



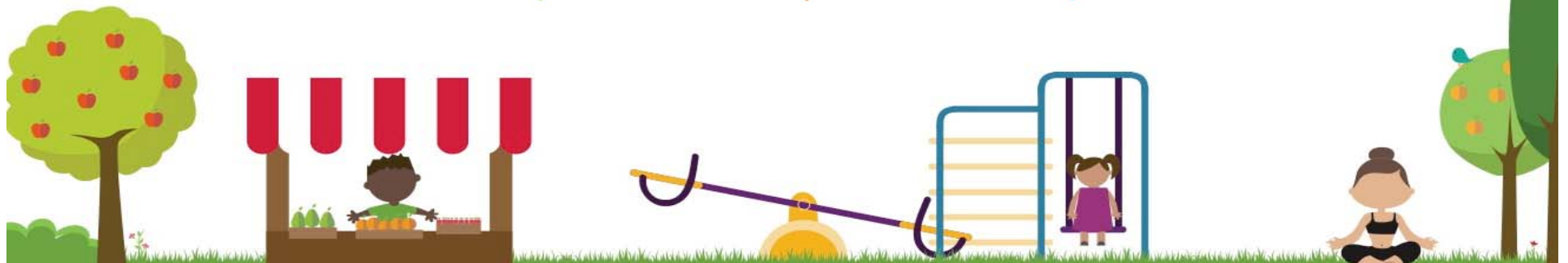
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CENTER *for* HEALTHY LIVING



Healthy children in a healthy world.

We advance health and healthy living for children and families through cutting-edge research, innovative community-based programs, and dissemination of evidence-based practices.

STRATEGIC PLAN GOALS



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Diana Vagelos Professor of
Women's Mental Health



**2024 Pediatric
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Promoting family &
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Challenges and
Opportunities in Meeting
the Mental Health Needs
of Families in the
Perinatal Period.

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Promoting family &
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Darius Tandon, PhD

Professor, Department of Medical Social Sciences
Director, Center for Community Health,
Northwestern University Feinberg School of Medicine



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Deborah Salvo, PhD

Associate Professor of Kinesiology & Health Education

Director, *People, Health, & Place Lab*

The University of Texas at Austin



The University of Texas at Austin

Kinesiology and Health Education

College of Education

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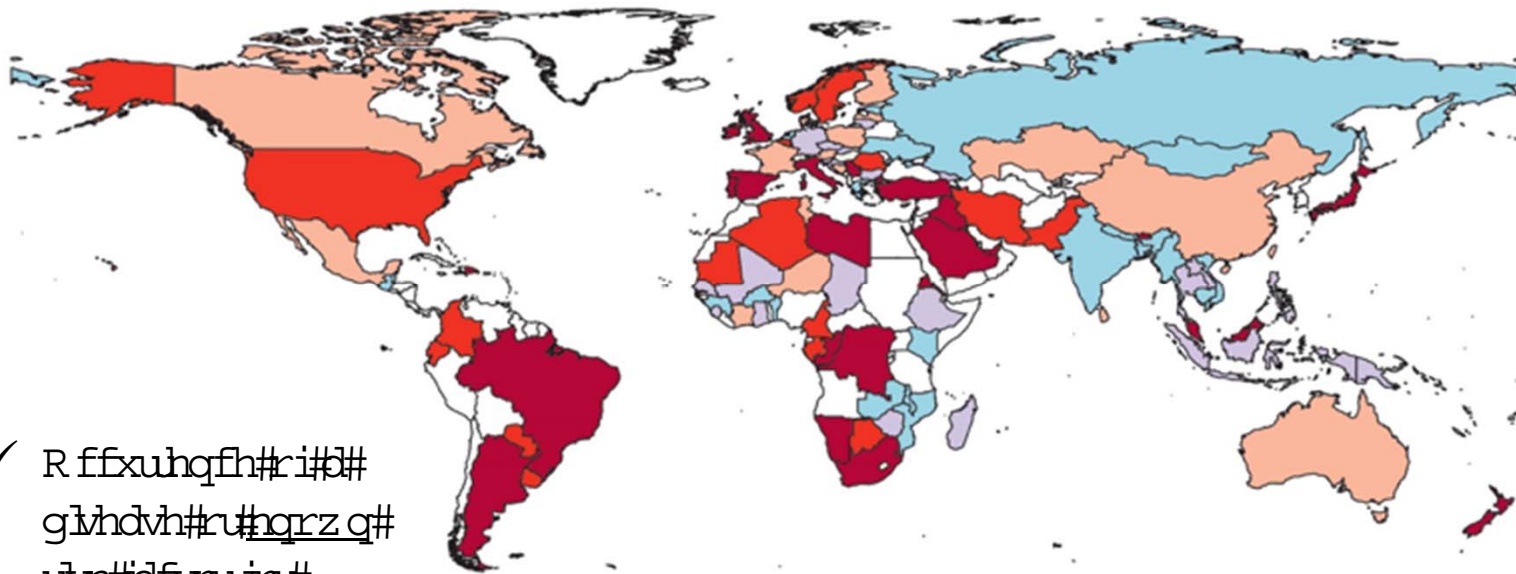
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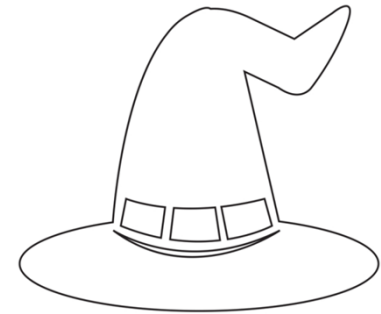
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EIGHT INVESTMENTS THAT WORK FOR PHYSICAL ACTIVITY

