the 1845 respondents, 59% was female. Based on self-reported PA, one in three respondents (35%) did not meet the PA guidelines of at least 150 min of moderate intensity PA per week. The three leading motivating factors for both women and men were to prevent health problems, to feel good and to lose weight. Women were more likely than men to be motivated by improving appearance (OR 2.93, 95%CI 2.07–4.15), spending time with others (1.76, 1.31–2.37), meeting friends (1.76, 1.31–2.36) or losing weight (1.74, 1.12–2.71). The three leading context preferences for both women and men were for activities close to home, at low cost and that could be done alone. Women were more likely than men to prefer activities that are with people of the same sex (OR 4.67, 95%CI 3.14–6.94), supervised (2.79, 1.94–4.02), with people the same age (2.00, 1.43–2.78) and at a fixed time (1.42, 1.06–1.91). Women were less likely than men to prefer activities that are competitive (OR 0.32, 95%CI 0.22–0.46), are vigorous (0.33, 0.24–0.47), require skill and practice (0.40, 0.29–0.55) and done outdoors (0.51, 0.30–0.86).

Conclusion: Although there was overlap in motivating factors and context preferences for PA in women and men aged 60–67 years, there were also marked gender differences. These results suggest that PA options for people in their sixties should be tailored to meet gender specific interests in order to promote PA participation in this rapidly growing population group.

[View the 11-page article](#)

Australian and New Zealand Journal of Public Health. DOI: 10.1111/1753-6405.12701. First published 27 July 2017. The facilitators and barriers of physical activity among Aboriginal and Torres Strait Islander regional sport participants. Peloquin, Claudie et al

Abstract

Background: Disparities in health perspectives between Indigenous and non-Indigenous populations are major concerns in many of the world's well-developed nations. Indigenous populations are largely less healthy, more prone to chronic diseases, and have an earlier overall mortality than non-Indigenous populations. Low levels of physical activity (PA) contribute to the high levels of disease in Indigenous Australians.

Method: Qualitative analysis of structured one-on-one interviews discussing PA in a regional setting. Participants were 12 Indigenous Australian adults, and 12 non-Indigenous Australian adults matched on age, sex, and basketball division.

Results: Most participants reported engaging in regular exercise; however, the Indigenous group reported more barriers to PA. These factors included cost, time management and environmental constraints. The physical facilitators identified by our Indigenous sample included social support, intrinsic motivation and role modelling.

Conclusion: Findings describe individual and external factors that promote or constraint PA as reported by Indigenous Australian adults. Results indicate that Indigenous people face specific barriers to PA when compared to a non-Indigenous sample.

Implications for public health: This study is the first to compare the perspective of Indigenous Australians to a matched group of non-Indigenous Australians and provides useful knowledge to develop public health programs based on culturally sensitive data.

[View the 6-page article](#)

The Conversation (7 August 2017)

[Laura McVey](#) , Senior Researcher, Centre for Employee and Consumer Wellbeing, Deakin University and [Paul Harrison](#) , Director, Centre for Employee and Consumer Wellbeing; Senior Lecturer, Deakin Business School, Deakin University - **This Girl Can('t)? Campaign simply reworks 'sex sells' approach**

Sport England is to [partner with VicHealth](#) for a social marketing campaign to encourage women to participate in sport based on its [This Girl Can](#) campaign. However, beyond the campaign's initial "feel-good" nature, this news may not be as totally positive as it seems.

In its attempt to motivate and empower women, the campaign material may unintentionally work with entrenched norms of sexualising women to perpetuate their self-objectification. This is likely not only to be detrimental to their mental and physical health, but also to further their commodification in society.

Further reading: [Sexualised girls are seen as less intelligent and less worthy](#)

What would a better campaign do?

A better way forward would be to focus on "real women's" voices (in more than stylised overlays and sexualised panting) rather than bodies – highlighting the judgement women fear, as well as the pleasure they can get exercising.

It could prove empowering to take the enjoyment often reserved for men's experience of physical activity – independent of desirability – and allowing that to be the drive for women's participation.

We do applaud the campaign's [success](#) in encouraging women to participate in sport in the UK. Unfortunately, for the most part, it does little to take women away from the usual *sex sells* approach (albeit with the inclusion of more "real" women) we have come to expect of mainstream advertising.

