

Conference Aims at Reducing Sitting Time Internationally

The University of Illinois at Urbana-Champaign (UIUC), SHAPE America and Voice of Movement, an Illinois based active lifestyle nonprofit organization, will host the Sedentary Behavior and Health Conference on September 25 – 27, 2014 at UIUC. With physical inactivity having been demonstrated to be a major risk factor for cancer and other chronic diseases, the conference will provide a forum to update and address critical measurement and research issues as well as practice concerns. There are seven specific aims for this conference:

1. To understand how sedentary behavior (or too much sitting) may be defined as a behavioral attribute that is distinct from physical inactivity (or too little exercise).
2. To provide evolutionary and historical perspectives and concepts on sedentary behavior and its relationship with health and chronic diseases, especially cancer.
3. To describe some key characteristics of the rapidly evolving body of research evidence on sedentary behavior, health, and chronic diseases, especially cancer.
4. To address critical measurement and research challenges in sedentary behavior and health research, and explore the potential held by the latest technological methods.
5. To describe the characteristics of sedentary behavior by subpopulations, e.g., cancer survivors, children, older adults, minorities, and persons with disabilities.
6. To provide a review and update on a variety of intervention theories, strategies, and programs.
7. To outline research priorities for future sedentary behavior and health research.

“Even for those who meet the public health recommendation (30 minutes of moderate to vigorous physical activity on most days of the week for adults, 60 minutes of daily for children and youth), there are deleterious metabolic consequences they can be exposed to in 7 to 10 hours of sitting each day,” said UIUC professor Dr. Weimo Zhu. “Yet many critical measurement and research questions and issues in sedentary behavior and health remain unanswered or unaddressed. A conference focused on sedentary behavior and health is urgently needed to examine the issues, problems, progresses and possible solutions.”

According to SHAPE America CEO E. Paul Roetert, “SHAPE America is very pleased to co-host this important scientific conference. Sedentary behavior and physical inactivity are at an all-time high in the United States. For the health of our nation, this trend needs to be reversed. Presentations at this event will outline the specific challenges as well as highlight solutions based on evidence-based research. We look forward to having you join us with our exceptional field of internationally renowned speakers.”

A distinguished panel of world class scholars in the fields of sedentary behavior, physical activity and public health will present the latest issues, challenges and techniques in their respective fields. Among the keynote speakers will be Dr. Neville Owen from the University of Queensland who will talk about

“Evolution of Research on Sedentary Behavior and Health,” and Dr. Joan Vernikos, the former director of NASA’s Life Sciences Division, who will speak on “Gravity, sitting and health.”

Based on the information generated, a book entitled *Sedentary Behavior and Health: Concepts, Assessment & Intervention* will be published by Human Kinetics. Efforts will be made for worldwide distribution of the information generated from the conference through social media to raise the general public’s awareness of the negative impact of sedentary behavior as one of the major health risk factors in the 21st century.

For more information about the conference, go to www.sedentaryconference.com.