



SPARC 2017 Conference Report

Scottish Physical Activity Research Connections (SPARC) is a network of physical activity researchers, policy-makers and practitioners in Scotland which was established following a conference in October 2016. SPARC is organised by the Physical Activity for Health Research Centre (PAHRC), University of Edinburgh and Active Scotland Division, Scottish Government.

The network has been established to

- assist government with information for policy discussion in areas related to the six Active Scotland Outcomes
- increase the flow of information between research, policy and practice in relation to physical activity for health
- facilitate collaborations between researchers who are working on similar themes

The **Physical Activity for Health Research Centre (PAHRC)** is based within the Institute of Sport, Physical Education and Health Sciences in the Moray House School of Education and Sport at the University of Edinburgh. The main focus of PAHRC is to develop, test and implement interventions which encourage people of all ages to sit less and move more.

Active Scotland Division is part of Population Health Directorate within the Scottish Government. It is responsible for leading activity to deliver our vision of a Scotland where more people are more active more often. Our approach is guided by the Active Scotland Outcomes Framework which describes Scotland's ambitions for sport and physical activity.

SPARC 2017 was held on 23 November 2017 in South Hall, Pollock Campus, University of Edinburgh and funded by the Scottish Government. The theme this year was **'Implementation of Physical Activity Interventions – How research, policy and practice can be implemented to achieve a more active Scotland'**.

The day included key-note speakers, oral and poster presentations and an opportunity to network and make new connections. There were 150



Prof Nanette Mutrie opening SPARC 2017

delegates from research, Scottish Government and stakeholder organisations across Scotland.

Abstracts were invited from physical activity researchers and practitioners which relate to one or more of the six Active Scotland Outcomes as outlined in the Active Scotland Outcomes Framework. See Scottish Government website for more details:

<http://www.gov.scot/About/Performance/scotPerforms/partnerstories/Outcomes-Framework>

- We encourage and enable the inactive to be more active
- We encourage and enable the active to stay active throughout life
- We develop physical confidence and competence from the earliest age
- We improve our active infrastructure – people and places
- We support well-being and resilience in communities through physical activity and sport
- We improve opportunities to participate, progress and achieve in sport

Six abstracts were accepted as orals and 32 accepted as poster presentations (see list of oral/poster abstracts at the end)

The conference was opened by **Professor Nanette Mutrie** (Director, PAHRC) and the morning and afternoon keynote addresses on the theme of 'Implementation' were given by:

Professor Theo Van Achterberg (Professor of Quality of Care, and head of the Academic Centre for Nursing and Midwifery, at KU Leuven, Belgium) – 'Theory and practice in the implementation of health promoting interventions'



Prof Kate Hunt

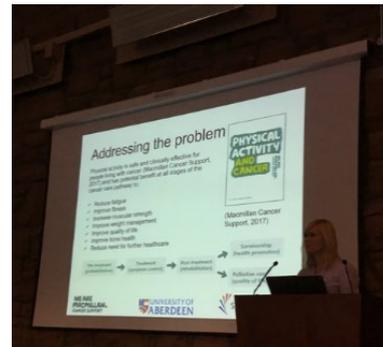
Professor Kate Hunt (Professor of Gender and Health, University of Glasgow/Associate Director of MRC/CSO Social and Public Health Sciences Unit) – 'Implementation in practice from Football Fans in Training (FFIT) project'



Prof Theo van Achterberg

Derek Grieve (Head of Active Scotland Division, Scottish Government) addressed delegates on 'Policy perspective: outcomes framework implementation' in the morning and during the afternoon session, **Dr Catherine Calderwood** (Chief Medical Officer for Scotland) discussed the medical perspective of implementation and the importance of CMO Infographics.

The six oral presentations during the morning session covered a wide range of topics relating to implementation of physical activity interventions for children and adults (see list attached).