[View the full article](#)

Australasian Leisure Management reports (15 August 2017)

South Australian Government expands Female Facilities Program

In a major boost to women's sport, the South Australian Government is to spend an additional \$7.2 million on female sport and recreation facilities.

As part of the Female Facilities Program, 21 sporting sites will share in this round of funding to build or upgrade female change rooms and amenities – aimed at ensuring women have top-class facilities across a range of sports including AFL, football, hockey, cricket, netball, tennis, gymnastics and softball.

With almost 120,000 girls and women registered with sporting clubs in South Australia, a number that is growing rapidly, South Australian Recreation and Sport Minister Leon Bignell explains "there has been an absolute explosion in the number of girls and women playing sport in South Australia and our Government is putting in record amounts of money to ensure they have top-class facilities.

[View the full news item](#)

Australian Sports Commission School Sport - Sports Ability

The Sports Ability resources are a suite of user-friendly, inclusive activity cards that have been designed to assist teachers in the delivery of sports-based activities that cater for all levels of ability.

The cards outline all of the details required to plan and execute the activities, as well as information on ways to modify elements of each activity to ensure that every child is able to participate.

Through the adaption and modification of game rules, equipment and techniques, the cards provide fun and enjoyable opportunities for everyone to participate and achieve success.

[Access the resources](#)

ESPN (August 2017)

'My first session, I absolutely hated it'

Tia-Clair Toomey, Australia's newly crowned world CrossFit champion, describes her journey to becoming the "fittest woman on Earth".

[Watch the short video](#)

BOSNIA AND HERZEGOVINA

World Health Organization - Europe (2 August 2017)

Creating enabling environments and promoting active living and mobility in Bosnia and Herzegovina

The meeting "Creating enabling environments and promoting active living and mobility of people in Bosnia and Herzegovina" took place in Neum, Bosnia and Herzegovina on the 12–13 June 2017. The meeting was organized and hosted by WHO in collaboration with health authorities in Bosnia and Herzegovina, represented by the Ministry of Civil Affairs of Bosnia and Herzegovina, Ministry of Health and Social Welfare of the Republika Srpska, Ministry of Health of the Federation of Bosnia and Herzegovina, and the Department of Health and Other Services of Brčko District.

The meeting aimed to position health-enhancing physical activity at all ages into the wider context of effective and efficient prevention and control of noncommunicable diseases, as well as sustainable development of healthy communities and society as a whole.

Participants discussed the evidence and best international practices for health promoting strategies that create supportive environments and encourage active living. They also explored further opportunities to support stakeholders in Bosnia and Herzegovina in streamlining potential synergic intersectoral approaches and specific actions for the achievement of active and healthy living.

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[View the full news item](#)

CANADA

SIRC (31 July 2017)

Parachute announces Canadian Guideline on Concussion in Sport to protect health of active Canadians

Parachute - TORONTO, July 28, 2017 - Concussions in sport are a recognized public health problem because of their frequency of occurrence and their potential short- and long-term consequences. These include cognitive, emotional and physical symptoms, and when left undetected, even death. Parachute Canada (Parachute) works closely with concussion experts from across the country to better understand the most effective prevention, recognition and management strategies for concussion. Today, Parachute is announcing the new Canadian Guideline on Concussion in Sport.

Based on scientific evidence from the [5th International Consensus Statement on Concussion in Sport](#), and developed with Parachute's Expert Advisory Concussion Subcommittee, the

comprehensive Canadian Guideline creates the foundation for a more consistent approach to concussion across the country, which will allow participants to play safer and continue training, competing, and enjoying a full, active life.

The Canadian Guideline on Concussion in Sport is part of the Parachute-led Concussion Protocol Harmonization Project. With support from the Public Health Agency of Canada, and in collaboration with the Department of Canadian Heritage – Sport Canada, Parachute is working with National Sport Organizations to ensure concussion protocols that align with the Canadian Guideline are in place across Canada’s amateur sport community.