↓10%
by 2025

ISPAH's Eight Investments can support the achievement of global targets for all countries to reduce physical inactivity by 10% by 2025, and 15% by 2030.

↓15%
by 2030



Read the full document available from: www.ISPAH.org/resources

How can you help? 1. Share 2. Endorse 3. Feedback

International Society for Physical Activity and Health (ISPAH). ISPAH's Eight Investments That Work for Physical Activity. November 2020. Available from: www.ISPAH.org/resources

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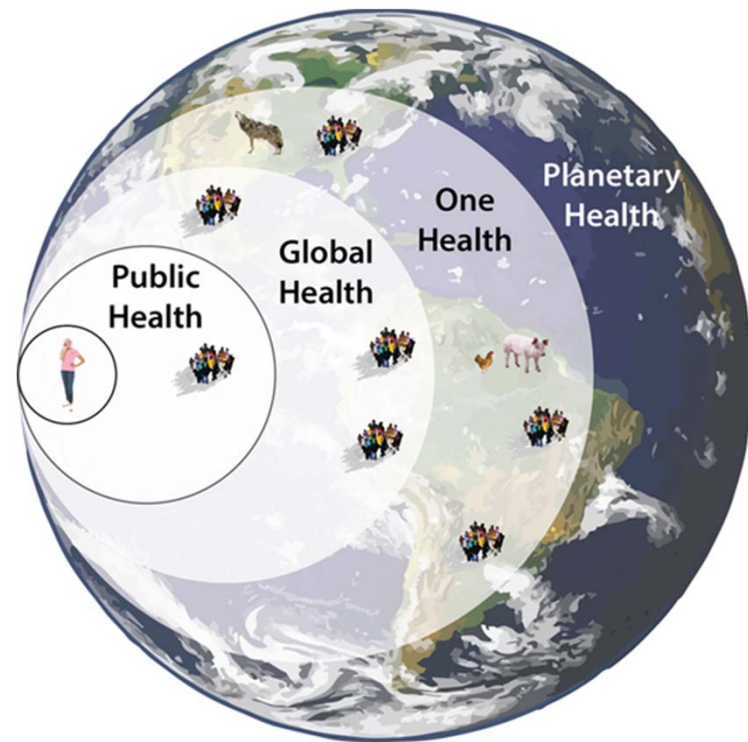