Josefine Björkqvist (University of Aberdeen)

During the afternoon session, three network sessions were held to discuss

- How to implement established good practice at scale
- Solutions to implement Scotland's policy at scale
- Research that I would like to implement and how it could be done

Delegates chose one session to attend and discussed possible solutions/ideas for implementing research, policy and practice. Information from these sessions will be used to guide the SPARC network and future events.

The closing address was made by **Caspian Richards** (Head of Strategy, Active Scotland Division) and prizes were presented as follows:

Student Poster Awards

First – Kathryn McMillan (University of Strathclyde) 'Sedentary time and sedentary bout duration and glucose in adults with Type 2 diabetes'

Second – Lynsey Brown (Edinburgh Napier University) 'The effectiveness and acceptability of interventions to improve physical activity levels, reduce sedentary time and improve diet in older adults living with and beyond cancer: an Integrative review'



Student Award Winners: Nicola Peddie, Kathryn McMillan, Lynsey Brown

Third – Nicola Peddie (Edinburgh Napier University) 'Evaluating the long-term effectiveness of ALBA intervention: A behaviour change intervention designed to increase adherence to physical activity, leading to improved mental and physical health'

Staff Poster Award – Victoria Palmer (University of Glasgow) – ‘Sit Less, Move More, Feel Good!: Developing an evidence-based intervention leaflet to support older adults to reduce sedentary behaviour’



Conference Yoga Break

The conference was a standing friendly event with bistro tables and a designated standing area for anyone who wished to stand at any time during the day. PAHRC PhD student, Divya Sivaramakrishnan, led a five minute ‘yoga break’ during the morning session.

Networking opportunities were available during coffee and an extended lunch break which allowed delegates to view posters and talk to poster presenters.

Twitter: see all comments from the day at #ScotPARC <https://twitter.com/hashtag/scotparc>

Following the conference, a survey was conducted to seek delegates’ views on aspects of the event. Ninety percent of those who responded thought the day as a whole was excellent or very good and 85% thought the research presented was excellent or very good. Eighty-three percent felt they had learned something new which would influence their future work and a number of people commented on useful connections they had made during the day. There was a mixed response to the quality of the workshop sessions. Some delegates felt that there was lack of clarity and not enough time for discussion.

Respondents were asked what topics they would like to see at a future SPARC event and based on suggestions made, SPARC 2018 will have four key speakers on the following themes: active travel, mental health, evaluation and learning from practice, Chief Medical Officer. There will also be a session for short orals. Planning for SPARC 2018 is already underway and will be held in October/November 2018.

Oral Presentations:

Dr Ruth Jepson (Scottish Collaboration for Public Health Research and Policy)

Stand Up for Health: the Barriers and Facilitators to Reducing Sedentary Behaviour in Call Centres

Dr Cindy Gray (University of Glasgow)

I'm not sitting staring into space, so I'm doing something, you know: A qualitative exploration of sedentary behaviour in older adults' daily lives

Marc Harris (Intelligent Health)

Gamification of physical activity as a method of addressing health and social inequalities – Findings from 18 UK interventions

Shubhanna Hussain-Ahmed (University of Stirling)

Physical activity barriers and facilitators among mothers of autistic children - a qualitative study using the theoretical domains framework

Josefine Björkqvist (University of Aberdeen)

Move More Aberdeen - Integrating physical activity into the cancer care pathway

Helen Collins (University of Dundee/University of Edinburgh)

The effect of resistance training interventions on weight status in youth: a meta-analysis.