[View the full news item](#)

CHINA

Some Findings and Reflections on the General Condition of Chinese Women’s Participation in Mass Sports. Hui, Tian , Beijing Sport University, China

Chinese sport has undergone a stimulating transformation within years of economic development. The most distinguishing phenomenon is the rapid emphasis on women’s sports participation at the grassroots. In 1995, the State Council of China promulgated the Outline of Nationwide Physical Fitness Program, followed by a series of rules and regulations. Aiming to improve the physical condition of the general population, the Nationwide Physical Fitness Program, with an emphasis on young people and children, encourages everyone to engage in at least one sport activity every day, learn at least two ways of keeping fit and have a health examination every year. Most importantly, in this program, the government emphasizes that women’s sport and physical activities should center around women’s physical and psychological well-being.

With the government’s encouragement and economic endowment, there is a rapid growth of women’s participation in mass sports. According to a 2004 report, 27.15% of women living in cities engage in sports activities. Among them, 7.1% take part in sports and exercises once or twice a week for 30 minutes or more per session and 10.07% participate in sport at least three times a week for 30 minutes per session.¹ However, the frequency of women’s sports participation varies depending on different social strata. In 2001 survey of women’s sports population, the percentage of unemployed women is higher than that of employed women. Even among employed women’s sports population, different social classes demonstrate various types of sports participation. For instance, middle-class women tend to choose fitness gyms and sports clubs as their sports sites. In 2001, 67% of middle-class women (professionals, white collars, etc.) participated in sport frequently; 46% of middle-class women went to fitness gyms or high-quality sports centers; half of them attended aerobics classes in fitness gyms every week.² In contrast, those working-class women demonstrated quite different sporting habits. First of all, their sports participation is quite flexible and casual and they do not have fixed time to participate in sports. It often happens in the evening when they have finished their work. Secondly, they often go to those cheap gyms or public places (such as parks, squares, communities, etc.) to take part in sporting activities. They seldom spend much money on sports participation. Walking, jogging, square dancing, badminton and ping pong are their favorite activities.

From the above findings we can notice that economic factors and social positions are crucial to decide the ways of Chinese women’s sports participation. Middle-class women with high incomes have more free choices for sporting activities. They display strong enthusiasm and potential to spend money in order to enjoy high standards of sports facilities and services. As for working-class women, even though they also desire to take part in sport to increase their quality of life, their financial limitations restrict their choices. Therefore, in order to encourage different social positions of Chinese women to take part in mass sport activities, firstly, the

government should provide more flourishing parks, community sports activities and voluntary sports organizations to meet their requirements. Secondly, women should be freed from domestic restrictions and provided with more time and chances to participate in sports. Thirdly, the stereotyped patriarchal ideology towards women should be changed. Chinese women should be encouraged to develop self-esteem towards their body and thus be more open-minded to take part in different sporting activities.

Note: 1-2. Meng, Wendi, Yongbo Guo, Xinxian Zou, and Guoying Qi. "Investigation and Research on Chinese Women's Participation in Mass Sports and Its General Condition in the Current Period". *Journal of Beijing University of Physical Education*, 28, no. 3 (2005): 53–68.

FIJI

70 Inspiring Pacific Women - Fijiana Rugby Team

"Fijiana has shown that women have the ability to achieve any dream, even against the toughest adversities. They have shown that it is fine, and actually wonderful, for women to be physically strong, tough and powerful. They have shown that rugby, Fiji's 'national' sport, indeed belongs to everyone."

Dr Yoko Kanemasu, Senior Lecturer in Sociology, The University of the South Pacific



The Fijian Women's National Rugby Team Fijiana made history in 2016 when they became the first women's rugby team from the Pacific region to qualify for the Rio Olympics. They were only one of 12 national teams in the world to qualify to compete in the women's rugby sevens competition at Rio despite facing countless adversities to get there.

Fijiana's journey is representative of women's rugby not only in Fiji but in other Pacific Island nations, where Pacific women are defying the odds to claim a space in this male-dominated sport. Until very recently, women rugby players regularly faced discouragement, disapproval and ridicule just for playing the sport. Some even experienced severe punishments – beaten or chased out of their family homes.

.....
It is against all odds that Fijiana have made a series of remarkable accomplishments in the last few years.

- In 2011, the Fijiana 7s won the gold medal in women's rugby sevens at the Pacific Games.
- In 2012, they qualified for the 2013 IRB Rugby World Cup Sevens by winning all of their matches at the Asian Women's Sevens Championship.