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Journal of Physical Activity and Health, (Ahead of Print)
<https://doi.org/10.1123/jpah.2021-0413>
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Human Kinetics 
ORIGINAL RESEARCH

Physical Activity Promotion and the United Nations Sustainable Development Goals: Building Synergies to Maximize Impact

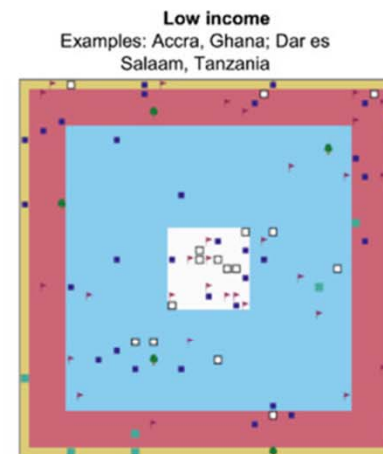
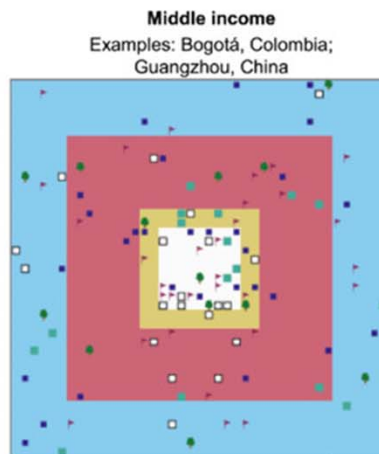
Deborah Salvo, Leandro Garcia, Rodrigo S. Reis, Ivana Stankov, Rahul Goel, Jasper Schipperijn, Pedro C. Hallal, Ding Ding, and Michael Pratt



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- | | |
|---|---|
|  High-income area |  Public spaces for recreational physical activity |
|  Activity middle-income area |  Private spaces for recreational physical activity |
|  Activity low-income area |  Workplaces |
|  Downtown |  Places for social interaction (restaurants, shops, malls, etc.) |
| |  Public transportation |

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Decreases observed in:

- Car trips
- Road traffic deaths
- Fine particulate matter
- CO₂ emissions



Increases observed in:

- Recreational PA
- Public transport, walking, bicycling trips

All PA Strategies Combined (scenario 5):

- Reductions in inequalities in access to:
 - Public transport
 - Public open recreational spaces
 - Walking & cycling infrastructure

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Decreases observed in:

- Car trips (steep decline)
- Road traffic deaths (modest)
- CO₂ emissions



Increases observed in:

