

Seventh Fuse Physical Activity Workshop

Physical Activity during Pregnancy and Early Years: active in expectation and active on arrival

Date: Thursday, 24th November 2016

Time: 9.00am - 4.00pm

Teesside University, Darlington Campus

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Outline of the programme

<p>9.00 - 9.40: Registration (room 4.09)</p>
<p>9.40 - 9.50: Welcome (room D4.05/4.06) Scott Lloyd – Health Improvement Commissioning Lead, Redcar & Cleveland Borough Council</p>
<p>Keynote presentations (room D4.05/4.06)</p> <p>9:50 – 10:05 Do we need evidence based physical activity guidelines and infographics for pregnancy? Prof Charlie Foster, Professor of Physical activity and Population Health, University of Oxford</p> <p>10:05 – 10:30 Early years physical activity: from epidemiology to intervention Dr Sally Barber, Principal Research Fellow, Bradford Institute for Health Research</p> <p>10:30- 10:55 Promoting Physical Activity in Preschoolers: The Importance of Parents Dr Kathryn Hesketh, Sir Henry Wellcome Postdoctoral Fellow, MRC Epidemiology Unit and Centre for Diet and Activity Research, University of Cambridge</p>
<p>10:55 – 11:10: Coffee Break (room 4.09)</p>
<p>11:10 - 12.25: Research Presentations (room D4.05/4.06) Chair: Dr Liane Azevedo, Teesside University and Dr Louise Hayes, Newcastle University</p> <p>11.10 - 11.25 Self reported physical activity during pregnancy and the post-natal period in obese women Dr Louise Hayes, Research Methodologist, Institute of Health & Society, Newcastle University</p> <p>11:25 – 11:40 The mobility and maternity (MaM) study: testing the relationship between sedentary behaviour during pregnancy and gestational diabetes risk' Janelle Wagnild, PhD candidate, Department of Anthropology, Durham University</p> <p>11.40 - 11.55 What helps or hinders midwives to implement physical activity guidelines for obese pregnant women? Catherine McParlin, Associate Researcher, Institute of Cellular Medicine, Newcastle University</p> <p>11.55 - 12.10 'Too Busy to be Skinny': An Explorative Study of Preschool Mothers' Beliefs of Factors Influencing Obesity' Jody Nichols, PhD candidate, Sunderland University</p> <p>12:10 – 12:25 Results from systematic reviews in preschool physical activity and sedentary behaviour interventions and future directions Dr Liane Azevedo, Teesside University and Dr Laura Basterfield, Newcastle University</p>

<p>12:25 – 12:40</p> <p>Objectively-measured activity profiles and associations with adiposity in young children Dr Paul Collings, Research Fellow, Bradford Institute for Health Research</p>
<p>12:40 – 12:45</p> <p>YoHPAKE: Developing a Physical Activity Knowledge Exchange in Yorkshire and Humber Dr Lindsey Reece, Senior Exercise Science Officer, Sheffield Hallam University</p>
<p>12.45 - 13.10: Panel discussion (room D4.05/4.06) Chair: Prof Charlie Foster, University of Oxford</p>
<p>13:10 – 14:10 Lunch and network walk (room 4.09) The walk will take approximately 30 minutes Please bring your own lunch or use the catering provider at the University</p>
<p>14.10 - 15.50 pm Parallel Workshops 14.10-15.00 Session 1 Parallel Workshops</p> <p>Workshop A (room D3.16) Exploring what is known about physical activity and pregnancy Prof Charlie Foster, Professor of Physical activity and Population Health, University of Oxford</p> <p>Workshop B (room D3.14) Maternal Obesity – Learning from the front line Kay Branch, Consultant Midwife, South Tees Hospitals NHS Foundation Trust</p> <p>Workshop C (room D3.15) Physical activity Interventions in Early Years: examples of sustainable interventions</p> <p>The HENRY (Health, Exercise, Nutrition for the Really Young) approach to a healthy early years Mary Dawson, Regional Manager (North) and <i>Funky Feet – an introduction to early years physical activity</i> Leanne Oxley, Funky Feet manager</p>
<p>15.00 - 15.50pm: Session 2 Parallel Workshops An opportunity to attend the alternative workshop</p>
<p>15:50 - 16:00: Summary of workshop discussions and closing remarks (room D4.05/4.06) Beelin Baxter, Physical Activity Policy Lead at the Department of Health in London</p>
<p>16.00 Close</p>