- In 2013, they won the Bowl at the IRB Rugby World Cup Sevens in Russia. In 2014, they qualified for the 2014–15 World Rugby Women’s Sevens Series by again winning all of their matches at the qualifier tournament in Hong Kong.
- In 2015, they won another gold medal at the Pacific Games and qualified for the Rio Olympics by winning the Oceania Women’s Sevens Championship.

The magnitude of their participation in the 2016 Rio Olympics must be understood in the context of Fiji’s sporting history, where, prior to the introduction of rugby sevens as an Olympic Game, a total of only 21 athletes had ever participated in the Olympics by actually qualifying, not as wild cards.

Fijiana has shown that women have the ability to achieve any dream, even against the toughest adversities. They have shown that it is fine, and actually wonderful, for women to be physically strong, tough and powerful. They have shown that rugby, Fiji’s “national” sport, indeed belongs to everyone. – Dr Yoko Kanemasu, Senior Lecturer in Sociology, The University of the South Pacific.

[View the full article](#)

IRAN

An overview of women's sport development for August has been received from our national representatives in Iran - [view all their news here](#)

One item from their August news overview:



14 August 2017

*The license for presence of Iranian Hijab basketball girls was exported in Asian games. After 38 years’ base of official invitation of the Asian basketball confederation, for the time, the license of the national women under the age of 16 years old in the Asian completions was exported.

<http://www.isna.ir/service/Sports/9004>

IRELAND

Sport Industry Group reports (16 August 2017)

Deloitte partners with Ulster Rugby women

Deloitte has announced a new two-year sponsorship agreement with Ulster Rugby to become the lead sponsor of the Ulster women’s rugby team.

The announcement follows ambitious recent targets set by the Irish Rugby Football Union to grow participation in the women's game across Ireland.

A number of players from the Ulster Women's Rugby team have represented Ireland in the Six Nations tournament and are part of the Irish squad for the Women's Rugby World Cup – the final of which will take at the Kingspan Stadium this month.

[View the full news item](#)

NEW ZEALAND

New Zealand Herald (4 August 2017)

Melodie Robinson leads new initiative aimed at addressing lack of female representation in sports media industry

A new initiative kick-started by broadcaster Melodie Robinson is setting out address a lack of female representation in the sports media industry.

Robinson has this year launched the W-Group - a venture aimed at encouraging more women to embark on careers in the sports media and empowering those that are already there.

The venture was inspired after Robinson was selected to take part in the highly prestigious ESPN mentoring programme.

"I've seen a number of young women come into the industry and get chewed up and spat out. I felt really bad about that, and I always said to myself 'what can I do?'" said Robinson.

[Read the news item and listen to the interview \(4 minutes\)](#)

SOUTH AFRICA

Thanks to our national representative Mari Fourie for these news items....

gsport - for girls - what is it?

gsport is an online initiative launched on 1 August, 2006, to raise the profile of South African women in sport, and to encourage Corporate South Africa to back our female athletes.

In June 2015, the gsport initiative was formally registered in South Africa as a not-for-profit NGO, to be known as The gsport Trust.

The first Board of Trustees of The gsport Trust are:

Sherylle Calder
Penny Heyns
Hazel Gumede
Anele Mdoda
Ryk Meiring
Elana Meyer
Kass Naidoo

Why women's sport?

- Men's sport is well established, well-funded, and well-covered by the media

- Women's sport, by contrast, is mostly sustained by a dedicated volunteer base of participants and supporters, and rarely receives media coverage
- It is about time that South African women's outstanding contribution to sport, as participants and as facilitators, is recognised.

[Visit the website](#)

A recent article on their website...

A few familiar faces at the Women's World Cup

Taking to the field in the opening match in Ireland was the defending champs England with a 10-try victory over Spain. With whistle in hand, Aimee Barrett-Theron, the only South African referee on the panel of 14. What an honour and milestone in her career.

Aimee keeps breaking new ground after being the first female referee to take charge of a men's match in a domestic competition. She has even taken center stage in the popular FNB Varsity Cup. There is no stopping to her rugby journey.