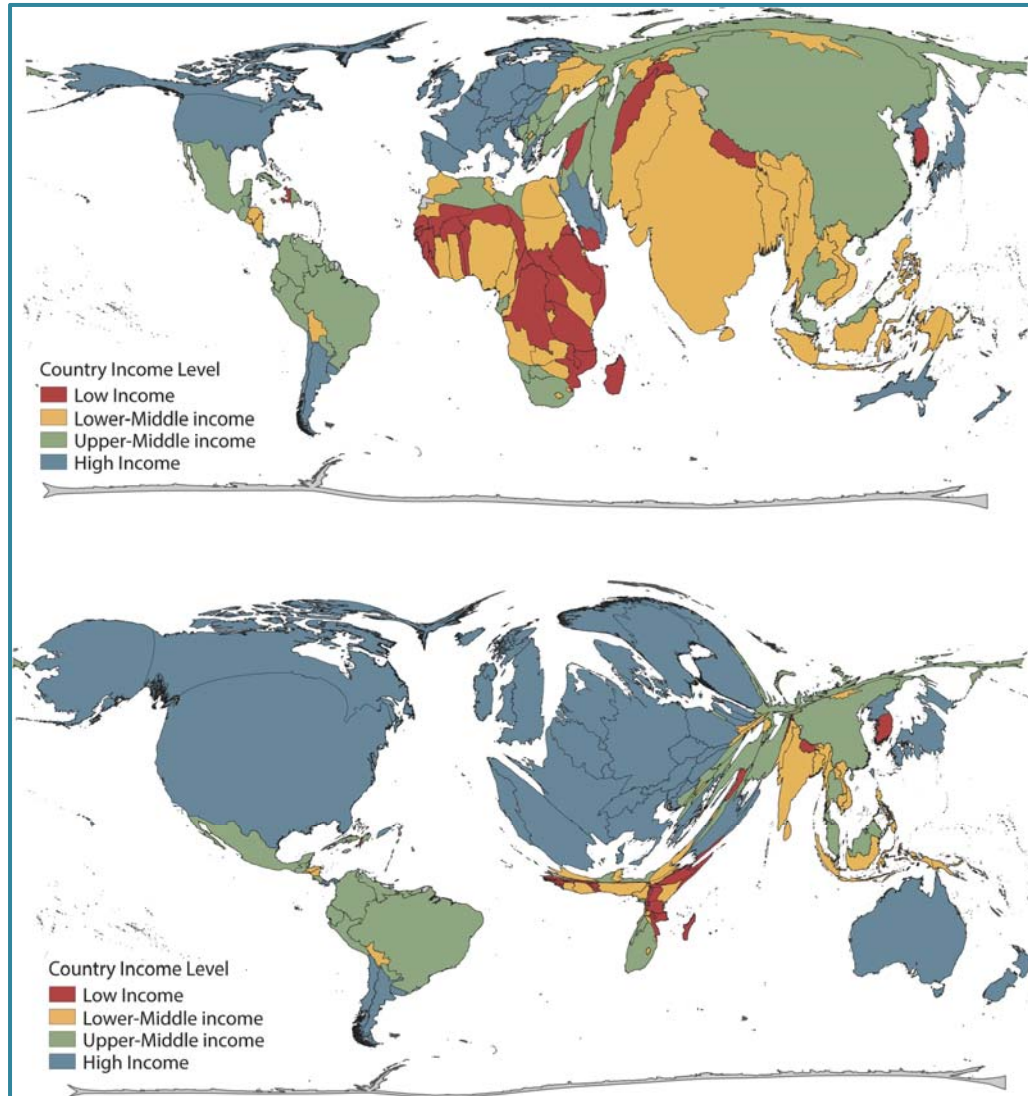
- Recreational PA (modest)
- Public transport, walking, bicycling trips

All PA Strategies Combined + increased cost of driving (scenario 6):

- Reductions in inequalities in access to:
 - Public transport
 - Public open recreational spaces
 - Walking & cycling infrastructure
- Increased cost of driving

The urgent need for adopting a global research and health promotion equity lens

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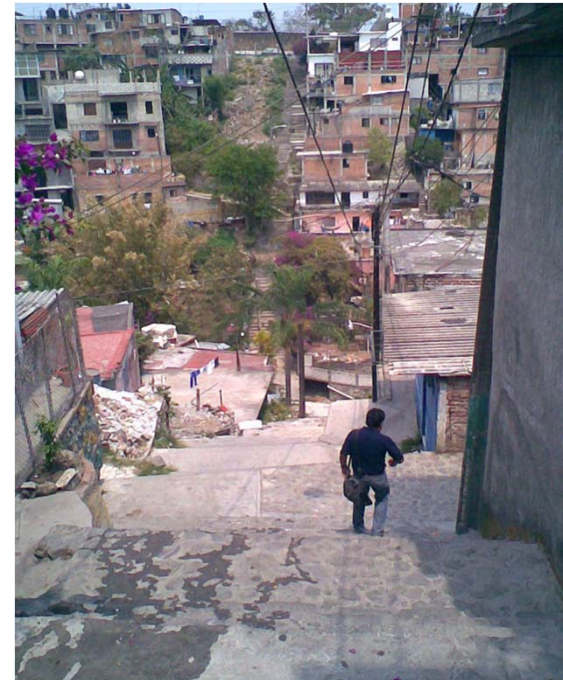
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Ramirez Varela et al. IJBNPA 2021

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Thank you!



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