Biography keynote speakers:

Professor Charlie Foster, Professor of Physical activity and Population Health

Charlie is the Chair of the UK's Chief Medical Officers' expert committee for physical activity. He is also the President of the International Society for Physical Activity and Health, an international professional society for those interested in advancing the science and practice of physical activity as a global health priority through excellence in research, education, capacity building and advocacy. The aim of his research is to improve the quality of the evidence base for basic epidemiology, measurement, correlates, interventions and policy.

Dr Sally Barber, Principal Research Fellow, Bradford Institute for Health Research

Dr Sally Barber is a Principal Research Fellow on the Born in Bradford birth cohort study, based at Bradford Institute for Health Research. Sally's interests are physical activity for health, sedentary behaviour and childhood obesity prevention. Her research focuses on understanding the determinants of physical activity and sedentary behaviour in pre-school children, developing and evaluating interventions to promote childhood physical activity and prevent childhood obesity. She has a particular interest in developing interventions tailored for deprived families and ethnic minority groups.

Dr Kathryn Hesketh, Sir Henry Wellcome Postdoctoral Fellow, MRC Epidemiology Unit and Centre for Diet and Activity Research, University of Cambridge

Kathryn is a Sir Henry Wellcome Postdoctoral Fellow. Her work focuses on Maternal and Child Health, using longitudinal data from international cohort studies to provide evidence to help promote activity behaviour in families with young children. Her interests include: establishing what factors drive change in physical activity during pregnancy and post-partum in women, and during the preschool period in children; the link between parent-child activity behaviour in early childhood; and how physical activity influences health in women and development in children. She is also interested in measurement of physical activity during pregnancy and early life.

Information about the Venue

Teesside University – Darlington Campus is situated on a campus comprising a range of buildings at the entrance to the site which are Darlington College, and at the far end a single building, named The Forge, which is the Teesside University building. The event will be held on the fourth floor (lift access) of The Forge. The address is Teesside University, Vicarage Road Darlington DL1 1JW

There is a walking and cycling route the main railway station. Leave the station via the path from the taxi rank which leads straight onto Yarm Road. Walk down the path towards Yarm road and then turn right onto Yarm Road. Walk up Yarm Road and on your left you will see footpath signs to Teesside University Darlington Campus. Please follow these signs which will direct you to turn left off Yarm Road onto a footpath which leads directly to the campus. The walking time is approximately 8 minutes.

Road Directions:

From the A1 North and South: exit at junction 59 onto the A167 Darlington. Stay on the A167 for a few miles until you reach a roundabout taking the second exit staying on A167 North Road. Keep on this road as it heads into Darlington town centre, going through four sets of traffic lights. Keep on A167, turning left onto B6279 Haughton Road. Half a mile up Haughton Road you will see Darlington College on your right, turn right immediately past the college onto Vicarage Road. Follow Vicarage Road as it bends round to the right, past the child care centre (on the left) and Teesside University Darlington campus will be in front of you.

From A66 Stockton/Middlesbrough: at roundabout with A1150 junction go straight across and follow sign for A1 (North), second exit. At next roundabout take first exit. Stay on this road, go straight across the first set of traffic lights. At the next set of traffic lights go straight across and then take the next left turn. Darlington College is on your right, continue on this road and Teesside University Darlington is on your right.

Car Parking:

Do not use the car parking areas designated for Darlington College. The car parking for Teesside University is at the far end of the campus adjacent to the University building. Pass through the traffic light system into our car parks which are located at the **front** and **back** of the building. Car parking is **pay and display**.

During busy periods there may be University staff directing vehicles where to park. If you are not able to find a car parking space and there are no staff visible, then staff on the Reception Desk on the ground floor will be happy to guide you.

Contact details:

For further enquiries relating to the event itself please contact Sue McAsey (01642342967, s.mcasey@tees.ac.uk).