.....
[View the full news item](#)

Also, [visit their Facebook page](#) - most recently you can read about their 2017 Sport Awards - with photographs from the event

SA News - South African Government News Agency (August 2017)

Women's Day

South Africa commemorates Women's Month in August as a tribute to the thousands of women who marched to the Union Buildings on 9 August 1956 in protest against the extension of Pass Laws to women.

This historic march was a turning point in the role of women in the struggle for freedom and society at large. Since that eventful day, women from all walks of life became equal partners in the struggle for a non-racial and non-sexist South Africa.

The march was coordinated by the Federation of South African Women (Fedsaw) led by four women: Lillian Ngoyi, Helen Joseph, Rahima Moosa and Sophia Williams De Bruyn. These leaders delivered petitions to the then Prime Minister JG Strijdom's office at the Union Buildings. Women throughout the country had put their names to these petitions, indicating their anger and frustration at having their freedom of movement restricted by the hated official passes.

The Government of South Africa declared August Women's Month and 9 August is celebrated annually as Women's Day.

.....
[View the full news item](#)

UK

Women in Sport (2 August 2017)

Clubworks: Rethinking Sport for Women and Girls

Today we have launched our ClubWorks Case Study in partnership with London Sport. This project was the result of a common goal: to engage more women and girls in sport across London. Over the past 6 months we have been piloting a bespoke support package to six

clubs from the London Sport ClubWorks programme. This support included workshops, one to one sessions, action planning and delivery support.

Find out more about how the clubs benefited [here](#).

.....
[View the full news item](#)

Cycling UK (3 August 2017)

Cycling UK's inaugural Women's Festival of Cycling declared a great success!

Cycling UK's first Women's Festival of Cycling has finished, with over 70 new female-friendly rides and events taking place throughout the country during July. Festival Coordinator Julie Rand sums up the highlights of what has been an exciting month of cycling activities.

When we first came up with the idea of putting on some kind of initiative aimed at female cyclists back in early 2017, we weren't sure what shape it would take. We knew that we wanted to build on '5 Miles to Fabulous', the first such project aimed at women by Cycling UK, which last took place back in 2007. With the tenth anniversary of that programme, it seemed the time was right for another but in the intervening decade, the notion of 'women's cycling' had evolved from relatively short trips to a coffee shop for cake to include other types of riding also enjoyed by women, such as technical mountain biking, 100-mile road rides, and everything in between. However, the fact remains that women are still underrepresented in cycling, although the statistics are gradually improving.

.....
So here is a brief round-up of just a few of the highlights of a fabulous month of cycling this July:

- More than 70 rides and events throughout the UK aimed at women
- Several century rides, including 100-mile road rides in Wales and England and a 100km off-road ride in Scotland organised by women from The Adventure Syndicate.
- Six rides in and around London looking for British Cycle Quest clues.
- Three women-only bike maintenance courses.
- Wirral Celebratory Rides of 35, 15 and five miles aimed at all abilities with around 80 participants in total
- History-themed rides exploring where famous people such as Florence Nightingale and Percy Bysshe Shelley lived
- A 15-mile ride in Stevenage to a lavender farm
- Several rides in the Birmingham area aimed at women from a diverse range of backgrounds run by our community cycling clubs
- Closed road entry level circuits for women in Curborough throughout July

.....As part of the festival, we commissioned ComRes to [carry out a survey into the barriers women face](#) and our research shows that 20% of women say they have never ridden in a cycle group but would consider doing so, while 54% of women are most likely to say that they have been on cycle rides for fun.

Cycling UK is already looking forward an even bigger and better Women's Festival of Cycling

next year. In the meantime, there are plenty of groups offering female-friendly and women only rides throughout the year - to find one near you, just take a look at [our list of local groups](#), we also will provide you with help and support if you want to start your own.

[View the full news item](#)

Lawn Tennis Association (4 August 2017)

300 She Rallies activators ready to inspire more girls to get on court

She Rallies is celebrating the successful training of 300 female 'activators' at seven roadshow events across Great Britain. The activators were a mix of school teachers, community group leaders and existing tennis coaches who are now trained to lead the charge in encouraging more girls to pick up a racket across the country.

In February this year, Judy hosted a bespoke two-day training programme for our first intake of She Rallies Ambassadors, who are now working in their county to provide training opportunities to build a new network of female activators.