Poster Abstracts

No	Title	Presenting Author
1	Active journeys and supporting people to become more active and to thrive - learning and insight from the Legacy 2014 Physical Activity Fund	Alex Johnston
2	Health impacts of Pedal for Scotland, the mass participation cycling event	Jennifer Fingland
3	Is 20 plenty for health? Evaluation of the 20mph speed limit networks in Edinburgh and Belfast on a range of public health outcomes	Kieran Turner
4	Supporting well-being and resilience through the creation of volunteer roles in multimorbidity rehabilitation in Ayrshire	Jane Holt
5	National Physical Activity Pathway Improvement Programme: A Quality Improvement Approach to Implementation within Healthcare Settings in Scotland	Flora Jackson
6	Care about Physical Activity (CAPA) supports social care professionals to use an improvement approach to promote movement with older people experiencing care	Louise Kelly
7	Physical Activity in Medical Education: A Flipped Classroom Approach	Alice Harper
8	Benefits of a student-led exercise class in maintaining and improving physical activity in community dwelling adults over 60's - a symbiotic model"	Anne Wallace Paul Moran
9	Evaluating the long-term effectiveness of ALBA intervention: A behaviour change intervention designed to increase adherence to physical activity, leading to improved mental and physical health	Nicola Peddie
10	'Stable and Able' a community based exercise pathway for falls prevention - Partnership working between Sport Aberdeen and Aberdeen Health and Social Care Partnership (AHSCP) (2013 – Present)	Jennifer McCann
11	"I can't wait to see what the future holds": A co-produced, six-month pilot physical and psychological intervention to improve outcomes for low-activity people living with Type 2 Diabetes	Niall Anderson
12	Analysis of factors predicting uptake and adherence in a Stirling based Exercise Referral Scheme	Laura Stewart
13	Active Minds - A study to measure the effectiveness of exercise referral on those referred with a mental health condition not exclusive of other medical conditions	Fiona Rankin
14	"Get Lighter in Lothian": Effectiveness of a physical activity intervention for obese adults in the Tier 3 Weight Management programme	Victoria Coates
15	The effectiveness and acceptability of interventions to improve physical activity levels, reduce sedentary time and improve diet in older adults living with and beyond cancer: An integrative review	Lynsey Brown

16	The Aberdeen Youth Games: Creating Opportunities for FE & HE Students to Promote Physical Activity, Health & Wellbeing in the Community	Bryan McCann
17	An investigation of the influence of gender, socioeconomic status, and motivation on young people's sport participation within a Scottish context	Steven Young
18	Differences in child physical activity data analysis between Scotland and England	Chloe Williamson
19	Teachers' and young adolescents' qualitative opinions of an eight-week, feasibility/pilot, sit-stand desk intervention	Amanda Pitkethly
20	Changes in sedentary behaviour and on-off-task following the introduction of sit-to-stand desks in a primary school; a pilot study	Danielle Hutson
21	Effectiveness of a physical activity pilot intervention in youth with Type 1 Diabetes: The ActivPals study	Fiona Mitchell
22	Sedentary time and sedentary bout duration and glucose in adults with Type 2 diabetes	Kathryn McMillan
23	Designing a physical activity intervention among severely obese pregnant women to reduce sedentary behaviour by promoting active sitting: Involving patients in the study design	Caterina Fazzi
24	"I ken I've been sitting too long. I get up, walk about and do something" What stroke survivors do when sitting and strategies used to break prolonged sitting	Sarah Nicholson
25	'Sit Less, Move More, Feel Good!': Developing an evidence-based intervention leaflet to support older adults to reduce sedentary behaviour	Victoria J Palmer
26	"When you come to our group, you end up belonging to one another": A Qualitative Evaluation of Paths for All's Dementia Friendly Walking Groups	Carl Greenwood
27	Optimising recruitment of older adults to walking studies: reflections from the WE:ROAM study	Nicky Laing
28	'Dancing in Time': Using contemporary dance to improving health and well being in older community dwelling adults	Sarah Astill
29	'See dancing's taking over my life. Parkinson's isn't the problem. It's the dancing!': Evaluating Dance for Parkinson's Scotland (DfPS) programme	Bethany Whiteside
30	Examining Perceptions of Yoga among Older Adults: A Qualitative Study	Divya Sivaramakrishnan
31	"Movement Meditation" – A Study of Flow Experiences in Hot Yoga Practitioners	Niamh Hart
32	Individual differences in affective responses to and intention to repeat low volume high intensity interval exercise	Ailsa Niven