These activators are the cornerstone of the She Rallies initiative, with its aim of growing the female tennis workforce and ultimately inspiring more girls to play tennis.

Get involved!

If you or someone you know is keen to receive training on how to deliver starter tennis to girls at your local tennis club, school or community group, please visit: www.Sherallies.com to find out more. No previous tennis coaching experience is required, anyone working with children or wanting to work with children will be able to deliver She Rallies starter tennis.

[View the full news item](#)

Sported Foundation (7 August 2017)

Sported win Sport NI funding to expand work in Northern Ireland

[Sported](#) is delighted to announce that it has been awarded funding from [Sport Northern Ireland](#) and the [Department for Communities](#) to get more young women and girls physically active and playing sport in Northern Ireland.

The funding is part of Sport Northern Ireland's '[Active Fit and Sporty](#)' project, and will support the expansion and continued delivery of Sported's Engage-HER programme in partnership with [Women in Sport](#), following a successful five-month pilot.

As part of Engage-HER, community sport groups benefit from insight, training and Sported volunteer support to improve their engagement with women and girls, and create more tailored participation opportunities.

The extension to the programme will see Sported staff, volunteers and selected partners trained to deliver Women in Sport's insight workshops, in order that the charity's expert knowledge can be disseminated to community groups across Northern Ireland.

[View the full news item](#)

The Football Association (9 August 2017)

Staging Euro finals would help grow women's football in England

The Football Association has today announced its intention to bid to host the 2021 UEFA European Women's Championship.

The FA shares UEFA's ambitions to grow the women's game and, following the success of this summer's UEFA European Women's Championship in the Netherlands, will officially enter into the bidding process later this year.

In March this year [The FA launched its 'Gameplan for Growth'](#), with the aim to double participation and create a sustainable and successful high-performance system for women and girls football.

The FA's strategy to grow women's football in England outlined a key ambition to stage a major international women's tournament in this country.

Hosting a national event that culminates in a showpiece final at Wembley Stadium would give the 2021 UEFA Women's European Championship the perfect platform. It would also help support UEFA's 'We Play Strong' campaign by meeting their own ambitious plans for more women and girls to play football across Europe.

[View the full news item](#)

Liverpool John Moores University (August 2017)

Changing the game

We talk to women coaches about gender inequality in sports, particularly in the profession of coaching.

With Liverpool having recently played host to the [ICCE Global Coaching Conference](#), we thought it was a great opportunity to take a look at the role of women in coaching and try to uncover the reasons why women are still under-represented in the profession.

Women account for just 30% of the coaching workforce, this drops to 12% when it comes to highly qualified coaches.

According to UK Coaching, it isn't that women don't want to coach, but rather that culturally, sport is still regarded as a gendered activity which strongly favours men. A self-perpetuating cycle, the low visibility of women in coaching only reinforces the perception that sport is a male-dominated activity and working in sport is not promoted as an attractive proposition for women.

Faye Bryson, footballer for Everton Ladies FC, coach and student of Physical Education at LJMU, shares her views and experiences as a female football coach in a male dominated sport.

She believes the lack of women in coaching is down to people underestimating women's sporting knowledge and that women tend to get pigeon holed into more 'nurturing' coaching roles such as working with children or other females rather than being responsible for male players. Women can more often be found in grassroots coaching rather than elite positions for some of the same reasons. Often women lack the professional qualifications in coaching to enable them to climb the ladder, which also contributes to the low number of elite female coaches.

[View the full news item](#)

Leisure Management reports (9 August 2017)

England women win broadcasting deal after Cricket World Cup success

Women's cricket will be shown on terrestrial television for the first time after the England and Wales Cricket Board (ECB) signed a landmark deal with Channel 5.

The deal lasts until 2019 and will see highlights of all England women's home games broadcast on the channel, including Tests, One Day Internationals and Twenty20 Internationals.

England's female team has just won the 2017 World Cup on home soil, resulting in surge of interest from the public and media.

Clare Connor, ECB director of England women's cricket, said the deal was "another huge step forward for international women's cricket".

“The ticket sales and viewing figures from the World Cup showed there is a growing audience for our game and this platform will give us the chance to further capitalise on that,” she added.

[View the full news item](#)

Spirit of 2012 Trust (10 August 2017)

Spirit partnership with #iwill campaign creates £2m fund to empower girls and young women

Spirit of 2012 has partnered with the #iwill fund to create a £2 million partnership that will enable girls and young women to change their communities through social action for the benefit of other girls and the wider community.

The investment supports the aims of the UK-wide #iwill campaign to increase the number of young people taking part in social action, through activities such as campaigning, fundraising and volunteering. All of which make a positive difference to communities while developing young people’s skills.

[View the full details](#)

Spirit of 2012 Trust

Scotland - The Legacy 14 Sporting Equality Fund is open for applications

Applications are now being sought for Sporting Equality Fund for projects that target women and girls who are currently not participating in physical activity, and want to become more active.

Spirit of 2012 is delighted to be working with the Scottish Government to offer funding that will increase the number of women and girls in Scotland who participate in sport and physical activity. The Fund will support no fewer than 12 projects targeting women and girls who want to become more active through sport.

Our preference will be for applications from women’s community-based organisations in partnership with a local or national sports-based organisation (including dance or other association whose primary purpose is to encourage physical activity).

Application closes at 5pm on Friday 15 September

[View the details](#)

National Assembly for Wales (11 August 2017)

Are Welsh children and young people active enough? Assembly inquiry launched

How effective are efforts to encourage children and young people to be more physically active? That’s the question being asked by an Assembly Committee inquiry being launched at the National Eisteddfod.

The [Health, Social Care and Sport Committee](#) is launching its inquiry into physical activity among children and young people with a workshop session with young people from Anglesey.

The inquiry will look at children and young people’s level of participation in exercise and sport, alongside the extent to which they do other types of physical activity such as walking to school. It will also look at:

- How effective Welsh Government programmes and policies are in promoting physical activity amongst children and young people, and the value for money of these programmes;

- What are the things that might be stopping children and young people being physically active;
- Whether we have the right information about how active children and young people in Wales are;
- Whether Welsh Government policies are making a difference to the physical activity levels of children and young people living in the most deprived areas of Wales.

[View the full news item](#)

BBC Newsbeat - Sport (15 August 2017)

Meet Phoebe Schecter, Britain's first female NFL coach

When you meet Phoebe Schecter, the thought "bone-crunching American Football linebacker" may not enter your mind.

She's 1.62m (5ft 4in) and weighs around 63kg (10 stone). But appearances can be deceptive. She captains Great Britain's women's American Football team, leading them to the final of the 2015 European Championships.

Now she's achieved something few women have - she's coached in the NFL.

"I ended up getting an offer from the Buffalo Bills. I'm back home now and I still don't believe what's happened," she says laughing. An American by birth, Phoebe only started playing American Football five years ago, ironically, when she'd just moved to Britain.

"[It's] in the past two years, that's when being a coach has really started driving my decisions and opportunities."

The sport is one of the most physically demanding in the world.

"I know I won't be able to play forever but this sport has given me so much. I just want to be able to give back," she says.

The journey towards giving back came through an NFL [coaching internship](#).

[View the full news item](#)

Badminton England (18 August 2017)

Badminton England seeks to attract 1,000 more women and girls into coaching by 2021

Following Badminton England's recently published commitment to improving diversity, this initiative addresses the gender imbalance and lack of women and girls playing the sport at a recreational level and the depth of talent along our performance pathway. Badminton England also hopes this initiative will increase the number of female role models within coaching with the aim to attract, retain and develop more women and girls in badminton from an earlier age.

Currently women make up 35% of UKCC Level 1 learners, 32% of UKCC Level 2 learners and 29% of UKCC Level 3 learners, whilst overall accounting for 30% of all accredited badminton coaches. Whilst these figures are above the UK average figure of 17%, this initiative will further increase the percentage of women and girls qualifying through our coach education system and working with players of all ages and abilities across the country.

Central to the new initiative will be:

- Bursaries to support women pursuing their coaching qualifications at grassroots level

- A programme to identify, support and nurture female coaches to support and position female coaches throughout our talent pathway
- Developing female coaches to be 'performance ready' to join our national coaching team
- Identifying and supporting women coaches to deliver Women and Girls Academies and develop their coaching skills
- A review of our coach education delivery, ensuring an improved coach education provision and learning experience for women
- A mentorship scheme to support women coaches across the sport

.....
[View the full details](#)

An event of interest.....

University of Bristol - PLAN-A Dissemination Seminar 14 September 2017 2.00 pm - 5.00 pm, Hopkins Lecture Room 2D2, Priory Road Complex, 12 Priory Road, Bristol

PLAN-A (or Peer-Led physical Activity iNtervention for Adolescent girls) aimed to find out whether Year 8 girls who received training to be a "peer-supporter" could encourage their friends to adopt an active lifestyle. Studies show that increased physical activity is good for children's health. Despite the health benefits, activity levels drop during adolescence, particularly for girls. We aimed to identify new ways to promote physical activity among Year 8 girls. Peer-supporters have been used to help prevent smoking in teens and we were interested in finding out if this would work in improving physical activity.

We asked girls to fill out a short questionnaire to identify female peers they feel were influential in their year (e.g. who they trust, who they respect). Schools were then randomised into 'intervention' and 'control' schools. In 'intervention' schools we invited 18% of the nominated girls to become peer-supporters. These girls then attended an educational and fun two day course (plus one top-up day) to develop the skills, knowledge and confidence to informally promote physical activity amongst their peers.

The dissemination seminar will consist of a presentation of study findings, a panel Q & A and an opportunity to view intervention materials.

There are a limited number of visitor parking permits available, please contact kate.banfield@bristol.ac.uk to reserve one.

Source of information

USA

CNN Sport (1 August 2017)

Serena Williams: 'Gender pay gap hits women of color hardest'

(CNN) American tennis star Serena Williams has slammed the gender pay gap, issuing a passionate call for black women to "be fearless" and demand equality.

In a personal essay, published by [Fortune Magazine](#), the 23-time grand slam champion writes that for every dollar a man earns, black women make just 63 cents.

"The cycles of poverty, discrimination, and sexism are much, much harder to break than the

record for Grand Slam titles," said Williams, decrying statistics showing "women of color have to work on average eight months longer to earn the same as their male counterparts do in one year."

"For every black woman that rises through the ranks to a position of power, there are too many others who are still struggling."

.....
[View the full news item](#)

**National Federation of State High School Associations (7 August 2017)
High School Sports Participation Increases for 28th Straight Year, Nears 8 Million Mark**

Led by the largest one-year increase in girls participation in 16 years, the overall number of participants in high school sports increased for the 28th consecutive year in 2016-17, according to the annual High School Athletics Participation Survey conducted by the National Federation of State High School Associations (NFHS).

Based on figures from the 51 NFHS member state high school associations, which includes the District of Columbia, the number of participants in high school sports reached an all-time high of 7,963,535. The increase of 94,635 participants from 2015-16 is the largest one-year jump in overall participation since the 2008-09 school year.

Thanks to increases in all of the top 10 participatory sports, the number of girls participants reached an all-time high of 3,400,297. The increase of 75,971 from the previous year is the largest one-year jump since the 2000-01 sports participation report.

Competitive spirit registered the largest increase among girls sports with an additional 18,712 participants, followed by outdoor track and field (8,508), volleyball (8,470), soccer (6,810) and lacrosse (5,423).

.....
[View the full news item](#)

**Health Club Management reports (14 August 2017)
Cooper Institute says it will launch youth fitness initiative**

The Cooper Institute is in the process of creating partnerships and strategic alliances to combat the growing issues surrounding youth inactivity and obesity in America.

The scientific research and advocacy group focuses on preventive medicine and public health.

Jeremy Lyon, president of the organisation's youth wing, and long-term educator said: "I've watched, firsthand, the fitness and overall health of our students decline, as our student population has become more overweight and less active.

"We place the blame for these negative changes on adults and society, with children enjoying too much screen time, sugar and fast food, while engaging in too little physical activity," he continued.

The Institute says it will fight the challenge "with a level of commitment of resources that is unprecedented", saying intervention programmes and strategies are being formulated to improve youth health and force a cultural shift in society, to "raise a healthier generation that is, quite simply, life-ready."

.....
[View the full news item](#)